

SEPTEMBER - DECEMBER 2025

ENGAGE

MAGAZINE & LIFELONG LEARNING CATALOG

Enrich Your Life!

REGISTRATION OPENS

August 4 for NSSC Members

August 11 for General Public

north shore senior center

www.nssc.org | 847.784.6000

Welcome

I am thrilled to welcome you to this issue of *Engage*—and delighted to welcome you back to a fully open North Shore Senior Center!

After months of construction and restoration, our building has been brought back to life, and it feels wonderful to once again see it bustling with guests, staff, and community spirit. This achievement was no small feat, and it would not have been possible without you—your support, your generosity, and your patience carried us through.

Whether you donated to our fundraising campaign, waited with grace through construction, or simply kept NSSC in your heart during the rebuilding process, please know how deeply grateful we are. This space is more than just a building—it's a home for connection, support, and care.

Now that our doors are fully open, I invite you to make the most of everything NSSC has to offer this fall: explore our dynamic Lifelong Learning programs, enjoy a bite at our Café, browse the curated treasures in our Shop, or find meaningful ways to volunteer your time.

You—each and every one of you—are what make NSSC the incredible place it is. I knew it before, and I know it even more deeply now.

Thank you for being such a vital part of the NSSC family.

With most sincere appreciation,



Tish Rudnicki, MSW
Executive Director

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ENGAGE

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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: Holly Kahan

Photo credit: Desiree Schippers

All Around NSSC



So Many Seasonal Programs!

As the weather changes and holidays approach, we offer a variety of seasonal programs to enjoy. Experience the beauty of fall with an Autumn Cruise on Lake Geneva, a tour of Crab Tree Farm in Lake Bluff, and take a Fall Color Hike at Ryerson Woods. (See page 2 for more outdoor opportunities). Celebrate Oktoberfest with a luncheon and performance by The Johnny Wagner Trio in late September. Get into the Halloween spirit with the *Halloween Spooktacular* at the Puppet Opera and learn about Spooky Chicago with author Jessica Mlinaric. As fall transitions to winter, embrace the holiday season with Hilary Feldman and Beckie Menzie at the *Holiday Bazaar* luncheon and performance, enjoy a trip to see *White Christmas the Musical*, and discover the fascinating Story of Santa with Barry Bradford.

Hit the Links, Help Our Community

Join us for NSSC's 4th Annual Terry & Donna C. King Golf Outing—a hole-in-one opportunity to support our mission and spend a day at the exclusive Skokie Country Club, a Midwest treasure with elite-level green complexes. Your participation will help make a real impact on our community. We hope you'll join us! See page 8 for details.

Welcome These New Instructors

Photographer **Terry Brooks** will present a class on how to use interchangeable lens cameras.

Jacob Isaacson will teach you to create beautiful and original artwork using AI applications.

Sandra Krohnert will introduce Käthe Kollwitz, a European artist who was little known in America, but whose art and politics provide a fascinating story.

Paddy Lynn is a storyteller who portrays Irena Sendler, the Polish social worker who rescued 2,500 children from the Warsaw Ghetto.

Larry Rosenbaum is a Chicago native who helped define the city's rock and roll music scene with his famous record store and concert business, The Flip Side.

James Tehrani is an *Our Gang* enthusiast whose book, *Alfalfa, The Rascal You Knew, the Character You Never Knew*, tells the story of the real Alfalfa.

Ann Terry is a certified nutrition therapist who will present a series of programs on achieving wellness through food.

Music Programs for Every Taste

Experience a wide variety of musical genres and the creativity of the artists behind them in our exciting new programs this fall. Delight in showtune favorites with programs featuring Lerner and Loewe, Jerry Herman, Stephen Schwartz, and more. Enjoy John LeGear's presentation of Bob Fosse's "Oh Wow!" choreography. Embark on a musical journey through the early years of rock 'n' roll and discover the local influence of The Flip Side, the musical empire where Chicago rocked. For those who appreciate classical music, we offer programs showcasing the beauty of classical favorites and concertos. Michael Vaughn will take you on a nostalgic trip with "I've Heard That Song Before." Of course, you can also enjoy a live musical performance each month. There's something for every musical taste!

#GIVING TUESDAY

One Day. One Gift. Real Impact.

Mark your calendar for #GivingTuesday on December 2! Your donation can make a meaningful difference to the families who rely on NSSC's programs and services. Every gift helps provide essential support, resources, and opportunities that allow our community to thrive. Help us spread hope and create positive change—because together we can build brighter futures. Stay tuned for how you can give and make an impact this #GivingTuesday!

EXPLORE

Nearby Accessible Trails and Nature Walks

BY DESIREE SCHIPPERS

Fall means many things: relief from intense summer heat, stunning color changes, and evenings spent appreciating the last few weeks of mild, sunny days. It's important to take advantage of those precious days of mild weather before Chicago's winter takes hold. According to Harvard's T.H. Chan School of Public Health, getting outdoors a few hours a week results in better sleep, lower blood pressure, better mental health, and reduced risk of chronic disease. One of the best ways to enjoy the outdoors is by taking advantage of the greater Chicago area's myriad of forest preserves, parks, and scenic trails.

Outdoor activity is beneficial for everyone, no matter their ability level. As we grow older, this becomes even more critical, as does taking care to avoid falls or injuries. Thankfully, there are many paved, low-grade trails in our area that are wheelchair and walker friendly, with accessible parking. Read on to find a trail or outdoor space that could be the right fit for you!

Emily Oaks Nature Center **4650 Brummel Street** **Skokie, IL 60076**

This half-mile paved and wood-chipped path encircles a beautiful pond and is surrounded by oak trees, native wildflowers, and wildlife such as herons, flying squirrels, and painted turtles. The indoor facility offers interactive programming for all ages throughout the year. Parking and restrooms are available to all visitors.

West Ridge Nature Preserve **5801 N. Western Avenue** **Chicago, IL 60659**

This 1.1-mile loop wanders around a 4.5-acre pond and is paved with small sections of wood board. An elevated overlook allows amazing views of local plants and wildlife, such as deer, ducks, turtles, and the occasional coyote. Fishing from the banks is permitted, and there are plenty of benches and opportunities for sitting near the pond. Street parking is available.

Deer Grove East **West Dundee Road** **(west of N. Hicks Road)** **Palatine, IL 60074**

According to Forest Preserves of Cook County, Deer Grove features nearly 2,000 acres of diverse habitat such as rolling upland forest, wooded ravines, wetlands, and prairie. It is recognized by the Illinois Nature Preserves Commission as some of the highest quality natural areas in the state. The 2.8-mile red trail can take you through a variety of landscapes with several small ponds, grassy meadows, and wooded areas. Parking, as well as accessible indoor and portable restrooms, are available.

Paved Loop around Skokie Lagoons **Tower Road (west of Forestway Drive)** **Winnetka, IL 60093**

All levels of trails, from introductory to intermediate, are available through the North Branch Trail System around the Skokie Lagoons. This paved loop starts at Tower Road and loops 4.4 miles through wooded marshes, streams, and lagoons. There is parking and portable toilets. Boat rentals are available if you would like to get out on the water. You can also connect to this trail system right across the road from NSSC at the Watersmeet Woods entrance. Parking for Watersmeet Woods is not available, but you are always welcome to park at NSSC (and stop in for lunch or a cup of coffee, of course!) before heading out on your adventure.





Interested in outdoor fun? Check out these group experiences this term!

Crab Tree Farm Tour **Wednesday, September 3** **10 - 11:30 a.m.**

Tour the beautiful Crab Tree Farm in Lake Bluff, a historic and picturesque property with a rich history. The farm features a collection of buildings designed by the noted Chicago architect Solon Spencer Beman, known for his eclectic style and fireproof construction. Today, Crab Tree Farm is home to a world-renowned Arts and Crafts collection, including works by Gustav Stickley, Grueby Pottery, and William Morris, as well as many others. The farm buildings have been beautifully restored, and the property remains the last operating farm on Lake Michigan in Illinois.

Fall Color Walk **at Ryerson Woods** **Thursday, October 16** **1 - 2 p.m.**

Getting outside for a walk amid the glorious autumn leaves offers countless benefits for both body and mind! Enjoy a guided hike along the Ryerson trails to savor the sights and sounds of fall. Meet at the Welcome Center at Ryerson Woods.

See page 17 for registration information for these two group experiences. ■

Meetup

A Digital Gateway to Real-Life Friendships

BY ALAN BLITZ

What if making new friends or trying something new was just a click away?

For a growing number of older adults, Meetup.com is becoming just that—a digital bridge to real-world connection. While Meetup isn't new, many are discovering its welcoming community and activity-based events that span all ages. Whether it's hiking, book discussions, or dinner with new friends, Meetup groups offer opportunities to socialize, learn, and stay active.

As Cyn Meyer, retirement coach and founder of Second Wind Movement, puts it:

"Some people are hesitant to try meeting friends through websites or apps—which is completely understandable. But once they do, it can be life changing."

A WORLD OF ACTIVITIES AT YOUR FINGERTIPS

Meetup activities reflect a full range of interests including photography, nature walks, pickleball, game nights, open dinners and brunches, indoor golf, hangouts at local restaurants and bars, karaoke, comedy shows, and much more. Participants also can start their own Meetup groups based on interests.

“

I found an event near me and went. I was nervous at first, but everyone was kind and welcoming.

It was a great way for me to meet new people of all ages.”

—DORIS, AGE 74



HOW THE PLATFORM WORKS AND WHAT TO EXPECT:

Why Meetup?

Meetup.com is primarily used for building communities around shared interests, rather than dating.

Finding Groups

Users can search for groups based on interests, keywords, or location. (See sidebar.)

Joining Groups

Once a group is found, users can join and participate in events hosted by the group.

Want to Start a New Group?

Individuals can create their own groups and organize events, often for a fee.

Age Groups

While some groups may target specific age ranges, most groups are age-agnostic, meaning they cater to a broad age range.

While Meetup doesn't specifically track how many older adults participate, it's estimated that a considerable number are active on the platform. According to Doris Williams, 74, Meetup was especially helpful in finding somewhere for her to continue learning Russian.

"As an avid language learner, I was struggling to find other speakers and learners to connect with to practice my target language," she said. "After looking around, I found a Meetup page for International Café Chicago, described as 'a community of fun-loving multilinguals, where you can make new friends while speaking a language that you are learning or already know.' I found an event near me and went. I was nervous at first, but everyone was kind and welcoming. It was a great way for me to meet new people of all ages. I've found that after retiring, making new friends is a lot harder than I thought it would be. Meetups take away the pressure!" ■



Explore Meetup Group Opportunities on the North Shore

Meetup offers a complementary dimension to NSSC's comprehensive offering of Lifelong Learning educational and social programs for people living in Chicago's northern suburbs. Local Meetup groups* include:

Chicago Seniors Social Meetup: For older people who are very active and want to meet others in their community. Groups host get togethers for events and diverse activities for people who are age 70 and over.

Silver Sneakers: Suggests exercise opportunities, local senior clubs, and community centers as alternatives for older adults to meet new people. Note that NSSC's Fitness Center accepts Silver Sneakers.

North Shore Singles Over 50 Meetup Group: For single adults 50 and over, offering a variety of activities and events.

NW Chicago Social Group over 50: Focuses on social activities, including chatting over a cup of coffee, discussion groups, kayaking, walking, board games, and pickleball.

Explore Outdoors Chicago Area Nature Lovers Hiking Group: For nature lovers who enjoy hiking and other outdoor activities.

Crafting and Coffee Klatch: For people who enjoy crafting and coffee.

Evanston Writers Workshop: Offers a variety of groups including one dedicated to poetry, and some dedicated to critiquing screenplays and fiction. ■

**Not evaluated or endorsed by NSSC.*

Building Community

One Portrait at a Time BY AMY KRAUSE

If Jim Parks looks familiar, you've probably seen him or his work in NSSC's Atrium during the past six months. Since last spring, Jim has stationed himself at NSSC to create the Faces of NSSC project, a vibrant collection of miniature portraits painted on canvas squares. The finished works will be on display in the Art Gallery September 8 through October 24.

Jim's creative process starts with photographing his subjects, then retreating to his home studio where he uses a mix of acrylic and oil paints, and "ink pencils" to transform the images into expressive 4" x 4" portraits. He completes up to a dozen paintings each week.

"The Faces project is, to my knowledge, unique. It's special because when people see their portraits among others they can't help but feel part of a community," he explained. "Older adults often feel isolated and invisible, and this project helps them feel seen and valued."

A longtime Evanston resident, Jim started sketching people at Levy Senior Center. "I was surprised at the profound effect the process had on me—that feeling that I've captured someone's essence. Their reaction to seeing their portrait on canvas is icing on the cake. In this time of uncertainty, it's my contribution toward creating community and belonging."

He added, "People ask why I don't do this for money. I'm having too much fun to ruin it all. I spend a week studying these faces and when I'm done, I feel like we're friends."

An Evanston Township High School graduate, Jim studied theater at Boston University before returning home to spend three decades in show business, including a notable performance in *Godspell* at Chicago's Studebaker Theater. His career



extended to radio, television, and voice-over work—perhaps most famously as the voice of the Hamburglar in McDonald's commercials. He also hosted HGTV's remodeling show *New Spaces*.

Now 11 years into retirement, Jim continues to paint and occasionally returns to showbiz gigs. Reflecting on his journey, he said, "When I leave this Earth I want to leave something behind—and these portraits are something I'm proud to have given to all my new friends." ■

Meet the Artist

**Tuesday, September 9
2 - 4 p.m.**

**Join us for a reception
to welcome Jim Parks and
his Faces of NSSC!**

**See page 50 for more
information.**



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north shore senior center



TERRY & DONNA C. KING

GOLF OUTING

MONDAY, SEPTEMBER 15, 2025

SKOKIE COUNTRY CLUB

500 Washington Avenue, Glencoe

Host of the 2025 Western Amateur

**10:30 a.m. Registration • 11:30 a.m. Buffet Lunch • 12:30 p.m. Shotgun Start
5:30 p.m. 19th Hole Happy Hour • Contests, Raffles, Auction**

\$550 per Player • \$2,200 Foursome

Includes buffet lunch, golf, cart, forecaddie, valet parking, bag drop services, locker room facilities, use of practice range and putting green, 19th Hole Happy Hour, and prizes.

\$150 19th Hole Happy Hour Only

Club Sponsor — Mead Montgomery

Chairs — Tony Licata, Taft • Gary Frank, H. Gary Frank Architects
Tiffany Irving, Mesirow

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

**CHIP IN TO CHANGE THE LIVES
OF OLDER ADULTS IN OUR COMMUNITY**



SWING INTO FUN

at NSSC's 4th Annual

Terry & Donna C. King Golf Outing!

Enjoy a full day of camaraderie and friendly competition at Skokie Country Club, a Midwest gem tucked away in the heart of Glencoe. This year, your support is critical. Proceeds will help offset costs from extensive water damage to our building and directly support the families who rely on NSSC every day. We hope you'll join us for a day that has a lasting impact—on and off the green!



CAN'T COMMIT TO A FULL DAY OF GOLF?

Join us for
the 19th Hole
Happy Hour!



Creative Expression in Our Memory Programs

BY DESIREE SCHIPPERS



Self-expression is a key element of supporting participants' well-being at House of Welcome's Day Program and Mind Matters early memory loss program. Living with memory loss and other cognitive impairments can come with a lot of change: people may treat you differently, plans for the future might shift, or it might feel more difficult to relate to friends and family. Creative activity not only provides an outlet for communication but also can help process complex emotions and reduce anxiety.

"Opportunities for creative expression are fundamental to our programming. A variety of creative activities are offered every day, like improv, Timeslips™ storytelling, painting, drawing, music,

movement, and more," explained Cynthia Phon, director of House of Welcome Adult Day Services. "We are incredibly lucky to have an art therapist on staff, as well as a partnership with Greater Chicago Music Therapy that allows us to provide regular music therapy sessions to our participants."

Music therapy offers a wide range of benefits. On top of emotional catharsis and processing, music and art are stimulating for our minds, which is critical when living with cognitive changes.

"Music is special because it tends to bring vivid memories and imagery to mind. Music is felt. Sometimes it can be hard to call up specific events in our lives when living with brain changes. Music often

brings forth strong memories and emotions in a way that may bring us comfort and connection," Becca Kilcoyne, Mind Matters program manager, said. "Secondly, participating in an art therapy group is a great way to engage your brain, which is a primary aim of both Mind Matters and the Day Program."

Fostering personal connections is another goal for both programs.

"Participating in art therapy is akin to being in a support group, except that instead of verbally talking about what you're going through, music, art, or movement is the medium and the catalyst that helps you process feelings, emotions, thoughts, and sensations," Becca explained. "During music therapy sessions participants sing, play instruments, make song requests, and share their personal experiences."

If you or a loved one is experiencing memory loss or other cognitive change, NSSC's programs can provide a supportive community. Both Mind Matters early memory loss program and House of Welcome's Adult Day Program have openings, and caregiver support specialists are available to provide holistic support for caregivers and family members along the way.

Contact us today at how@nssc.org or 847.242.6250 to see which programs are right for your family. ■

Art therapy in House of Welcome's garden



Q & A with NSSC's Staff Art Therapist: Cara Treu



HOW DID YOU BECOME AN ART THERAPIST?

I've always been an artist, using whatever medium I can find. Before becoming an art therapist, I worked in different art galleries. I loved those jobs because they allowed me to create connections with fellow artists and art lovers over something incredibly meaningful. While pursuing a degree in psychology, with minors in art history and visual arts at the University of San Diego, I worked on campus to educate and promote awareness around the prevalent issue of sexual assault and relationship violence. I also worked with various nonprofit organizations, with the goal to increase access to arts education.

With these varied experiences, I wanted to combine my interests of social justice, artmaking, community-building, and mental health—art therapy was a perfect combination of all these interests. This led me to pursue a master's in art therapy and counseling at The School of the Art Institute of Chicago.

WHAT IS ART THERAPY? CAN IT BE ANY ART?

Art therapy uses artistic processes and counseling techniques to support individuals, groups, and communities with communication, expression, reflection, and healing.

Any art form? Yes, sometimes I don't even use any art! I often just use my creative lens to speak with people and meet them where they are to support them.

WHO IS ART THERAPY FOR?

Art therapy is for anybody who is willing to participate!

WHAT ARE THE BENEFITS OF ART THERAPY?

There can be many benefits of art therapy. Some include increasing feelings of belonging, providing positive socialization, encouraging active participation and decision making, celebrating individuality and identity, and stimulating cognitive functioning.

HOW IS ART THERAPY DIFFERENT FROM A TRADITIONAL ART PRACTICE?

When I think of traditional art practices, I think of someone working on their personal artistic endeavors in an art studio and exhibiting their works in art shows

or selling their work. It could also be someone who makes art personally for enjoyment or for skill building. Art therapy is different because it is practiced with a professionally trained therapist with the goal of self-expression and emotional processing.

CAN ANYONE PRACTICE ART THERAPY ON A PERSONAL LEVEL, OR SHOULD YOU ALWAYS BE GUIDED BY A PROFESSIONAL?

Anyone can make art that feels therapeutic. Find what you like to make and start creating! Artmaking, in general, can have some of the same benefits of art therapy.

Art therapy, however, is like traditional counseling and therapy in the sense that it is guided by a professional who has a master's level education and adheres to ethical guidelines. We are trained in a variety of art mediums that can serve as different modalities to do the real work of therapy: connecting, processing, problem solving, and learning more about ourselves. ■



10 Ways Smartwatches ARE MORE THAN JUST TRENDY TECH

Smartwatches have evolved far beyond trendy tech gadgets—they're becoming useful tools for people seeking greater independence, safety, and wellness. With some features specifically designed for older adults, these devices offer peace of mind through health monitoring, emergency assistance, and simplified communication with loved ones.

Top 10 Features:

1. HEALTH MONITORING AT A GLANCE

Smartwatches can track vital health metrics such as heart rate, blood oxygen levels, and even irregular heart rhythms. Many models alert users to potential issues, helping detect problems early and supporting ongoing health management.

2. FALL DETECTION AND EMERGENCY ALERTS

One of the most crucial features for older adults is fall detection. When a fall is sensed, the watch can automatically contact emergency services or notify a designated family member, offering peace of mind to both users and families.

3. MEDICATION REMINDERS

Keeping up with medications can be challenging. Smartwatches allow users to set recurring reminders so doses aren't missed, supporting adherence to treatment plans and overall health.

4. GPS AND LOCATION TRACKING

For older adults with Alzheimer's disease and other dementias, GPS tracking can be a lifesaver. Caregivers can monitor location and receive alerts if the wearer wanders outside a set area.

5. ENCOURAGING PHYSICAL ACTIVITY

Most smartwatches count steps and track movement, offering gentle nudges to stay active. Many models recognize exercise with achievements or goals, which can help motivate daily walking or stretching.

6. SLEEP TRACKING

Quality sleep is vital for overall well-being. Smartwatches can monitor sleep patterns and duration, offering insights that may uncover issues like insomnia or sleep apnea, helping users adjust routines or seek professional help.

7. STAYING CONNECTED

With call, text, and email notifications right on the wrist, smartwatches keep people connected—without needing to fumble for a phone. This helps reduce social isolation and allows for easier communication in emergencies.

8. VOICE ASSISTANTS FOR SIMPLICITY

Built-in voice assistants like Siri, Alexa, or Google Assistant let users check the weather, set timers, or call someone—all hands-free. This can be



especially helpful for those with limited dexterity or vision impairments.

9. CALENDAR AND APPOINTMENT REMINDERS

Forgetfulness becomes less of a concern with smartwatches providing alerts for appointments, birthdays, and important tasks, helping maintain independence and organization.

10. BOOSTING CONFIDENCE AND INDEPENDENCE

Ultimately, wearing a smartwatch can be empowering. With so many safety and convenience features, users feel more confident living independently, knowing help is always just a tap away.

Technology Assistance Lab volunteer Peter Tyor said he and his wife, Hillary, use smartwatches for a variety of things including medication reminders, appointment notifications, steps, and as a timer. "For us, they are an investment in both freedom and peace of mind," he said.

For assistance with your smartwatch, tablet, mobile phone, or laptop, swing by the Technology Assistance Lab on Fridays between 10 a.m. and noon where expert volunteers offer their assistance at no cost. ■

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.

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. 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 and friends who provide 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

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 friendly space for people with memory loss and their care partners to have fun and connect with others, while enjoying activities such as art therapy, music, creative storytelling, entertainment, and more. People experiencing memory loss must attend with their care partner. Meets at NSSC the second Monday of each month from 12 to 1:30 p.m.

caregiversupport@nssc.org
847.784.6041

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 at NSSC the second and fourth Wednesdays of the month from 2 to 3 p.m.

caregiversupport@nssc.org
847.784.6041

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 person 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 Mondays 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 person and virtually the second Monday of each month from 10 a.m. to 12 p.m.

gerardl02@comcast.net
630.408.0746



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



September - December 2025

Lifelong Learning Catalog

Enjoy

NSSC Tuesday Club Program

The Dangers of Plastic: Much More Than Environmental (Hybrid)

Ivy Sundell, Founder of Replace Plastic NFP, discusses the effects of plastic on health, including diabetes, Alzheimer's, and cancer. Discover many practical ways to switch to non-plastics in your daily life.

Tue 9/2 10:30 - 11:30 a.m.
No Fee 12768

Protecting the Environment with Abt's Green Program (Hybrid)

Jessie Abt discusses Abt Electronics' Green Program, which focuses on sustainability through energy efficiency, waste reduction, and resource conservation.

Tue 9/9 10:30 - 11:30 a.m.
No Fee 12769

Banned Books (Hybrid)

Banning books in public and school libraries has been in the news. How serious is this matter? Executive Directors of three local libraries examine and discuss the current status of this highly sensitive issue.

Tue 9/16 10:30 - 11:30 a.m.
No Fee 12770

Talking with Young People About Substance Abuse (Hybrid)

Coalition Coordinator for Peer Services Natalie Larson explores how you can support substance abuse prevention by having open supportive conversations with the young people in your life.

Tue 9/23 10:30 - 11:30 a.m.
No Fee 12771

Northbrook Library Update (Hybrid)

Executive Director of Northbrook Library Kate Hall will share how libraries have changed and evolved over the years, and what changes have been observed in Northbrook.

Tue 9/30 10:30 - 11:30 a.m.
No Fee 12772

Grandma Goes to Antarctica: My True-Life Adventure with the National Science Foundation (Hybrid)

After spending five months living and working in Antarctica with the National Science Foundation

Jeanne Roppolo wrote a children's book

Grandma Goes to

Antarctica. Journey with Jeanne to "the coldest, driest, windiest, and most barren place on earth."

Tue 10/7 10:30 - 11:30 a.m.
No Fee 12773



**From Conversation to Connection:
Persuasion Tools for Older Adults (Hybrid)**

Leadership communication consultant and author Lynne Franklin will discuss why people sometimes have trouble connecting with each other during conversations. She will guide you through her simple, practical approach to reaching anyone.

Tue 10/14 10:30 - 11:30 a.m.
No Fee 12774

Title IX and How It Became A Law (Hybrid)

Attorneys Sharon Eiseman, Adam Sheppard, and Charles Krugel will discuss the ground-breaking piece of legislation that prohibits gender discrimination in federally funded school activity and its ramifications.

Tue 10/21 10:30 - 11:30 a.m.
No Fee 12775



Making Your Next Move Easy (Hybrid)

Lisa Joy Rosing, Lisa Schulkin, and Ronda Parmacek will describe the tasks and issues that may arise when an older adult moves for either health, safety, or socialization.

Tue 10/28 10:30 - 11:30 a.m.
No Fee 12776

**Introduction to the Forest Preserves
of Cook County (Hybrid)**

Cook County is filled with wild and wonderful natural beauty. Interpretive Naturalist Jerry Attere will discuss how the Cook County Forest Preserves maintains their natural communities while providing educational, leisure, and outdoor recreation opportunities.

Tue 11/4 10:30 - 11:30 a.m.
No Fee 12778



Navy Band Great Lakes

Known as "America's Band," the Navy Band Great Lakes will perform patriotic military and John Philip Sousa marching musical arrangements to celebrate veterans everywhere. Performance is onsite only.

Tue 11/11 10:30 - 11:30 a.m.
No Fee 12779

Post-Veterans Day Panel Discussion (Hybrid)

Four military veterans, Don Packard, Jack Florin, Lou Siegel, and Glen Waltrip, will share some of their experiences while serving their country. Honor Flight, Chicago will also be highlighted.

Tue 11/18 10:30 - 11:30 a.m.
No Fee 12780

An Immigrant Mother's Journey:

From Loss through Courage to Triumph (Hybrid)

Author and world traveler Susan Nelson will show photos from her soon-to-be-published new book, which emphasizes common themes in every family who immigrated to America.

Tue 11/25 10:30 - 11:30 a.m.
No Fee 12781

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 12/2 10:30 - 11:30 a.m.
No Fee 12783

The Right-Sizing Roadshow (Hybrid)

Interior designer Claudia McLaughlin will discuss options for disposal of items that family members are not interested in keeping, including the potential sale, consignment, auction, or donations of these items.

Tue 12/9 10:30 - 11:30 a.m.
No Fee 12784

Performances & Special Events



Oktoberfest!

A Luncheon and Performance Event!

Get into the spirit of Oktoberfest with the Johnny Wagner Trio! This legendary Chicago ensemble plays traditional German and Austrian music as well as Austrian Cowbells and the Swiss Alphorn. You may even hear some yodeling! Lunch will feature a traditional German menu.

Fri 9/26 12 - 2:30 p.m.
\$39 Member; \$49 Non-member 12805

27th Annual Joan Golder Distinguished Senior Lecture Series with Richard Roeper

During his 37-year tenure at the *Chicago Sun Times*, Richard Roeper wrote more than 10,000 film reviews. He is the author of nine books, and he was the co-host of *Ebert & Roeper*, the most popular national movie review show in the history of television. For the last decade, Roeper has been the film critic for *Windy City Live* on ABC-7 in Chicago. He is also a contributor to WGN-AM radio and to RogerEbert.com. In addition to more than 20 appearances on *The Tonight Show*, Roeper has guest-starred on *Oprah*, *Nightline*, *The Today Show*, *Good Morning America*, *Top Chef*, *Entourage*, *Live with Kelly and Mark*, and dozens of other shows.

Wed 10/8 7 - 9 p.m.
\$25 Member; \$30 Non-member 12892

Close to You: The Music of the Carpenters

A Luncheon and Performance Event!

Considered one of the best vocalists of all time, Karen Carpenter captured the attention of a generation with the surprisingly deep material of her unabashedly catchy pop music. Singer and playwright Lisa Rock has compiled a moving tribute to the music and life of Carpenter, and brings it to the NSSC stage. Dedicated to re-creating the true sound of The Carpenters, Lisa showcases some of the most memorable songs of the 70s including "We've Only Just Begun," "Rainy Days and Mondays," and of course, "Close to You." A catered lunch will be served before the performance.

Fri 10/24 12 - 2:30 p.m.
\$39 Member; \$49 Non-member 12808

Kristin Lelm Sings Gershwin and the Great American Songbook

A Luncheon and Performance Event!

Kristin Lelm and pianist 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 antidote to the winter weather outside with these light and breezy musical favorites! The performance follows a delicious lunch.

Fri 11/21 12 - 2:30 p.m.
\$39 Member; \$49 Non-member 12809

Holiday Bazaar with Hilary Feldman

A Luncheon and Performance Event!

Enjoy a musical feast with Hilary Feldman, accompanied on piano by Beckie Menzie. Filled with surprises, just as holidays should be, *Holiday Bazaar* is a sackful of songs to make audiences laugh and cry, and hold their loved ones close.

A veritable smörgåsbord of off-the-beaten-path holiday songs, with some good ol' gems thrown in for good measure. This unique holiday show will not disappoint. Can't tell you any more than that ... or it will ruin the surprise! A delightful, seasonal lunch will be served before the performance.

Fri 12/19 12 - 2:30 p.m.
\$39 Member; \$49 Non-member 12810



Just for Fun

Improv Workshop with the Laughing Academy

Kim Greene Hiller, Owner & Director of The Laughing Academy

Try an improv class with the Laughing Academy and learn some basic improv techniques with no-pressure, no judgment, and no expectations. It's fun to be funny, but there's a lot more to take away from improv comedy classes than just laughs. Improvisation is all about teamwork, positivity, being fully present and tuned in, ready for any surprises, and trusting your own instincts while respecting the input of others. Having a blast in the process is just the icing on the cake! If you could use more courage, confidence, positivity, and fun in your world, come try improv. The last session will be an informal performance to showcase your skills!

Thu 9/4 - 10/16 (6X - no class 10/2) 1 - 2 p.m.
\$175 Member; \$199 Non-member 12812

Films on Friday: *Don't Look Up*

Starring Leonardo DiCaprio, Jennifer Lawrence, and Meryl Streep, two low-level astronomers must go on a giant media tour to warn humankind of an approaching comet that will destroy planet Earth. (2021, R, 2h 18m)

Fri 9/5 1:30 - 4 p.m.
\$5 Member; \$7 Non-member 12691

Films on Friday: *Wicked*

Elphaba, a young woman ridiculed for her green skin, and Glinda, a popular girl become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a new crossroads. Starring Cynthia Erivo, Ariana Grande, and Jeff Goldblum. (2024, PG, 2h 40m)

Fri 10/3 1:30 - 4 p.m.
\$5 Member; \$7 Non-member 12692

Films on Friday: *Bridget Jones: Mad About the Boy*

A bittersweet romantic comedy about new beginnings with another sparkling performance by Renée Zellweger as Bridget Jones. *Mad About the Boy* gracefully closes the book on Bridget Jones' diary. (2025, R, 2h 4m)

Fri 11/7 1:30 - 4 p.m.
\$5 Member; \$7 Non-member 12693

Films on Friday: *A Knight's Tale*

After his master dies, a peasant squire, fueled by his desire for food and glory, creates a new identity for himself as a knight. Starring Heath Ledger and Rufus Sewell. (2001, PG-13, 2h 12m)

Fri 12/5 1:30 - 4 p.m.
\$5 Member; \$7 Non-member 12694

Adventure



Tour Crab Tree Farm

Tour the beautiful Crab Tree Farm in Lake Bluff, a historic and picturesque property with a rich history. Originally part of a 370-acre dairy farm, today Crab Tree Farm is home to a world-renowned Arts and Crafts collection, including works by Gustav Stickley, Grueby Pottery, and William Morris. The farm buildings have been beautifully restored and the property remains the last operating farm on Lake Michigan in Illinois. The docent-led tour takes you through 30 rooms of Arts and Crafts interiors and exhibits. Meet at Crab Tree Farm. The tour is 90 minutes of walking and standing through four of the farm buildings.

Wed 9/3 10 - 11:30 a.m.
\$20 Member; \$25 Non-member 12797

Fall Color Walk at Ryerson Woods

Eileen Davis, Environmental Educator

There are many health benefits to be enjoyed by getting outside to walk and simply look at glorious autumn leaves. Enjoy a guided hike along the Ryerson trails to savor the sights and sounds of fall. Meet at the Welcome Center at Ryerson Woods.

Thu 10/16 1 - 2 p.m.
\$20 Member; \$25 Non-member 12787

Enjoy

Daytrips



Gustave Caillebotte: Painting His World at the Art Institute of Chicago



Impressionist artist Gustave Caillebotte, known and beloved by many Art Institute visitors for his monumental painting *Paris Street; Rainy Day*, takes center stage in a major exhibition exploring the very personal interests and relationships that shaped his world. This exhibition includes more than 120 paintings, works on paper, photographs, and other ephemera from throughout Caillebotte's career. In addition to his more recognizable works the show presents lesser-known but pivotal works like *Boating Party*. The exhibition opens a new window onto Caillebotte as a complex figure with many interests, as an Impressionist who painted like no other Impressionist, and as an artist who captured his own, very distinct, Paris. Lunch at the Greek Islands Restaurant. Includes lunch, tickets, and transportation.

Wed 9/17 10:45 a.m. - 4:15 p.m.
\$135 Member; \$169 Non-member 12811

Autumn Cruise on Lake Geneva



Enjoy a fun day in Lake Geneva! Board the Grand Belle and glide along the lake while listening to a historic, docent-led tour describing the mansions that line the lakeshore. You may even catch the beginning of fall colors as summer eases into autumn. Relax and take in the sights! The boat is a beautiful replica of a lake steamer and is enclosed and climate controlled for year-round comfort. A delicious lunch will be served onboard. After the cruise, you will have some free time to explore the shops and unique galleries in town. Includes boat tour, lunch, and transportation.

Tue 9/30 9:30 a.m. - 3:45 p.m.
\$119 Member; \$145 Non-member 12813

Tour the Historic Pullman District with Tim Wittman



Tim Wittman, Associate Professor, School of the Art Institute

In the second half of the 1800s there were many attempts to realize the dream of creating a "Utopian Industrial Town." Arguably the best example anywhere was built in Chicago by George Pullman, owner of the famous railroad car building company. Located in what he considered the most ideal location in the U.S., the development known as "Pullmantown" was designed to meet the daily needs of its workers, provide profit for the company's shareholders, and produce rail cars prodigiously. See the industrial, commercial, and residential ensemble of buildings designed to maximize productivity while providing a healthy and happy environment for the employees for one of the first truly global industries. Tim Wittman will introduce you to this amazing development, which is now one of America's few urban National Parks. Lunch will be at Pizza Capri, an old-style family-run Italian restaurant in Hyde Park, where you will enjoy a delicious lunch including salad, chicken or vegetarian entree, and dessert. Includes lunch, tour, and transportation.

Wed 10/8 9 a.m. - 4 p.m.
\$119 Member; \$145 Non-member 12814

Halloween Spooktacular with Opera in Focus Puppet Theater



Opera in Focus will delight you with their Halloween Spooktacular show featuring a selection of haunting classics including excerpts from the *Phantom of the Opera* and *Little Shop of Horrors*. Their productions present unique and fully staged scenes with puppets manipulated from below the stage floor and capable of very life-like actions and dramatic gestures. A demonstration of the operation of the puppets and a tour of the highly technical backstage will follow the performance. Enjoy a slice of Chicago history with this group created by William B. Fosse, formerly Artistic Director of the Kungsholm puppets, using some of those original puppets. Lunch will be at Toscana in Arlington Heights. Includes performance, lunch, and transportation.



Thu 10/23 11:15 a.m. - 5 p.m.
\$119 Member; \$145 Non-member 12815

Made in Chicago:

A Behind-the-Scenes Tour



Cathy Holleb, *Professional Tour Guide*

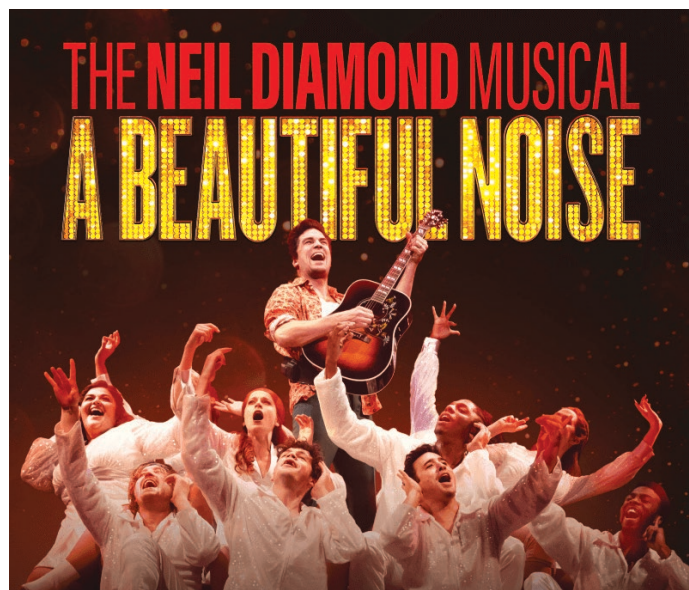
Spend an inspiring and creative day in Chicago, where art and craftsmanship come to life in this behind-the-scenes tour. Begin the day in the Fine Arts Building, a historic landmark that has been a creative hub for years. Visit a violin workshop, where the fine art of creating and repairing these timeless string instruments comes to life. Then onto the Glass Gallery, L.H. Selman Fine Glass Paperweights, to learn about the art of making paperweights and visit their museum and gallery. Enjoy lunch at Ann Sather's, a beloved Chicago neighborhood restaurant. Everyone gets to taste their famous cinnamon roll! See the new Artists' Book House, offering classes and exhibits to support those who want to tell their stories through books. The final stop of the day is at the Chicago Weaving School. Learn about the ancient craft of weaving and see one-of-a-kind textiles that have been created in the workshops. Includes lunch, tour, and transportation.

Thu 11/6

9 a.m. - 4 p.m.

\$125 Member; \$149 Non-member

12816



A Beautiful Noise: The Neil Diamond Musical at the Cadillac Theatre



With his first break into songwriting in the 1960s and his meteoric rise in the 1970s, Neil Diamond has maintained an almost unbelievable level of superstardom for five straight decades. How did a poor Jewish kid from Brooklyn become one of the most universally adored showmen of all time? There's only one way to tell it: a musical set to his era-defining smash hits that entranced the world. Lunch will be before the matinee at the iconic Russian Tea Time Restaurant. Includes lunch, tickets, and transportation.

Thu 11/20

10:15 a.m. - 4 p.m.

\$199 Member; \$239 Non-member

12817



Irving Berlin's White Christmas the Musical at Paramount Theatre



Pageantry and spectacle come to life in this iconic holiday production at the Paramount Theatre. World War II is over, and former G.I.s Bob and Phil have become a highly popular song and dance team who meet an equally talented up-and-coming sisters act. The men travel to a quaint ski resort in Vermont to watch sisters Betty and Judy perform. However, once there, they realize the mountain resort is owned by their former General, who is about to lose it all. Plans begin to help save the beloved General and his business, which culminates in a show filled with epic dance numbers, spectacular costumes, and a finale rendition of "White Christmas." Lunch will be at the Ballydoyle Irish Pub and Restaurant before the matinee. Includes lunch, transportation, and tickets.

Wed 12/10

10:15 a.m. - 5 p.m.

\$159 Member; \$195 Non-member

12818

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



Enjoy

Learn

Art & Architecture



The Glorious Arts: Chicago as a Fine Arts Mecca (Hybrid)

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. Historian Clarence Goodman explains how the city has become the home to so many treasures.

Mon 12/15 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12865

America's Most Overlooked Artist: Andrew Wyeth (Online)

Ruth Nelson, Art Historian

One of the best-known American artists of the middle 20th century was Andrew Wyeth. Yet for decades he has been ignored by critics, curators, and historians. Art historian Ruth Nelson will examine Wyeth's life and his works of art, exploring why he has been described as both the "most overrated and underrated" artist of our time.

Fri 11/7 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12685

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 American House: Simple Shelter to Sublime Style (Hybrid)

Joseph Madda, Architect, Art Historian

Blessed with seemingly unlimited land, an ever-rising tide of beneficial technology, and an innate cultural need to live in one's own part of the American Dream, over 63.5% of Americans now live in single-family homes on individual plots of land. How this achievement came about is a long, complicated tale. It proceeds from ancient North America through over three centuries of growth and a multitude of architectural styles, progressing from indigenous cultures, Colonial Times through the Victorian Era, the Gilded Age, turn of the 20th century unique American styles, inter-war and post-war Modernist Movements, and beyond. Architect Joseph Madda recounts this amazing saga of the American House.

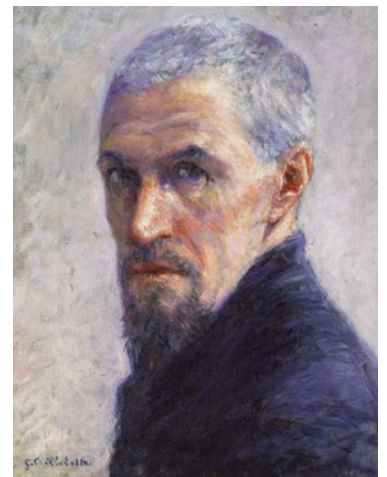
Mon 11/17 - 11/24 (2X) 1 - 2:30 p.m.
\$29 Member; \$39 Non-member 12724

Gustave Caillebotte and the Story of Impressionism (Online)

*Jeff Mishur, Art Historian,
Art Excursions*

Artist Gustave Caillebotte (1848-1894) was one of the founding French Impressionists. His artwork captured the spirit of modern life. His personal investment in French Impressionism helped it to persevere through difficult years of critical scorn and weak sales. His gift to the French nation of a remarkable art collection helped achieve an enduring legacy for the work of his fellow modernists. Art historian Jeff Mishur presents a number of important Caillebotte works and their art historical context.

Fri 9/12 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12735



John Singer Sargent: Portraits of the Gilded Age (Hybrid)

Lisa Kent, Art Historian, Researcher

Known for his vibrant colors and rich textures, John Singer Sargent was the most successful portrait painter of the Gilded Age. He trained in Paris and developed a style that, while influenced by old masters such as Van Dyck and Gainsborough, also looked forward to modern styles of realism and even impressionism. He became the painter of the aristocracy and the famous in both America and Europe. His subjects ranged from the notorious Madame X to author Robert Louis Stevenson and actress Ellen Terry. Sargent's portraits have become almost synonymous with the Gilded Age of the 1890s. Lisa Kent will examine both the artist and his subjects to bring the style and luxury of the time to life.

Mon 10/27 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12746

Lost Chicago (Hybrid)

Tim Wittman, Associate Professor, School of the Art Institute

Chicago has seen fit to preserve some of the world's most famous buildings, including examples from the invention of the skyscraper to amazing parks, residences, schools, and cultural buildings. But there is also reason to lament what we have lost. Architectural historian Tim Wittman reminds us of what was and what could still be. He will have a look at some great local buildings that were lost to thoughtlessness, obsolescence or greed, and others that were planned but never completed. Daniel Burnham told us to "Make no little plans," and sometimes grand schemes swept away great monuments of our past.

Wed 9/17 - 9/24 (2X) 10 - 11:30 a.m.
\$29 Member; \$39 Non-member 12762

Art and Politics: The Evolving Reception of the Art of Käthe Kollwitz (Hybrid)

Sandra Krohnert, Art Historian, College Instructor

Käthe Kollwitz (1867-1945) was a renowned expressionist artist at a time when few women were able to find success in any field. Greatly inspired by the lessons of her Lutheran pastor grandfather and brother who was a prominent economist for the Social Democratic Party, she was known for her emotional depictions of the working class and the effects of war and poverty. Art Historian Sandra Krohnert introduces Kollwitz's life and art and shows how the evolving reception of her work was based upon attitudes toward her sex and the politics of the times.

Wed 10/15 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12886



Alphonse Mucha: Art Nouveau's Posterboy for Flowers, Women, and Architecture (Hybrid)

Jim Parks, Visual Artist, Actor

During his day, no artist in the world was more visible than Alphonse Mucha. In one swoop, his poster of Paris actress Sarah Bernhardt propelled him to French celebrity, while simultaneously focusing the swirling vortex of a new artistic movement into what we now call Art Nouveau. Artist Jim Parks engages his artistic eye to reveal Mucha's genius, and illustrates how steam-driven color printing brought Mucha's beauty to the world.

Fri 12/5 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12777

Leonardo da Vinci: Celebrator of Failure and Seeker of the Ambiguous (Hybrid)

Laura Johnson, Art History Professor, Travel Guide

Art historian Laura Johnson delves into the procrastinating yet fastidious nature of Leonardo da Vinci. She will look at his unfinished paintings, mysterious drawings, and unusual maps to reveal da Vinci's rule-breaking concepts. Laura will demonstrate how his unfinished bridge-building plans are at the forefront of modern-day international infrastructures. As she looks at da Vinci's belief in acting and thinking "nano," Laura divulges his relentless curiosity even in the curls of a woman's hair! Discover how this philosophy of life and holistic ideas makes him beyond the quintessential Renaissance man.

Tue 11/18 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12788

Current Events

How Did We Do?: Chicago Baseball Wrap-Up, 2025 (Hybrid)

Charles Billington, Sports Historian, Author

Author and sports historian Charles Billington returns to put the cap on the bottle for this year's baseball season. He will give an end-of-season analysis of the now-or-never

Cubs, and decide if the fans got what was expected. Then he will provide an in-depth look at the chronic ills of the Chicago White Sox. Finally he will take a look at the economic and financial decisions that each team made, and how those decisions affected their performance on the field.

Fri 10/17 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12822

Looking Back, Looking Ahead (Hybrid)

Barry Bradford, Historian

2025 has been a tumultuous year. The culture wars have deepened in America, Chicago's sports teams have tried to do their best, and the current administration has been going full steam, shaking up the government as never seen before. Historian Barry Bradford will tell us the top news stories, movies, television, theater, new words, and important deaths of 2025. As always, Barry will show us what he predicted for 2025 and offer specific predictions for the year to come!

Thu 12/11 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12714

What Just Happened? (Hybrid)

Barry Bradford, Historian

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 you will gain a deeper knowledge of what just happened.

Thu 9/25 - 11/20 (3X) 1 - 2:30 p.m.
\$43 Member; \$52 Non-member 12888



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 current 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 into international affairs, even as many at home continue to push for a focus on domestic needs.

Fri 9/5 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12821

Is Our Democracy Threatened by a Constitutional Crisis? (Hybrid)

Michael Weissman, Attorney, Author, Law Professor

In our tripartite form of government, each of the three branches of government has the task of seeing to it that its partners stay within the boundaries of their delegated powers. A constitutional crisis occurs when those boundaries are ignored. The United States has had a number of such events but has bounced back from them. Are we experiencing another one? If so, Michael Weissman explains what must occur to restore the constitutionally-mandated balance of power?

Wed 10/22 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12659

Instructor Spotlight

MICHAEL L. WEISSMAN

Attorney

Michael L. Weissman is a Harvard Law School graduate and Fulbright Scholar and has taught classes in venues around the United States and

overseas. As an attorney, his diverse experience includes appearing before the U. S. Supreme Court. Because of his interest in the banking industry and Risk Management Association, Michael is a frequent contributor of articles to legal magazines and financial journals. Since retiring, he says that he derives his greatest satisfaction in working with seniors because they have an unquenchable thirst for information that keeps them abreast of contemporary developments in politics, social trends and economics.



The Democratic Party Response to the 2024 Election (Hybrid)

Julie Strauss, Ph.D., Political Scientist

It has been almost a year since Republicans took control of the White House and both chambers of Congress. At this moment of one-party rule, Democrats have been trying to formulate a response. Discover what that entails. Specifically, what policies are they proposing, which Republican issues are they challenging, and which of their elected officials have been leading these efforts? Julie Strauss provides a deep dive into our current political moment.

Wed 10/29 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12695

Congress During the New Trump Era (Hybrid)

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



Political Science professor William Adler will examine Congress during the first year of the new Trump era. His discussion will detail the legislation that has been passed, what oversight actions are happening in committees, and how those compare with the Congressional accomplishments in the past. He will compare the first year of Biden's presidency to both this year and the first year of Trump's first term.

Fri 11/21 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12767

The Madness of White Supremacy (Online)

Jim Kenney, Co-founder Common Ground, Author

Charleston, Charlottesville, Pittsburgh, Christchurch, El Paso, and too many more! Why is the greatest internal terrorist threat of our time driven by white supremacist nationalism? Jim Kenney focuses on the central myth of American white nationalism: the "Great Replacement," which is the imagined outnumbering and subjugation of white Christians worldwide. He will also introduce two individuals who laid much of the toxic groundwork, the early-20th-century American Madison Grant and the modern Frenchman Renaud Camus. Topics range from the Crusades to antisemitism, and from slavery and the Civil War to the Obama presidency. It's a disturbing topic, but one we all need to know about.

Thu 9/4 - 9/18 (3X) 10 - 11:30 a.m.
\$43 Member; \$52 Non-member 12881



Can the United States Ever Elect a Female Candidate for President? (Hybrid)

Julie Strauss, Ph.D., Political Scientist

To date, there have been two female presidential nominees, Hillary Clinton and Kamala Harris. Several other women have tried for those nominations, including Nikki Haley, Amy Klobuchar, and Elizabeth Warren. Yet, none have successfully won the White House. Julie Strauss examines the current nature of our politics that has prevented these women from attaining the highest office. How much can be explained by their gender, their policies, and by stereotypes? The answers to these questions may surprise you.

Wed 12/3 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12696

What Will the Future of NATO Be? (Hybrid)

Michael Weissman, Attorney, Author, Law Professor

With the United States pivoting toward Russia, NATO has a dilemma. Will its most powerful proponent abandon it? Or is this just a temporary phenomenon? Whatever it is, the signatories to the NATO charter have to reevaluate the status and purpose of the alliance, and institute whatever changes that are needed to enable NATO to have a meaningful role in our nation's future. Michael Weissman explains those changes and whether they will be made.

Wed 12/10 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12660

Current Events

(continued)

The European Union: An Economic Giant, A Political Dwarf, and A Military Worm (Hybrid)

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

Several waves of institutional and monetary integration in the late 1990s and early 2000s have tended to obscure the problems lurking under the surface of the European Union. Today the European Union is facing an array of multifaceted crises. Unresolved institutional, economic, demographic, and security challenges have led to political alienation and a threat to legitimacy and democracy. Will the European Union recover from these “midlife crises,” or will it go the way of the Holy Roman Empire or, more recently, the Soviet Union? Political scientist George Lungu explores the ongoing crisis of Europe.

Fri 10/3 - 10/10 (2X)

1 - 2:30 p.m.

\$29 Member; \$39 Non-member

12742

The Impact of Tariffs on the U. S. & World Economy (Hybrid)

Peter Hudis, Humanities and Philosophy Professor

The Trump Administration’s imposition of the largest tariffs in 130 years has issued a shock to the world economy. The inconsistencies and fluctuating numbers affect many of our close allies and even those countries who are not. Peter Hudis explains the economic impact, and explores its long term consequences, both at home and abroad.

Wed 12/17

1 - 2:30 p.m.

\$15 Member; \$20 Non-member

12748

The United States Crisis with Europe: How Serious? (Hybrid)

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

Until recently, Europe was the bedrock foundation of the foreign policy and international engagement of the United States. Now that relationship seems to be in the past. Aggressive protectionist moves by the current administration seriously strain relations with the European Union. President Trump’s repeated efforts to acquire Greenland further threatens these ties. The bloody, brutal Russia-Ukraine war continues, in the same area where World Wars I and II in Europe took place. Professor Arthur Cyr explains the seriousness of this situation.

Mon 9/15

10 - 11:30 a.m.

\$15 Member; \$20 Non-member

12820



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Germany at a Crossroads: Taking the Pulse of a Nation (Online)

Anette Isaacs, German Historian

Germany's recent election has laid bare the deep political, economic, and social challenges facing the country. From the ongoing energy crisis and economic slowdown to immigration debates and the rise of populist movements, Germany is at a pivotal moment in its postwar history. German historian Anette Isaacs explores the shifting political landscape, key election outcomes, and what they reveal about the nation's future. Where is Germany headed, and what does it mean for Europe and the world?

Tue 9/9 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12676

Germany, 2025: 35 Years After the Unification (Online)

Anette Isaacs, German Historian

This October the Germans are celebrating the 35th anniversary of the German Unification. These past three and a half decades were a difficult but also miraculous time in the country's modern history. German historian Anette Isaacs leads a fascinating discussion of how Europe's most populous nation dealt with the challenges of bringing two countries together that had been painfully separated for 45 years. She will present the problems that arose and the solutions that were found in order to create this reunification.

Tue 10/21 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12677

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.

Fri 9/5 - 12/5 (4X) 9:30 - 11:30 a.m.
\$43 Member; \$52 Non-member 12844

American Politics and Current Events (Online)

Ron Mantegna, Facilitator

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

Mon 9/8 - 10/27 (8X) 9:30 - 11 a.m.
\$25 Member; \$30 Non-member 12879

Mon 11/3 - 12/15 (7X) 9:30 - 11 a.m.
\$25 Member; \$30 Non-member 12880

Current Events Discussion Group

Lee Heiman, Moderator

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.

Wed 9/3 - 12/3 (4X) 1 - 2:30 p.m.
No Fee 12675



Dramatic Portrayals

Notorious: The Life of Ruth Bader Ginsburg (Hybrid)

*Michelle Gibbons,
Historical Presenter,
Journalist*

Supreme Court Justice Ruth Bader Ginsburg was driven to fight for women's equality. She was a force of nature who knew what changes she wanted to see in the world and how to initiate those changes herself.

Historical presenter Michelle Gibbons will portray the notorious RBG and explain how her fight for women's rights led to greater freedoms for all. She will explain how her brave actions created an iconic, yet unintended, status.

Fri 9/19 1 - 2 p.m.
\$15 Member; \$20 Non-member 12652



Meet Irena Sendler: Polish Social Worker Who Rescued the Children (Hybrid)

Paddy Lynn, Storyteller, Educator

Irena Sendler was born in Warsaw in 1910, the only child of Dr. and Mrs. Krzyzanowska. Both of her parents were activists and fought for freedom at a time when Poland was always under siege. She grew up knowing that when someone is drowning, you must lend them a hand. After graduating college, Irena worked in the Social Welfare Department and had access to the Warsaw Ghetto. She headed up a small team of people who ultimately were able to smuggle 2,500 Jewish children from the ghetto and relocate them to orphanages and homes of non-Jewish families, basically saving their lives. Irena never thought of herself as a hero. Paddy Lynn tells her story as an inspiration to all of us to do the same.

Tue 9/16 1 - 2 p.m.
\$15 Member; \$20 Non-member 12684

Billie Burke: On Becoming Glinda and Discovering Oz (Hybrid)

Lynn Rymarz, Author, Storyteller

Storyteller Lynn Rymarz shares the true story of Billie Burke, her stage name, appearances on Broadway, radio, silent, and sound movies. Hear how she got her famous role as Glinda, The Good Witch in the 1939 MGM movie *The Wizard of Oz*. Discover the behind-the-scenes trivia of the making of that movie and much, much more.

Fri 10/31 1 - 2 p.m.
\$15 Member; \$20 Non-member 12824

America's Blond Bombshell: Marilyn Monroe (Hybrid)

Michelle Gibbons, Historical Presenter, Journalist

Marilyn Monroe's popularity soared in the 1950s and 1960s until her sudden death. Today, so many years later, her fame, popularity, and beauty still live on. Aside from her status as an iconic sex symbol, who was Marilyn Monroe? Historical presenter Michelle Gibbons will discuss Marilyn's tragic childhood and struggle for stardom, her famous movies, her rise to fame, and her alleged relationship with President Kennedy. Learn why Marilyn became so much more than just a beautiful face.

Fri 12/12 1 - 2 p.m.
\$15 Member; \$20 Non-member 12651





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Film, Theater & TV



Jerry Herman: Savoring the Show Tune (Hybrid)

Susan Benjamin, Musical Biographer

Jerry Herman has the distinction of being the only composer-lyricist in history to have three musicals that each ran over 1500 performances on Broadway. Master of the hummable show tune, his show-stopping numbers in *Hello Dolly*, *Mame*, *La Cage Aux Folles*, and other musicals have left an indelible imprint on musical theater. Susan Benjamin will highlight elements of his personal story as well as his show-stopping musical numbers.

Wed 9/3 1 - 2 p.m.
\$15 Member; \$20 Non-member 12648

Heroes in the Golden Age of Radio (Hybrid)

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

Before Superman, Buck Rogers, and Little Orphan Annie became stars of movies, television, and Broadway, their adventures were found in the comic pages and on radio. During its "Golden Age," radio was the first step out of the funny pages and into the annals of popular culture. Radio historian and "Those Were the Days" host Steve Darnall presents a look at some of the many heroes who made the move from paper to radio, and a few heroes who took the opposite approach.

Tue 11/25 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12763

The Creation of Cabaret

Charles Troy, Musical Theatre Historian

Germany in the early 1930s. Christopher Isherwood was there and wrote a book about it called *The Berlin Stories*. Then John van Druten made it into a play, *I Am a Camera*. Hal Prince, John Kander, and Fred Ebb later

made it into the iconic musical *Cabaret* in 1966, and Bob Fosse followed up with the extraordinary film version six years later. Charles Troy will cover the whole astonishing and timely saga.

Fri 9/12 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12740



Bob Fosse: "Oh Wow" Choreography (Hybrid)

John LeGear, Film Producer and Historian

Dancer-choreographer Bob Fosse forever changed the way audiences around the world viewed dance on the stage from the 1950s to the 1980s. The youngest of six, Fosse learned early on that he would need to do special things to garner any attention from his family. He was a visionary, intense, and passionately driven, whose work was always provocative, entertaining, and quite unlike anything ever before seen. His dances were physically demanding of even the most highly trained dancers, and addressed the full range of human emotions. Through his films he revolutionized the presentation of dance on screen and paved the way for a whole generation of film and video directors that followed.

Wed 9/17 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12689

Back to the 1980s (Online)

Steve Frenzel, Film Researcher

The great films of the 80s seem to be more beloved every year, and Steve Frenzel has them all in this dazzling program that covers the most totally tubular decade ever! From *Indiana Jones*, *Flashdance*, and *Amadeus* to *War Games* and *Dirty Dancing*, travel back to films about true love, time travel, aliens, and much, much more! His program is full of great music, trivia, humor, and personal stories. You will join Prince, Amadeus, Ripley, E.T., and all the kids in *The Breakfast Club* in the DeLorean and zoom back to the 80s!

Fri 12/5 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12750

Eccentric Lives on Film: Ed Wood, Chuck Barris, and Frank Abagnale (Hybrid)

Barry Bradford, *Historian*

Some lives are too strange for fiction, but perfect for film. Barry Bradford delves into the extraordinary stories of three unconventional figures whose lives inspired unforgettable movies. Ed Wood's passion for filmmaking led to cult classics like *Plan 9 From Outer Space*. His story was immortalized in Tim Burton's *Ed Wood* (1994), celebrating his unique vision and determination. Chuck Barris was the mastermind behind *The Dating Game* and *The Gong Show*. Barris claimed in his memoir *Confessions of a Dangerous Mind* to have been a CIA assassin, a claim dramatized in the 2002 film of the same name. Frank Abagnale was a master con artist who, by age 21, impersonated pilots, doctors, and lawyers, forging checks worth millions. His exploits were brought to life in Steven Spielberg's *Catch Me If You Can* (2002). How have these lives been transferred to the silver screen, blurring the lines between fiction and reality?

Thu 9/11 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12713



Stephen Schwartz and How He Recreated the Musical (Online)

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

A perfectionist at being a songsmith, Stephen Schwartz entered Broadway during its decline in the 1970s. Yet, through his rambunctious song writing and clever lyrics, he took from the past and recreated the present to make old formulas appear new again. David Chack will closely examine *Godspell*, *Pippin*, *The Prince of Egypt*, and *Wicked* and explore Schwartz's collaborative works with Leonard Bernstein, Alan Menken, and Charles Strouse.

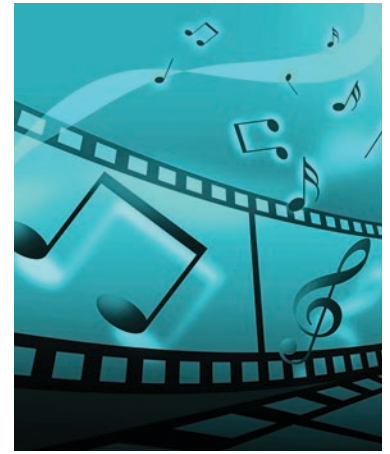
Wed 11/19 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12720

Sensational Songs of the Silver Screen (Hybrid)

John LeGear, *Film Producer and Historian*

John LeGear has brought together a fresh collection of outstanding song and dance numbers. "Sensational Songs of the Silver Screen" will take you on a guided tour of the past 100 years in film, highlighting many of the greatest composers, lyricists, and performers, and the outstanding tunes they made famous. This briskly paced presentation is designed to grab and hold your attention from beginning to end. Enjoy one of the greatest art forms of our lifetime, music at the movies.

Tue 12/16 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12864

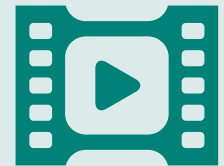


Learn

Antisemitism in Film

JAY SORKIN

Researcher and Educator in Holocaust Studies



Denial (Hybrid)

Based on her acclaimed book, Deborah E. Lipstadt is in a legal battle for historical truth against David Irving, who accused her of libel when she declared him a Holocaust denier. In the English legal system, defamation places the burden of proof on the accused, therefore it was up to Lipstadt and her legal team to prove the essential truth that the Holocaust occurred. Is truth itself on trial? (2016, PG-13, 1h 49m).

Wed 10/8 1 - 4 p.m.
\$15 Member; \$20 Non-member 12744

Protocols of Zion (Hybrid)

In the wake of increased antisemitism in the United States after the attacks of September 11, 2001, documentary filmmaker Marc Levin sets out to discover why anti-Jewish groups, or anyone for that matter, continue to believe that the repeatedly debunked publication *The Protocols of the Elders of Zion* is true. Why does it persist and who promotes its false narrative? In English (2005, R, 1h 35m).

Wed 12/10 1 - 4 p.m.
\$15 Member; \$20 Non-member 12745

Film, Theater & TV

(continued)

Hollywood Fashion:

Looking Good On Screen and Off (Hybrid)

Susan Gibberman, Librarian, Author

The 1930s and 1940s were the peak of classical Hollywood cinema with glamorous and sophisticated costumes that became more than just a character's clothing. Costume design helped to define the characters on film as well as give screen idols a specific public image. Even today, Hollywood design influences the fashion industry. Susan Gibberman will discuss some of the key classic Hollywood designers, such as Edith Head, Adrien, Orry-Kelly, Irene, and Givenchy, and their influence on film and in everyday fashion.

Tue 10/28 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12728

Hollywood Murders That Still Remain a Mystery (Hybrid)

Susan Gibberman, Librarian, Author

On television, murders are solved in an hour. But in real-life, finding a killer may seem impossible, even when the victim is a celebrity. You will discover the more famous Hollywood murders that, even decades later, remain unsolved. Susan Gibberman will discuss some of the most infamous cases, those of George Reeves, William Desmond Taylor, Natalie Wood, Thelma Todd, and Bob Crane. There may be some graphic content included in this presentation.

Mon 12/1 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12729

Movie Adaptations: What Works and What Doesn't? (Hybrid)

Zbigniew Banas, Film Historian, Loyola University

Hollywood frequently borrows ideas and stories from novels, plays, and even non-fiction works and makes them into films. Yet, one often hears complaints from the audiences that the resulting movies aren't nearly as good as their original literary sources. Zbigniew Banas will examine why certain film versions work well, while others fail to meet expectations, whether in content, choice of actors, or original details. Included will be an overview of the most successful book-to-screen adaptations.

Mon 9/8 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12766



Gene Kelly: Most Memorable Musical Artist (Online)

Steve Frenzel, Film Researcher

Whether he is a charming *American in Paris*, or just singin' in the rain, Gene Kelly is one of the most beloved artists of all time. His contributions to film, as an actor, dancer, singer, choreographer, director, and producer are simply unparalleled. You will hear stories about how he changed movies forever. Listen to his music and watch his amazing dancing as Steve Frenzel celebrates the great Gene Kelly!

Fri 10/3 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12749

Alfalfa: The Rascal You Knew, the Character You Never Knew (Hybrid)

James Tehrani, Author

The country was mired in the throes of the Great Depression, and thousands of parents headed to Hollywood hoping their kid was one-in-a-million. *Our Gang* was the most-famous child film series of the day, and little Carl Switzer was chosen for the role of Alfalfa, and became part of pop-culture lexicon for nearly a century. After *Our Gang*, his career continued with more successful film and TV roles than most of the other kids in the series. But his wasn't always a wonderful life for the kid from Paris, Illinois. Author James Tehrani brings Carl Switzer's true story to life through research and interviews with people who knew him personally.

Fri 11/7 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12825

The Musicals of Lerner and Loewe (Hybrid)

Barry Bradford, Historian

Discover the timeless magic of *My Fair Lady*, *Camelot*, *Brigadoon*, *Paint Your Wagon*, and *Gigi* as we explore the elegant, witty, and romantic world created by lyricist Alan Jay Lerner and composer Frederick Loewe, one of Broadway's most refined songwriting duos. Barry Bradford brings their dazzling collaborations to life with songs, stories, and behind-the-scenes insights.

Thu 10/9 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12845

The Musicals of George Abbott (Hybrid)

Barry Bradford, Historian

From *The Pajama Game* and *Damn Yankees* to *On the Town*, *Once Upon a Mattress*, and *A Funny Thing Happened on the Way to the Forum*, producer-director George Abbott helped shape the Golden Age of Broadway with his sharp eye for talent and storytelling. Barry Bradford revisits the shows and stars that flourished under the guidance of this behind-the-scenes Broadway legend.

Thu 10/16 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12846

Robin Williams: Genius, Laughter, and Tragedy (Hybrid)

Barry Bradford, Historian

Robin Williams was one of the most gifted comedians of all time, with an improvisational genius that seemed almost otherworldly. Yet behind his infectious humor lay a deeply complex man battling addiction and depression. Barry Bradford traces his remarkable life, successful career, and untimely death. Robin Williams was an audience favorite.

Thu 11/13 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12847



27TH ANNUAL Joan Golder Distinguished Senior Lecture Series



Richard Roeper Columnist and Film Critic Wednesday, October 8 7 p.m.

During his 37-year tenure at the *Chicago Sun Times*, Richard Roeper wrote more than 10,000 film reviews. He is the author of nine books, and he was the co-host of *Ebert & Roeper*, the most popular national movie review show in the history of television. For the last decade, he has been the film critic for *Windy City Live* on ABC-7 in Chicago. He is also a contributor to WGN-AM radio and to RogerEbert.com.

In addition to more than 20 appearances on *The Tonight Show*, Roeper has guest-starred on *Oprah*, *Nightline*, *The Today Show*, *Good Morning America*, *Top Chef*, *Entourage*, *Live with Kelly and Mark*, and dozens of other shows.

Register online or call 847.784.6030.
See page 16 for more information.
\$25 Members; \$30 Non-members

History

Crisis of Freedom: America, 1790-1815 (Hybrid)

Joyce Haworth, Historian, College of Lake County

Ten years after the Constitution was signed, the founding generation was at each other's throats. Historian Joyce Haworth will explore how Hamilton's financial program, Adams's sattack on immigration, and Jefferson's shut-down of foreign trade created great rifts in the new nation. Would the very people who led the nation to freedom turn on each other and set the stage for civil war?

Tue 12/9 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12658

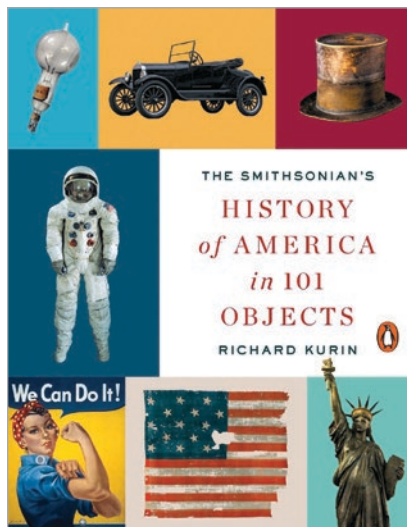
American History in 101 Objects (Online)

Jim Kenney,
Co-founder Common
Ground, Author

The Smithsonian's *History of America in 101 Objects* by Richard Kurin is a literary exhibition of 101 objects from across the Smithsonian's museums that together offer a wonderful new perspective on the history of the United

States. Jim Kenney will guide us through a rich and instructive sampling of items that will deepen our understanding and appreciation of our complex national history. You will gaze at and discuss treasures from the earliest years of the pre-Columbian era through the American Revolution and the Civil War, and on to the Industrial Revolution, the Depression, World War II, and the post-war period. The collection concludes with icons of pop culture, the civil rights movement, and objects that represent the digital age and the new millennium.

Thu 12/4 - 12/18 (3X) 10 - 11:30 a.m.
\$43 Member; \$52 Non-member 12884



The Spirit of Native America (Online)

Jim Kenney, Co-founder Common Ground, Author

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

Thu 10/9 - 10/23 (3X) 10 - 11:30 a.m.
\$43 Member; \$52 Non-member 12882

Miracle in Philadelphia:

The Declaration of Independence (Hybrid)

Bruce Allardice, Author, History Professor (Ret.)

We are approaching the 250th Anniversary of the signing of the Declaration of Independence. Bruce Allardice has labeled the Declaration the "Miracle in Philadelphia" because it is truly amazing that the Founding Fathers could agree on such a bold and precedent-setting document. Nothing like this had ever been done in all of recorded history. The principles enunciated in the Declaration challenged the basis on which the rest of the world was ruled, a world run by monarchs and dictators. The bold proclamations of equality and democracy have meaning even today, 250 years later.

Mon 12/8 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12727

But Why a Duel?: Hamilton, Burr, and Dueling in American History (Hybrid)

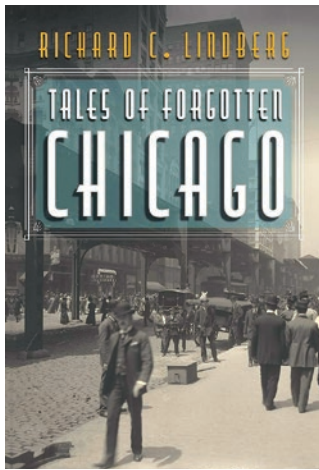
Joyce Haworth, Historian, College of Lake County

When Hamilton and Burr met on the banks of the Hudson River, they were settling far more than just a personal feud. Dueling was part of our national political culture for decades and was a way for the American ruling class to demonstrate they were fit to be leaders.

Joyce Haworth will explore the reasons why men in the young United States felt compelled to duel, and will tell the tale of the fateful encounter between Hamilton and Burr.

Mon 10/6 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12657





Who Really Started the Chicago Fire? (Hybrid)

*Richard Lindberg,
Author, Historian*

Theories abound as to who was responsible for the great conflagration that flattened Chicago in October 1871. The finger of blame is most often pointed at poor old Catherine O'Leary and her hapless milk cow who accidentally kicked over a lantern. More recent

scholarship by Dick Bales suggests a local ne'er-do-well, Peg Leg Sullivan was the perpetrator. One more peculiar theory emerged recently that a comet struck the drought-plagued city on that warm, humid night. In *Tales of Forgotten Chicago*, author Richard Lindberg reveals yet another compelling theory, one that rang true thirty years after the fire to the people of that generation who had lived through the horrific disaster.

Fri 10/10

\$15 Member; \$20 Non-member

10 - 11:30 a.m.

12701

Burying the Civil War at Oak Woods Cemetery (Hybrid)

*Joseph Harrington,
Educator, Writer, Researcher*

In May 1895, Chicago eagerly anticipated the visit of South Carolina statesman Wade Hampton, a former Confederate commander and opponent of Reconstruction policy.

Hampton had come to dedicate a monument in

Oak Woods Cemetery to Confederate prisoners of war who had died at nearby Camp Douglas. He also came to bury lingering animosity from the Civil War, part of a national reconciliation among whites that came at the expense of African-Americans. Joseph Harrington will describe the details of this event and its significance in the future.

Mon 10/20

\$15 Member; \$20 Non-member

10 - 11:30 a.m.

12705



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History (continued)

A Killer Among Us: Killers, Fiends, and Weirdos of Chicago's Victorian Era (Hybrid)

Clarence Goodman, Historian, Musician

As Chicago entered the Gilded Age, it did so with ambition and drive, coasting on the energy from the Industrial Revolution. Little did the city know that it was to be the co-conspirator and workplace of a new phenomenon — the serial killer. Historian Clarence Goodman tells the fascinating story of these criminals and how they impacted our city for generations.

Wed 9/10 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12723

The Great Depression, 1928 - 1936: Collapse and Response (Hybrid)

Gary Midkiff, Historian, College Professor

Herbert Hoover's 1928 campaign slogan was "A chicken in every pot and a car in every garage." Hoover won 58% of the popular vote. Just five months after his inauguration the Great Depression hit. Hoover did not cause the economic calamity but was blamed for it, and public approval plummeted from hero to scapegoat. In the 1932 election, Franklin Roosevelt campaigned on a promise for a "New Deal" and won 57% of the popular vote. The first 100 days after his inauguration included a tidal wave of legislation that redefined the role of the federal government. Gary Midkiff provides an in-depth look at this tumultuous eight-year period in our history.

Wed 9/3 - 9/10 (2X) 10 - 11:30 a.m.
\$29 Member; \$39 Non-member 12710



Dead Air: The Night Orson Welles Terrified America (Hybrid)

William Elliott Hazelgrove, Best-Selling Author

In *Dead Air: The Night That Orson Welles Terrified America*, William Elliott Hazelgrove argues that when it comes to the reported public hysteria spawned by Orson Welles's infamous October 30, 1938, radio play of *The War of the Worlds*, everything you've heard is true. Welles's Mercury Theatre program delivered *The War of the Worlds* as if a real Martian attack were wiping out the human race in real time in New Jersey and New York City, and gullible listeners bought it hook, line, and sinker. *Dead Air* draws its name from the pivotal moment in *The War of the Worlds* live broadcast when director Orson Welles committed a cardinal sin of radio, holding up his hands for six agonizing seconds of radio silence in the middle of what seemed to be a live news report of a Martian invasion in progress.

Mon 11/10 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12690

Lost and Found: The Search for USS Lagarto (Hybrid)

Harvey Moshman, Executive Producer, Film Photographer

A WWII submarine built in a small shipyard in Wisconsin by a labor force of farmers and cherry-pickers sailed the 8,000 miles through inland waterways to get to Pearl Harbor to join the battle against the Japanese. In its second war patrol, the *USS Lagarto* vanished and was presumed lost. No trace was found until 60 years later when a British diver stumbled upon the submarine at the bottom of the shallow Gulf of Thailand. Her full crew of 86 were still entombed on board. Divers John Chatterton and Richie Kohler from History Channel's *Deep Sea Detectives* lead the underwater expedition with never before seen HD video of the downed submarine. Film producer Harvey Moshman tells the remarkable story of this discovery.

Wed 11/5 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12707

The Greatest Generation Goes to War and to the Research Lab (Hybrid)

Gene Flynn, Educator

The 2023 movie *Oppenheimer* told the amazing story of the development of the atomic bomb. Gene Flynn looks at the many other research and engineering efforts that helped win World War II and propelled us into the digital age. The men and women of the Greatest Generation took research lab concepts and turned them into solutions that could decode enemy communications. They developed radar systems that worked in combat and increased military equipment production by over 2,000 percent. These same men and women went on to bring digital technology to our everyday lives.

Tue 11/4 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12681

World War to Cold War: 1945 - 1953 (Hybrid)

Joseph Harrington, Educator, Writer, Researcher

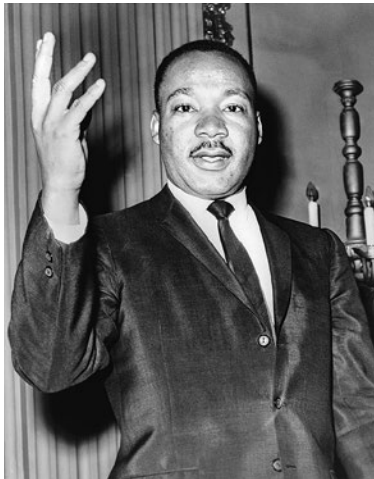
Hopes were high in 1945 as the Allied powers defeated Nazi Germany and Imperial Japan. Preparations were made to establish a peaceful global order. The chasm between aspirations and political realities quickly became apparent, creating the Cold War alignments that would define world affairs for four more decades. Joseph Harrington will describe how events in Europe and Asia created the situation by which allies became adversaries.

Mon 11/17

10 - 11:30 a.m.

\$15 Member; \$20 Non-member

12706



Martin Luther King, Jr. and the October Surprise (Hybrid)

Clarence Goodman,
Historian, Musician

As the 1960 election loomed, the United States was on the cusp of a new era, with contenders Richard M. Nixon and John F. Kennedy vying for the prize, and each other.

Unbeknownst to them, an approaching, short-lived drama would change the upcoming election, affect the candidates' careers ever after, and cast its long shadow to this very day. The main player in this chapter of American history was none other than Martin Luther King, Jr. Historian Clarence Goodman explains it all.

Tue 10/7

1 - 2:30 p.m.

\$15 Member; \$20 Non-member

12725

All the President's Men: The Watergate Investigation (Hybrid)

Barry Bradford, Historian

Step into the world of investigative journalism with Bob Woodward and Carl Bernstein, whose reporting on the Watergate scandal changed history. Learn how their groundbreaking work, depicted in *All the President's Men*, reshaped the role of the press in exposing corruption.

Thu 9/4

1 - 2:30 p.m.

\$15 Member; \$20 Non-member

12712



The Four Most Important Years in American History (Hybrid)

Gary Midkiff, Historian, College Professor

Each year is important in the life of our nation. A given year might be memorable because a certain person was elected President, because the Chicago Cubs won the World Series, or because NASA landed men on the moon. But a few years are exceptional, so full of critical events that can be summarized and shown how they changed our country forever. Gary Midkiff describes the importance of 1789, 1865, 1933, and 1968. Exceptional events from each year explain their lasting impact on our history.

Wed 10/1 - 10/8 (2X)

10 - 11:30 a.m.

\$29 Member; \$39 Non-member

12709

26 Greatest Presidential Decisions (Hybrid)

Gary Midkiff, Historian, College Professor

A President who advocated "small government" for his entire career is presented with a once-in-a-lifetime opportunity, but to seize that opportunity he must turn away from his political principles. A President knows the U.S. Navy will become a world power if our ships can quickly sail from the Atlantic to the Pacific, but one country stands in the way. A man who becomes President because of the incumbent's death is suddenly given military information he had no prior knowledge of, that our country possesses the ultimate weapon. Gary Midkiff investigates these and other momentous presidential decisions, some good, some bad, but all important.

Wed 11/5 - 11/12 (2X)

10 - 11:30 a.m.

\$29 Member; \$39 Non-member

12711

Learn

Literature

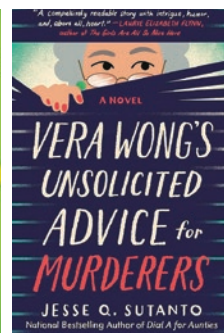
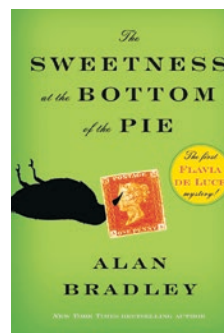
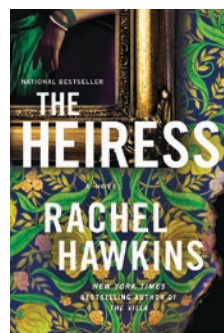
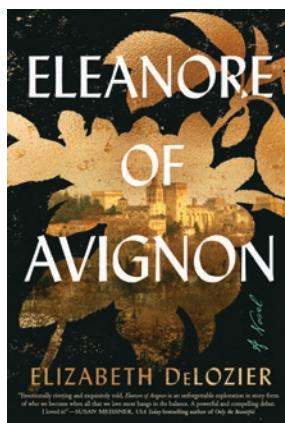
Reading for a Cozy Afternoon (Hybrid)

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:

Sept. 10 *The Favorites* by Layne Fargo
Oct. 8 *Eleanore of Avignon* by Elizabeth DeLozier
Nov. 12 *The Glassmaker* by Tracy Chevalier

Wed 9/10 - 11/12 (3X) 1 - 2 p.m.
 No Fee 12736



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.

Sept. 22 *The Heiress* by Rachel Hawkins
Oct. 27 *The Sweetness at the Bottom of the Pie* by Alan Bradley
Nov. 24 *Vera Wong's Unsolicited Advice for Murderers* by Jesse Q. Sutanto

Mon 9/22 - 11/24 (3X) 1 - 2 p.m.
 No Fee 12739



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Music Appreciation

Mozart's Women (Hybrid)

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

Throughout his life, Wolfgang Amadeus Mozart was enchanted, amused, aroused, and betrayed by women—his mother, sister, wife, sisters-in-law, female patrons, friends, lovers, and fellow artists. But ultimately the great composer loved and respected the women he knew intimately and those whom he admired from afar. Michael Vaughn brings these remarkable ladies to life, focusing on the real women who shared the composer's tumultuous world and inspired some of his greatest musical achievements.

Fri 9/19 - 9/26 (2X) 10 - 11:30 a.m.
\$29 Member; \$39 Non-member 12733



Grand Finales: Great Piano Concertos

Jim Kendros, Composer, Music Researcher, Educator

Jim Kendros examines the finales of great concertos from the 19th century. He will focus on the finale of Tchaikovsky's timeless *Piano Concerto in B flat minor* and the remarkable story about the creation and premier of this beloved masterpiece. Jim will also treat you to the highly compelling expressions of Robert Schumann's *Piano Concerto in A minor* and the melodically expansive finale of the second piano concerto of Brahms. Insightful backgrounds of the lives of the composers will be included.

Mon 10/6 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12786

Concert and Commentary with Jim Kendros: Composing for Piano

Jim Kendros, Composer, Music Researcher, Educator

Jim Kendros presents an exciting concert program, in which he will take you into the fascinating world of the composer and explain how compositions are selected for the piano. Playing three of his own acclaimed works, including a descriptive piece about his stay in New Mexico called *Sonata #1 for Piano*, Jim will explore how a composer develops ideas and crafts them into finished works. Also featured are works by Mozart, Vivaldi, and others.

Mon 12/1 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12789

Reggae: The Beating Heart of Popular Music (Hybrid)

John Lyons, Author, History Professor, Joliet Junior College

Few countries have had such an influence on modern popular music as Jamaica. Bob Marley is a global symbol of Jamaican reggae music, but this tiny island of barely three million inhabitants has produced many other great artists and pioneered new sounds and recording techniques. Reggae has directly influenced genres like Disco, Hip Hop, and Electronic Dance Music, as well as many popular artists, including the Beatles, the Rolling Stones, and Stevie Wonder. Through the use of music, video, and photographs from this treasured island, John Lyons traces the fascinating history and impact of reggae music.

Tue 10/14 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12688

A Musical Journey Through the Early Years of Rock 'n' Roll (Hybrid)

Pamela Enzweiler-Pulice, Producer, Director

Get ready to rock as you travel back to the roots of a musical revolution! From the swing and rhythm and blues of the 1940s to the electrifying birth of rock 'n' roll in the 1950s, and the cultural shake-up of the 1960s and early 1970s, history comes to life through unforgettable sounds and stories. Featuring classic music clips, iconic images, and fun audience participation, Pamela Enzweiler-Pulice celebrates the artists, DJs, fashions, and teen culture that transformed a generation and the world. Whether you're a lifelong fan or just love a good beat, come tap your feet, reminisce, and relive rock's golden age.

Wed 9/24 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12722



Music Appreciation

(continued)



The History of the Rolling Stones (Hybrid)

Gary Wenstrup, Instructor, Triton College and College of DuPage

The Rolling Stones are one of the most influential rock bands of all time. They pioneered a raw, blues-based sound with hits like “I Can’t Get No Satisfaction,” “Paint It Black,” “Honky Tonk Women,” and “Gimme Shelter.” Their longevity, rebellious image and musical evolution cement their status as rock legends. Using performance and interview video clips, Gary Wenstrup will dig deep into the band that is the very definition of sex, drugs, and rock ‘n’ roll!

Mon 11/3 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12682

And the Music Continues: Stories in Song

Stuart Simon, Cantor Emeritus, Educator

Stuart Simon returns with his guitars and banjo, opening his expansive book of American and Canadian folk songs. His vocal performance includes a narrative with back stories on the composers and a deep dive into the meaning of each song. Famous artists, such as Gordon Lightfoot, Tom Paxton, Peter, Paul and Mary, and Bob Dylan will be highlighted. He will also introduce you to many lesser known but equally talented songwriters.

Wed 10/22 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12823

I’ve Heard That Song Before (Hybrid)

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

As we watch television or view a film, we often hear music that seems familiar. Classical music has been used in order to shape emotional responses, underpin narratives, manipulate perspectives, and influence our buying practices. That lyrical tune used by British Airways to extol the virtues of the world’s favorite airline? It’s the “Flower Duet” from *Lakmé* by Leo Delibes. The powerful orchestral theme accompanying the invading helicopters in Francis Ford Coppola’s *Apocalypse Now* is Wagner’s *Ride of the Valkyrie*. Michael Vaughn explores these and other well-known classical themes as you discover where you have heard that song before.

Mon 11/10 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12734

The Flip Side: Where Chicago Rocked (Hybrid)

Larry Rosenbaum, Music Entrepreneur and Author

Created by Chicago natives Carl and Larry Rosenbaum, The Flip Side grew from an idea into a record store and then into a chain of popular music sources.

Those stores sprouted an entire second identity as Chicago’s premier concert promoter in the 70s and 80s. *The Flip Side: Where*

Chicago Rocked is a book that takes you through the lifespans of both the record store chain and their concert business. Larry gives you a look “behind the counter” and shows you how everything was built, how it all lived and breathed, and shares many of the funny and not-so-funny stories that took place.

Fri 11/14 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12785



People, Places & Culture

Amusement Parks of Chicagoland Remembered (Hybrid)

Cheryl Brown, *Chicago Historian, Business Professor, Oakton College*

Remember your first ride on a Ferris Wheel, miniature train, or bumper car? Reminisce about the bygone days of amusement parks in Chicagoland. Discover the history of some of the most famous endearing amusement parks of our childhood such as Old Chicago, Adventureland, Santa's Village, Dispensa's Kiddie Kingdom, and Chicago's own Riverview. Cheryl Brown, a member of the National Amusement Park Historical Association, relives the memories of her favorites.

Mon 12/8 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12649

Roadside Attractions (Hybrid)

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

Have you ever slept in a wigwam? Or taken a selfie with Paul Bunyan? Ever stepped inside an alligator's mouth? Since Americans first took to the highways for long-distance travel in the 1920s, entrepreneurs have been dreaming up unusual structures to attract passing motorists. Although the heyday passed with the arrival of interstate highways, thousands of quirky roadside attractions remain. Pop culture historian Leslie Goddard explores these unique structures and what they tell us about the history of road travel.

Wed 11/12 1 - 2 p.m.
\$15 Member; \$20 Non-member 12678

Spooky Chicago (Hybrid)

Jessica Mlinaric, *Author, Travel Photographer*

What are the stories behind Chicago's spookiest secret places? Author Jessica Mlinaric'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 an underground energy vortex. Test your knowledge and learn about some of Chicago's most haunted surprises!

Wed 10/29 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12834



Lyon: The Cultural Heart of France (Hybrid)

Gene Flynn, *Educator*

Americans are just learning what Germans and Brits have known for years: that Lyon is a joy to visit. This city, the culinary capital of France, offers visitors a chance to enjoy food, fashion, history, and entertainment in a relaxed and welcoming way. Gene Flynn introduces you to this fascinating city and helps you plan a visit or just enjoy the good life that it offers.

Tue 9/30 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12680

Brain Hack: The Science of Influence (Hybrid)

William Pack, *Storyteller, Magician*

Be prepared for a truly mind-blowing experience. William Pack provides an all new program designed to mess with your mind and reveal the inner-workings of your brain. Through his discussion of memorable stories and relatable examples, you will learn the subtle tactics that advertisers, marketers, sales people, and con artists use to get you to do what they want, without you even noticing. His revelations may amaze you.

Mon 9/15 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12697

Looking in the Mirror: How Israelis View Themselves (Hybrid)

Moshe Pomerantz, *Educator*

Israelis are sometimes characterized by outsiders as being strong, loud, often rude, but plain-talking and full of life. An old description of them is that they are like the Israeli cactus fruit, the sabra, tough on the outside but soft on the inside. Moshe Pomerantz will tell their real story, and you will discover how they see themselves as reflected in their story, cinema, and song.

Mon 10/20 - 10/27 (2X) 1 - 2:30 p.m.
\$29 Member; \$39 Non-member 12698

Jewish Comfort Foods: Brunch Edition (Hybrid)

Arianna Brooks, *Author, Jewish Food Enthusiast*

Food enthusiast Arianna Brooks provides an interesting look at our beloved brunch staples, bagels and blintzes. She will cover the history of bagels and their numerous delicious toppings and, of course, cream cheese and lox. Blintzes are also a popular brunch choice, and you will discover what secrets they hold inside, possibly making brunch your very favorite meal.

Mon 11/3 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12747



People, Places & Culture (continued)

Understanding China: Complicated But Essential (Hybrid)

Norman Moline, Professor Emeritus of Geography, Augustana College

China is a major global power, impacting Americans in so many ways. The country produces products the US wants, causes industries to close, and desires many of our products as it expands its global interests. Some of its domestic policies differ from American values. While understanding this culture and economy is complicated, it is important to learn more about China's goals, recognize that at national and personal levels we have much in common, and find ways to cooperate even as we compete. Norm Moline has been to China over forty times since 1977. He combines perspectives from his experiences, data, and the work of other scholars.

Wed 12/3 10 - 11:30 a.m.
\$15 Member; \$20 Non-member 12831

Julia Child: Chef and Spy (Hybrid)

Barry Bradford, Historian

Before she revolutionized cooking with her innovative television show, Julia Child worked for the United States government as an intelligence officer during World War II. Barry Bradford's incredible presentation explores her double life, from serving in the OSS, precursor to the CIA, to becoming America's most beloved TV chef and cookbook author.

Thu 11/6 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12848

The Story of Santa (Hybrid)

Barry Bradford, Historian

How did a humble, charitable figure become the internationally beloved Santa Claus? Barry Bradford explores the origins of Santa, his cultural evolution, and the fascinating history of Christmas favorites, from "White Christmas" to "Rudolph the Red-Nosed Reindeer," and many of the modern, beautiful, non-religious music.

Thu 12/4 1 - 2:30 p.m.
\$15 Member; \$20 Non-member 12849



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Religion & Spirituality

Modern Antisemitisms (Hybrid)

Rabbi Adam Chalom, *Kol Hadash Congregation*

American Jews are feeling hatred from many directions, but differently. Progressive criticisms of Israel and Zionism are very different from white Christian nationalist criticisms of Jewish support for immigration, the LGBTQ community, and the separation of religion and government. And there has been real vandalism and violence produced by both kinds of hostility to Jews and Jewish institutions. The use of “fighting antisemitism” to restrict free speech regarding Palestinians has been cheered by some Jewish organizations and condemned by others. Rabbi Chalom explains how modern varieties of antisemitism evolved from the past, and what can be done in response.

Wed 11/19

10 - 11:30 a.m.

\$15 Member; \$20 Non-member

12650



Unraveling Religion (Hybrid)

Jerry Leitner, *English and Theology Educator*

Jerry Leitner introduces four statements that help us understand the terminology used to examine the world's religions: Metaphor and myth are the languages of religion and spirituality; religion does not reveal truths but rather reveals mysteries and therefore, religious statements are not “true” or “not true,” but “skillful” or “not skillful”; religions see reality from a vantage point that is partial, provisional, and colored by perspective; and, religions are embedded in their cultures and evolve over time. Jerry will provide a greater understanding of the impact of religion on our lives.

Fri 11/14

10 - 11:30 a.m.

\$15 Member; \$20 Non-member

12708



Tried as a Jew, Humanist to the World:

The Curious Case of Baruch Spinoza (Online)

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

Baruch Benedictus Spinoza's (1632-1677) influence on Western Humanism pervades ethics, democracies, religious thinking, and even revolutions. His views on God, humanity, and morality were considered to be radical and led to his excommunication from the Jewish community of Amsterdam. David Chack explores the influences of his Sephardic Jewish heritage, why he was rejected by his Amsterdam Jewish community, and his freedom of thought that launched him to become one of the greatest philosophers in the history of western world.

Wed 10/15

1 - 2:30 p.m.

\$15 Member; \$20 Non-member

12721

Spiritualism and Mourning in Victorian America (Hybrid)

Valerie Gugala, *Film Historian*

The Victorian era is remembered for its elaborate rituals around death and mourning. Strict social rules governed the behavior of the bereaved. Following the burial ceremonies, spiritualists and mediums during that period offered hope of contacting those who had passed on. Valerie Gugala explains the practices after a family member's death and provides the fascinating discussion of how Victorians attempted to contact their dead.

Mon 9/29

1 - 2:30 p.m.

\$15 Member; \$20 Non-member

12726

Learn

Science & Nature

Searching for Other Worlds (Hybrid)

Michelle Nichols, Educator & Astronomer, Adler Planetarium

Astronomer Michelle Nichols will provide a historical overview of our concepts of the possibilities of life elsewhere in the universe, from the ancient Greeks to more modern sci-fi. She will survey the different investigations that are searching for distant planets today. Where have we found these planets and what are they like? And finally, the biggest questions to be tackled: could life exist elsewhere on worlds near and far, and if so, where should we look?

Mon 10/13

\$15 Member; \$20 Non-member

10 - 11:30 a.m.

12664

Instructor Spotlight

MICHELLE NICHOLS

Astronomer



Michelle Nichols is Director of Public Observing at the Adler Planetarium in Chicago and she has been a speaker for North Shore Senior Center for over 10 years. She originally became interested in astronomy after watching Carl Sagan's Cosmos television series at age 8, and she and her family started visiting the Adler Planetarium soon after. After graduating from the University of Illinois at Urbana-Champaign in 1995 with a Bachelor of Science degree in Physics and Astronomy, she began working at the Adler Planetarium and has participated in teams to develop exhibits, planetarium shows, events, special programs, and much more. In 2002, she earned a Master of Education degree in Curriculum and Instruction from National-Louis University. Michelle has also been a popular local speaker for over 25 years, giving hundreds of presentations to more than 130 public libraries, community organizations, and senior living facilities in the Chicago suburbs, Indiana, and Alabama. Currently, Ms. Nichols leads all of the Adler Planetarium's telescope, observatory, and public sky observing initiatives and events.

Ignition and Liftoff (Online)

Michelle Nichols, Educator & Astronomer, Adler Planetarium

The mighty rockets of today that send spacecraft all over our Solar System can trace their roots to technology from over two millennia ago. From humble beginnings in Greece in the form of a steam-powered wooden flying arrows and military weapons across the centuries, and on to rocket flight attempts in the early 20th century, Astronomer Michelle Nichols travels through the history of rockets via the people who were inspired to move objects farther, faster, and higher.

Mon 11/24

\$15 Member; \$20 Non-member

10 - 11:30 a.m.

12830



Antarctica: Turning Tides (Hybrid)

Michele Hoffman-Trotter, MS, JD, Environmental Science Educator

In February of 2023, a team of 110 ambassadors representing science, media, and corporate leadership from around the globe assembled for a summit in Antarctica to formulate a series of resolutions regarding our changing climate. Ocean Geographic ambassador and Explorers Club Fellow Michele Hoffman Trotter takes a deep dive into the conversations, experiences, and resolutions pertaining to the great southern continent, the seas that surround it, and, of course, the iconic penguins.

Fri 10/24

\$15 Member; \$20 Non-member

10 - 11:30 a.m.

12843

Remarkable Rhinos on the Brink (Hybrid)

John David Ulferts, Author

Rhinos have existed for millions of years, but may now become extinct in our lifetime. Rhinos have no predators except for humans. Sadly, humans are killing these magnificent animals for their horn. John Ulferts will focus on the two species of rhinos found in Africa, white and black rhinos. He will include his original photography from East and Southern Africa, taken during his many trips to study the behavior of these animals. You will discover the herculean efforts being undertaken to save rhinos.

Tue 12/2

\$15 Member; \$20 Non-member

1 - 2:30 p.m.

12699

Chimpanzees: Our Wild Relatives (Hybrid)

John David Ulferts, Author

Chimpanzees and humans share almost 99% of the same DNA. Chimpanzees are highly intelligent animals, and, like gorillas, have learned to communicate through American Sign Language. Yet habitat loss and poaching have threatened the survival of this species. John Ulferts has tracked chimpanzees at Gombe in Tanzania, and in Uganda's Budongo Forest Preserve and Kibale National Park. He will discuss the behavior, intelligence, and social structure of this animal's community in their natural habitat. You will discover how the life and work of Jane Goodall impacted the life of chimpanzees.

Mon 10/13

1 - 2:30 p.m.

\$15 Member; \$20 Non-member

12700

Human Evolution: How Did We Become So Intelligent? (Hybrid)

Joe Goldman, Educator

Why is it that no creature is even 1/10,000 as intelligent as man? No animal could come remotely close to devising the mathematical systems that underlie the great pyramids of Egypt, the complex and peerless beauty of a Mozart symphony, nor our astounding understanding of electricity, chemistry, and physics, with which to make modern life vastly easier than that for our cave man ancestors. Joe Goldman explores how mankind created a mind as great and as unique as ours. You will understand what makes this brain structure of ours so incredibly powerful.

Tue 11/11

1 - 2:30 p.m.

\$15 Member; \$20 Non-member

12741

The Rise of the Humans (Online)

Jim Kenney, Co-founder Common Ground, Author

Who are humans after all? Do we include Neanderthals? Denisovans? Homo Erectus? What about Australopithecines, like the celebrated Lucy? Jim will begin by distinguishing between hominids, the group consisting of all modern and extinct Great Apes, and hominins, modern humans, extinct human species, and all our immediate ancestors. He will briefly examine the human rise to civilization and the emerging shape of human culture. Trying to understand how humans came to be has always been a fundamental part of who we are.

Thu 11/6 - 11/20 (3X)

10 - 11:30 a.m.

\$43 Member; \$52 Non-member

12883



Instructor Spotlight

DR. HAL TINBERG

Scientist



Hal Tinberg earned his BA and Ph.D. Degrees in Zoology from UCLA. He completed his postdoctoral research at the University of California, Berkeley and Penn State University, focusing on biochemistry and cell biology. Dr. Tinberg served as a Research and Development Manager at a Fortune 100 company in the Chicago area for 17 years, where he directed the development of next-generation medical diagnostic devices. He also conducted training sessions for both domestic and international sales and marketing teams and delivered technical presentations at national customer meetings. In 2007, Dr. Tinberg created a Forensic Science series to demonstrate how this technology can be used to solve perplexing crimes and uncover historical mysteries. He has presented lectures on forensics and DNA testing on over 100 cruise voyages worldwide and to various public and private adult enrichment institutions — including Senior Centers — in the Chicago area.

DNA Testing: Science vs Food Fraud (Hybrid)

Hal Tinberg, Ph.D.,

Forensic Science Lectures

Are you sure that delicious piece of fish is the genuine article? Is that cup of coffee really Kona Coffee? Food fraud is a thriving business because substituting a less expensive item for the real thing means higher profits.

It is, of course, illegal. Scientists have developed sophisticated tests to determine the authenticity of the food we eat and these tests have been used to ensure that our salmon is wild caught and not farmed, that our sushi is really made from the advertised fish. These are just examples of the many foods tested for their authenticity. Hal Tinberg describes the technologies used in the food testing industry and how these have been used to identify fraud in actual cases.

Fri 9/5

1 - 2:30 p.m.

\$15 Member; \$20 Non-member

12782



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.

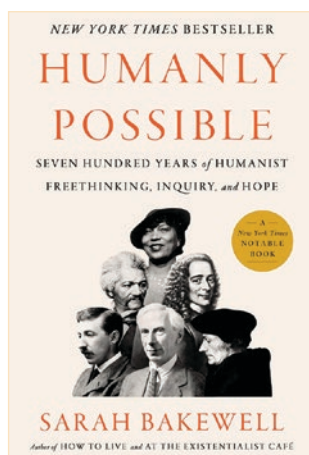
Culture & Society

Philosophy: *Humanly Possible* (Hybrid)

Ellen Grabow and Mick Jackson, Coordinators

Discuss *Humanly Possible*, in which author Sarah Bakewell dives into 700 years of writers, thinkers, scientists, and artists, all trying to understand what it means to be truly human. Bakewell summarizes the life, beliefs, and achievements of dozens of humanists including Petrarch, John Stuart Mill, Frederick Douglass, Darwin, Jefferson, Bertrand Russell, and many more. The author brings to life their devotion to humanity, and, for some, the opposition and persecution directed against them. *Humanly Possible* by Sarah Bakewell. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

Wed 9/10 - 12/17 (13X - no class 10/1, 11/26) 1 - 3 p.m.
\$79 Member; \$95 Non-member 12801



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. Discussion will also focus on a single article that is timely and of special interest. The excellent quality of *The New Yorker* contributors assures lively and engaging discussion each week. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

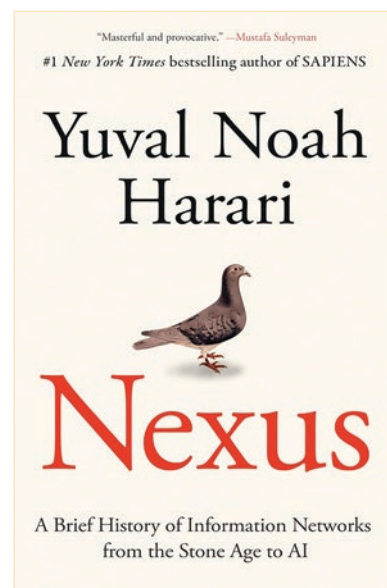
Mon 9/29 - 12/1 (10X) 10 a.m. - 12 p.m.
\$59 Member; \$71 Non-member 12755

Nexus: A Brief History of Information Networks (Hybrid)

Rich Koomjian and Linda Spring, Coordinators

Despite all our discoveries, inventions, and conquests over the past 100,000 years, humans now find themselves in an existential crisis. Author Yuval Harari contends that the world is on the verge of ecological collapse, misinformation abounds, and we are rushing headlong into the age of AI. For all that we have accomplished, why are we so self-destructive? Taking us through the long trail of human history, Harari considers the complex relationship between information and truth, bureaucracy and mythology, wisdom and power. He explores how different societies and political systems throughout history have wielded information to achieve their goals, for good and ill. Yuval Harari, *Nexus: A Brief History of Information Networks from Stone Age to AI*, Random House, 2024. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

Mon 9/8 - 12/8 (13X - no class 9/22) 1 - 3 p.m.
\$79 Member; \$95 Non-member 12803



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 9/8 - 12/15 (15X) 1 - 3 p.m.
\$89 Member; \$109 Non-member 12756

TED Talks (Hybrid)

Maureen McGrath and 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 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 9/30 - 12/2 (10X) 11:30 a.m. - 12:30 p.m.
\$59 Member; \$71 Non-member 12758

The New York Times (Hybrid)

Michael Kramer and Bob Holstein, Coordinators

Engage in the world around you and dig behind the headlines. Whether it's current events, financial news, politics, foreign policy, social issues, or entertainment, class participants select any topic that interests them and lead an hour discussion. The class is inquisitive, open to lively dialogue and, at all times, respectful of divergent opinions. 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 9/11 - 11/13 (10X) 9:30 - 11:30 a.m.
\$59 Member; \$71 Non-member 12754

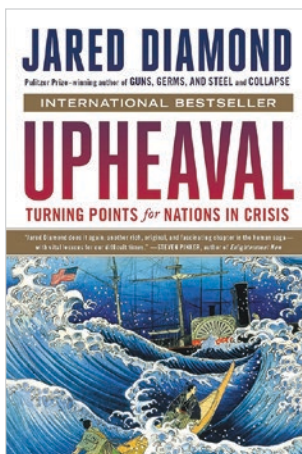
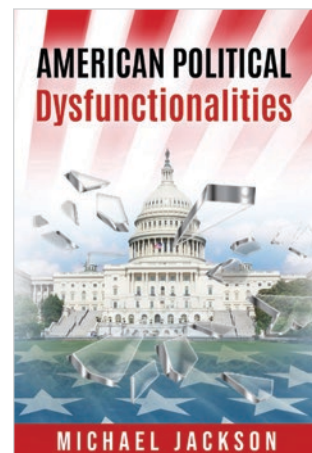
The New York Times

American Political Dysfunctionalities (Hybrid)

Mick Jackson, Coordinator

In his book, Mick Jackson contends that the American political system is profoundly dysfunctional. The core of its dysfunctionality is its fundamentally undemocratic essence, grounded in the 1787 Constitution. The succeeding 230 years contributed several undemocratic layers and aggravated its undemocratic features. This dysfunctionality contributed to our many social and economic issues, such as wealth and income inequality, the absence of universal health coverage, lower life expectancy, racial divisions, and more. Mick, as the author, will facilitate most classes. *American Political Dysfunctionalities*, Michael Jackson. Coordinator facilitated. Related topics/expertise and personal anecdotes allowed.

Thu 9/11 - 11/20 (10X - no class 10/2) 1 - 3 p.m.
\$59 Member; \$71 Non-member 12827



Upheaval (Hybrid)

Mark Lieberman and Robert Radunsky, Coordinators

Author Jared Diamond compares how six countries have survived recent upheavals. He examines whether the US, Japan, and the whole world are coping with the grave crises they currently face. Can we learn from lessons of the past?

He also has a lot to say about

major U.S. issues that have been operating for the past two decades that are now claiming even more attention under the current administration, and that Diamond feels are likely to continue for at least the next decade. *Upheaval*, Jared Diamond. Participants take turns leading class. Related topics/expertise allowed.

Tue 9/9 - 12/2 (13X) 1 - 3 p.m.
\$79 Member; \$95 Non-member 12828

Film, Theater & TV



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 9/11 - 11/20 (10X - no class 10/2) 1 - 3:30 p.m.
\$59 Member; \$71 Non-member 12807

Favorite Films (Hybrid)

Bob Holstein and Richard Rosen, Coordinators

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 are great fun. Coordinator facilitated. Related topics/expertise and personal anecdotes allowed.

Wed 9/10 - 11/19 (10X - no class 10/1) 1 - 2:30 p.m.
\$59 Member; \$71 Non-member 12806

Literature & Writing

Writing Workshop (Hybrid)

Gil Adams and 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 ability to use a computer to send, receive, and print writings for reviewing. Discussion is directed toward the writing. No personal anecdotes. Coordinator facilitated. Related topics/expertise allowed.

Tue 9/9 - 12/9 (14X) 1 - 3 p.m.
\$79 Member; \$95 Non-member 12761

Women's Room (Online)

Cheryl Port and Sybil Virshbo, Coordinators

Explore literature created by women authors of various ethnicities and times in history. Participants read 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.

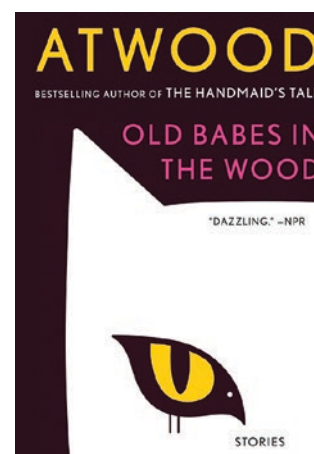
Fri 9/12 - 12/19 (14X - no class 11/28) 10 a.m. - 12 p.m.
\$79 Member; \$95 Non-member 12760

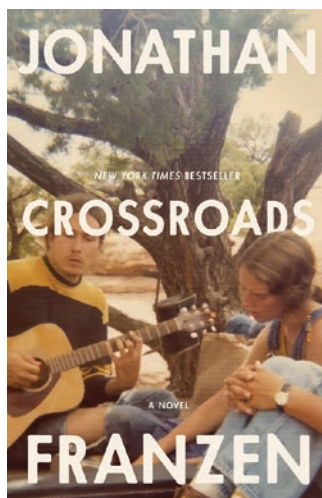
Contemporary Short Stories (Online)

Meredith Hellestrae and Susan Siebers, Coordinators

Every short story creates a world in a few pages, complete with characters who become real and a situation that must come to a resolution. Every word in the best short stories matters and needs to be taken into account. This term, we will read and discuss stories written by one very accomplished short story writer, Margaret Atwood, in *Old Babes in the Wood*. Participants take turns leading class. Discussion of class material only. No personal anecdotes.

Thu 9/11 - 12/18 9:30 - 11:30 a.m.
(13X - no class 10/2, 11/27)
\$79 Member; \$95 Non-member 12804





Prize Winning World Literature (Hybrid)

*Carole Einhorn and
Susan Siebers, Coordinators*

Love to delve into a good piece of literature and enjoy in-depth interactive discussions? Discuss *Crossroads*, by Jonathan Franzen. It's December 23, 1971, and heavy weather is forecast for Chicago. Russ Hildebrandt, the associate pastor of a liberal

suburban church, is on the brink of breaking free of a marriage he finds joyless, unless his wife Marion, who has her own secret life, beats him to it. Franzen ventures back into the past and explores the history of two generations. With characteristic humor and complexity, and with even greater warmth, Franzen conjures a world that resonates powerfully with ours. *Crossroads*, by Jonathan Franzen. Participants take turns leading class. Personal anecdotes related to topic allowed.

Wed 9/10 - 12/17 (14X - no class 10/1) 9:30 - 11:30 a.m.
\$79 Member; \$95 Non-member 12798

Exploring Poets, Poetry, and Song Lyrics

Susan Chertkow and Susan Siebers, Coordinators

"Poetry is simply the most beautiful, impressive, and widely effective mode of saying things." (Matthew Arnold). Expand your knowledge of poets, poetry, and song through their creator's lives and work. Discussions are lively, entertaining, and meaningful. No experience with poetry necessary, just an interest to learn and enjoy. Participants take turns leading class. Related topics and expertise allowed. Personal anecdotes related to topic allowed.

Wed 9/10 - 12/17 (14X - no class 10/1) 10 a.m. - 12 p.m.
\$79 Member; \$95 Non-member 12757

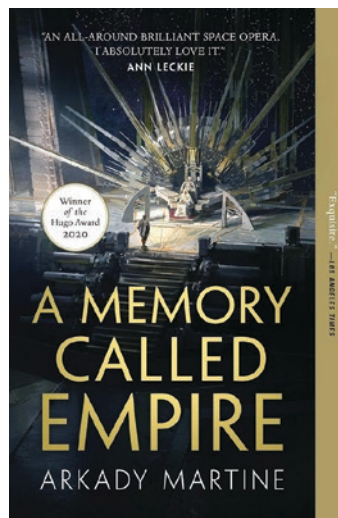


Shakespeare: *King John* and *All's Well that Ends Well* (Online)

Robert Grannick and Paul Phillips, Coordinators

Read and discuss two Shakespeare works. In *King John*, English history is deliberately distorted by Shakespeare. John is threatened by France's King Louis. Louis's former wife, Eleanor of Aquitaine married England's King Henry II, so she's John's mother. Then War! Treachery! Poisoning? But no Magna Carta. In *All's Well That Ends Well*, Helen yearns for nogoodnik Bertram. She cures the King's sickness, so the King makes Bertram marry her. Bertram deserts Helen and the King, but Helen, through her ingenuity, gets Bertram back. But is he worth it? William Shakespeare: *King John*, Folger edition. William Shakespeare: *All's Well That Ends Well*, Folger edition. Participants take turns leading class. Related topics/expertise allowed.

Thu 9/11 - 12/18 (14X - no class 11/27) 1 - 3 p.m.
\$79 Member; \$95 Non-member 12800



Science Fiction: *A Memory Called Empire* (Online)

*Joel Michael
and Linda Spring,
Coordinators*

Ambassador Mahit Dzmare arrives in the center of the Teixcalaanli Empire to discover that her predecessor, the previous ambassador from their small but fiercely independent mining station, has died.

But no one will admit that his death wasn't an accident, or that Mahit might be the next to die. Now, Mahit must find who is behind the murder, rescue herself, and save her station from Teixcalaan's increasing expansion. *A Memory Called Empire* by Arkady Martine. Participants take turns leading class. Personal anecdotes related to topic allowed.

Tue 9/9 - 12/9 (14X) 9:30 - 11:30 a.m.
\$79 Member; \$95 Non-member 12759

Enrich

Lifestyle

Fraud Basics: The Scam Landscape and Staying Safe (Hybrid)

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

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud. This class will arm you with the latest data on fraud trends, and provide tips and resources to protect yourself and your family.

Wed 10/15 1 - 2 p.m.
No Fee 12799

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 10/10 - 10/17 (2X) 9 a.m. - 1 p.m.
No Fee 12679



Jump Start Your Job Search with AARP

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

Are you considering rejoining the work force or looking to change your job? Learn to 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 information 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.

Tue 9/23 1 - 2 p.m.
No Fee 12802

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 9/17 - 12/17 (4X) 9 - 11 a.m.
No Fee 12819

Arts & Crafts

Getting Started with an Interchangeable Lens Camera

Terry Brooks, Photography Enthusiast

Interested in taking up photography as a hobby? Learn more in this crash course if you own or plan to purchase a mirrorless/DSLR interchangeable lens camera. You will gain an overview of camera choices, camera controls, use of various lenses, and digital image formats. Learn the basics of producing sharp photographs, and how to download and process digital images. This could be the beginning of a lifelong passion! You may bring your camera to class if you have one.

Tue 9/9

\$19 Member; \$25 Non-member

1 - 3 p.m.

12796

Ceramic Wind Chimes

*Peggy Goldman and
Jan Harrington, Artists
and Instructors*

Create your own ceramic wind chimes by rolling out clay, cutting circular shapes, and adding a variety of different textures or personal designs to the clay pieces. After the pieces are fired, you will assemble them to make your wind chimes. All supplies will be provided. Bring your imagination and plan to have a fun time. No experience with clay is needed. Clay is messy so dress appropriately.



Wed 10/15 - 10/29 (2X - no class 10/22) 9:30 - 11:30 a.m.

\$39 Member; \$49 Non-member

12833

Exploring Watercolor Level I

Ingrid Albrecht, Instructor, Artist, Studio Owner

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

Tue 9/30 - 10/28 (5X)

\$199 Member; \$239 Non-member

1 - 3 p.m.

12842

Woven

Bead Bracelet

Diane Adamski, Beading Artist

Weave a variety of beads together using a needle and fire-line thread to make an embellished square stitch bracelet. Square stitch is an easy, repetitive stitch, that allows for creativity with bracelet embellishments. Class is for beginners, no prior experience is required. Bring your crafting magnifying reading glasses as some beads are small. Written instructions and all beading materials will be provided. Class size will be small to ensure plenty of individual attention.



Mon 10/13 - 10/20 (2X)

\$39 Member; \$49 Non-member

1 - 3 p.m.

12835

Pour Painting

Samantha Younis, Blue Rose Studio

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

Mon 10/27

\$25 Member; \$30 Non-member

10:30 a.m. - 12 p.m.

12841

Drawing Workshop for Beginners and Beyond

Blair Trueblood, MFA

Take part in a fun, interactive, and supportive drawing group that will include beginners as well as the more experienced artists so you can learn from one another under the direction of the instructor. Beginners will be provided with supplies needed to learn basic skills of drawing, which is the bedrock that supports art. Drawing provides the necessary foundation to develop your eye to work in other mediums. Explore line, shape, shading, approximate measuring, and elements of composition. For the more experienced drawers the group allows the space to work on projects of their own choice with feedback as they desire. Additionally, most weeks, short group discussions about an artist, artwork or art process will be facilitated for anyone wishing to participate.

Mon 9/15 - 10/20 (6X)

\$109 Member; \$129 Non-member

10 a.m. - 12 p.m.

12840

Mon 11/3 - 12/8 (6X)

\$109 Member; \$129 Non-member

10 a.m. - 12 p.m.

12887

Arts & Crafts (continued)

Greeting Card Workshop

Rose Carroll, NSSC Staff Member

Let your individual creativity shine as you put pieces together to make unique cards. There will be stamps, inks, and paper supplies provided as well as embossing and die cutting plates for you to use in your own combinations. Feel free to bring in paper of your own choosing to supplement the basic card stock that will be provided in the class. There will be a facilitator available to assist as needed.

Mon 11/3 - 11/10 (2X)

\$25 Member; \$30 Non-member

1 - 3 p.m.

12832

NSSC Art Gallery

Faces of NSSC, Botanicals, and Wall Sculptures by Jim Parks

September 3 – October 24, 2025

Artist Jim Parks has lived in Evanston since 1959. Ever since retiring 10 years ago from a long career as an actor and voice-over artist, Jim has been painting daily. He developed the NSSC Faces project, painting 4"x4" portraits of members, volunteers, and staff. There will be close to two hundred portraits on view in the gallery for this exhibition. He will also display botanical paintings and three-dimensional wall sculptures. Jim has recently performed his one-man-show, *Monet Lives!* here at the Center and in the fall term, he will do a presentation on Art Nouveau artist Alphonse Mucha.

Meet the Artist Reception: Jim Parks

Join us on Tuesday, September 9, from 2 to 4 p.m., for a delightful reception at the Center! Enjoy the art show and engage in a lively conversation with artist Jim Parks about his captivating work. Don't miss the chance to see how many familiar NSSC Faces you can spot!

Surprising Stories from the North Shore

November 3 – December 19, 2025

This traveling exhibit created and presented by the Winnetka Historical Society is comprised of six topical sections, each focusing on lesser-known aspects of the North Shore's history. These "surprising stories" unveil information about people, places, and events across the area that may be less familiar but are nonetheless significant to the development of each community and the North Shore overall.

Art Workshop

Ralph Greenhow, Blair Trueblood, and Gary Woodward,
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.

Tue 9/2 - 10/21 (8X)

\$139 Member; \$169 Non-member

10 a.m. - 12 p.m.

12875

Tue 10/28 - 12/16 (8X)

\$139 Member; \$169 Non-member

10 a.m. - 12 p.m.

12876

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 – a perfect setting 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.

Mon, Tue 9/2 - 12/18 (no class 11/27)

Wed, Thu

\$79 NSSC Members only

12 - 4 p.m.

9 a.m. - 4 p.m.

12877

Sculpture Studio

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

Fri 9/5 - 12/19 (15X - no class 11/28)

No Fee

9 a.m. - 12 p.m.

12852

Quilting

Rose Carroll, NSSC Staff Member

Take part in quilting with others who enjoy the craft. Teacher assistance is provided for those who need help with a personal project. Provide your own supplies. All levels of experience are welcome, but you must have some experience as this is not for absolute beginners. Center membership required to participate.

Mon 9/8 - 12/15 (15X)

No Fee

9 a.m. - 12 p.m.

12854



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.

Fri 9/5 - 12/19 (15X - no class 11/28) 10 a.m. - 1 p.m.
No Fee 12851

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.

Wed, Fri 9/3 - 12/19 (31X - no class 11/28) 9 a.m. - 12 p.m.
No Fee 12878

Weaving Studio

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

Tue 9/2 - 12/16 (16X) 9 a.m. - 12 p.m.
No Fee 12853

Knitting Studio

Mary Staackmann, Facilitator

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

Wed 9/3 - 12/17 (16X) 1 - 3 p.m.
No Fee 12850

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.

**To find out
more, contact
Rose Carroll
in the Lifelong
Learning office at
847.784.6035.**



Language

Spanish Club (Online)

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

Mon 9/8 - 12/15 (15X)

No Fee

10:45 - 11:45 a.m.

12672

Yiddish Club on Monday (Hybrid)

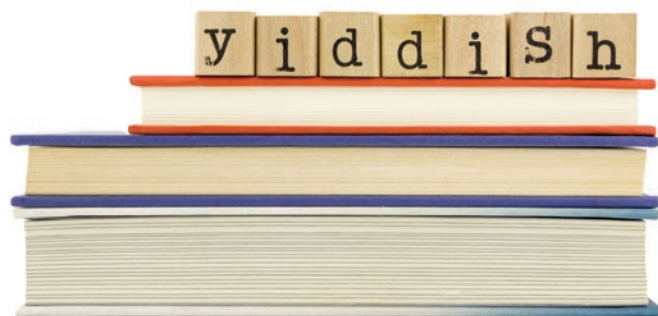
For everyone who loves to hear the Yiddish language and can speak *a bish*. Enjoy humor, stories, music, and conversation. Center membership required to participate.

Mon 9/8 - 12/15 (15X)

No Fee

1 - 2:30 p.m.

12673



Let's Read Yiddish

Sandra Elbaum, Group Leader

Enjoy reading Yiddish with others in a friendly, small group setting. For this intermediate level Yiddish reading circle, or *leynkrayz*, the ability to read Yiddish is required. Readings will come from the contemporary *Forverts* (in Yiddish) as well as readings by European writers, such as I. L. Peretz and Sholem Aleichem in the original Yiddish. Center membership required to participate.

Thu 9/4 - 12/18 (15X - no class 11/27) 1 - 2:30 p.m.

No Fee

12674



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As your trusted managed IT partner, GCS provides cost-effective solutions to take IT and security off your plate, so you can focus on growing your business.

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Managed IT Services



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IT Consulting



Staff Augmentation



Managed Cybersecurity



Cybersecurity Risk Assessments



Gap Analysis



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Take the next step towards optimized IT management. **greatsys.com**

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 9/11 1 - 2:30 p.m.
\$19 Member; \$25 Non-member 12702

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 11/13 1 - 2:30 p.m.
\$19 Member; \$25 Non-member 12703

Mobile Device Safety

Michael Gershbein, MLS, Very Smart People, LLC

Learn everything you need to know to keep information on your Android or Apple phone or tablet safe from prying eyes. Mike Gershbein will share tips and best practices for ensuring safe and private usage of your Apple and Android devices. Location tracking, privacy settings, app settings, and password safety will all be discussed. Bring your fully charged device to class.

Thu 10/9 1 - 2:30 p.m.
\$19 Member; \$25 Non-member 12704

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.

Instructor Spotlight

JACOB ISAACSON

*Technology Instructor
& Endpoint Engineer*



Jacob is passionate about teaching technology. With a background in IT Infrastructure as an Endpoint Engineer, and a B.A. in International Studies from the University of Illinois Urbana-Champaign, Jacob specializes in coaching older adults to use technology to make their lives better. From personalized and in-depth tech tutorials, to setting up new devices, he brings patience, empathy, and a passion for teaching to everything he does.

AI Art: Create Beautiful and Original Artwork Using Dall-E

Jacob Isaacson, Tech Teacher and Endpoint Engineer,
Owner of JJ's Whatever, LLC

Learn how to use AI to create beautiful and unique artwork. Using the text-to-image generator Dall-E from ChatGPT, instructor Jacob Isaacson will walk you through every step of the way, from downloading the application to your device to creating an original piece of art. Learn more about the world of AI including AI Basics, and an introduction to "prompt engineering," with this hands-on tutorial which could be the beginning of a new and fun hobby! You will be using a free version of ChatGPT and the lesson will be taught on iOS. Please bring your iPhone or iPad, and paper and pen for taking notes. This class can accommodate Android device users. However, the portion of the lesson related to the Dall-E will be demonstrated on iPhone.

Thu 10/16 10 - 11:30 a.m.
\$29 Member; \$35 Non-member 12794

Master Your Apple Watch

Michael Gershbein, MLS,
Very Smart People, LLC

Learn everything you never knew about your Apple Watch from customization to health tracking and notifications to extending your phone's functionality to your wrist.

Thu 12/11 1 - 2:30 p.m.
\$19 Member; \$25 Non-member 12795



Live

Exercise & Dance

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 10/3 - 10/31 (4X - no class 10/24) 10:30 - 11:15 a.m.
\$49 Member; \$59 Non-member 12826



Stretch and Roll

Bettylynn Koules, Health and Wellness Professional

Ease muscle soreness, reduce stress, and release everyday aches and pains through a combination of gentle stretching and foam rolling. Learn practical techniques to improve flexibility, enhance mobility, and calm the nervous system. Simple, effective routines can be practiced at

home to help the body feel better every day. No experience required, just a willingness to relax and recharge.

Fri 11/7 - 11/21 (3X) 10 - 10:45 a.m.
\$49 Member; \$59 Non-member 12885



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 10/16 - 11/20 (6X) 9 - 10 a.m.
\$85 Member; \$99 Non-member 12857

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 are done throughout duration of class.

Mon, Wed 9/3 - 10/22 (15X) 10 - 10:45 a.m.
\$79 Member; \$95 Non-member 12868
Mon, Wed 10/29 - 12/17 (15X) 10 - 10:45 a.m.
\$79 Member; \$95 Non-member 12869

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.

Sit and Get Fit

Bettylynn Koules, Health and Wellness Professional

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

Mon, Wed 9/3 - 10/22 (15X)
\$79 Member; \$95 Non-member

Mon, Wed 10/29 - 12/17 (15X)
\$79 Member; \$95 Non-member

11 - 11:45 a.m.
12838

11 - 11:45 a.m.
12839



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 9/2 - 10/23 (14X - no class 9/11, 9/16) **10:30 - 11:15 a.m.**
\$79 Member; \$95 Non-member 12866

Tue, Thu 10/28 - 12/18 (15X - no class 11/27) **10:30 - 11:15 a.m.**
\$79 Member; \$95 Non-member 12867

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.

Tue, Thu 9/2 - 10/23 (16X)

10:45 - 11:30 a.m.

\$85 Member; \$99 Non-member 12836

Tue, Thu 10/28 - 12/18 (15X - no class 11/27)

10:45 - 11:30 a.m.

\$85 Member; \$99 Non-member 12837



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 9/3 - 10/24 (23X)

8:30 - 9 a.m.

\$95 Member; \$109 Non-member

12855

Mon, Wed, Fri 10/27 - 12/19 (23X - no class 11/28)

8:30 - 9 a.m.

\$95 Member; \$109 Non-member

12856



Honoring Yesterday, Celebrating Today™

**SCHEDULE
A TOUR**



Discover how we serve North Shore seniors living with dementia by building a bridge between their lifelong identity and present daily life.



Wilmette
A Memory Care Community

335 Ridge Road | 847.920.5942 | ArtisWilmette.com
License # 5107922



25-ART-176

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 9/4 - 10/23 (8X) 2:30 - 3:15 p.m.

\$79 Member; \$95 Non-member 12792

Thu 10/30 - 12/18 (7X - no class 11/27) 2:30 - 3:15 p.m.

\$79 Member; \$95 Non-member 12793



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 9/2 - 10/21 (8X) 9 - 10 a.m.

\$85 Member; \$99 Non-member 12790

Tue 10/28 - 12/16 (8X) 9 - 10 a.m.

\$85 Member; \$99 Non-member 12791

Beginner Ballet

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

Welcome to Beginners Ballet! Designed for those with little or no ballet experience, this low-impact class will guide you through the basics of classical ballet. There will be an emphasis on music and artistry, with occasional clips to watch and explanations of traditional ballet stories to inspire our movement. Ballet slippers or jazz shoes recommended. Dance clothing is optional.

Tue 9/9 - 9/30 (4X) 2 - 2:45 p.m.

\$49 Member; \$59 Non-member 12829

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 9/2 - 10/21 (8X) 3 - 4 p.m.

\$85 Member; \$99 Non-member 12858

Tue 10/28 - 12/16 (8X) 3 - 4 p.m.

\$85 Member; \$99 Non-member 12861

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 9/5 - 12/19 (15X - no class 11/28) 10 - 11 a.m.

No Fee 12671



Health & Wellness Education



Doctor Patient Communication: A Rarely Used Life-Saving Skill

Gordon Heinrichs, Doctor of Chiropractic

Healthcare veteran Gordon Heinrichs presents a vital seminar on improving communication with medical providers. Learn how simple strategies like “Ask Me 3,” “Teach Back,” and bringing a companion can prevent dangerous misunderstandings. Gordon highlights how health literacy impacts outcomes, especially for seniors. Empower yourself to ask questions, verify understanding, and become an advocate for your own care.

Thu 9/11 11 a.m. - 12 p.m.
\$15 Member; \$20 Non-member 12863



Wellness through Food

ANN TERRY

Certified Nutritional Therapist

Food for Your Brain

Ann Terry will discuss the vital connection between the gut and the brain. Learn about the foods that support cognitive function and overall brain health, as well as those that may be detrimental. Ann will also explore the impact of lifestyle choices and provide practical, actionable strategies to help maintain a healthy brain as we age.

Thu 10/16 1 - 2 p.m.
\$15 Member; \$20 Non-member 12859

Eating for a Healthy Immune System

Ann Terry will present insights on how nutrition and lifestyle choices impact immune health. You will explore a holistic approach to eating for wellness, discover key foods that support the immune system, and identify those that may compromise it. Gain essential, practical tools for building long-term immune resilience, along with guidance to assess your current habits and implement meaningful, immediate improvements.

Thu 10/30 1 - 2 p.m.
\$15 Member; \$20 Non-member 12860

Eating Healthy for the Holidays

The holiday season brings joy, tradition, and an abundance of festive foods, many of which can be less than healthy. Ann Terry offers practical strategies for enjoying the season while making mindful food choices. Discover simple ingredient swaps to lighten up classic recipes and take home a selection of healthier holiday dishes you can feel good about serving.

Thu 11/20 1 - 2 p.m.
\$15 Member; \$20 Non-member 12862

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.

Mon 9/15

No Fee

5 - 7 p.m.

12737



NSSC Tuesday Club (Hybrid)

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

Tue 9/2/2025 - 8/25/2026

10 - 10:30 a.m.

(49X - no class 12/16, 12/23, 12/30)

No Fee

12668

Sports Talk

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

Wed 9/3 - 12/17 (16X)

10 - 11 a.m.

No Fee

12669

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.

Fri 9/12 - 12/12 (6X)

1:30 - 3 p.m.

No Fee

12683

Games & Sports

Beginning Canasta

Terri Argentar, Instructor

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

Wed 9/10 - 10/22 (6X - no class 10/1) **9:30 - 11:30 a.m.**
\$89 Member; \$105 Non-member 12730

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 10/29 - 11/19 (4X) **9:30 - 11:30 a.m.**
\$69 Member; \$85 Non-member 12731

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 9/10 - 10/15 (5X - no class 10/1) **1 - 3 p.m.**
\$85 Member; \$99 Non-member 12686

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 10/22 - 11/19 (5X) **1 - 3 p.m.**
\$69 Member; \$85 Non-member 12687



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 9/5 - 9/19 (3X) **1 - 2:30 p.m.**
\$49 Member; \$59 Non-member 12764

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 10/3 - 11/7 (6X) **1 - 2:30 p.m.**
\$99 Member; \$119 Non-member 12765

Intermediate Bridge

*Phyllis Bartlett, American Contract Bridge League
Certified Teacher*

Led by instructor, Phyllis Bartlett, this class is designed for the returning bridge student to update and refine basic bidding skills. An emphasis will be placed on important conventions. Declarer play and defense will be addressed.

Mon	9/8 - 10/20 (6X - no class 9/22)	9:30 - 11:30 a.m.
	\$119 Member; \$145 Non-member	12871
Mon	11/3 - 12/8 (6X)	9:30 - 11:30 a.m.
	\$119 Member; \$145 Non-member	12872

Advancing Bridge

*Phyllis Bartlett, American Contract Bridge League
Certified Teacher*

Phyllis Bartlett will take your bridge prowess to the next level. New conventions in bidding will be introduced while refining bidding with partner with or without competition. Judgement grows with practice.

Mon	9/8 - 10/20 (6X - no class 9/22)	1 - 3 p.m.
	\$119 Member; \$145 Non-member	12873
Mon	11/3 - 12/8 (6X)	1 - 3 p.m.
	\$119 Member; \$145 Non-member	12874

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.

Fri	9/5 - 10/31 (7X - no class 9/26, 10/24)	9:30 - 11:30 a.m.
	\$119 Member; \$145 Non-member	12870

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	9/4 - 12/18 (14X - no class 11/27, 10/2)	12:30 - 3:30 p.m.
	No Fee	12665

Poker Club

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

Tue	9/2 - 12/16 (16X)	12 - 3 p.m.
	No Fee	12667

Scrabble

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

Thu	9/4 - 12/18 (15X - no class 11/27)	1 - 3 p.m.
	No Fee	12666

Game Time

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

Center membership required to participate.

Tue	9/2 - 12/19 (no class 11/27, 11/28)	9 a.m. - 4 p.m.
Thu		12:30 - 4 p.m.
Fri		9 a.m. - 12 p.m.
	No Fee	12663

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	9/3 - 12/19 (no class 11/28)	1 - 3 p.m.
	No Fee	12662



Tennis Club




Ken Griesemer, Coordinator

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 224.636.9094 or Lifelong Learning Center at 847.784.6030. Center membership and registration required to participate.

Mon, Fri	9/5 - 12/19 (no class 11/28)	1 - 2:30 p.m.
	No Fee	12661

September at a glance

Every Week

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Rise & Shine Exercise 9:00 Quilting 9:30 American Politics 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 1:00 Yiddish Club 1:00 Fine Art Studio 1:00 Tennis Club	9:00 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Fit & Active 10:45 Stay Fit at Home 12:00 Poker 1:00 Fine Art Studio 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	9:00 Fine Art Studio 10:30 Fit & Active 10:45 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble 1:00 Let's Read Yiddish 2:30 Tai Chi	8:30 Rise & Shine Exercise 9:00 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Walking Club 10:00 Sewing Bees 1:00 Ping Pong Club 1:00 Tennis Club
 1 Labor Day NSSC Closed	10:00 Art Workshop 10:30 The Dangers of Plastic 2	10:00 The Great Depression 10:00 Tour Crab Tree Farm 1:00 Current Events Discussion Group 1:00 Jerry Herman: Savoring the Show Tune 3	10:00 The Madness of White Supremacy 1:00 <i>All the President's Men</i> 1:00 Improv Workshop 4	9:30 Foreign Policy Roundtable 9:30 Supervised Bridge 10:00 American Foreign Policy 1:00 DNA Testing 1:00 Introduction to Chess I 1:30 Films on Friday: <i>Don't Look Up</i> 5
9:30 Intermediate Bridge 1:00 Advancing Bridge 1:00 Movie Adaptations 1:00 <i>Nexus</i> 1:00 Point of View 8	9:30 Science Fiction 10:00 Art Workshop 10:30 Protecting the Environment 1:00 Germany at a Crossroads 1:00 Getting Started with an Interchangeable Lens Camera 1:00 <i>Upheaval</i> 1:00 Writing Workshop 2:00 Beginner Ballet 9	9:30 Beginning Canasta 9:30 Prize Winning World Lit. 10:00 The Great Depression 10:00 Exploring Poets 1:00 A Killer Among Us 1:00 Beginning Mah Jongg 1:00 Favorite Films 1:00 Philosophy 1:00 Reading for a Cozy Afternoon 10	9:30 Contemp. Short Stories 9:30 <i>The New York Times</i> 10:00 The Madness of White Sup. 11:00 Doctor Patient Comm. 1:00 <i>American Political Dysfun.</i> 1:00 Apple iPhone & iPad Basics 1:00 Documentary Films 1:00 Eccentric Lives on Film 1:00 Improv Workshop 1:00 Shakespeare 11	9:30 Supervised Bridge 10:00 Gustave Caillebotte 10:00 Women's Room 1:00 Introduction to Chess I 1:00 The Creation of Cabaret 1:30 Photography Club 12
9:30 Intermediate Bridge 10:00 Drawing Workshop 10:00 The United States Crisis with Europe 1:00 Advancing Bridge 1:00 Brain Hack 1:00 <i>Nexus</i> 1:00 Point of View 4:30 Dining Out Group 15	9:30 Science Fiction 10:00 Art Workshop 10:30 Banned Books 1:00 Meet Irena Sendler 1:00 <i>Upheaval</i> 1:00 Writing Workshop 2:00 Beginner Ballet 16	9:00 P & P Investment Club 9:30 Beginning Canasta 9:30 Prize Winning World Lit. 10:00 Exploring Poets 10:00 Lost Chicago 10:45 Gustave Caillebotte: Daytrip 1:00 Beginning Mah Jongg 1:00 Bob Fosse 1:00 Favorite Films 1:00 Philosophy 17	9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Madness of White Supremacy 1:00 <i>American Political Dysfunctionalities</i> 1:00 Documentary Films 1:00 Improv Workshop 1:00 Shakespeare 18	9:30 Supervised Bridge 10:00 Mozart's Women 10:00 Women's Room 1:00 Introduction to Chess I 1:00 Notorious: The Life of Ruth Bader Ginsburg 19
10:00 Drawing Workshop 1:00 Mystery Book Club 1:00 Point of View 22	9:30 Science Fiction 10:00 Art Workshop 10:30 Talking with Young People About Substance Abuse 1:00 Jump Start Your Job Search with AARP 1:00 <i>Upheaval</i> 1:00 Writing Workshop 2:00 Beginner Ballet 23	9:30 Beginning Canasta 9:30 Prize Winning World Literature 10:00 Exploring Poets 10:00 Lost Chicago 1:00 A Musical Journey: the Early Years of Rock 'n' Roll 1:00 Beginning Mah Jongg 1:00 Favorite Films 1:00 Philosophy 24	9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 1:00 <i>American Political Dysfunctionalities</i> 1:00 Documentary Films 1:00 Improv Workshop 1:00 Shakespeare 1:00 What Just Happened? 25	10:00 Mozart's Women 10:00 Women's Room 12:00 Oktoberfest! 1:30 Photography Club 26
9:30 Intermediate Bridge 10:00 Drawing Workshop 10:00 <i>The New Yorker</i> 1:00 Advancing Bridge 1:00 <i>Nexus</i> 1:00 Point of View 1:00 Spiritualism & Mourning in Victorian America 29	9:30 Lake Geneva Cruise 9:30 Science Fiction 10:00 Art Workshop 10:30 Northbrook Library Update 11:30 TED Talks 1:00 Exploring Watercolor 1:00 Lyon: ... Heart of France 1:00 <i>Upheaval</i> 1:00 Writing Workshop 2:00 Beginner Ballet 30	 <p>TERRY & DONNA C. KING</p> <h2>GOLF OUTING</h2> <p>MONDAY, SEPTEMBER 15, 2025</p> <p>SKOKIE COUNTRY CLUB—GLENCOE</p> 		

October 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
8:30 Rise & Shine Exercise 9:00 Quilting 9:30 American Politics 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 1:00 Yiddish Club 1:00 Fine Art Studio 1:00 Tennis Club	9:00 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Fit & Active 10:45 Stay Fit at Home 12:00 Poker 1:00 Fine Art Studio 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	9:00 Fine Art Studio 10:30 Fit & Active 10:45 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble 1:00 Let's Read Yiddish 2:30 Tai Chi	8:30 Rise & Shine Exercise 9:00 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Walking Club 10:00 Sewing Bees 1:00 Ping Pong Club 1:00 Tennis Club	
27th Annual Joan Golder Distinguished Senior Lecture Series RICHARD ROEPER Wednesday, October 8 7 - 9 p.m. 		10:00 The Four Most Important Years in American History 1:00 Current Events Discussion Group 1	9:30 <i>The New York Times</i> 1:00 Shakespeare 2	9:30 Foreign Policy Roundtable 9:30 Supervised Bridge 10:00 Gene Kelly 10:00 Women's Room 10:30 Ageless Zumba 1:00 Continuing Chess II 1:00 The European Union 1:30 Films on Friday: <i>Wicked</i> 3	
9:30 Intermediate Bridge 10:00 Drawing Workshop 10:00 Grand Finales: Great Piano Concertos 10:00 <i>The New Yorker Magazine</i> 1:00 Advancing Bridge 1:00 But Why a Duel?: Hamilton, Burr 1:00 <i>Nexus</i> 1:00 Point of View 6	9:30 Science Fiction 10:00 Art Workshop 10:30 <i>Grandma Goes to Antarctica</i> 11:30 TED Talks 1:00 Exploring Watercolor I 1:00 Martin Luther King and the October Surprise 1:00 <i>Upheaval</i> 1:00 Writing Workshop 7	9:00 Tour ... Pullman District 9:30 Beginning Canasta 9:30 Prize Winning World Lit. 10:00 Exploring Poets 10:00 Four Most Important Years ... 1:00 Antisemitism in Film: <i>Denial</i> 1:00 Beginning Mah Jongg 1:00 Favorite Films 1:00 Philosophy 1:00 Reading for a Cozy Afternoon 8	9:30 Contemp. Short Stories 9:30 <i>The New York Times</i> 10:00 The Spirit of Native America 1:00 <i>American Political Dysfunctionalities</i> 1:00 Documentary Films 1:00 Improv Workshop 1:00 Mobile Device Safety 1:00 Shakespeare 1:00 Musicals of Lerner & Loewe 9	9:00 AARP Smart Driver Course 9:30 Supervised Bridge 10:00 Who Really Started the Chicago Fire? 10:00 Women's Room 10:30 Ageless Zumba 1:00 Continuing Chess II 1:00 The European Union 1:30 Photography Club 10	
9:30 Intermediate Bridge 10:00 Drawing Workshop 10:00 Searching for Other Worlds 10:00 <i>The New Yorker Magazine</i> 1:00 Advancing Bridge 1:00 Chimpanzees: Our Wild Relatives 1:00 <i>Nexus</i> 1:00 Point of View 1:00 Woven Bead Bracelet 13	9:30 Science Fiction 10:00 Art Workshop 10:30 From Conversation to Connection 11:30 TED Talks 1:00 Exploring Watercolor I 1:00 Reggae: The Beating Heart of Popular Music 1:00 <i>Upheaval</i> 1:00 Writing Workshop 14	9:00 P & P Investment Club 9:30 Beginning Canasta 9:30 Ceramic Wind Chimes 9:30 Prize Winning World Lit. 10:00 Art and Politics: Kathe Kollwitz 10:00 Exploring Poets 1:00 Beginning Mah Jongg 1:00 Favorite Films 1:00 Fraud Basics 1:00 Philosophy 1:00 Tried as a Jew, Humanist ... 15	9:00 Fall Injury Prevention 9:30 Contemp. Short Stories 9:30 <i>The New York Times</i> 10:00 AI Art 10:00 The Spirit of Native America 1:00 <i>American Political Dysfun.</i> 1:00 Documentary Films 1:00 Fall Color Walk 1:00 Food for Your Brain 1:00 Improv Workshop 1:00 Shakespeare 1:00 The Musicals of George Abbott 16	9:00 AARP Smart Driver Course 9:30 Supervised Bridge 10:00 Women's Room 1:00 Continuing Chess II 1:00 How Did We Do?: Chicago Baseball Wrap-Up 17	
9:30 Intermediate Bridge 10:00 Burying the Civil War 10:00 Drawing Workshop 10:00 <i>The New Yorker Magazine</i> 1:00 Advancing Bridge 1:00 Looking in the Mirror 1:00 <i>Nexus</i> 1:00 Point of View 1:00 Woven Bead Bracelet 20	9:30 Science Fiction 10:00 Art Workshop 10:30 Title IX and How It Became A Law 11:30 TED Talks 1:00 Exploring Watercolor I 1:00 Germany, 2025 1:00 <i>Upheaval</i> 1:00 Writing Workshop 21	9:30 Beginning Canasta 9:30 Prize Winning World Lit. 10:00 Exploring Poets 10:00 Is Our Democracy Threatened? 1:00 And the Music Continues 1:00 Building Your Mah Jongg Skills 1:00 Favorite Films 1:00 Philosophy 22	9:00 Fall Injury Prevention 9:30 Contemp. Short Stories 9:30 <i>The New York Times</i> 10:00 The Spirit of Native America 11:15 Halloween Spooktacular with Opera in Focus Daytrip 1:00 <i>American Political Dysfunctionalities</i> 1:00 Documentary Films 1:00 Shakespeare 23	10:00 Antarctica: Turning Tides? 10:00 Women's Room 10:30 Ageless Zumba 12:00 Close to You: The Music of the Carpenters 1:00 Continuing Chess II 1:30 Photography Club 24	
10:00 John Singer Sargent: Portraits of the Gilded Age 10:00 <i>The New Yorker Magazine</i> 10:30 Pour Painting 1:00 Looking in the Mirror 1:00 Mystery Book Club 1:00 <i>Nexus</i> 1:00 Point of View 27	9:30 Science Fiction 10:00 Art Workshop 10:30 Making Your Next Move Easy 11:30 TED Talks 1:00 Exploring Watercolor I 1:00 Hollywood Fashion 1:00 <i>Upheaval</i> 1:00 Writing Workshop 28	9:30 Ceramic Wind Chimes 9:30 Beginning Canasta 9:30 Prize Winning World Lit. 10:00 Exploring Poets 10:00 Spooky Chicago 1:00 Building Your Mah Jongg Skills 1:00 Favorite Films 1:00 Philosophy 1:00 The Democratic Party Response 29	9:00 Fall Injury Prevention 9:30 Contemp. Short Stories 9:30 <i>The New York Times</i> 1:00 <i>American Political Dysfunctionalities</i> 1:00 Documentary Films 1:00 Eating for a Healthy Immune System 1:00 Shakespeare 1:00 What Just Happened? 30	9:30 Supervised Bridge 10:00 Women's Room 10:30 Ageless Zumba 1:00 Billie Burke 1:00 Continuing Chess II 31	

November at a glance

Every Week

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Rise & Shine Exercise 9:00 Quilting 9:30 American Politics 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 1:00 Yiddish Club 1:00 Fine Art Studio 1:00 Tennis Club	9:00 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Fit & Active 10:45 Stay Fit at Home 12:00 Poker 1:00 Fine Art Studio 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	9:00 Fine Art Studio 10:30 Fit & Active 10:45 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble 1:00 Let's Read Yiddish 2:30 Tai Chi	8:30 Rise & Shine Exercise 9:00 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Walking Club 10:00 Sewing Bees 1:00 Ping Pong Club 1:00 Tennis Club
9:30 Intermediate Bridge 10:00 Drawing Workshop 10:00 Jewish Comfort Foods 10:00 <i>The New Yorker Magazine</i> 1:00 Advancing Bridge 1:00 Greeting Card Workshop 1:00 <i>Nexus</i> 1:00 Point of View 1:00 The History of the Rolling Stones	9:30 Science Fiction 10:00 Art Workshop 10:30 Introduction to the Forest Preserves of Cook County 11:30 TED Talks 1:00 The Greatest Generation Goes to War 1:00 <i>Upheaval</i> 1:00 Writing Workshop	9:30 Intermediate Canasta 9:30 Prize Winning World Lit. 10:00 26 Greatest Presidential Decisions 10:00 Exploring Poets 1:00 Building Your Mah Jongg Skills 1:00 Current Events Disc. Group 1:00 Favorite Films 1:00 Lost & Found: <i>USS Lagarto</i> 1:00 Philosophy	9:00 Fall Injury Prevention 9:00 Made in Chicago 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Rise of the Humans 1:00 <i>American Political Dysfunctionalities</i> 1:00 Documentary Films 1:00 Julia Child: Chef and Spy 1:00 Shakespeare	9:30 Foreign Policy Roundtable 10:00 America's Most Overlooked Artist 10:00 Stretch & Roll 10:00 Women's Room 1:00 Alfalfa: The Rascal You Knew 1:00 Continuing Chess II 1:30 Films on Friday: <i>Bridget Jones: Mad About the Boy</i>
9:30 Intermediate Bridge 10:00 Drawing Workshop 10:00 I've Heard That Song Before 10:00 <i>The New Yorker Magazine</i> 1:00 Advancing Bridge 1:00 <i>Dead Air: The Night Orson Welles Terrified America</i> 1:00 Greeting Card Workshop 1:00 <i>Nexus</i> 1:00 Point of View	9:30 Science Fiction 10:00 Art Workshop 10:30 Navy Band Great Lakes 11:30 TED Talks 1:00 Human Evolution 1:00 <i>Upheaval</i> 1:00 Writing Workshop	9:30 Intermediate Canasta 9:30 Prize Winning World Lit. 10:00 26 Greatest Presidential Decisions 10:00 Exploring Poets 1:00 Building Your Mah Jongg Skills 1:00 Favorite Films 1:00 Philosophy 1:00 Reading for a Cozy Afternoon 1:00 Roadside Attractions	9:00 Fall Injury Prevention 9:30 Contemp. Short Stories 9:30 <i>The New York Times</i> 10:00 The Rise of the Humans 1:00 <i>American Political Dysfunctionalities</i> 1:00 Apple iPhone & iPad Advanced 1:00 Documentary Films 1:00 Robin Williams 1:00 Shakespeare	10:00 Stretch & Roll 10:00 Unraveling Religion 10:00 Women's Room 1:00 <i>The Flip Side: Where Chicago Rocked</i> 1:30 Photography Club
9:30 Intermediate Bridge 10:00 Drawing Workshop 10:00 <i>The New Yorker Magazine</i> 10:00 World War to Cold War: 1945 - 1953 1:00 Advancing Bridge 1:00 <i>Nexus</i> 1:00 Point of View 1:00 The American House	9:30 Science Fiction 10:00 Art Workshop 10:30 Post-Veterans Day Panel Discussion 11:30 TED Talks 1:00 Leonardo da Vinci 1:00 <i>Upheaval</i> 1:00 Writing Workshop	9:00 P & P Investment Club 9:30 Intermediate Canasta 9:30 Prize Winning World Lit. 10:00 Exploring Poets 10:00 Modern Antisemitisms 1:00 Building Your Mah Jongg Skills 1:00 Favorite Films 1:00 Philosophy 1:00 Stephen Schwartz	9:00 Fall Injury Prevention 9:30 Contemp. Short Stories 10:00 The Rise of the Humans 10:15 <i>A Beautiful Noise: The Neil Diamond Musical</i> Daytrip 1:00 <i>American Political Dysfunctionalities</i> 1:00 Documentary Films 1:00 Eating Healthy for the Holidays 1:00 Shakespeare	10:00 Congress During the New Trump Era 10:00 Stretch & Roll 10:00 Women's Room 12:00 Kristin Leim Sings Gershwin
9:30 Intermediate Bridge 10:00 Drawing Workshop 10:00 Ignition and Liftoff 10:00 <i>The New Yorker Magazine</i> 1:00 Advancing Bridge 1:00 Mystery Book Club 1:00 <i>Nexus</i> 1:00 Point of View 1:00 The American House	9:30 Science Fiction 10:00 Art Workshop 10:30 An Immigrant Mother's Journey 11:30 TED Talks 1:00 Heroes on the Air 1:00 <i>Upheaval</i> 1:00 Writing Workshop	9:30 Prize Winning World Literature 10:00 Exploring Poets	 Thanksgiving Day NSSC Closed	 NSSC Closed

December 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
8:30 Rise & Shine Exercise 9:00 Quilting 9:30 American Politics 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 1:00 Yiddish Club 1:00 Fine Art Studio 1:00 Tennis Club	9:00 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Fit & Active 10:45 Stay Fit at Home 12:00 Poker 1:00 Fine Art Studio 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	9:00 Fine Art Studio 10:30 Fit & Active 10:45 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble 1:00 Let's Read Yiddish 2:30 Tai Chi	8:30 Rise & Shine Exercise 9:00 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Walking Club 10:00 Sewing Bees 1:00 Ping Pong Club 1:00 Tennis Club	
9:30 Intermediate Bridge 10:00 Concert & Commentary with Jim Kendros 10:00 Drawing Workshop 10:00 <i>The New Yorker Magazine</i> 1:00 Advancing Bridge 1:00 Hollywood Murders 1:00 <i>Nexus</i> 1:00 Point of View	9:30 Science Fiction 10:00 Art Workshop 10:30 NU Student Music Performance 11:30 TED Talks 1:00 Remarkable Rhinos on the Brink 1:00 <i>Upheaval</i> 1:00 Writing Workshop	9:30 Prize Winning World Lit. 10:00 Exploring Poets 10:00 Understanding China 1:00 Can the United States Ever Elect a Female Candidate 1:00 Current Events Discussion Group 1:00 Philosophy	9:30 Contemporary Short Stories 10:00 American History in 101 Objects 1:00 Shakespeare 1:00 The Story of Santa	9:30 Foreign Policy Roundtable 10:00 Back to the 80s 10:00 Women's Room 1:00 Alphonse Mucha 1:30 Films on Friday: <i>A Knight's Tale</i>	
9:30 Intermediate Bridge 10:00 Drawing Workshop 10:00 Miracle in Philadelphia 1:00 Advancing Bridge 1:00 Amusement Parks of Chicagoland 1:00 <i>Nexus</i> 1:00 Point of View	9:30 Science Fiction 10:00 Art Workshop 10:30 The Right-Sizing Roadshow 1:00 Crisis of Freedom: America, 1790-1815 1:00 Writing Workshop	9:30 Prize Winning World Literature 10:00 Exploring Poets 10:00 What Will the Future of NATO Be? 10:15 <i>Irving Berlin's White Christmas</i> Daytrip 1:00 Antisemitism in Film: <i>Protocols of Zion</i> 1:00 Philosophy	9:30 Contemporary Short Stories 10:00 American History in 101 Objects 1:00 Looking Back, Looking Ahead 1:00 Master Your Apple Watch 1:00 Shakespeare	10:00 Women's Room 1:00 America's Blonde Bombshell: Marilyn Monroe 1:30 Photography Club	
1:00 Point of View 1:00 The Glorious Arts	10:00 Art Workshop 1:00 Sensational Songs of the Silver Screen	9:00 P & P Investment Club 9:30 Prize Winning World Literature 10:00 Exploring Poets 1:00 Philosophy 1:00 The Impact of Tariffs on the ... Economy	9:30 Contemporary Short Stories 10:00 American History in 101 Objects 1:00 Shakespeare	10:00 Women's Room 12:00 <i>Holiday Bazaar</i> with Hilary Feldman	
22 NSSC Closed	23 NSSC Closed	24 NSSC Closed	25 NSSC Closed	26 NSSC Closed	
29 NSSC Closed	30 NSSC Closed	31 NSSC Closed	GIVING TUESDAY Give on December 2		

NSSC Membership Form

☐ New Membership ☐ Renewal

Today's Date ____/____/____

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____ Phone _____

Birth Date ____/____/____ Marital Status ☐ Single ☐ Married ☐ Partnered ☐ Divorced ☐ Widowed

One-Year Membership Options* (choose one):

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

**Pricing effective January 1, 2025*

If purchasing a Couple/Household 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

Card # _____ Security Code _____ Exp. Date ____/____/____

Cardholder Name (print name as it appears on the card) _____

Signature _____

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

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

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

Membership	\$ _____
Donation	\$ _____
TOTAL	\$ _____

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 couple/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 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.

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Registration Information

Registration Policy

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

How to Register



Mail a completed registration form with payment to NSSC. One form for each individual registering.



Online at www.nssc.org



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



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

Skills-Based Classes

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

Wait Lists

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

Confirmations

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

Cancellation Policy

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

Disclaimer

North Shore Senior Center presents advertisements and programs on a wide variety of topics from different perspectives and opinions. The viewpoints expressed in these ads and programs are the 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



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



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CONNECT WITH US!



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We are thrilled to welcome you back to a fully reopened NSSC!

The Center is buzzing with energy, laughter, and connection. Whether you're here to learn, create, find support, or simply enjoy good company, a calendar full of engaging programs makes NSSC the perfect seasonal haven. Enjoy your favorite programs, meet new faces, and celebrate the joy of being together.

Cheers to NSSC!

Join us August 21 to celebrate
our Grand Re-Opening
4:30 - 7:30 p.m.
Free to attend

**RSVP required: 847.784.6030
or www.nssc.org**