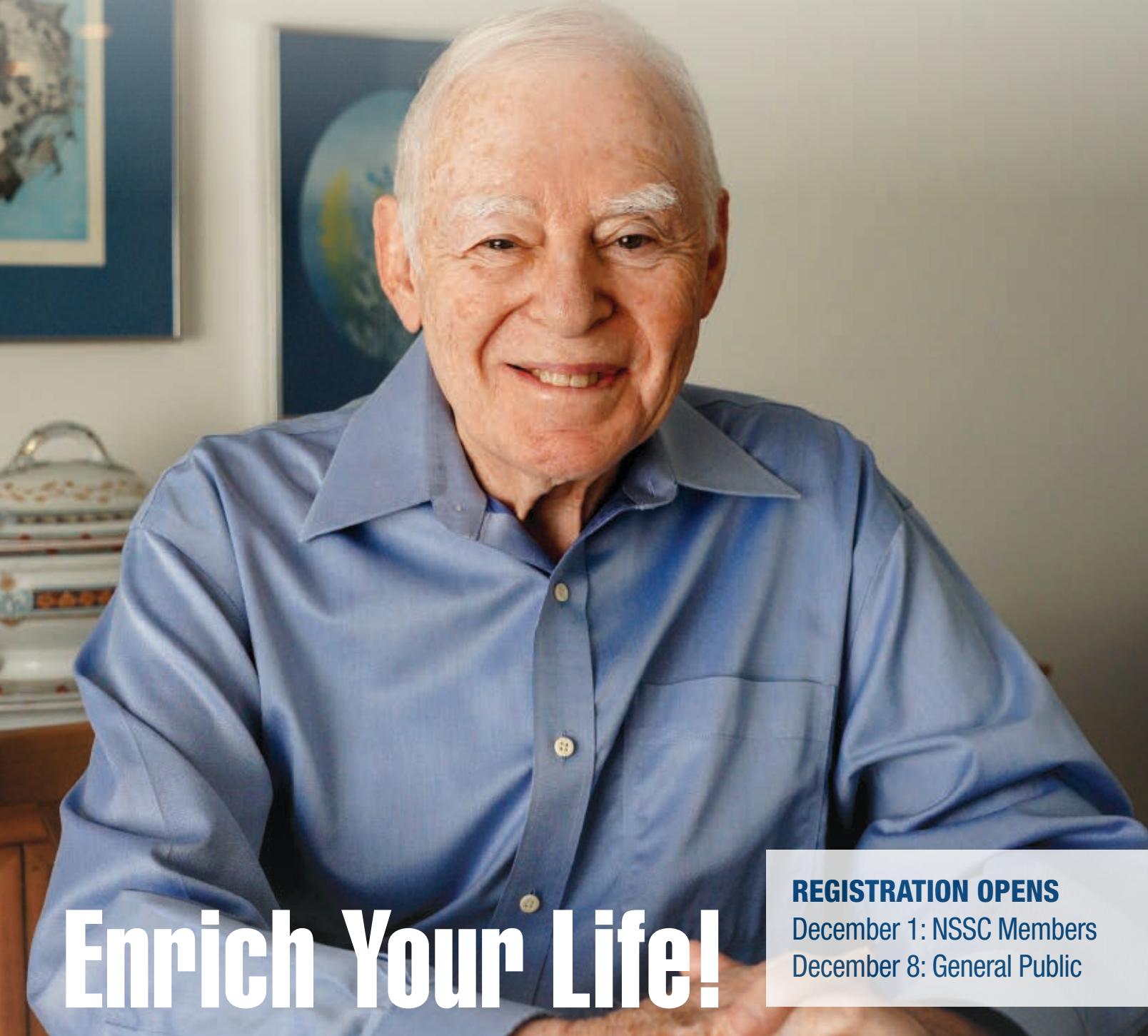


JANUARY - APRIL 2026

# ENGAGE

MAGAZINE & LIFELONG LEARNING CATALOG



## Enrich Your Life!

**REGISTRATION OPENS**

December 1: NSSC Members

December 8: General Public

north shore senior center

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# Welcome

Winter is the perfect time to discover new passions, strengthen connections, and embrace well-being at NSSC. I invite you to join us at the center for a sculpting or collage class, recommit to your wellness goals in our fitness center, or take a trip with us to the Museum of Contemporary Art to experience the Yoko Ono exhibit. Embrace the cozy side of winter by exploring the Norwegian concept of hygge or the Swedish idea of lagom—both perfect for these colder months. And, enjoy some of our presentations on current events, history, culture, science, and more.

This edition of *Engage* is packed with helpful insights—from navigating skilled nursing and rehab options to understanding rideshare services, artificial intelligence, and the fascinating science of “superagers.” If you’re looking for connection and support, turn to pages 14-15 for a full listing of upcoming groups and caregiver education programs.

Don’t miss our Annual Meeting on January 20 when Dr. Martha Twaddle, clinical professor of medicine at Northwestern Feinberg School of Medicine, will share how having the right support can make all the difference for older adults and caregivers—and what happens when that support is missing.

Let’s make this winter a season of growth, connection, and discovery—together.

With gratitude,



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:** SuperAger Ralph Rehbock  
**Photo credit:** Desiree Schippers



# All Around NSSC



## **New Year—New Opportunities for Mind, Body, & Spirit**

The start of a new year often inspires us to set meaningful goals, embrace healthier habits, and cultivate a more positive mindset. At NSSC, we're here to support you with a wide variety of programs designed to help you refresh, recharge, and reconnect.

### **For Your Mind...**

Our Lifelong Learning programs encourage curiosity and thoughtful exploration. Dive into engaging presentations on current events, history, film, literature, culture, and more. Join peer-led discussion groups that spark deeper conversations and foster meaningful connections.

### **For Your Body...**

Stay active and energized with our expanding lineup of fitness and wellness classes for all levels. Whether it's Yoga, Zumba, Tai Chi, Self Defense, or Steppin' to the Oldies, there's something for everyone. Discover practical strategies to prevent falls and build strength through our Balance for Life presentation and Fall Injury Prevention class.

### **For Your Spirit...**

Find calm, joy, and inspiration through programs that nourish your inner self. Learn about Hygge, the Norwegian concept of cozy comfort, or Lagom, the Swedish philosophy of balance and moderation. Be sure to experience Lift, a joyful and heartfelt presentation by Martina Mathiesen, offering fresh insights on staying positive, finding joy, and tapping into your inner strength.

Let this season be your time to grow, connect, and thrive. We look forward to seeing you at NSSC!

### **Welcome These New Instructors**

Author **Marlene Targ Brill** especially enjoys writing about women in history. She presents the question, Jane Addams: The Most Dangerous Woman in History?

Philosophy Professor **Thomas Carson** offers two programs, one analyzing theories of Lying and Deception, and a second asking whether we should Keep Lincoln on His Pedestal.

Author **John McGraw** relates his experiences in the U. S. military and provides background on what led up to the war in *Look What They Asked of Us: A Vietnam War Memoir*.

**Kathy O'Malley**, a certified Blue Sun Yoga instructor, has been practicing yoga for over 25 years. Her classes are unique and dynamic while she guides students through mindful breathing and movement.

Retiring after 45 years of teaching and composing music, **Howard Sandroff** turned his talents to sculpting in welded steel, with kinetic motion and sound elements added to his artwork, and he introduces you to the fun of three-dimensional sculpting in foam core.

Artist and teacher **Sandra Estrada** weaves her artistic creativity into every facet of her life and shares her rich tapestry of experience in the Creative Collage class.

### **Save the Date**

Join us for NSSC's **Annual Meeting on Tuesday, January 20, at 10 a.m.**

Don't miss our **spring fundraising event** at Summer Classics Home in Highland Park on **Thursday, April 23**. More details to come!



# *The Science of* SuperAging

## AND THE STORY OF RALPH REHBOCK

BY AMY KRAUSE



If you have a family member who attends House of Welcome's Day Program for people living with memory loss, you've likely heard of the Meltones. The Meltones is a singing group that's part of Men Enjoying Leisure (MEL), a men's activity group founded in 2000. The group leads singalongs at senior centers and retirement communities. They perform a medley of 1930s and 1940s favorites like "Getting to Know You," "Dream a Little Dream," "Sunny Side of the Street," and "The Glory of Love."

Out of the eight singers, one is superager Ralph Rehbock (pictured). Superagers are people age 80 and older who retain the cognitive function (memory, attention, judgment) and physical vitality of a person 20 to 30 years younger. For the past 11 years, Ralph has been part of Northwestern University's SuperAger study run through NU's Mesulam Institute for Cognitive Neurology and Alzheimer's Disease.

Each year, Ralph and other participants of the study undergo cognitive testing that involves memory and language retention and executive functioning. Their brains are scanned and their blood is tested with the end goal of discovering a biomarker for successful aging. Following death, participants' brains are donated to the Mesulam Institute so research can continue for decades.

According to *Northwestern Magazine*, the Mesulam Institute brings together physicians, scientists, and social workers to study the brain and all the various challenges that can come with aging. The



work ultimately hopes to uncover clues that help researchers understand, treat, and prevent dementia.

Tamar Gefen, PhD, clinical neuropsychologist, is one of the leaders of the Institute's Superaging Program. "We are flipping the ethos of aging on its head," she said in an interview with *Northwestern Magazine*.

"One study found that the neurons of superagers are extremely plump, they're bigger, they're healthier than their cognitively normal same-aged peers. That's really powerful. We want to understand what makes those neurons special."

She said that many of the participants are emotionally resilient—they are able to bounce back from hardship. "If there is a cure to Alzheimer's disease, if there is a cure to neurodegeneration, it's somewhere lying in those brains."

Ralph, 91, of Northbrook, survived the Holocaust, narrowly escaping Germany in 1938 with his parents. He was raised in Hyde Park, married his high school sweetheart, Enid, and raised two sons. He had a lengthy career in the manufacturers' gift industry and is one of the founders of the Illinois Holocaust Museum. Today, he has eight grandchildren and six great-grandchildren.

“

We are flipping the ethos of aging on its head.”

—TAMAR GEFEN, PHD

When asked what he attributes to his cognitive strength, he said he doesn't even think about it. "I guess I just keep busy doing so many things like speaking engagements, volunteering, working at the Holocaust Museum, and singing in the Meltones. Telling my story of escaping Nazi Germany is a huge part of my life. These stories must continue to be told."

Dr. Gefen said there is no such thing as a "typical" superager. "It's not as



Ralph explains how the artwork tells the story of his family's escape from Nazi Germany.

simple as eating blueberries. It's not as simple as socializing. There's always going to be an interaction between biology, genetics, and other factors that contribute to resilience. We're not there yet—that's the work." She said the one thing they do have in common is their cognitive abilities defy the odds of aging.

As for Ralph's diet and exercise habits? "I eat mostly healthy, and I walk a lot. I do love chocolate chip ice cream. I also continue to learn new things. I recently learned Canasta, and I do the daily Wordle. And, I always have a jigsaw puzzle on the table. Those are my secrets."

He said being part of the NU program keeps him going. "I am happy to be part of the program, and the work I'm doing with them will continue long after my death. If we can help prevent cognitive disease for future generations, I'm honored to be a part of it."

When asked if he has any advice for those entering retirement? "Get involved in something bigger than yourself. It's so important to meet others and socialize. Get out of the house, volunteer, take up a hobby you enjoy, find a purpose."

To learn more about NU's SuperAging Research Program, contact 312.908.9339 or [agingresearch@northwestern.edu](mailto:agingresearch@northwestern.edu). ■

**Sources:** Wilson, Martin. *What We Can Learn From SuperAgers*. *Northwestern Magazine*; Fall 2024.

## Every Life Holds a Story Worth Telling

NSSC's Life Stories program gives older adults the opportunity to reflect, record, and share their unique journeys—preserving not only memories, but also the wisdom and legacy they hold.

Through guided conversations with trained volunteers, participants are invited to share personal experiences, milestones, challenges, and triumphs. These stories are audio and/or video recorded and put on a DVD/CD for participants and their families as keepsakes—cherished reminders of a loved one's voice, perspective, and resilience.

For many older adults, the program is both a celebration and a gift: a chance to look back with pride, while offering future generations a window into their history. Families often describe the finished stories as "priceless," capturing details and moments that might otherwise be lost.

Whether it's recounting a childhood adventure, remembering a first job, or reflecting on lessons learned over a lifetime, Life Stories ensures these voices continue to be heard.

To learn more, contact Julie Droste at [jdroste@nssc.org](mailto:jdroste@nssc.org) or 847.242.6257. ■

# RIDESHARE: *Tap to Total Freedom*

BY DESIREE SCHIPPERS

Imagine needing to get to the grocery store or wanting to meet a friend for lunch—but you no longer drive or don't have a car. For many of us, suburban communities can feel like being stuck on an island. Unlike in the city where buses and trains are frequent and reliable, suburban public transit can be limited or inconvenient. Without a vehicle, independence and connection can quickly feel out of reach.

This is where rideshare services come in. With just a tap on your phone, you can arrange a safe, affordable ride in minutes—restoring freedom, flexibility, and peace of mind.

While many older people are understandably nervous about the concept, the apps are an excellent tool for anyone who is looking to maintain autonomy and mobility and, with a little knowledge, you can catch your first ride in a matter of minutes.

## RIDESHARING APPS: THE BASICS

A rideshare app, like Uber and Lyft, connects customers who need rides with drivers in their area. Drivers use their personal cars to transport riders at a preset rate. The app facilitates the entire process, from pick up and payment to drop off.



## RIDESHARING VS TAXIS: WHAT'S THE DIFFERENCE?

While taxis are usually hailed or called, Uber and Lyft rides are booked within an app. Unlike a taxi, you will be able to track

your driver the entire time and, if desired, a friend or loved one can track your ride as well. You can see the driver's ratings, profile photo, and the make and model of their vehicle. Rideshares are booked with a fixed price upon scheduling, which will not change even if you end up sitting in traffic. Taxis, on the other hand, operate on a meter system based on time spent in the car. For this reason, Uber and Lyft are often less expensive than a taxi.

Ridesharing apps are known for being exceptionally quick and flexible, since drivers can be dispatched from anywhere, anytime, within minutes. You also will have the option of choosing the type of vehicle you prefer to travel in, from eco-friendly to blacked out luxury cars.

Like taxi companies, Illinois rideshare drivers are regulated and monitored.

## SCHEDULING A RIDE: A STEP-BY-STEP GUIDE

### 1. First, download your app of choice.

The two most popular apps are Uber and Lyft. Both apps are practically the same, with minor differences in user experience. Many people have both apps on their phone and book with whichever app is cheaper at the time.

**2. Open your app.** You will be prompted to create a login and profile using your email and password. Use a strong password, since this app will require you to save a credit card to pay for your rides. Once you enter your information, you will have access to the full app.

**3. Enter your destination.** On the main page of each app, there is a search bar at the top where you will type in your destination.

**4. Select a ride.** After setting your destination, the app will show a list of available drivers. From there, select a pick-up time, type of ride, and pricing. Once selected, input your pick-up location and pay for the ride.

**5. Wait for your ride.** Once payment is complete, you will be matched with a driver and will see their information and estimated time of arrival. Be sure to wait at your pick-up point at least 5 minutes before your driver's arrival. Your driver may text or call you if they have difficulty finding you.

### 6. Confirm your driver's details.

When the driver arrives, check the license plate, make and model of the car, and the driver's name to confirm the ride. Never get into a car that doesn't match the description on the app.

**7. Tip your driver.** At the end of the ride, you will have the option to rate your driver and leave a tip. A typical tip should be about 15-20% of the ride fare.

## STAYING SAFE

While using a rideshare app, it is important to follow a few basic safety guidelines to protect yourself from scams or bad actors. Always verify information about the vehicle and driver before entering a vehicle. Drivers should always confirm your name upon pick up and will never ask you to pay them in cash. All money, including tips, is handled in the app. Remember, if you feel unsafe, uncomfortable, or are having an unpleasant experience, you can always refuse a ride or get out of the car. ■





## Escorted Transportation Service

If you live in Northfield or New Trier townships, you may qualify to receive free rides to and from medical and dental appointments through our Escorted Transportation Service (ETS).

ETS is a volunteer-based program that provides independent older adults age 60+, and individuals with disabilities age 18-59, with occasional rides to medical and dental appointments. The service is available Monday through Friday for appointments scheduled between 9 a.m. and 3:30 p.m. There are no fees for this service, but registration is required. Donations are welcome and appreciated.

**Call 847.242.6257 to register or for more information. ■**

# Navigating Nursing and Rehab Decisions with Confidence:

*Explained by a Choices  
for Care Coordinator*

**BY NATALIE KAHAN**



**W**hen patients are discharged from the hospital, the next step can feel overwhelming: rehab, a nursing facility, or returning home with support? That's where NSSC's Choices for Care Coordination Team steps in. Meeting with patients at their hospital bedside, care coordinators guide older adults and their families through complex decisions—helping them understand their options, feel supported, and move forward with confidence. Care coordinators also meet with older adults in their homes and nursing homes.

As a Choices for Care coordinator, I understand how stressful this transition can be. My role is to listen carefully, ask questions, and gather details to ensure each person is referred to the right level of care.

The Choices for Care program has two main goals. First, we provide information on the many community resources available to prevent unnecessary and/or premature nursing home placement. Using a state-mandated screening tool, we assess each person's level of impairment and current support systems. This helps us better understand the person's needs so that the right level of care is provided—whether that's help at home, short-term rehab, or long-term care.

Second, we connect people to a wide range of supportive services through NSSC. I often remind participants they can't take advantage of a service if they don't know it exists. Whether it's in-home care, meals, transportation, or caregiver support, many resources are available—but not always known.

Before patients who are 60 and older, or those 18-59 with disabilities, are discharged from the hospital to a nursing facility, they receive a visit from a Choices for Care coordinator. We start each day reviewing the patient referrals sent by hospital staff. These include vital details like medical history and diagnosis, which allows us to prepare for each unique case. Small clues—like a walker near the bed, a catheter, or how someone responds to conversation—can reveal a lot about their current needs. Following the assessment, we share the results with the appropriate facility. The goal is to not only meet procedural requirements, but to make each person feel seen, supported, and more in control of their future.

While there is a lot of diversity in the people we care for—culturally, linguistically, and personally—there is a universal thread: everyone is trying to make sense of aging, often for the first time.

A key part of what we do at NSSC is to help older adults and their families come up with a plan. While we may not have the full picture of the puzzle, each step forward brings the image into focus—and restores a sense of dignity, hope, and direction.

**The Choices team is passionate about helping people navigate life transitions, and creating moments of clarity and comfort during times that can feel overwhelming.**

The NSSC Choices for Care team is present in 43 nursing homes and in seven area hospitals: Chicago Behavioral Health, Endeavor Health Evanston, Glenbrook and Skokie, Holy Family, Lutheran General, and St. Francis. ■



# WARM UP YOUR WINTER

## with Journaling

BY DESIREE SCHIPPERS

**I**n life's natural rhythms and changes, winter presents a time for stillness and rest. While these dark days can sometimes lead to seasonal blues or depression, we can embrace the season for what it is: time to slow down and reflect. One great tool to have in your mental health toolbox for this season is journaling.

Journaling does more than foster mindfulness and creative thought—it can help reduce anxiety, process emotions, and cope with life changes, according to the University of Rochester Medical Center. Your journal should be unique to you and easy to use, a private place to express yourself, experiment, and write a little every so often. And don't worry, it doesn't need to be deeply emotional or written in a confessional "Dear Diary" style. Take a few moments to explore which options might be right for you in this season of your life.

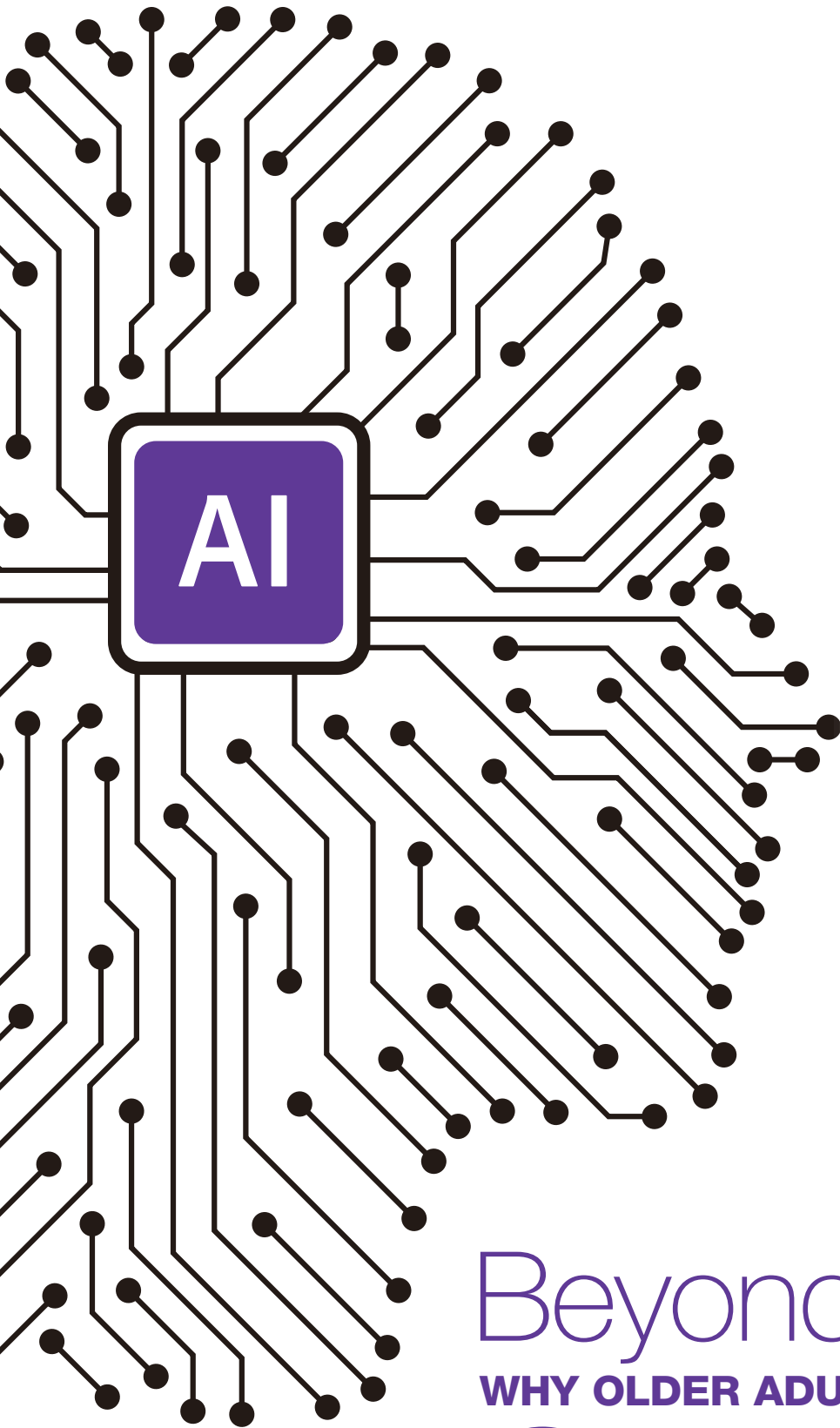
### JOURNAL TYPES

- For the creatives out there, a bullet journal can allow free expression in drawing, designing, and planning your pages. Bullet journals come with blank pages with tiny dots or lines you can use to map out to-do lists, goals, or thoughts in an artistic way. Pinterest and Instagram are wonderful places to find inspiration.
- If you need more structure, you can try a guided, more reflective journaling process, built by prompts and engaging questions. Many people swear by Julia Cameron's "Morning Pages" from her book *The Artist's Way*, which offers insightful prompts to get your creative juices flowing. You can also search for prompts that are meaningful to you and your goals for free on Google.

- For the hobbyists out there, keeping a journal of your adventures is a great way to reflect and engage more deeply with your work. For example, if you are into cooking or baking, you can write and reflect on recent recipes you tried, how they made you feel, or any special memories associated with them. For book lovers, you can keep a log of your recent reads with your thoughts and insights.
- "Junk journaling," a newer method of journaling, has become wildly popular online, for good reason. This form of journaling is simple and crafty without making things too complicated. The concept is to collect a little souvenir of your day (normally something you might consider "junk" or trash) like a receipt, coaster, leaf, sticker, or any little scrap, then paste or tape it into the journal with a little note about your day. It is like a scrapbook, except messier and with personal, handwritten notes.

A journal doesn't need to be perfect or pretty; it is simply a fun, reflective tool for you to enrich your daily life and warm up your winter. ■





Let's go right to the source and ask ChatGPT (one of the popular artificial intelligence technology applications), to answer the following question:

**How are older adults using AI in their lives?**

**ChatGPT:** *There's a fascinating and growing trend of older adults embracing AI in their daily lives—often in ways they might not even explicitly recognize as “using AI.”*

I wondered, how is that even possible? I never open up AI applications or tools. Could I be using AI without knowing it? Gene Flynn, a veteran technology educator, and presenter of Artificial Intelligence: Opportunity or Threat? at NSSC, explains how.

“Everyone is already using AI technology daily—when their smart phones correct text messages, or when they call American Airlines and talk to a bot to make or change a reservation. AI also powers other smart devices like insulin pumps and hearing aids.”

# Beyond Google: WHY OLDER ADULTS ARE TURNING TO ChatGPT

BY ALAN BLITZ



## SUBTLE AND SMART WAYS OLDER ADULTS USE AI

I was curious about how people my age use AI, so I looked to the source itself to explain. As a writer, I feel a sense of journalistic guilt because I couldn't explain how ChatGPT helps older adults better than AI itself.

My questions, known as prompts to ChatGPT, flow with quick replies. The AI app writes back fluently, responding to the question, "How are older people using AI?" with incredible detail.

## EVERYDAY TASKS: WRITING, PLANNING, CREATIVITY

Many people lean on ChatGPT for practical assistance—drafting emails, letters, greeting cards, grocery lists, wedding speeches, or book-club prompts. It also helps organize to-do lists, plan schedules and vacations, or come up with fun brain teasers and trivia games to stay mentally engaged.

Gene explains further: "People can look to AI to review their written documents. Very often, ChatGPT and other AI tools will recommend changes that make the document much more concise and readable.

"And just for fun, you can ask AI tools to rewrite your documents in the style of Winston Churchill or the Marx Brothers."

## HEALTH, INDEPENDENCE, AND ORGANIZATION

Surveys show many Americans over 55 are tapping into AI for their everyday needs—from medication reminders and nutrition advice to fitness planning and scheduling tasks.

Family caregivers use ChatGPT to interpret medical notes, summarize care tasks, create efficient to-do timelines, and even draft sensitive communications like emails to care facilities or lawyers.

## COMPANIONSHIP AND EMOTIONAL SUPPORT

AI-powered tools can provide a virtual companion—to help ease feelings of loneliness by offering conversation, reminders, or just a "listening ear." Studies and devices like ElliQ, an AI companion for older adults,

have shown promise in boosting older adults' emotional well-being, though ethical concerns remain.

## ACCESSIBILITY FOR SENSORY IMPAIRMENTS

For those with limited sight or reading difficulties, ChatGPT's conversational interface can be a lifeline, granting easier access to information without battling search results or small text.

One user shared how ChatGPT described paintings and even photos, making art and visuals more accessible.

## REPLACING GOOGLE — A NATURAL SHIFT

At a recent AI event, OpenAI's CEO Sam Altman stated that older users often treat ChatGPT like a smarter, ad-free Google: a direct way to ask questions and get clear answers. However, always verify AI answers with secondary sources. It is important to remember that AI models "hallucinate," meaning they can make up answers or fabricate information when they don't know the answer.

## WHICH AI APPLICATION SHOULD I USE?

There are many types of AI to select from. An "old school" internet search resulted in this observation: "For older adults, user-friendly AI tools like voice-activated assistants (Amazon Alexa, Google Assistant, Siri) and simplified chatbots like those from Perplexity AI and Google Gemini, can offer significant benefits." And of course, ChatGPT.

## BOTTOM LINE

Even when not explicitly identified, AI is quietly enhancing daily life for many people, boosting their independence, creativity, emotional well-being, and accessibility.

*Note to ChatGPT: You made writing this story way too easy. ■*

**Sources:** *Jess Coburn's Blog; The Wall Street Journal; McKnights Senior Living; New York Post; Reddit; Business Insider; PubMed Central, WIRED, Wikipedia*



## Trust But Verify: Risks with Using AI

"Like any new technology, some bad players will use it for self-gain at the expense of others," Gene pointed out.

"Examples include romance scams, 'I need help' scams, and inheritance scams which have been around for a long time. Wording in these messages are often odd or out of place, so watch for that," he cautioned.

"Using AI, scammers can now create very realistic messages to the unsuspecting. Many experts suggest not answering phone calls or opening emails or text messages from individuals or organizations you don't know. Always check the email address first.

"When I check the email address and see that an email comes from a scammer and not the listed firm, I don't open it, and I delete it immediately," he said.

The AI tools that allow scammers to send well-written and believable graphics also allow purveyors of fake news to have a field day. Users of Facebook and other social media sites can send out fake news articles and fake photos that look believable.

## AI-Detection and Fact-Checking Tools

ChatGPT suggests using tools like NewsGuard, PolitiFact, FactCheck, Google Fact Check Explorer, and Snopes. They are all fact-checking organizations that differ in their focus, methodology, and scale.

Flynn provided one last important perspective: "The past stories of technological changes like the automatic loom, the automobile, and the calculator should reassure us that open societies like ours will figure out how to benefit from change and minimize the pain." ■



# Soup SEASON

## The Solo Diner's Solution BY DESIREE SCHIPPERS

**W**hen you live alone or even in a pair, deciding what to do for meals is a constant battle. Takeout is expensive, meal prep can be repetitive, and making family-sized portions for one or two people can be wasteful. Then we have the added stress of ever-rising grocery prices and the struggle to find balanced, healthy meals.

While there is no one-size-fits-all solution, there is a time of year when all of this becomes easier: Soup Season. Soup

is the holy grail for solo eaters, scrappy cooks, and people looking for cost effective, nutritious meals. Soups are an excellent way to pack in veggies, protein, and fiber, as well as hydration during the dry winter months. With freezer solutions like soup cubes, soups can be frozen and put on rotation, which is cost effective, reduces waste, and provides variety. You can also have a “soup swap” with a friend to share and exchange soups for some variety throughout your week.

So, grab your spoons and prep your pots, because soup season is upon us and we've got you covered with three simple, delicious soups.

### Nonna Marchio's Lentil Soup

This lentil soup is as nourishing and as comforting as a hug from grandma—because it is from a grandma, as all the best recipes are. The chopping can be a little labor intensive, but once that's done you can dump it all into a simmering pot and walk away, leaving the flavors to meld into a perfect blend.

#### Ingredients

- 1 lb lentils (washed and soaked)
- 3 quarts water or broth of choice
- 1 large onion
- 4 large carrots
- 4 stalks of celery
- 2 large potatoes
- 2 large garlic cloves
- 1 ham slice without bone or pancetta
- 1 tbsp salt
- Seasonings of choice: pepper, garlic powder, onion powder
- Optional: 2 cups spinach

Soak lentils in hot water while dicing all vegetables. Add all ingredients to a large stock pot and simmer with the lid off for three hours or until soup is thick, stirring occasionally. Before serving, add spinach and pull out the ham to dice into small pieces.





## Quick & Easy Dumpling Soup

Variations of this Thai-inspired recipe went viral on Instagram and TikTok last year for a reason: It is quick, flavorful, and can be made vegetarian or vegan.

### Ingredients

- Olive oil
- ½ white or yellow onion
- 2 tbsp of curry or tomato paste
- 1 bag of frozen gyoza (dumplings)
- 32 oz broth of choice (choose bone broth for an extra protein kick!)
- 13.5 oz can of unsweetened coconut milk
- Seasonings of choice (1 tsp each):  
curry powder, turmeric, ginger powder, garlic powder, salt, pepper, chili crunch
- Optional greens: 1-2 cups of spinach or baby Bok choy

Finely chop and sauté the onion. Once tender, add curry/tomato paste to the pan, then add broth and stir until paste is fully dissolved. Add coconut milk and seasonings, and bring to a boil. Drop in frozen gyoza and boil as directed, usually until they float. Add greens for the last 1-5 minutes of boiling until tender. Top with extra chili crunch as desired.

## Creamy White Chicken Chili

Although this soup involves a little chopping and prep, once everything is simmering together your job is done! Packed with fiber and protein, this heartier soup is filling and satisfying as an evening meal.

### Ingredients

- Olive oil
- 2 chicken breasts
- 2 cans great northern beans
- 1 can corn
- 1 jalapeno
- 1 bell pepper
- 1 onion
- 1 block cream cheese
- 32 oz chicken stock
- 2 tbsp Worcestershire sauce
- Seasonings of choice (1 tsp each):  
Italian seasoning blend, garlic powder, onion powder, salt, pepper. You can add a dash of cayenne pepper or red chili flakes, if preferred.
- Optional: Sour cream, shredded Mexican blend or cheddar cheese

Season and cook chicken in crock pot until tender or purchase a pre-cooked rotisserie chicken. Shred the meat and set aside. Finely chop onion, bell pepper, and jalapeno, and sauté in oil until tender. Add all vegetables, beans, meat, and stock. Once at a gentle simmer, add cream cheese gradually. Add seasonings and stir occasionally until cream cheese is dissolved. Simmer for up to an hour. Serve with sour cream and shredded cheese.



# THANK YOU TO OUR CORPORATE SPONSORS

We are especially grateful to our sponsors, whose generosity meant more than ever this year. In the wake of our water damage crisis, their partnership allowed NSSC to continue vital programs and services without interruption, ensuring older adults and their families had the support they needed most. We also extend heartfelt appreciation to the corporate contributors whose gifts arrived after our October 1, 2025 deadline—your commitment continues to make a lasting impact.



@Properties Virginia Trux  
 @Properties Sandra D. Werner  
 Addolorata Villa  
 Alden Estates of Evanston  
 Alden Estates of Skokie  
 Alden North Shore  
 Always Best Care North Shore  
 Amada Senior Care  
 Arbor Terrace Glenview  
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 Ari Paxinos  
 Artis Senior Living of Wilmette  
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 Warren Barr Lieberman  
 Warren Barr North Shore  
 Westminster Place  
 Whitehall of Deerfield





# Mind Matters

## Early Memory Loss Program is Expanding!

### A Place for Friendship & Support

Mind Matters is an award-winning program designed for people living with early-stage cognitive changes. The program is about connection, belonging, and enhancing everyday life.

Mind Matters helps you thrive today and prepare for tomorrow, with support for participants and care partners.

### What You'll Experience

- Dementia Education & Cognitive Exercises
- Discussion & Support Groups
- Movement & Wellness
- Creative Arts

### Program Details

\$75 per session

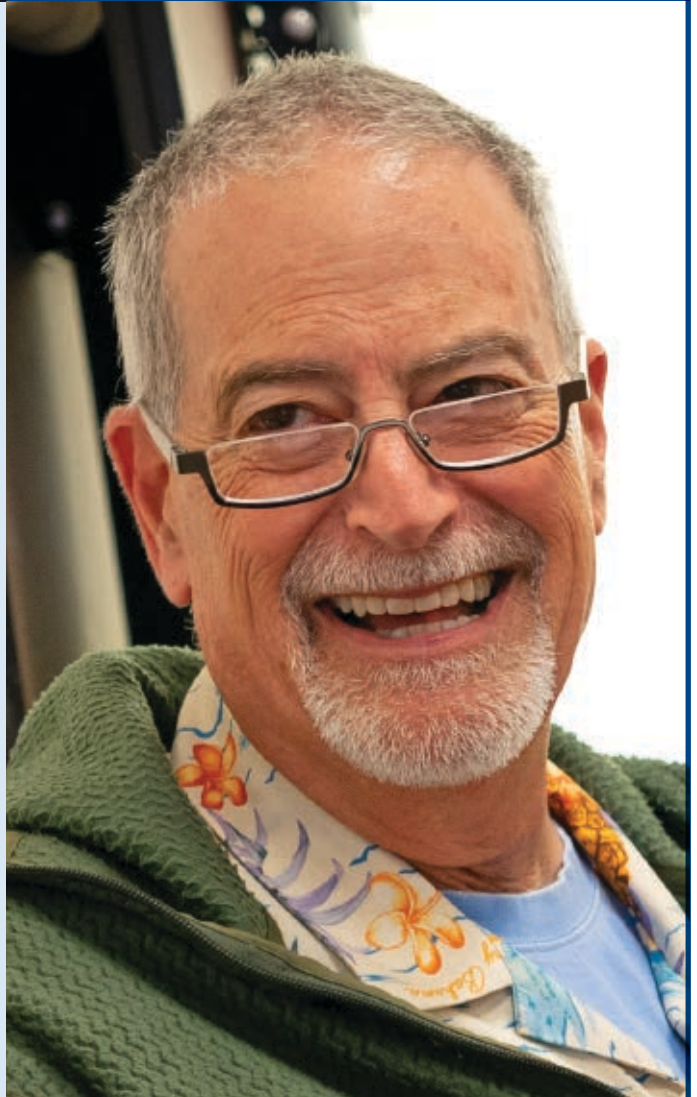
Tuesdays & Thursdays at NSSC

10 a.m. - 3 p.m.

Participants are assessed before enrollment to ensure fit.

**To learn more, call 847.242.6250 or [how@nssc.org](mailto:how@nssc.org).**

**north shore senior center**



**Now Tuesdays & Thursdays,  
starting in January!**

# 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

### 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](mailto: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](mailto:how@nssc.org)  
847.242.6250

### 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](mailto: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 its 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](mailto: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.

[treasurer@hlaacns.org](mailto:treasurer@hlaacns.org)

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



# Caregiver Education & Support

Caring for a loved one can be deeply rewarding, but it can also feel overwhelming, stressful, and isolating. If you're experiencing these challenges, you're not alone. We are here to empower you through education, resources, and support. Our expert caregiver specialists provide educational programming throughout the year to help you learn and grow as a caregiver. All programs are free of charge.

To learn more or register for a program, email [caregiversupport@nssc.org](mailto:caregiversupport@nssc.org) or call 847.784.6041.



## Caregiver Workshops

### Powerful Tools for Caregivers (Virtual)

This six-week series is designed to provide caregivers with the tools they need to take care of themselves while caring for a loved one. Partake in interactive lessons, discussions, and brainstorming to uncover the best tools to use on your caregiving journey.

**Thursdays, January 8 - February 12**  
**6:30 - 8 p.m.**

### Stress Busting for Caregivers (Virtual)

This free, multi-component program is designed to teach stress management techniques, relaxation strategies, and coping methods to manage the daily pressures of caregiving for someone with dementia or memory loss.

**Tuesdays, March 24 - May 19**  
**10 - 11:30 a.m.**

## Caregiver Support Groups

### Caregiver Support Group for Spouses & Partners (Virtual)

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.

**Fourth Wednesday of the month**  
**3 - 4:30 p.m.**

### Family Caregiver Support Group (Virtual)

This community is an inclusive space for family members and friends who provide care to loved ones to connect and share experiences.

**Second Wednesday of the month**  
**3 - 4:30 p.m.**



### Memory Café (In Person at NSSC)

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.

**Second Monday of the month**  
**12 - 1:30 p.m.**





January - April 2026

# Lifelong Learning Catalog

# Enjoy

## NSSC Tuesday Club Program

### Not Dead Yet (Hybrid)

Eric Matlin and Johannah Hebl discuss the need for an appropriate level of estate planning. Whether materially rich or running on empty, aged 18 or 108, in good health or bad, estate planning is a gift to loved ones, providing them with harmony and peace of mind.

**Tue 1/6 10:30 - 11:30 a.m.**  
No Fee 13077

### Evidence for the Real Mount Sinai (Hybrid)

Enjoy engaging photos that Jeff Tideman took on a tour guided by Joel Richardson, the author of *Mount Sinai in Arabia*, which makes the case that Jebel al-Lawz in northwest Saudi Arabia best fits the biblical description of Mount Sinai.

**Tue 1/13 10:30 - 11:30 a.m.**  
No Fee 13078

### NSSC Annual Meeting (Hybrid)

North Shore Senior Center members are invited to the Annual Meeting of the membership. The meeting begins at 10 a.m. with a State of the Center presentation with Executive Director Tish Rudnicki, and the election of new board members. A keynote presentation with Dr. Martha Twaddle follows the meeting.

**Tue 1/20 10 - 11:30 a.m.**  
No Fee 13079

### Trailblazers Who Shaped Chicago's History (Hybrid)

Beth Sair celebrates the trailblazers whose vision, courage, and creativity left a lasting mark on our city, from social reformer Jane Addams and activist like Ida B. Wells to innovator Aaron Montgomery Ward and architect Jeanne Gang.

**Tue 1/27 10:30 - 11:30 a.m.**  
No Fee 13080

### Reading Power:

#### Fostering the Promise of Literacy (Hybrid)

Beth Zender discusses Reading Power's mission to accelerate children's literacy learning and to develop a love of reading and writing.

**Tue 2/3 10:30 - 11:30 a.m.**  
No Fee 13119

### Children of the American Jewish Ghetto (Hybrid)

Author Dr. Chaim Rosenberg introduces his new work *Children of the American Jewish Ghetto*, which describes the struggles and achievements of the American-educated children of Jewish immigrants who came to the United States between 1881-1914.

**Tue 2/10 10:30 - 11:30 a.m.**  
No Fee 13120

### Navy Band Great Lakes

Known as "America's Band," the Navy Band Great Lakes performs patriotic military and John Philip Sousa marching musical arrangements. Performance is onsite only.

**Tue 2/17 10:30 - 11:30 a.m.**  
No Fee 13121





### Photographic Travels Around the World (Hybrid)

Mike Hudson has been a professional photographer since 1989 and has photographed kings, queens, movie stars, athletes, and thousands of everyday people, but he enjoys landscape and fine art photography the most.

**Tue 2/24 10:30 - 11:30 a.m.**  
No Fee 13122

### Illinois End of Life Options Act (Hybrid)

Maureen Statland provides an update on the Illinois End of Life Options Act for Terminally Ill Patients (SB 1950), which would legalize medical aid in dying in Illinois.

**Tue 3/3 10:30 - 11:30 a.m.**  
No Fee 13124

### Northwestern University Student Music Performance

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

**Tue 3/10 10:30 - 11:30 a.m.**  
No Fee 13125

### Chicago Makes Toys! (Hybrid)

Art historian Rolf Achilles speaks about Chicago's formidable toy industry, a lesser known but very important industry in our city.

**Tue 3/17 10:30 - 11:30 a.m.**  
No Fee 13126



### Recognizing and Preventing Scams (Hybrid)

After Gail Glasser's elderly parents were targeted in a multi-million-dollar fraud, she committed herself to exposing abuse, raising awareness, and navigating the legal system, media, and regulatory agencies.

**Tue 3/24 10:30 - 11:30 a.m.**  
No Fee 13128

### Personal Digital Security (Hybrid)

Personal digital security refers to what individuals can do to protect their digital identities, devices, and data from unauthorized access and threats. Patrick Graze reviews the ways you can safeguard your devices, accounts, and personal information.

**Tue 3/31 10:30 - 11:30 a.m.**  
No Fee 13129

### Birding in Northern Illinois (Hybrid)

Judy Pollock covers the Merlin and eBird apps for beginning and advanced birders. Judy also shares the best Illinois birding hotspots.

**Tue 4/7 10:30 - 11:30 a.m.**  
No Fee 13130

### Hot Dog Chatter (Hybrid)

Bob Schwartz, author of *Never Put Ketchup on a Hot Dog*, takes a peek at Chicago hot dog stands from the Great Depression era through the 1960s migration to the suburbs to present day. Get the scoop on places like Fluky's, Portillo's, Dogs of Dempster, and others.

**Tue 4/14 10:30 - 11:30 a.m.**  
No Fee 13131



### Go Deep. Go Blue. Go Warm.

#### The Warming of Our Oceans (Hybrid)

Allan Kaufman explores why oceans are warming and how it affects you, your children, and your grandchildren.

**Tue 4/21 10:30 - 11:30 a.m.**  
No Fee 13132

### Northwestern University Student Music Performance

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

**Tue 4/28 10:30 - 11:30 a.m.**  
No Fee 13133

# Performances & Special Events



## Sounds of Sinatra with Bill Serritella

*A Luncheon and  
Performance Event!*

Savor the music of the ultimate crooner himself, Frank Sinatra, with a performance by Bill Serritella. Sinatra was an entertainer without equal, and the world shared a love affair with the man and the music. Bill Serritella brings the music from

the “Chairman of the Board” to life, and his interpretations of those magical hits are almost note for note as he concentrates on the sound. If you close your eyes, you can see Frank singing those songs directly to you. Enjoy a delicious Italian-style lunch before the performance.

**Fri 1/23 12 - 2:30 p.m.**  
\$39 Member; \$49 Non-member 13024

## Dream Lover! Vintage Songs of Love with Nostalgia Entertainment

*A Luncheon and Performance Event!*

Accomplished performers and husband and wife duo Matt and Cynthia Gruel delight audiences with their tight harmonies, theatrical performances, and engaging arrangements. This is not your typical love show full of slow ballads. With love songs from the 1920s to the 1960s, they highlight the flirty, fun, joyful, and playful side of love with songs like “Dream Lover,” “Pretty Woman,” and “I Saw Her Standing There.” They also hit the sweet, poignant songs with “Blue Moon,” “The Way You Look Tonight,” and “Will You Still Love Me Tomorrow.” Enjoy a delicious lunch before the performance.

**Fri 2/27 12 - 2:30 p.m.**  
\$39 Member; \$49 Non-member 13025



## Tapestry Unraveled: The Music of Carole King

*A Luncheon and Performance Event!*

Tina Naponelli has captured the true essence of Carole King, one of the most successful and talented female pop artists of all time, and offers you a unique and unforgettable tribute experience. Tina’s powerful voice and soulful dedication pay homage to the iconic Queen of Pop with impressive renditions of “Feel the Earth Move,” “Chains,” and “You’ve Got a Friend,” from Carole King’s 1971 *Tapestry* album. Also enjoy other favorites like “Will You Love Me Tomorrow,” made famous by the Shirelles, and Bobby Vee’s 1961 “Take Good Care of My Baby.” Enjoy a lunch before the performance.

**Fri 3/27 12 - 2:30 p.m.**  
\$39 Member; \$49 Non-member 13026

## New Tradition Chorus

*A Luncheon and Performance Event!*

Enjoy a delicious spring-themed lunch and performance by The New Tradition Chorus. This award-winning a cappella group from the Chicago area is dedicated to creating entertaining, artful performances, and singing great songs that everyone will love. Delight in songs from the 1940s through the 1990s!

**Fri 4/24 12 - 2:30 p.m.**  
\$39 Member; \$49 Non-member 13030



# Just for Fun

## Films on Friday: *Hitchcock*

The relationship between Alfred Hitchcock and his wife Alma Reville during the filming of *Psycho* in 1959 is explored. Starring Anthony Hopkins, Helen Mirren, and Scarlett Johansson. (2012, PG-13, 1h 38m)

**Fri 1/9 1:30 - 4 p.m.**  
\$5 Member; \$7 Non-member 13050

## Films on Friday: *Nyad*

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream. Starring Annette Bening, Jodie Foster, and Anne Marie Kempf. (2023, PG-13, 2h 1m)

**Fri 2/6 1:30 - 4 p.m.**  
\$5 Member; \$7 Non-member 13052



## Films on Friday: *Passing*

*Passing* follows the unexpected reunion of two high school friends whose renewed acquaintance ignites a mutual obsession that threatens both of their carefully constructed realities. Starring Tessa Thompson, Ruth Negga, and André Holland. (2021, PG-13, 1h 38m)

**Fri 3/6 1:30 - 4 p.m.**  
\$5 Member; \$7 Non-member 13053



## Films on Friday:

### *Being the Ricardos*

Follows Lucy and Desi as they face a crisis that could end their careers ... and another that could end their marriage. Starring Nicole Kidman, Javier Bardem, and J. K. Simmons. (2021, R, 2h 11m)

**Fri 4/3 1:30 - 4 p.m.**  
\$5 Member; \$7 Non-member 13055

## Acting is Action: Acting Workshop

Have you ever watched an actor and wondered how they were able to convey so much in a simple scene? Acting is intrinsically tied to action. An action in acting refers to what the character does to achieve their objective in a scene. Learn about the varying actions utilized on stage to create believable characters and scenes. Through exercises and scene work, you will explore methods such as identifying what objectives to actively pursue, internal vs external actions, and using active verbs instead of playing an emotional state. No previous experience required, just an appreciation for theater and an open mind.

**Thu 1/22 - 2/26 (6X) 1:30 - 3 p.m.**  
\$99 Member; \$119 Non-member 13127

# Adventure

## Spring Wildflower Walk at Ryerson Woods

*Eileen Davis, Lake County Forest Preserves  
Environmental Educator*

There are many health benefits to be enjoyed when you get outside and simply look at the newly blooming spring flowers. Enjoy a guided hike along the Ryerson trails to savor the sights and sounds of spring. Meet at the Welcome Center at Ryerson Woods.

**Tue 4/28 1 - 2 p.m.**  
\$20 Member;  
\$25 Non-member  
13047



# Daytrips



## **Yoko Ono: Music of the Mind at the Museum of Contemporary Art Chicago**

Enjoy a revelatory docent-led tour of *Yoko Ono: Music of the Mind* at the Museum of Contemporary Art Chicago, the only U.S. venue of the most comprehensive exhibition to date of Yoko Ono, the trailblazing artist, celebrated musician, and formidable campaigner for world peace. This remarkable retrospective celebrates key moments of Ono's career showcasing art driven by ideas and expressed in poetic, humorous, and profound ways. Tracing Ono's career since the 1950s, *Music of the Mind* presents over 200 works across a variety of media including performance footage, music and sound recordings, film, photography, and archival materials. You are invited to partake in several interactive and participatory artworks, a key aspect of Ono's practice. Lunch will be in the museum's Marisol Restaurant. Includes, lunch, entrance fees, and transportation.

**Thu 2/12 10:45 a.m. - 4 p.m.**  
 \$119 Member; \$145 Non-member 13063

## **Hamnet at the Chicago Shakespeare Theater**

Warwickshire, 1582. Agnes Hathaway, a natural healer, meets the Latin tutor, William Shakespeare. Drawn together by powerful but hidden impulses, they create a life together and make a family. When the plague steals 11-year-old Hamnet from his loving parents, they must each confront their loss alone. And yet, out of the greatest suffering, something of extraordinary wonder is born. Experience the U.S. premiere of the Royal Shakespeare Company's stage adaptation of Maggie O'Farrell's best-selling novel, adapted by award-winning playwright Lolita Chakrabarti. *Hamnet* pulls back a curtain on the story of the greatest writer in the English language and the woman who was the constant presence and purpose of his life. Lunch is before the matinee at Jimmy Buffett's Margaritaville Bar and Grill at Navy Pier. Includes lunch, tickets, and transportation.

**Wed 2/25 9:45 a.m. - 4:15 p.m.**  
 \$175 Member; \$210 Non-member 13065

## **The Play That Goes Wrong at the Metropolis Performing Arts Center**

Part Monty Python, part Sherlock Holmes, *The Play That Goes Wrong* is an Olivier Award-winning, gut-busting, global sensation that is guaranteed to leave you aching from laughter. In this farcical fiasco of a show, a bungling troupe of thespians attempt to stage a 1920's who-done-it murder mystery. Instead, these accident-prone actors trip over everything, including their lines, and things quickly go from bad to absolutely disastrous. From a fainting femme, to a corpse that can't quite croak, *The Play That Goes Wrong* features everything you never wanted in a show. Will these avocational actors even make it to the final curtain? Come see this wildly entertaining, side-splitting show and find out! Lunch will be before the performance at Francesca's Tavola Restaurant in Arlington Heights. Includes lunch, tickets, and transportation.



**Thu 3/19 11 a.m. - 4:45 p.m.**  
 \$135 Member; \$169 Non-member 13066





**Milwaukee Art Museum:**

**Art in Bloom**



*Art in Bloom* is a wonderful way to welcome spring where you may view the exquisite creations by top floral designers that are inspired by the collection of masterworks in the galleries on a self-guided tour. Wonder at the dramatic architecture and landscape design of the first Santiago Calatrava-designed building in the United States. Weather-permitting, see the wings of the museum raised, creating a moving sculpture. Lunch will be at the Capital Grille after the museum visit. Includes lunch, entrance fees, and transportation.

**Thu 4/16 9 a.m. - 4 p.m.**  
 \$145 Member; \$175 Non-member 13068

**Mob Bus Tour with Tim Wilsey**




Mafia historian Tim Wilsey guides you on a tour of the homes and resting places of some of the biggest names in the Chicago Outfit History. Would you like to see the home of “The Big Tuna” Tony Accardo in River Forest and the Oak Park house where mob boss Sam Giancana was killed? Tim provides his theories about who may have committed that murder. See the home of Jack “Machine Gun” McGurn, architect of the Saint Valentine’s Day Massacre, and Mount Carmel Cemetery, the final resting place of Scarface himself, Al Capone, plus much more. Don’t miss this captivating bus tour about some of Chicago’s biggest mobsters! Includes lunch, guided bus tour, and transportation.


**Thu 4/30 9:30 a.m. - 3 p.m.**  
 \$135 Member; \$169 Non-member 13070




Enjoy

**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 

# Learn

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

## Art & Architecture

### Art of the Symbolists (Online)

*Jeff Mishur, Art Historian, Art Excursions*

Whereas Impressionism is the most well-known 19th century modern art movement, modernists such as Edvard Munch, Paul Gauguin, and Odilon Redon did not consider themselves Impressionists. Rather, they represent the Symbolism movement. Art historian Jeff Mishur introduces the various contributors to this movement from France, Belgium, and Northern Europe along with its major themes, such as fantasy, mystery, and dream.

**Mon 1/5 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13022

### Architectural Treasures on Broadway in Edgewater (Hybrid)

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

The development of Broadway in Edgewater reflects its evolution from a quiet residential street, formerly known as Evanston Avenue, to a booming commercial district known as the North Side Motor Row. It was also where a wide array of beautiful commercial and residential buildings was constructed. Many of these architectural gems are still standing today, such as the opulent Riviera Motors Building. John Holden provides a visual tour of many of the unsung heroes of Chicago's City Beautiful Movement. Many will remember the prominence of this special north side street.

**Wed 1/14 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12979



### Louis Sullivan: Early Modern Architectural Genius (Hybrid)

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

Architect Louis H. Sullivan is recognized as one of the most important architects in American history. He was among the first to discuss how architecture

needs to respond as the wants, needs, and technology of our society are being transformed. His solution to design challenges was an approach rather than a style. Tim Wittman examines what Sullivan thought was the correct approach and how this concept not only informed his work but also formed the foundation of the work of his followers, the Prairie School, and Frank Lloyd Wright.

**Fri 2/6 - 2/13 (2X) 10 - 11:30 a.m.**  
\$29 Member; \$39 Non-member 13112

### Art Chronicles Culture: The World War II Years (Hybrid)

*Joseph Madda, Architect, Art Historian*

During the greatest cataclysm of the 20th century, creative Americans interpreted World War II in intriguing ways. Through fine arts, journalism, multi-media, and new technology, from battlefield to home front, citizens produced amazing artistic depictions and new inventions for the worldwide fight. Joseph Madda explores the lead up to the war, the United States home front, with ensuing struggles for freedom and democracy, and the dramatic denouement of returning GI's in the emerging post-war world.

**Thu 2/26 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12943



## Let Me Paint Your Face: Creating the NSSC Portrait Collection (Hybrid)

*Jim Parks, Visual Artist, Actor*

Maybe your face is one of the many tiny portraits painted by Jim Parks last summer that were on display in the NSSC Atrium this fall. Perhaps you have marveled at the likenesses and wondered how these little things were made. Jim Parks, artist and creator of the Faces of NSSC project, peels back the curtain of what goes into the creation of those portraits. This behind-the-scenes look is made possible through the magic of video, accompanied by Parks' narration of his artistic choices.

**Tue 2/24 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13100



## Picasso: Art World Visionary or Villain (Online)

*Ruth Nelson, Art Historian*

Universally renowned for his revolutionary artistic achievements, Picasso has been the art world's golden boy for decades. New research, however, reveals a more complex figure in this post-Me too era. Art historian Ruth Nelson provides a view of this new take on Picasso, and shows his enduring link to Chicago, both through the collection at the Art Institute and the enigma of his Chicago Daley Center sculpture.

**Fri 3/6 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12944

## Gloriously Tedious: Frescoes in the Basilica of St. Francis of Assisi and Michelangelo's Sistine Chapel (Hybrid)

*Laura Johnson, Art History  
Professor, Travel Guide*

He intensely disliked painting, yet Michelangelo's frescoes are perhaps the best known works of art in the Western world. Art historian Laura Johnson

presents the method of frescoing with several works of art leading up to Michelangelo's *Last Judgment* in the Sistine Chapel. This 500-year-old masterpiece is scheduled to be cleaned in 2026 due to the impact of excessive tourism. Laura also focuses on the Basilica of St. Francis of Assisi, where damage from a terrible earthquake in 1997 required over two years of painstaking restoration in which 300,000 shards were pieced together. Laura experienced the emotional impact when the first Mass took place in the Basilica's crypt.

**Thu 3/12 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13019

## Illuminated Art of Jan Vermeer (Hybrid)

*Lisa Kent, Art Historian, Researcher*

There is something captivating about the art of Jan Vermeer, one of the most famous 17th century Dutch painters. Vermeer lived in the city of Delft and is best known for *The Girl with a Pearl Earring*. He spent so much time on each painting that he produced only 36. There is a magical quality to these paintings of life in a Dutch home, with rich detail, a tranquility and symbolic meaning that is fascinating. Lisa Kent discusses these unique paintings where the more you look, the more you find.

**Mon 3/16 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12998

## Why Are There Cursed Objects? (Hybrid)

*Ann Leslie, Author and Artist*

What happens when you steal a priceless cultural object or artwork that has been cursed? During World War II, the Nazis were fascinated with mythical and rare relics, stealing trillions of dollars of art and antiquities that spanned cultures across human history. Caught up in their obsession were objects that were sacred, revered, stunningly beautiful, and some considered to be alive or imbued with curses. Art historian Ann Leslie explores what was stolen and whose lives were cursed by them.

**Mon 3/30 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13041



# Current Events

## Impact of Income Inequality on Our Democracy (Hybrid)

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

In the current moment, there is a lot of discussion about massive accumulation of wealth among a very few. Julie Strauss explores what impact, if any, this has on our politics and the democratic process. She examines whether income disparity in democratic societies poses threats. Does extreme wealth contribute to polarization and cynicism toward government institutions, and what might the remedies be?

**Wed 3/18 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12949

## Israel: Judicial or Electoral Reform (Hybrid)

*Moshe Pomerantz, Educator*

Moshe Pomerantz analyzes the ongoing struggle in the Israeli Parliament and among its citizenry over judicial reform, and with it, possibly a change to the country's electoral process. These are highly charged and divisive issues to Israel's form of democracy and its social fabric. He closely examines the constitutional crisis in a country without a constitution. This argument has been raging since before the October 7, 2023 start of the Palestinian War.

**Tue 4/14 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12956

## Is International Trade Dying and What Does It Mean for Us and the World? (Hybrid)

*Gene Flynn, Educator*

International trade hit a record \$33 trillion in 2024, with broad support from the United States. However, with new tariffs, this might be the start of a significant downturn. As consumers, you benefit from products made in other countries. Gene Flynn examines the positives and negatives of international trade, and discusses how it affects prices, investments, corporate decisions, and many other issues both here and abroad.

**Tue 4/7 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member  
12963



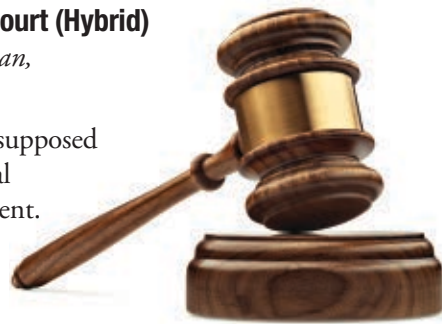
## The U.S. Supreme Court (Hybrid)

*Gary Midkiff, Historian,  
College Professor*

The United States is supposed to have three co-equal branches of government. However, only 8.25% of the words in the Constitution

deal with the judiciary branch. The Supreme Court that we know today was created by the efforts of past Chief Justices, principally John Marshall, and the landmark 1803 Marbury vs. Madison decision. Gary Midkiff focuses on the history and political dalliances of the Court, including the 1857 Dred Scott decision, the 1896 Plessy vs. Ferguson decision, the 1954 Brown vs. Board of Education, and the 2010 Citizens United decision.

**Wed 4/1 - 4/8 (2X) 10 - 11:30 a.m.**  
\$29 Member; \$39 Non-member 12972



## Global Implications of Ukraine's Struggle for Self-Determination (Hybrid)

*Peter Hudis, Humanities and Philosophy Professor*

How has the war between Ukraine and Russia reshaped local and world politics? In the face of Russia's aggressive actions, can Ukraine manage to retain its political independence and territorial integrity? Peter Hudis explores these and related questions about this ongoing conflict. Will a peaceful resolution ever be achieved?

**Wed 2/18 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12976

## Should the Power to Launch a Nuclear Weapon Rest with One American? (Hybrid)

*Michael Weissman, Attorney, Author, Law Professor*

For the past 80 years, the President of the United States has been the sole authority who can order the use of atomic weapons by American forces. His orders cannot be countermanded by anyone in the government or the military. His power is absolute, but it may be time to change that. Michael Weissman discusses this issue and tries to explain both sides of the debate. What is necessary for the security of our nation?

**Wed 1/21 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13002



## The Frozen North Heats Up (Hybrid)

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

The polar regions of the Arctic and Antarctica are vitally important, especially as melting ice and snow make new resources available for exploitation. Historically, Great Britain managed the polar regions responsibly and President Dwight Eisenhower skillfully built on this history. The International Geophysical Year 1957-58 led to demilitarization of Antarctica and extensive scientific cooperation, but since then our leadership has faded, and Russia and China are increasingly active. Dr. Arthur Cyr explains the impact of the change in America's influence in Antarctica.

**Mon 1/26 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13021



## Gerrymandering: Skewing the Vote to Get Elected (Hybrid)

Michael Weissman, Attorney, Author, Law Professor

Gerrymandering dates back to 1812 when the newly-elected Massachusetts Governor Elbridge Gerry and his Democratic Republican Party created extremely one-party state Senate district maps designed to favor him in future elections. With that action, gerrymandering became part of American politics. It can have extremely grave consequences for certain communities and great successes in others because it does away with fair voter recognition. Michael Weissman discusses the issue and what, if anything, can be done about it.

**Wed 3/11 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13011

## MAGA Foreign Policy

GEORGE LUNGU

Professor, Oakton Community College

### MAGA vs. the Great Rule (Hybrid)

One year into his second term, has President Trump's promise to conduct an "America First" foreign policy been fulfilled? Political scientist George Lungu identifies the main tenets of the "America First" foreign policy and compares and contrasts them with the traditional "Great Rule." The United States had pursued this policy, with few exceptions, since the early decades of the Republic until the advent of the "Unipolar Moment" and "Liberal Hegemony" in the early 1990s, that had made America a superpower.

**Fri 1/9 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13007

### Evaluation of the MAGA Foreign Policy (Hybrid)

George Lungu ascertains whether President Trump's foreign policy conducted during the first year of his second term in office had amounted to a rejection of costly foreign entanglements and a renewed focus on rebuilding the American economy, industry, and national spirit. Ultimately, he attempts to answer the central question: is President Trump implementing a MAGA foreign policy that rests on avoiding unnecessary wars, dismantling globalist entrenchments and redirecting U.S. attention inward, or is his foreign policy more of a continuation of American liberal hegemony that the country has pursued since the end of the Cold War?

**Fri 1/30 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13008



# Current Events

(continued)

## Climate, Evolution, Healthcare, and Energy: The Perilous War on Science (Online)

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

In the United States today, a persistent “war on science” plays out in political, cultural, and media arenas, where evidence-based knowledge is often undermined by ideology, economic interests, or misinformation. Climate change denial, resistance to public health measures, and attacks on evolutionary biology or gender studies reveal deep fractures. Fueled by social media echo chambers and partisan polarization, distrust of scientists has been amplified into broader skepticism toward expertise itself. Jim Kenney explains how this dangerous trend weakens public policy and education, and threatens the nation’s capacity to respond effectively to global crises.

**Thu 1/8 - 1/22 (3X) 10 - 11:30 a.m.**  
\$43 Member; \$52 Non-member 12983



## What Just Happened? (Hybrid)

*Barry Bradford, Historian*

Each month, award-winning historian Barry Bradford summarizes the news of the previous month. However, this is not a traditional current events program. Instead, Barry offers the historical background to the events that have happened. Questions are encouraged and you will gain a deeper knowledge of what just happened. Class meets the last Thursday of each month.

**Thu 1/29 - 4/30 (4X) 1 - 2:30 p.m.**  
\$57 Member; \$75 Non-member 13155

## Great Decisions in Foreign Policy (Online)

*Gary Midkiff, Historian, College Professor*

Great Decisions is America’s oldest and largest foreign policy discussion program and is produced by the Foreign Policy Association (FPA). The *Great Decisions 2026* briefing book provides background information and policy options for critical issues facing America and serves as a focal text for discussion groups across the country. Gary Midkiff facilitates the discussion group that explores one topic in depth each class. Each class begins with an informative video produced by the FPA, followed by a discussion of the issues and policies central to the chapter. The class meets on 1/16, 1/30, 2/6, 2/20, 3/6, 3/20, 4/3, 4/17. Purchase *Great Decisions 2026* briefing book prior to the first class meeting.

**Fri 1/16 - 4/17 (8X) 9:30 - 11:30 a.m.**  
\$119 Member; \$145 Non-member 13084

## Current Events Discussion Group

*Lee Heiman, Facilitator*

Lee Heiman moderates this interactive group of members expressing opinions on many different subjects. 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. Meets first Wednesday of the month, except March when it meets the first Thursday.

**Wed, Thu 1/7 - 4/1 (4X) 1 - 2:30 p.m.**  
No Fee 12933

## American Politics and Current Events (Online)

*Ron Mantegna, Facilitator*

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

**Mon 1/5 - 2/23 (7X - no class 1/19) 9:30 - 11 a.m.**  
\$25 Member; \$30 Non-member 13085

**Mon 3/2 - 4/20 (8X) 9:30 - 11 a.m.**  
\$25 Member; \$30 Non-member 13086



# Dramatic Portrayals

## Martha Washington: Our Founding Mother (Hybrid)

Lynn Rymarz, Author, Storyteller

Everybody knows George Washington is called the Founding Father of our nation, but what about his wife, Martha? Discover the story of how she met and married George Washington and how they spent their life together at Mount Vernon. Lynn Rymarz portrays Martha, sharing her favorite recipes, including one for cough medicine. Hear her tell the true stories about George's wooden teeth, him chopping down the cherry tree, and his love of books and farming. See how George helped in America's fight for independence during the Revolutionary War and how he became the Founding Father with Martha as our Founding Mother.

**Fri 2/6 1 - 2 p.m.**  
\$15 Member; \$20 Non-member 12936



## Dolly Parton: Heartstrings and Harmony (Hybrid)

Michelle Gibbons, Historical Presenter, Journalist

Step into the vibrant world of Dolly Parton with historical presenter Michelle Gibbons, whose heartfelt portrayal captures the essence of the country music legend. Michelle embodies Dolly's warmth and charisma, bringing to life the inspiring story of a woman who rose from humble beginnings in the Smoky Mountains to become a global icon. Through vivid storytelling, she explores Dolly's resilience, philanthropy, and cultural impact, capturing her signature wit, style, and heart through an immersive experience.

**Fri 2/20 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12973

## Meet Harriet Beecher Stowe, One of America's Most Influential Authors (Hybrid)

Paddy Lynn, Storyteller, Educator

Author of *Uncle Tom's Cabin*, this woman from New England stirred the conscience of America on issues of slavery and influenced the course of American history. A true abolitionist at heart, she was determined to write a novel so powerful that it would change the way people viewed slavery once and for all. Her book sold millions of copies worldwide, became the best-selling book ever next to the Bible. Storyteller Paddy Lynn explains how Harriet became an overnight sensation at a time when America was on the brink of the Civil War. It is no wonder that upon meeting her, President Abraham Lincoln said, "So this is the little lady who started this big war."

**Mon 3/2 1 - 2 p.m.**  
\$15 Member; \$20 Non-member 13016

## Diamonds, Drama, and Destiny: The Life of Elizabeth Taylor (Hybrid)

Michelle Gibbons, Historical Presenter, Journalist

Step into the glamorous world of Elizabeth Taylor, brought to life by Michelle Gibbons. Elizabeth was not just the screen siren with violet eyes, but a woman of depth, resilience, and passion. From her early days as a child star to becoming a leading lady in unforgettable films, Taylor's journey to stardom was filled with triumphs and challenges. Discover her tumultuous personal life, including her eight marriages and lifelong friendships with Richard Burton and Michael Jackson. More than just a Hollywood star, Elizabeth's story is one of personal reinvention and tireless advocacy, particularly in her groundbreaking work raising awareness for AIDS.

**Thu 4/16 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12937

## Eleanor Roosevelt (Hybrid)

Leslie Goddard, Ph.D., Historian, Actress

Award-winning actress Leslie Goddard portrays one of the most fascinating and influential public figures of the 20th century. Born into wealth during America's Gilded Age, Eleanor grew from a shy, homely orphan into a confident, driven woman who championed progressive causes and the rights of man. Drawn from Eleanor's own letters, diaries, newspaper columns, and other writings, this thoroughly researched and engaging performance captures the warm, honest, and passionate American first lady and stateswoman.

**Mon 4/20 1 - 2 p.m.**  
\$15 Member; \$20 Non-member 12991



# Film, Theater & TV

## Chicago in the Movies (Online)

Steve Frenzel, *Film Researcher*

See the Windy City on celluloid in Steve Frenzel's collection of local cinematic moments. He features crime movies, musicals, dramas, comedies, superheroes, and thrillers with films such as *The Untouchables*, *Call Northside 777*, *The Fugitive*, *The Blues Brothers*, *Ferris Bueller's Day Off*, *Cooley High*, and many more. You will hear amazing behind-the-scenes stories and see many of your favorite Chicago scenes.

**Fri 1/23 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12978



## Antisemitism in Film

JAY SORKIN

*Researcher and Educator in Holocaust Studies*

### Black Legion (Online)

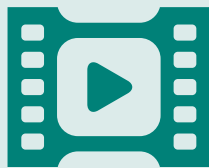
This 1937 film starring Humphrey Bogart is a fictionalized treatment of the true story of the *Black Legion*, a white vigilante group of the 1930s in Michigan, which was also a center for Ku Klux Klan activity in the 1920s. You will discover how an individual can get involved in group activities with no seeming way out. Jay Sorkin leads a discussion of the film's important messages. (English, 1937, 1h 23m).

**Wed 2/11 1 - 4 p.m.**  
\$15 Member; \$20 Non-member 13017

### Ever Again (Hybrid)

From the Simon Wiesenthal collection of Moriah Films comes this 2006 documentary of the rise of antisemitism in Europe that eerily mirrors what is going on in the U.S. today. Is it the resurgence of neo-Nazis in Germany, or the growing Muslim population streaming in from a trouble-torn Middle East? Perhaps it is centuries-old resentments and stereotypical conspiracies resurfacing. Or is it all of the above? Narrated by Kevin Costner. (English, 2025, 1h 14m)

**Wed 4/15 1 - 4 p.m.**  
\$15 Member; \$20 Non-member 13018



## A Look at the Oscars (Hybrid)

Zbigniew Banas, *Film Historian, Loyola University*

During his pre-Oscars presentation, Zbigniew Banas examines the high points of last year's cinematic production. What movies have most significantly captured the imagination of the public? What are new, important trends in filmmaking around the globe today? Were any of the deserving movies and individual achievements overlooked by the Academy? Zbigniew will address these film-related questions, and also reveal his last-minute predictions for the current edition of the Oscars.

**Wed 3/11 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13004

## Windy City on the Air:

### Chicago and the Golden Age of Radio (Hybrid)

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

Can you imagine a world without soap operas, *Today*, or *Good Morning America*? Or without any country music on the radio to entertain you? During the early years of radio, Chicago was not only a major broadcasting center but also the source of numerous innovations, including the birthplace of soap operas, juvenile adventure serials, and the first radio show dedicated to the music known as "country." Radio historian Steve Darnall explores Chicago's many groundbreaking contributions to radio, featuring the sounds of Studs Terkel and Don McNeill's *Breakfast Club*, and presents sound samples from other local legends that went on to become national sensations. They all called Chicago home.

**Tue 3/3 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12960

## Music at the Movies I (Hybrid)

John LeGear, *Film Producer and Historian*

Take a lyrical stroll down memory lane. After 10 years of assembling 15 film history presentations, producer John LeGear is presenting his best work in two "Music at the Movies" programs. Music at the Movies I features 20 memorable songs and dances that have been selected from more than 500 recaptured and remixed for his original film history series. Relive some of the happiest songs and dances in the history of film.

**Tue 1/27 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12958



## Music at the Movies II (Hybrid)

John LeGear, Film Producer and Historian

Music at the Movies II features 20 additional memorable songs and dances that have been selected from more than 500, recaptured and remixed from his original film history series. John LeGear provides some of your favorites, many of the happiest songs and dances in the history of film.

**Tue 3/31 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12959

## Serious Monkey Business: The Marx Brothers Remembered (Hybrid)

John David Ulferts,  
Author

For seven decades, the Marx Brothers were among the most popular comedy teams of the 20th century, achieving success in vaudeville, Broadway, motion pictures, radio, and television. Minnie Marx, the boys' mother, was instrumental to their early success. John Ulferts shares the history of the Marx Brothers, including their years as Illinois farmers. Personal stories of John's friendship with Harpo's widow, Susan Marx, and his conversations with Zeppo Marx will also be featured along with memorable clips from their films.

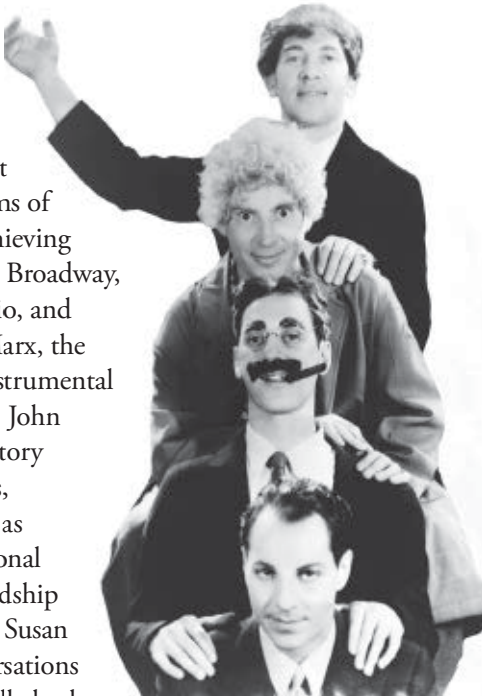
**Wed 2/4 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12988

## Groundbreaking Musicals (Online)

Steve Frenzel, Film Researcher

From *The Jazz Singer* to *La La Land*, from *Meet Me In St. Louis* to *Moulin Rouge*, certain musicals have had a revolutionary approach to cinematic storytelling. Challenging audiences with fresh and unusual styles of music and dance, these films dared to break the rules and reinvent the musical. Film historian Steve Frenzel provides clips from *42nd Street*, *Cabaret*, *Anchors Aweigh*, *Flashdance*, and much more! So many are your favorites from the past and some beautiful, but not as familiar.

**Fri 3/20 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12992



## The Creation of Guys and Dolls

Charles Troy, Musical  
Theatre Historian

This 1950 show has been called the perfect musical. But how was its perfection attained? Learn the amusing, yet preposterous story of the creation of this classic, of how brilliantly songwriter Frank Loesser and book writer Abe Burrows worked around various obstacles to adapt Damon Runyon's stories of New York gamblers into a comic masterpiece. In a strange way, the story of the creation of *Guys and Dolls* echoes the story of the show itself.

**Wed 1/7 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12994

## More of Loesser

Charles Troy, Musical Theatre Historian

Frank Loesser's immortal musical *Guys and Dolls* was hardly his only achievement. Loesser wrote the scores for several other successful musicals such as *Where's Charley?*, *The Most Happy Fella*, and *How to Succeed in Business Without Really Trying*, as well as a number of hit songs in his earlier life as a Hollywood lyricist. Charles Troy explains Loesser's accomplishments all while overcoming many obstacles of his youth.

**Fri 3/6 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12995

## Hollywood and Television: Friends and Foes? (Hybrid)

Zbigniew Banas, Film Historian, Loyola University

In the middle of the 20th century, the Hollywood film industry firmly believed that the greatest threat to its continued success was the newly-emerging medium of television. However, in the years that followed, this acrimonious relationship evolved into the current symbiotic coexistence, often connected through large media conglomerates. Film professor Zbigniew Banas presents a historical overview of the changing dynamic between the worlds of Hollywood and TV and the role played by the shifting consumer habits of the viewing public.

**Wed 4/22 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13005



# Film, Theater & TV

(continued)

## Unleavened Performance:

### Passover as Represented in Film and Theatre (Online)

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

Passover, both as the Exodus from Egypt in the Hebrew Bible or as the Seder that ritualizes that story, has been an iconic part of performances in film and theatre. Some have taken direct Jewish narratives, others a Christian perspective, and still others a non-religious perspective. David Chack looks at a selection of works in dramas and comedies to both understand how Passover is so significant and also how these varying views bring a range of meaning.

**Wed 3/25 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13015

## Before the Censors: Pre-Code Hollywood (Hybrid)

Susan Gibberman, Librarian, Author

Between the advent of sound and the enforcement of the Motion Picture Production Code censorship guidelines, known as the Hays Code, in 1934, American films were at their most raucous and racy where illicit sex and violence were common themes. The Hays Code attempted to determine what could be portrayed on screen and to promote traditional values. Author Susan Gibberman discusses some of the top movies of the era and why they were considered objectionable by the censors.

**Wed 4/8 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13075

## The Girl with the Voice: Judy Garland's Life Before and Beyond the Rainbow (Hybrid)

Susan Gibberman,  
Librarian, Author

Judy Garland is considered one of Hollywood's greatest legends. Author Susan Gibberman explores her extraordinary career, from her early years as a child star to her legendary concerts at Carnegie Hall, delving into the triumphs and tribulations of "the girl with the voice." She examines her iconic roles and enduring influence, while also shedding light on the personal struggles that haunted her life "beyond the rainbow."

**Wed 1/21 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13076



## Instructor Spotlight

### SUSAN GIBBERMAN

Librarian and Author



Susan Gibberman is an award-winning Readers' Advisory Librarian and accomplished speaker who brings a unique blend of research expertise, media knowledge, and storytelling passion to her presentations. She was honored with the 2008 Librarian of the Year award from the Romance Writers of America, and her published works include *Star Trek: An Annotated Guide* as well as articles in two editions of *The Encyclopedia of Television* (Museum of Broadcast Communications). She previously served as an entertainment research specialist with Walt Disney Imagineering, deepening her expertise in the history and cultural impact of film and television. Susan offers presentations on film history and true crime, and especially enjoys presenting to senior audiences because they love the same classic films that she grew up with.

## Robert Redford: Stardom and Substance (Online)

Barry Bradford, Historian

Actor, director, and environmental champion, Robert Redford's career was as remarkable off-screen as on it. Barry Bradford highlights his rise to Hollywood stardom, his groundbreaking work behind the camera, and his lifelong commitment to social and environmental causes.

**Thu 3/5 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13161

## Billy Wilder: Master of Every Genre (Online)

Barry Bradford, Historian

Was Billy Wilder the greatest director of all time? From *Some Like It Hot* to *Stalag 17* and *Sunset Boulevard*, Wilder's unmatched versatility shaped American cinema across all genres. Barry Bradford describes his incredible journey from immigrant to Hollywood legend and how his storytelling genius still influences filmmaking today.

**Thu 4/2 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13162





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# History

## Deep Dive into the Declaration of Independence: Just What Does It Say? (Hybrid)

Joyce Haworth, Historian, College of Lake County

Exactly what does our most famous document say, and why? What did “all men are created equal” mean to the Revolutionary generation? What were the specific incidents behind that long list of crimes of the King? Historian Joyce Haworth tackles the Declaration, phrase by phrase, and examines the three declarations that it contains. Discover an understanding of the historical background and an appreciation of this magnificent document.

**Mon 3/9 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12953

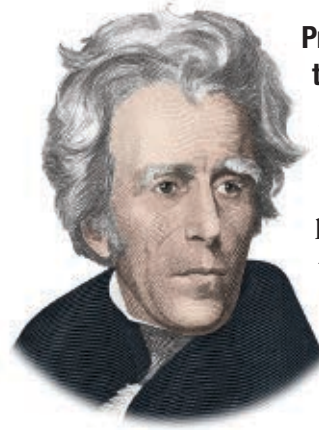


## The Cannons of Ticonderoga: A Revolutionary War Story (Hybrid)

Joyce Haworth, Historian, College of Lake County

In late 1775 scrappy American forces had a British army trapped inside Boston but no one knew what to do next. A young, inexperienced officer suggested bombing British ships with cannons, which were 200 miles away across the mountains. Those cannons would have to be transported by sledge, secretly, into Boston. Historian Joyce Haworth presents the story of one of the most unlikely and daring escapades of the American Revolution.

**Mon 1/26 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12954



## President Andrew Jackson and the Modern Presidency (Hybrid)

Julie Strauss, Ph.D.,  
Political Scientist

Julie Strauss takes you on a historical journey leading up to the presidency of Andrew Jackson (1828-1836), discussing his career before being elected President. This was the beginning of the first modern presidential campaign. She explores

the contours of his two tumultuous terms as President, and highlights parallels to more modern presidents who have also exercised great executive power and reshaped the major political parties.

**Wed 1/28 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12950

## Keep Lincoln on His Pedestal? (Hybrid)

Thomas Carson, Professor of Philosophy, Emeritus,  
Loyola University

Abraham Lincoln is one of the most admired figures in American history. However, some have questioned the basis for this. Thomas Carson explains why people criticize Lincoln, including the claim that he was a reluctant emancipator and a racist. When Lincoln was elected President in 1860 with just 39% of the popular vote, most people who voted for the other presidential candidates did not support the abolition of slavery. Given public opinion at this time, it was extremely unlikely that both the Union would win the Civil War and American slavery would end in a little more than four years. Lincoln deserves great credit for his very central role in keeping the country together and ending American slavery.

**Thu 2/12 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12948

## Conscription, Race, and Citizenship in The Civil War (Hybrid)

Joseph Harrington, Educator, Writer, Researcher

Demand for troops forced both the Union and Confederacy to abandon Americans' antipathy toward compulsory military service. Joseph Harrington explains how joining the ranks, on a voluntary or compulsory basis, established the prospect of full citizenship for African Americans and immigrants. This action was not without violent resistance to conscription, most notably in the infamous New York City Draft Riot of July 1863.

**Mon 4/6 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13013



## The Trails West:

### Pushing Back the American Frontier (Online)

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

Perhaps no saga is more exciting, evocative, or more often distorted than the story of the “winning of the American West.” Jim Kenney surveys the history of the great migration that displaced a people and shaped a continent. His topics include mountain men, Lewis and Clark’s voyage of discovery, the pioneers, the Civil War, the westward stampede of railroads, the cattle barons, and the empire builders. He takes a closer look at the myths and realities of “cowboys and Indians,” the misunderstood icons of an extraordinary age.

**Thu 2/5 - 2/19 (3X) 10 - 11:30 a.m.**  
\$43 Member; \$52 Non-member 12985

### How the Gilded Age Gave Birth to the Progressives (Online)

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

The Gilded Age, 1870s-1890s, was marked by rapid industrialization, unprecedented wealth for a few “robber barons,” and deep social and political inequities hidden beneath a veneer of prosperity. This era’s unchecked corporate power, political corruption, and unsafe working and living conditions aroused widespread discontent. Journalistic exposés by muckrakers spotlighted these injustices, fueling public demand for reform. A broad progressive movement emerged in the 1890s, advocating governmental regulation, democratic reforms, and professionalized approaches to social problems. Jim Kenney examines key players on each side, the shifting values, and the immediate and long-term political consequences of one of the most important transitions in American history.

**Thu 4/2 - 4/16 (3X) 10 - 11:30 a.m.**  
\$43 Member; \$52 Non-member 12986

### Race to Save the RMS Titanic (Hybrid)

*William Hazelgrove, Best-Selling Author*

One hundred and sixty minutes. That is all the time rescuers would have before the largest ship in the world slipped beneath the icy Atlantic. There was amazing heroism and astounding incompetence against the backdrop of the most advanced ship in history sinking by inches with luminaries from all over the world. Author William Hazelgrove tells the story of a network of wireless operators on land and sea who desperately sent messages back and forth across the dark frozen North Atlantic to mount a rescue mission. More than 28 ships representing four different countries would be involved in the rescue of Titanic survivors.

**Mon 4/13 1 - 2:30 p.m.**  
\$15 Member;  
\$20 Non-member

## From Concert to Catastrophe:

### The European State System, 1815-1914 (Hybrid)

*Joseph Harrington, Educator, Writer, Researcher*

Joseph Harrington describes how for 100 years European statesmen sustained an international order that avoided general war. During this time, rulers in most states were allowed to survive the threats of social revolution and rising nationalism. Discover how and why the system came crashing down with the outbreak of World War I.

**Mon 2/9 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13012

### St. Valentine’s Day Massacre: Solved! (Hybrid)

*Richard Lindberg, Author, Historian*

Richard Lindberg takes you back to the bloody Prohibition wars of the 1920s, and traces the history of gang wars, culminating in the St. Valentine’s Day Massacre of February 14, 1929. It was Chicago’s most infamous crime, known worldwide and earning the City of Chicago a reputation for lawlessness that it has yet to live down. Rich identifies the killers, although none were ever prosecuted for the murder of the eight men inside the Clark Street garage. Rich delivers several interesting anecdotes, irony, and an occasional dash of humor.

**Tue 2/10 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13072

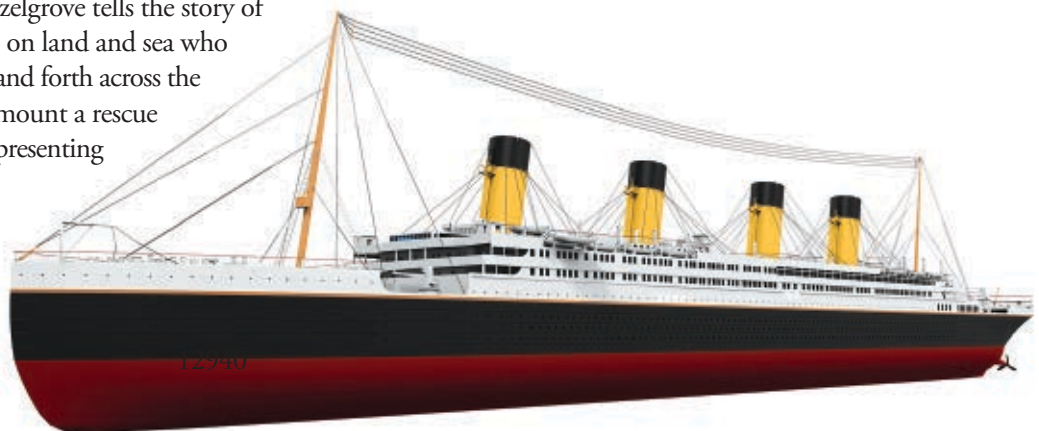
## Women For All Seasons:

### Six Chicagoans Who Changed the World (Hybrid)

*Clarence Goodman, Historian, Musician*

In the course of its nearly 200 years, much has been written and said about the scope of Chicago’s influence. Dwarfed, and even hidden, by the enormity of its history are the tales of the individuals who, by going about their business and following their vision, changed history. History is often “his story,” but what about her story? Clarence Goodman presents the lives of Agent Kate Warne, Miss Ida B. Wells, Capt. Frances Glessner Lee, Sister Rosetta Tharpe, Mother Dolores Hart, and Dr. Amy Lehman as testament to Chicago women’s impact on the city.

**Fri 3/13 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12968





## Lakefront Miracle: 1933 Chicago World's Fair and the First Baseball All-Star Game (Hybrid)

*Bruce Allardice, Author, History Professor (Ret.)*

The 1933 World's Fair was headlined the "Century of Progress," celebrating the 100 years of Chicago's existence and the progress of science and industry during that time. The fairgrounds on the lakefront, known as Rainbow City, featured a colorful, futuristic design that introduced many to the Modernist architectural movement. Thirty-nine million visitors marveled at the new technologies and experimental materials, including the first dishwasher and central air conditioning in a home. Most importantly, baseball's first All-Star Game was held in conjunction to the Fair.

**Thu 4/9 1 - 2:30 p.m.**  
 \$15 Member; \$20 Non-member 13135

## Hitler's Soldiers in America: The Hidden History of German POWs (Online)

*Anette Isaacs, German Historian*

German historian Anette Isaacs sheds light on a little-known chapter of World War II: the lives of over 400,000 German POWs held in more than 500 camps across the United States. Discover how these captured soldiers from Hitler's Wehrmacht adjusted to life in places as far-flung as Texas, Iowa, Georgia, and Florida. Explore surprising stories of friendship, resistance, and deep ideological divides between pro-Nazi and anti-Nazi prisoners. Anette Isaacs reveals the human side of war in the most unexpected corners of the American home front.

**Tue 2/3 1 - 2:30 p.m.**  
 \$15 Member; \$20 Non-member 12993

## Silent Heroes: An Important Look at the Resistance Movement in Nazi Germany (Online)

*Anette Isaacs, German Historian*

The growth of the resistance movement during Hitler's rise to power in Germany provides the opportunity to look at the relatively unknown and forgotten heroes who gave their lives to fight against the Nazi regime. German historian Anette Isaacs pays homage to Sophie and Hans Scholl, Georg Elser, Baron von Stauffenberg, the women of Rosenstrasse, and other groups who made up the German Resistance. These men and women were the bravest during these perilous times in their country's history.

**Fri 4/10 1 - 2:30 p.m.**  
 \$15 Member; \$20 Non-member 13003

## Chicago Mayors, 1955-2005 (Hybrid)

*Mark Iris, Chicago Police Board (Ret.), Northwestern University Faculty*

From the father, "Hizzoner" Richard J. Daley, to the son, Richard M. Daley, Chicago's mayors have presented a variety of leadership styles. What did these leadership styles mean for the residents of Chicago, and how did each influence the mayors who followed after 2005? Having worked for 26 years in three different city agencies, Mark Iris offers personal insights on what it was like to work under six of the seven mayors who held office during those decades.

**Wed 2/25 10 - 11:30 a.m.**  
 \$15 Member; \$20 Non-member 12942



**Jane Addams:  
The Most Dangerous  
Woman in America  
(Hybrid)**

*Marlene Brill, Author,  
Researcher, Educator*



Most dangerous woman or saint? You decide. Jane Addams ruffled feathers at every level from Chicago aldermen while she was garbage inspector to three

presidents. She started the first international women's peace group and fought against war, which got her both blacklisted and a Nobel Peace Prize. She championed rights of immigrants, women, child workers, and poor families while co-founding Hull House and the profession of social work. Marlene Brill tells her story of how Jane achieved so much during a life filled with pain and loss.

**Wed 2/25 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12952

**Profiles in Misguided Patriotism (Hybrid)**

*Gary Midkiff, Historian, College Professor*

A. Mitchell Palmer, J. Edgar Hoover, Joseph McCarthy, Robert McNamara, John Mitchell, and John Ashcroft. Each of these six men was firmly convinced that his actions made our country stronger and safer. Yet looking back at each of them, you can see much of what they accomplished was often the opposite of what they intended. Men who were supposed to support the law often subverted it. Gary Midkiff explains what these men did and how they justified their actions.

**Wed 2/4 - 2/11 (2X) 10 - 11:30 a.m.**  
\$29 Member; \$39 Non-member 12971

**A Golden Time: The Fifties in America (Online)**

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

The 1950s in the United States were marked by both progress and contradiction. On the positive side, the post-World War II economy boomed, leading to rising incomes, suburban expansion, and a surge in consumer culture. However, the decade had significant downsides. Jim Kenney explains the rigid social conformity, growing unrest among women, the suppression of dissent during the "McCarthy period," deep racial segregation and inequality, and American imperialism abroad. While many remember the 50s as a time of stability and prosperity, it was also a period of underlying social tension, laying the groundwork for the human rights struggles and shifting values of the 60s.

**Thu 3/5 - 3/19 (3X) 10 - 11:30 a.m.**  
\$43 Member; \$52 Non-member 12984

**By the Time I Get to Memphis: King's Last Year (Hybrid)**

Clarence Goodman, Historian, Musician

As his career drew unwittingly to its conclusion, Dr. Martin Luther King, Jr. faced enormous pressure and incredibly trying circumstances. The man who had been referred to as "The Moses of the South" and greeted and revered around the world was now looking at resentment, scorn, and skepticism. Remarkably, he pushed forward, convinced he could succeed in fighting for a better world. Historian Clarence Goodman explains how King's journey led him to "The Mountaintop."

**Tue 4/21 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12969

**Look What They Asked of Us:**

**A Vietnam War Experience (Hybrid)**

*John McGraw, Author, Educator*

Hear a firsthand account of the Vietnam War from this compelling memoir. Author John McGraw chronicles his journey from the 1969 Military Draft Lottery to serving as an infantryman in South Vietnam during 1970-71. Through vivid personal experiences, he reflects on the critical social, cultural, political, and military issues of the late Vietnam War period, offering insights into how these factors influenced soldiers' perspectives in the years following this conflict. This candid narrative sheds light on the human side of conflict and its lasting effects, providing a profound look into the realities of war.

**Thu 1/15 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12977

**The Presidency of George H.W. Bush (Hybrid)**

*Gary Midkiff, Historian,  
College Professor*

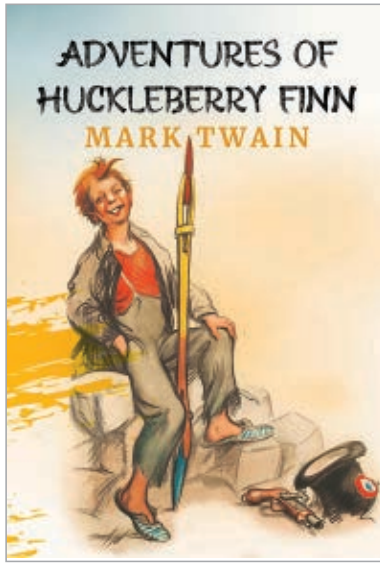
C-Span's ranking of past U.S. Presidents puts George H.W. Bush in the middle (-55th percentile). Gary Midkiff makes a case that his ranking should be higher and submits as evidence his multiple foreign policy triumphs. These include the reunification of Germany, the Gulf War, navigating the dissolution of the Soviet Union, and the North American Free Trade Agreement (NAFTA), as well as the nomination of Clarence Thomas to the Supreme Court.



**Wed 1/7 - 1/14 (2X) 10 - 11:30 a.m.**  
\$29 Member; \$39 Non-member 12970

Learn

# Literature



## **Adventures of Huckleberry Finn: Mark Twain's Magnificent Failure (Hybrid)**

*Jerry Leitner, English and Theology Educator*

*Adventures of Huckleberry Finn* is a novel about escape: from slavery, from abusive family life, and from an oppressive culture. It is a work of comic satire, and a critique of a warped society that allows some

people to enslave others. Shortly after its publication, the book was proclaimed a classic. However, critics often suggest that Twain's failure of nerve in the final ten chapters keeps the work from developing its most crucial theme and being the great American novel it might have been. Jerry Leitner examines what is right and wrong with Mark Twain's most familiar and significant writing.

**Wed 3/18 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12962

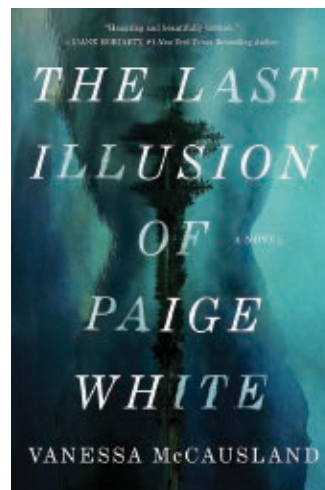
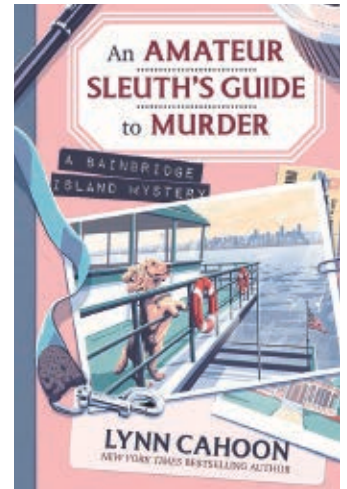
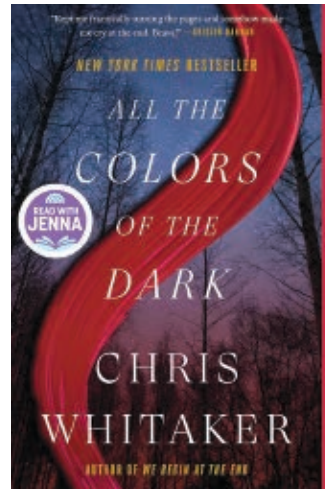
## **Reading for a Cozy Afternoon (Hybrid)**

*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:

- Jan. 14** *The Lies They Told* by Ellen Marie Wiseman
- Feb. 11** *I See You've Called in Dead* by John Kenney
- Mar. 11** *Between Two Moons* by Aisha Abdel Gawad
- Apr. 8** *The Correspondent* by Virginia Evans

**Wed 1/14 - 4/8 (4X) 1 - 2 p.m.**  
No Fee 12934



## **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.

- Jan. 26** *All the Colors of the Dark* by Chris Whitaker
- Feb. 23** *An Amateur Sleuth's Guide to Murder* by Lynn Cahoon
- Mar. 23** *The Last Illusion of Paige White* by Vanessa McCausland
- Apr. 27** *A Death on Corfu* by Emily Sullivan

**Mon 1/26 - 4/27 (4X) 1 - 2 p.m.**  
No Fee 12935



# Music Appreciation

## Chicago Pop Radio Wars of the 1960s and 70s (Hybrid)

*Pamela Enzweiler-Pulice, Producer, Director*

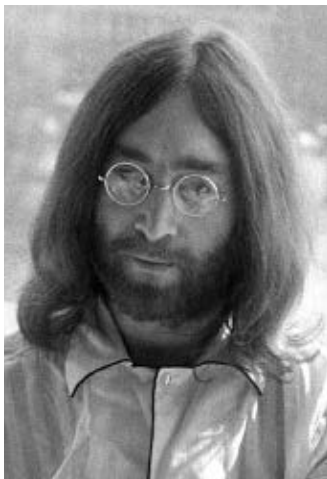
Take a behind-the-scenes look at two competing super stations and how Chicago's super jocks Dick Biondi, Clark Weber, and Ron Riley gave local bands their first musical break. When Biondi returned to the midnight to 5 a.m. slot at WCFL the Voice of Labor in October 1967, the competition between WLS and WCFL was heating up. Learn about Chicago's role in shaping music, broadcast, and pop culture as documentary filmmaker and radio historian Pamela Enzweiler-Pulice explores the golden age of personality radio.

**Tue 1/13 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13023

## John Lennon: The Solo Years (Hybrid)

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

Can you imagine the world without "Imagine"? The 10-year period from the Beatles break up in 1970 to Lennon's tragic murder in 1980 was a fascinating period of successes and failures for the ex-Beatle. Gary Wenstrup explores Lennon's music from "Imagine" to "Just Like Starting Over," his controversial immigration struggle, his wild lost weekend, and the quiet househusband years culminating with the release of his final album, *Double Fantasy*.



**Mon 1/12 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12967

## The History of James Taylor and Carly Simon (Hybrid)

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

In the early 1970s, the singer/songwriter ruled the radio. Carole King, Jackson Browne, Joni Mitchell, Cat Stevens... but the era's ultimate power couple were husband and wife James Taylor and Carly Simon. Using memorable performance and interview clips, Gary Wenstrup traces the arc of their careers from "Fire and Rain" and "You're So Vain" to "Shower the People" and "Coming Around Again." The marriage didn't last, but the hits sure have!

**Fri 4/17 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13006

## The Beatles and The Ed Sullivan Show: The Night That Changed America (Hybrid)

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

On February 9, 1964 the Beatles first visited the United States and



made their live debut on American television on *The Ed Sullivan Show*. To commemorate this momentous event, author John Lyons examines the impact of the Beatles' appearance on an expectant public. Parents were bemused by what they saw, but their children thought that the long-haired foursome were the greatest thing to ever hit America. Many picked up musical instruments, formed bands, and ushered in one of the most exciting eras in American history. Through the use of music, video, and photographs from the 1960s, John Lyons reveals some untold stories of the Beatles' first visit to the USA.

**Mon 2/9 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12945

## Instructor Spotlight

### JOHN LYONS

*Author and  
History Professor*



Dr. John F. Lyons was born in London, England. He came to America in 1994 to study for a Ph.D. in U.S.

history at the University of Illinois at Chicago. He lives in Chicago and is married with one daughter. Lyons works as a Professor of History at Joliet Junior College, where he teaches classes in British, U.S., and World history. After taking one of his classes, students know some history, speak with an English accent, and can discuss the relative merits of the four Beatles. He has appeared on podcasts and radio shows discussing various topics in popular culture and is a noted public speaker who has spoken to audiences in the US and Europe. He loves watching football (soccer) and is a keen fan of Manchester City. Lyons has published several articles and books on popular culture. *Joy and Fear: The Beatles, Chicago and the 1960s* is his latest book.

# Music Appreciation

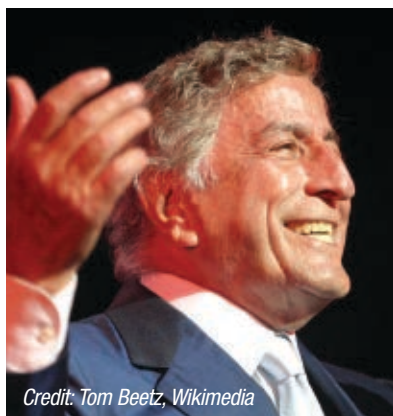
(continued)

## Folk Music with a Side Order of Country

Stuart Simon, *Cantor Emeritus, Educator*

Stuart Simon draws from the deep well of folk music, adding some spice from the country music genre. Using his guitars and banjo to perform highlighted songs, he enhances the program with biographies and backstories of the featured artists. His selection of favorites will include Glen Campbell, Kenny Rogers, George Strait, and Emmylou Harris among others.

**Thu 3/19 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12964



Credit: Tom Beetz, Wikimedia

## The Life of Tony Bennett (Hybrid)

Tim Wilsey, *Musician, Educator*

Musical historian Tim Wilsey pays homage to one of the greatest artists of all time, Tony Bennett. Tracing his early days in Queens, New York, he received outstanding

training to develop his voice. All led to his success and rise to fame on radio and television. Tony lost almost everything in the 70s and early 80s, but his slow and steady rise through commitment to his craft brought him back to renewed success. You will remember his famous duet albums, and the joy he brought audiences during his later years .

**Mon 3/30 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12975

## Bobby Darin (Online)

Barry Bradford, *Historian*

Bobby Darin's career burned brightly and briefly, spanning rock 'n' roll, timeless standards, film, and political activism. Barry Bradford explains how his immense talent, personal secrets, and fragile health shaped a life story as dramatic as his music.

**Thu 1/8 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13159



## The Beach Boys: Surf, Sun, and Struggles (Online)

Barry Bradford, *Historian*

From "Good Vibrations" to "Kokomo," the Beach Boys created the soundtrack of summer while navigating fame, family tensions, and personal struggles. Barry Bradford traces their highs and lows, including Brian Wilson's genius, the controversies, and their lasting legacy as "America's Band."

**Thu 2/5 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13160

## Lighter Fare Masterpieces: Vivaldi and Mozart

Jim Kendros, *Composer, Music Researcher, Educator*

Jim Kendros offers classical music delights on the lighter side! Enjoy the sparkling *Concerto for Two Mandolins* by Antonio Vivaldi and discover the mandolin's fascinating role in classical music. Learn about antiphonal passages and descending melodic sequences as you listen to this wonderfully brilliant work. Experience Mozart's magical *Divertimento #1 for Strings* and hear this charming genre, as Jim highlights Mozart's activities as a violinist and violist.

**Fri 3/13 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13009

## Keyboard and Commentary with Jim Kendros: Treasures of Bach's Cello Suites

Jim Kendros, *Composer, Music Researcher, Educator*

Experience the charms and elegance of Bach's *Cello Suites* in a new way. As Jim Kendros says, "Why should cellists have all the fun?" Jim guides you through several selections of the works as he plays his own arrangements of these timeless favorites. Learn about the various courtly dance movements of the suites, including the *Sarabande*, *Minuet*, *Bourrée* and *Gigue*. Jim shows you the artistic challenges and rewards of arranging these cello masterpieces for piano.

**Fri 4/10 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13010

## Mixed Music: Composers from Mixed Jewish/Christian Heritage (Online)

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

Composers who had been Jewish and converted into Christianity did so for many reasons. In some cases it was to be accepted into a predominantly Christian society. Other times it was due to being drawn to a Christian faith-perspective. From Mendelssohn to Mahler and others, David Chack looks at the lives and music of these composers, seeing a musical mixture that brought a uniqueness to their art.

**Thu 2/19 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13014



# People, Places & Culture

## Discovery of Magic (Hybrid)

*William Pack, Storyteller, Magician*

Chicago magic expert William Pack cracks open his scrapbooks to reveal a secret world of colorful characters, amusing adventures, and arcane knowledge. Meet the astonishing magicians that created the Chicago style of magic. You will hear the behind-the-scenes story of the makings of a Chicago magician and wonder at recreations of the magic that made Chicago famous.

**Tue 1/20 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13103

## American Cookbooks: The 10 Most Influential in American History (Hybrid)

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

Cookbooks have existed as long as our nation has. Among the thousands of American cookbooks published over the past 250 years, a group of them have not only sold well but also profoundly influenced how we cook and eat. Leslie Goddard explores 10 notable cookbooks that shaped our shared culinary heritage. From the trailblazing work of Fannie Farmer and Irma Rombauer to the innovative explorations of Julia Child and Craig Claiborne, these cookbooks have become milestone bestsellers. Prepare to immerse yourself in the pages of America's favorite cookbooks and discover what they tell us about American food culture and eating habits.

**Fri 1/16 1 - 2 p.m.**  
\$15 Member; \$20 Non-member 12990

## City Sweets: Chicago Candy Companies (Hybrid)

*Tim Wilsey, Musician, Educator*

Chicago historian Tim Wilsey tickles our sweet tooth and takes us back to the time when Chicago ruled the candy industry. He explains what made these local companies so successful, from their taste and packaging to the new and creative marketing techniques. Nationwide sales grew for these groundbreaking candies, from the Oh Henry! bar and Fannie Mae, to Brach's and much more.

**Tue 1/6 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12974

## Summing Up the 2025 NFL Season and What It All Means to the Bears (Hybrid)

*Charles Billington, Sports Historian, Author*

Sports author and historian Charles Billington provides an analysis of the 2025 professional football season and, specifically, what it all means for the Chicago Bears. Did the team live up to the preseason hype? What will be needed for next season? He gives his opinion on their choice of having a new home in Arlington Heights. Also included is a look back in time when the Bears actually excelled.

**Mon 2/2 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12999

## Play Ball! What is in Store for Our Cubs and Sox in 2026 (Hybrid)

*Charles Billington, Sports Historian, Author*

Sports author Charles Billington discusses the upcoming 2026 baseball season and what delights and disappointments the Cubs and Sox will provide. Can the Cubs contend again and avoid their mid-summer swoon? Will the Sox get any closer to some level of respectability? Will fans on both sides of town continue to complain about the money issues? As usual, Chicago baseball provides plenty to talk about.

**Fri 3/20 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13000



Learn

## Instructor Spotlight

**TIM WILSEY**  
*Educator and Musician*



Tim Wilsey has been performing as a professional musician for over 30 years, as a drummer and vocalist, and is a lifelong history enthusiast. In addition, he has been offering history presentations for the last 20 years. He truly enjoys history and lectures on Chicago-focused topics such as Inside the Chicago Mob, Chicago Candy Companies, History of Sears and Roebuck, plus many more. Tim loves meeting new people who share his enthusiasm, and he is inspired by them.

# People, Places & Culture (continued)

## Why is Football Called Soccer?: A History of the Most Popular Sport in the World (Hybrid)

John Lyons, Author, History Professor, Joliet Junior College

The biggest sporting event in the world, the men's World Cup of Football is taking place in North America in the summer of 2026. From its origins in England to its present global popularity, John Lyons discusses the history of football, referred to as soccer in the U.S. Using movie clips, photos, and newspaper reports from around the world, he provides a great preview to this exciting upcoming event.

**Mon 4/6 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12946



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

Norman Moline, Professor Emeritus of Geography, Augustana College

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

**Wed 4/15 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12987

## Athens to Istanbul: Journey in Time (Hybrid)

Gene Flynn, Educator

Gene Flynn leads you on a memorable journey from Athens and the Greek Islands to Ephesus and Istanbul. In a deeper sense, his journey follows the painful birth of modern Greece and Turkey. Greece won its independence from the Ottoman Empire in 1829 after an eight-year war. Turkey was created in 1923 after World War I and the Turkish War of Independence. As he explores these historic lands, you will discover why England, France, and Germany have repeatedly intervened in Greek and Turkish issues. Americans have only snippets of knowledge of this region's modern history, and much of that is not correct.

**Tue 2/17 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12947

## Lying and Deception (Hybrid)

Thomas Carson, Professor of Philosophy, Emeritus, Loyola University

Whenever you communicate with others, you make decisions about how best to do so. Lying, deception, withholding, or revealing information are almost always options for us. Philosophy Professor Thomas Carson defines the differences between these related concepts. There are important ethical theories that inform us about the morality of lying and deception, and these can be applied to politics. Attention is given to historical examples and problems created by the internet and AI and of cases in personal and professional life.

**Tue 3/10 - 3/17 (2X) 1 - 2:30 p.m.**  
\$29 Member; \$39 Non-member 12955

## Folklore and Story: A Window to the Soul (Hybrid)

Michael Zedek, Rabbi Emeritus, Emanuel Congregation, Author

Scholars suggest there are only a certain number of plots. If accurate, that means how different cultures tell the "same" story provides distinct insights into the values of that tradition, and perhaps more essentially, offers a unique window into ourselves and our souls. Rabbi Michael Zedek explains how these cultural differences may really be more similar than we think.

**Mon 3/23 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12941

## The Persian Jews of Israel (Hybrid)

Moshe Pomerantz, Educator

Today's Iran, formerly known as Persia, has been home to Jewish people since the fall of the First Temple in the 6th century BCE at the hands of the Babylonian Empire. Throughout the succeeding centuries Persian Jews retained their ethnic, linguistic, and religious identity. Moshe Pomerantz takes a close look at the Israeli Persian Jewish community and introduces some of their prominent contributors to Israeli society.

**Fri 2/13 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12957

## Purim for Adults Only (Hybrid)

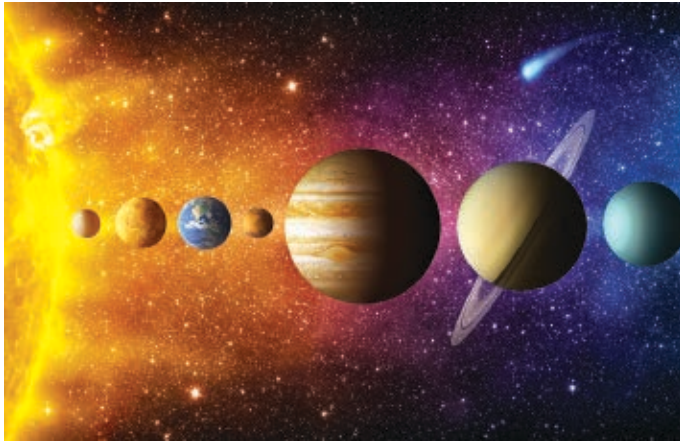
Rabbi Adam Chalom, Kol Hadash Congregation

Many Jews consider the late winter holiday of Purim to be a children's celebration with costumes, noisemakers, and storytelling. Actually reading the Book of Esther through adult eyes, you find a much more complicated story. Sex, violence, fear, hatred, and mass killing are all there between cheering Mordecai and booing Haman. Where does this holiday really come from, and when did it become part of the Jewish calendar? Rabbi Chalom discusses how we celebrate the holiday, and how those famous triangle cookies, hamentaschen, may not have started with the name "Haman."

**Wed 2/18 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12939



# Science & Nature



## Armchair Tour of the Solar System (Hybrid)

*Michelle Nichols, Educator & Astronomer, Adler Planetarium*

Explore our Solar System without leaving your seat! Astronomer Michelle Nichols showcases some of the latest NASA spacecraft images of our Solar System, touching on our stunning Sun, planets, stars, and much more. Her beautiful images and celestial observations will amaze you.

**Mon 2/16 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12965

## Extreme Forensics: Non-Human DNA Testing (Hybrid)

*Hal Tinberg, Ph.D., Forensic Science Lectures*

Forensic DNA is only found at about five percent of crime scenes. However, close examination of the scene often reveals the presence of non-human biological material, which may include evidence from dogs, cats, and even trees found alongside many victims. Learn how forensic scientists, teaming up with persistent detectives, have linked this foreign DNA to potential suspects as Hal Tinberg discusses a number of fascinating case histories, including that of “Snowball the Cat.”

**Mon 2/23 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13099

## Women in Space Exploration (Online)

*Michelle Nichols, Educator & Astronomer, Adler Planetarium*

Women have been involved in the process of sending people into space for decades. In honor of Women’s History Month, Michelle Nichols introduces some trailblazers who helped popularize and advance air travel and spotlights women who were pioneers in the era of rocketry and space exploration. They paved the way for all who followed.

**Mon 3/16 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 12966

## Math and Art: A Mutual Admiration Society (Hybrid)

*Richard Wilders, Professor Emeritus, North Central College*

While mathematics is well-known as a tool in creating art, art sometimes returns the favor by providing a visual image illustrating a mathematical concept or theorem. Rich Wilders discusses the way in which art, including painting, quilting, and sculpture, has been used to visualize mathematical concepts or theorems. Discover the many ways that mathematics, in turn, serves art.

**Tue 3/24 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 12961

## Graceful Giraffes:

### Africa’s Long-Neck Wonders (Hybrid)

*John David Ulferts, Author*

The tallest of all land mammals, giraffes can eat foliage up to 20 feet off the ground. These nonterritorial herbivores may live in groups of up to 20. Although these gentle giants have fascinated humans since ancient Egyptian times, they are now vulnerable to extinction. John Ulfert will focus on the giraffe’s unique anatomy, habitat, social life, parenting, and conservation status. Be amazed at the original photographs of giraffes from John’s extensive travels in Africa.

**Wed 4/1 1 - 2:30 p.m.**  
\$15 Member;  
\$20 Non-member  
12989



Learn

# Inquire

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

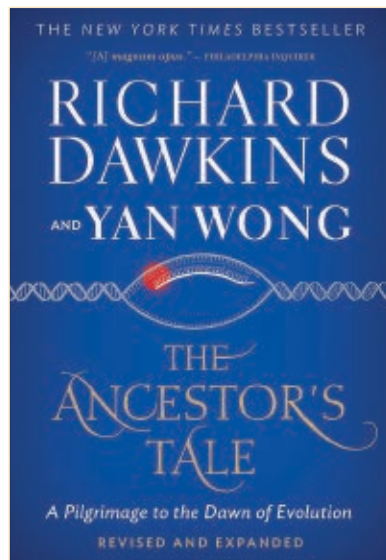
## Culture & Society

### ***The Ancestor's Tale* (Hybrid)**

Rich Koomjian  
and Linda Spring,  
Coordinators

Taking you through four billion years of life on our planet, *The Ancestor's Tale* allows you to view the connections between yourself and all other life in a bracingly novel way, shedding bright new light on the most compelling aspects of evolutionary history and sexual selection, speciation, convergent evolution, extinction, genetics, and more. *The Ancestor's Tale* is a far-reaching survey of the latest, best thinking on biology and a fascinating history of life on Earth. Dawkins shows you how remarkable we are, how astonishing our history is, and how intimate is our relationship with the rest of the living world. *The Ancestor's Tale*, Richard Dawkins. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

**Mon 1/5 - 4/6 (13X - no class 1/19) 1 - 3 p.m.**  
\$79 Member; \$95 Non-member 13087

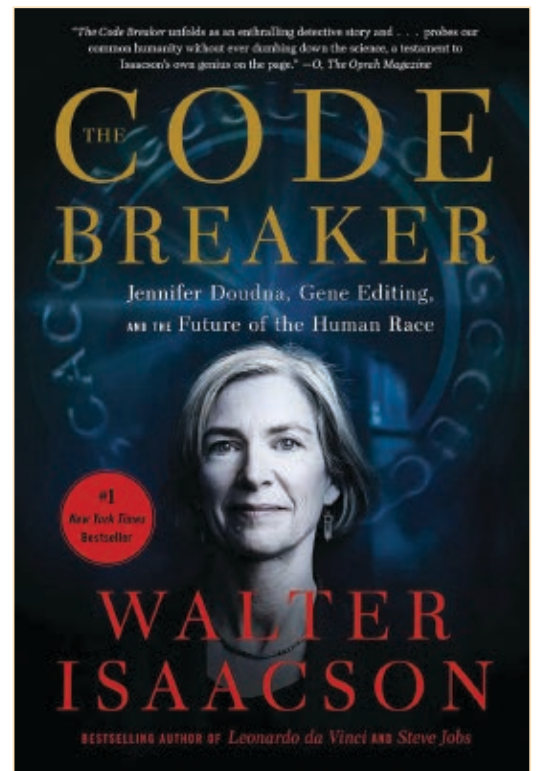


### **Hacking Evolution: Gene Editing and the Future of the Human Race (Hybrid)**

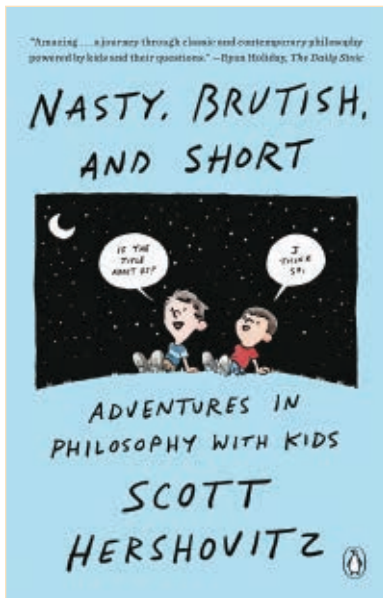
Lynne Donoghue and Mike Reinstein, Coordinators

James Watson discovered the structure of DNA in 1953. By 2012, Jennifer Doudna and Emmanuelle Charpentier developed gene-editing technology called CRISPR. How does CRISPR work and what is the science behind it? Moral issues arise from designer genes: Can we edit DNA to make us virus-free, enhance our children's looks and intelligence, or have a ballet dancer's good feet? Who can possess this technology? Who controls it? Doudna and Charpentier won the Nobel Prize in 2020 for CRISPR. *Code Breaker: Jennifer Doudna, Gene Editing, and the Future of the Human Race* by Walter Isaacson. Participants take turns leading class. Personal anecdotes related to topic allowed.

**Thu 1/15 - 3/26 (11X) 1 - 3 p.m.**  
\$69 Member; \$83 Non-member 13108







**Philosophy: Nasty, Brutish, and Short (Hybrid)**

*Ellen Grabow and Mick Jackson, Coordinators*

Some of the best philosophers are kids debating questions about metaphysics and morality. University of Michigan philosophy professor Scott Hershovitz shows they can help grown-ups solve some of life's greatest mysteries. Hershovitz noticed that

his two young sons raised philosophical questions and tried to answer them. Does Hank have the right to drink soda? Is it ever okay to swear? Does the number six exist? They recreated ancient arguments and advanced entirely new ones. Every kid is a philosopher. *Nasty, Brutish, and Short* by Scott Hershovitz. Hardback book or paperback are both OK. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

**Wed 1/7 - 4/22 (13X - no class 3/4, 4/1, 4/8) 1 - 3 p.m.**  
 \$79 Member; \$95 Non-member 13082

**The New Yorker Magazine (Hybrid)**

*Sheldon Reis and Madeleine Solomon, Coordinators*

Engage in lively conversation about the current week's *The New Yorker Magazine*, including the cover, "Talk of the Town," art, music, movies, advertising, fiction, poetry, and, of course, cartoons. Discussion will also focus on a single article that is timely and of special interest. The excellent quality of *The New Yorker* contributors assures lively and engaging discussion each week. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

**Mon 2/2 - 4/20 (12X) 10 a.m. - 12 p.m.**  
 \$69 Member; \$83 Non-member 13095

# Current Issues

**Point of View (Online)**

*Reva Schneider, Coordinator*

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

**Mon 1/5 - 4/13 (14X - no class 1/19) 1 - 3 p.m.**  
 \$79 Member; \$95 Non-member 13089

**The New York Times (Hybrid)**

*Bob Holstein and Michael Kramer, 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, participants select any topic of interests 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 1/15 - 3/19 (10X) 9:30 - 11:30 a.m.**  
 \$59 Member; \$71 Non-member 13092

**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. You may volunteer to lead a discussion on a talk you select. Watch the Talk as a group in class and then discuss together. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

**Tue 2/24 - 4/28 (10X) 11:30 a.m. - 12:30 p.m.**  
 \$59 Member; \$71 Non-member 13096



Inquire

# Film, Theater & TV

## Documentary Films

*Israel Friedman and Howard Golden, Coordinators*

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 1/22 - 4/23 (12X - no class 2/26, 4/2) 1 - 3:30 p.m.**  
\$79 Member; \$95 Non-member 13088



## Cozy Classic Films (Hybrid)

*Bob Holstein and Maureen McGrath, Coordinators*

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

**Wed 2/11 - 4/29 (10X - no class 3/4, 4/1) 1 - 2:30 p.m.**  
\$59 Member; \$71 Non-member 13093

# 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 847.821.1533 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. Personal anecdotes and related topics/expertise allowed. Coordinator facilitated.

**Tue 1/6 - 4/21 (15X - no class 3/31) 1 - 3 p.m.**  
\$89 Member; \$109 Non-member 13107

## Women's Room (Online)

*Cheryl Port and Sybil Virshbo, Coordinators*

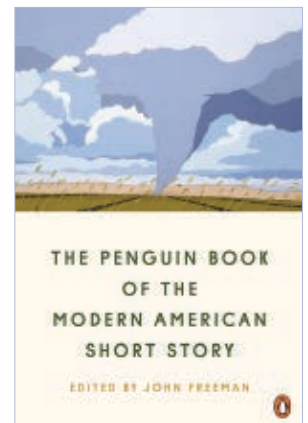
Explore literature created by women authors of various ethnicities and times in history. Participants read only fictional selections emphasizing their format and themes, and discussing their relevance to issues impacting women. Enjoy the lively discussions with all participants asking and answering questions. Coordinator facilitated. Personal anecdotes related to topic allowed.

**Fri 1/9 - 4/24 (15X - no class 4/3) 10 a.m. - 12 p.m.**  
\$89 Member; \$109 Non-member 13091

## Contemporary Short Stories (Online)

*Meredith Hellestrae and Susan Siebers, Coordinators*

Short stories often reflect the time and place in which they were written. Our anthology for this term celebrates the incredible range of topics and genres of the stories written by amazing American authors. All were published between 1970



and 2019. Each week, discuss one such story chosen by the class member who will lead our exploration of the stories. *The Penguin Book of the Modern American Short Story*, John Freeman, ed. Participants take turns leading class. Discussion of class material only. No personal anecdotes.

**Thu 1/15 - 4/16 (14X) 9:30 - 11:30 a.m.**  
\$79 Member; \$95 Non-member 13097



### Prize Winning World Literature (Hybrid)

Carole Einhorn, Coordinator

Love to delve into a good piece of literature and enjoy in-depth interactive discussions? Discuss *The Heart Is a Lonely Hunter*, by Carson McCullers. Set in a small town in the middle of the deep South, it is the story of John Singer, a lonely deaf-mute, and a disparate group of people who are drawn towards his kind, sympathetic nature. The owner of the café where Singer eats every day, a young girl desperate to grow up, an angry drunkard, a frustrated black doctor: each pours their heart out to Singer, their silent confidant, and he in turn changes their disenchanting lives in ways they could never imagine. Participants take turns leading class. Personal anecdotes related to topic allowed.

**Wed 1/14 - 4/8 (12X - no class 3/4) 9:30 - 11:30 a.m.**  
\$69 Member; \$83 Non-member 13098

### 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,” states Matthew Arnold. Expand your knowledge of poets, poetry, and song through their 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 1/7 - 4/29 (15X - no class 3/4, 4/1) 10 a.m. - 12 p.m.**  
\$89 Member; \$109 Non-member 13094

### Shakespeare: *Othello* and *Measure for Measure* (Online)

Teresa Blomquist and Paul Phillips, Coordinators

Read and discuss two Shakespeare works. First up, *Othello*, one of Shakespeare’s great tragedies. You know how it goes... Iago, Othello’s evil subordinate deludes Othello into believing his beloved Desdemona is unfaithful. He strangles her, then discovers Iago’s treachery and kills himself. Then, in *Measure for Measure*, Vienna’s eccentric Duke departs, leaving deputy Angelo in charge. Angelo condemns Claudio to death. Claudio’s sister Isabella, a novice nun, begs Angelo to pardon Claudio. Angelo agrees, “but only if you sleep with me.” Complications ensue! The returning Duke saves Claudio and punishes Angelo, then proposes to Isabella, who doesn’t get to say a word in reply. Shakespeare: *Othello*, Folger edition and Shakespeare *Measure for Measure*, Folger edition. Participants take turns leading class. Related topics/expertise allowed.

**Thu 1/8 - 4/30 (15X - no class 4/2, 4/9) 1 - 3 p.m.**  
\$89 Member; \$109 Non-member 13104

### James (Hybrid)

Linda Blakely and Mark Lieberman, Coordinators

A reimagining of the *Adventures of Huckleberry Finn*, told from the enslaved Jim’s perspective. When Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he runs away until he can formulate a plan. Meanwhile, Huck has faked his own death to escape his violent father.

Thus begins the dangerous and transcendent journey by raft down the Mississippi River toward the elusive and unreliable promise of the Free States and beyond. Author Percival Everett provides an opportunity for Jim to present his story of their harrowing trip down the Mississippi River yearning for a life of freedom. *James* by Percival Everett. Participants take turns leading class. Discussion of class material only. No personal anecdotes.

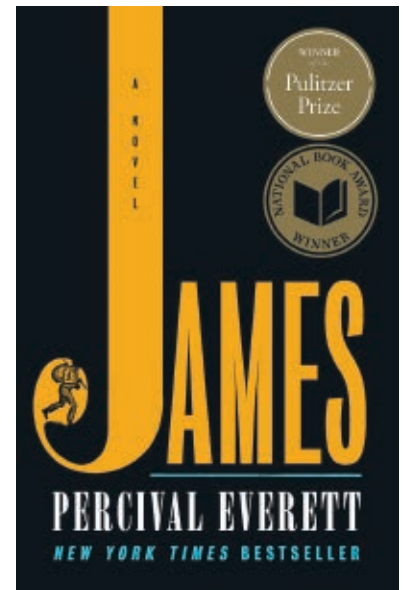
**Tue 1/26 - 3/30 (10X) 9:30 - 11:30 a.m.**  
\$59 Member; \$71 Non-member 13123

### Science Fiction: *Old Man’s War* (Online)

Joel Michael and Linda Spring, Coordinators

At 75, John Perry says goodbye to his wife at her gravesite and then joins the Colonial Defense Force (CDF). The CDF has begun colonizing the universe, fighting wars to control habitable planets. Humans on Earth know little about the CDF as its members never return to Earth. John joins because the prospect of getting young again is attractive and he has nothing to lose by leaving Earth. Little does he know! *Old Man’s War* by John Scalzi. Participants take turns leading class. Personal anecdotes related to topic allowed.

**Tue 1/13 - 3/17 (10X) 9:30 - 11:30 a.m.**  
\$59 Member; \$71 Non-member 13090



# Enrich

## Lifestyle

### Hygge: Scandinavia's Answer to Calm Amid Chaos

Jan Peterson Hincapie, Educator

Hygge (pronounced "hoo-ga") is a Scandinavian word that captures a feeling of calm, cozy comfort. Jan Peterson Hincapie describes Hygge and ways you can incorporate it into your daily life. Always ranked at the top of the world for happiness and quality of life, Scandinavians consider this a necessity rather than a luxury. Hygge encapsulates everything wonderful about Nordic living. Engage in self-care and experience greater joy by creating some Hygge in your life.

**Tue 1/13 1 - 2:15 p.m.**  
\$29 Member; \$35 Non-member 13045



### Life Balance and the Swedish Philosophy of Lagom (Hybrid)

Jan Peterson Hincapie, Educator

When planning a trip to Sweden in 2023, Jan Peterson Hincapie became interested in Lagom, a life philosophy taught to many Swedes early in life. Lagom is rooted in harmony, moderation, and sustainability, and can be roughly translated to "Not too much, not too little, just right!" During her time in Sweden, Jan interviewed individuals about what Lagom meant to them and observed it firsthand. She discusses how incorporating Lagom into your life can lead to a happier, more productive existence, improved relationships, and greater joy in all you do.

**Tue 2/10 1 - 2 p.m.**  
\$29 Member; \$35 Non-member 13046

### Preserving Human Interaction in a Digital Society (Hybrid)

Jan Peterson Hincapie, Educator

From birth, humans are wired to connect with other people. In our digital society, a conscious effort must be made to preserve human connection at home and work to maintain soft skills like empathy, listening, and clear communication. Jan Peterson Hincapie discusses the impact of technology on our lives and relationships, especially with the younger generation. She explores ways to assess what should be automated, provides methods for maintaining face-to-face communication, and discusses how to use technology for good.

**Wed 4/29 10 - 11 a.m.**  
\$15 Member; \$20 Non-member 13137

## Instructor Spotlight

### JAN PETERSON HINCAPIE

Lifestyle Educator



Jan's presentations are grounded in thorough research and a deep personal commitment to the topics she explores. Her interest in subjects like Lagom and Hygge stems from her Scandinavian heritage and a growing concern for the American need for better work-life balance and stress management. Her Lagom and Hygge talks highlight how Scandinavian practices promote well-being, not only by addressing productivity and efficiency but also by emphasizing mental health and overall life satisfaction. Jan is passionate about sharing the many positive health and lifestyle practices emerging from Scandinavian countries. Jan has presented on Hygge, Lagom, Positive Mindset, and related topics at over 10 local libraries and at more than a dozen venues across the United States. She looks forward to bringing her passion for Scandinavian culture and wellness to the NSSC.





**Lift: How to Stay Positive in Challenging Times**

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

Recharge your spirit and renew your perspective. Through humor, heartfelt storytelling, and audience connection, Martina Mathisen explores with you how to stay positive in challenging times. She offers practical strategies for personal renewal and sends each person home with a simple, powerful blueprint for tapping into their own strength, resilience, and optimism.

**Tue 3/10 1 - 2:30 p.m.**  
\$29 Member; \$35 Non-member 13042

**AARP Smart Driver Course**

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, and discuss when to consider driver retirement. The instructor will cover much of the information needed to pass the Illinois State license exam and review the eyesight, hearing, and physical changes that drivers experience as they age. Completion of the two-day class may entitle you to a discount on your auto insurance. Check with your insurance carrier for further details. Please bring cash or check made out to AARP for \$20 for AARP members with valid membership card, or \$25 for non-AARP members, due at the first class meeting.

**Fri 3/13 - 3/20 (2X) 9 a.m. - 1 p.m.**  
No Fee 13116



**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 1/21 - 4/15 (4X) 9 - 11 a.m.**  
No Fee 12931



# Arts & Crafts

## Explore Creative Photography with a Real DSLR Camera

*Terry Brooks, Photography Enthusiast*

Are you ready to move beyond taking snapshots with your mobile phone? Explore the creative use of a mirrorless/DSLR camera. 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. You may bring your camera to class if you have one.

**Tue 3/17 1 - 3 p.m.**  
\$19 Member; \$25 Non-member 13034

## NSSC Art Gallery



### Looking Together: Creations from NSSC's Mind Matters and HOW Programs

*January 6 - February 20, 2026*

Experience artwork created in art therapy groups in NSSC's House of Welcome and Mind Matters Early Memory Loss programs, whose participants are living with dementia or other brain changes. This exhibition highlights how visual expression becomes a powerful form of storytelling, evoking reminiscence, conveying emotion, and showcasing personal creativity. Each piece reflects personal journeys yet is also part of a shared process rooted in connection and care. The exhibition offers viewers a glimpse of creativity, joy, and sense of community that flourishes every day in these programs.

### Looking Together Gallery Opening

*Tuesday, January 13, 2026*

*3 - 4:30 p.m.*

Gather with the artists and talk with Cara Treu, the Art Therapist who guided the participants through their art experiences, to celebrate the artwork in the exhibition.

### The Beauty of Fiber Arts

*March 2 - April 24, 2026*

The Gallery walls will be graced with the beauty and warmth of fiber art created by the quilters and weavers in our Fiber Art Studio. There will be other mixed fiber works by members who are doing beautiful work in their own studios. This exhibit is art that is "painted" in fiber.

## Photography Club (Online)

*Louis Solomon, Facilitator*

Meet with others who share your love of photography. The group shares constructive feedback on each other's work, ideas, and tips on how to capture the best possible image so that less time will be required for editing. Other activities include photo field trips and periodic group exhibitions. The group meets on the second and fourth Friday of each month, however the schedule may vary, so please call Lifelong Learning at 847.784.6030 for information. Center membership required to participate.

**Fri 1/9 - 4/24 (8X) 1:30 - 3 p.m.**  
No Fee 12922

## A Paint Party to Explore the Pleasure of Painting

*Samantha Younis, Blue Rose Studio*

Enjoy a fun, informal art experience in a relaxed environment. No painting skills required as Samantha guides you in copying from one of the great artists where the challenging work of perspective and color has been done for you. Enjoy conversation with other participants as you complete your painting. You may even develop a new interest that you can pursue in more depth with classes offered in our studio! All supplies provided, you just need to show up ready to have an enjoyable new experience.

**Mon 3/9 10:30 a.m. - 12 p.m.**  
\$25 Member; \$30 Non-member 13141

## Exploring Watercolor Level II

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

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

**Tue 2/10 - 3/10 (5X) 1 - 3 p.m.**  
\$199 Member; \$239 Non-member 13144

## Watercolor Open Studio Mentoring

*Ingrid Albrecht, Instructor, Artist, Studio Owner*

Ingrid Albrecht provides personalized instruction with your painting projects to help you achieve your "personal best" in watercolor painting. Bring in artwork that you would like critiqued or to have Ingrid's advice on how to improve. As Ingrid answers the questions of each artist, everyone in the class will benefit and learn from the answers.

**Tue 3/24 - 4/21 (5X) 1 - 3 p.m.**  
\$199 Member; \$239 Non-member 13114



## The Art of Mosaic

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

Embark on a magical journey into the world of mosaic art as you experience the joy of transforming individual pieces into a unique work of art. Learn the fundamentals of mosaic design and techniques as you gain the skills to create and complete your own project to take home. Create a one-of-a-kind artwork that reflects your unique style. If you have prior experience with mosaics, you may bring your own project, with instructor approval. All tools and materials will be provided. No prior experience required.

**Wed 4/8 - 4/22 (3X) 12:30 - 4 p.m.**  
\$199 Member; \$239 Non-member 13111

## Creative Collage

*Sandra Estrada, Artist and Teacher at This Quiet Dust Ceramics*

Explore basic collage techniques, cutting, tearing, layering, and gluing with decorative papers, fabric, ribbons, and found objects. Create a meaningful, personal work of art. All supplies are provided, but feel free to bring pictures, photos, or decorative paper that you would like to incorporate into your art piece. Bring a sharp pair of scissors to class.

**Mon 2/2 - 2/9 (2X) 9 - 11 a.m.**  
\$69 Member; \$85 Non-member 13140

**Mon 4/13 - 4/20 (2X) 9 - 11 a.m.**  
\$69 Member; \$85 Non-member 13109



## Textured Ceramic Vessel

*Jan Harrington, Graphic Artist*

Create a free-form ceramic vessel highlighting textures and design. Roll out pieces of clay, adding texture using stamps, buttons, and other materials, then assemble the pieces into a small vessel. Once the piece is dried and fired, paint and decorate your piece to take home. All supplies provided. This is a fun project with multiple possibilities. No experience with clay is necessary, but it is messy so dress appropriately or bring an apron.

**Wed 3/11 - 3/25 (2X - no class 3/18) 1 - 3 p.m.**  
\$49 Member; \$59 Non-member 13110

## Drawing Workshop for Beginners and Beyond

*Blair Trueblood, MFA*

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

**Mon 1/26 - 3/2 (6X) 10 a.m. - 12 p.m.**  
\$109 Member; \$129 Non-member 13142

**Mon 3/16 - 4/20 (6X) 10 a.m. - 12 p.m.**  
\$109 Member; \$129 Non-member 13143



## Sculpting with Foam Core

*Howard Sandroff, Welded Steel Sculptor*

Take on the challenge of sculpting in three dimensions. Howard Sandroff teaches you the engineering principles to make sure the sculpture can stand, and how to make the sculpture viewable from all directions. Learn how to cultivate depth using two-dimensional material to make abstract constructions using foam core board and a hot glue gun. Supplies are provided.

**Tue 1/13 - 1/20 (2X) 1 - 3 p.m.**  
\$25 Member; \$30 Non-member 13106

## Art Workshop

*Ralph Greenhow, Blair Trueblood, and Gary Woodward,  
Artists and Teachers*

Receive 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 person is offered guidance based on their skill level. As actively practicing artists, Ralph, Blair, and Gary are in a unique position to offer guidance to artists just starting on their creative journey as well as offering new perspectives and inspiration to experienced artists looking to refine their technique. This is an encouraging and supportive space where you can experiment while enjoying the flow of creativity.

**Tue 1/6 - 2/24 (8X) 10 a.m. - 12 p.m.**  
\$139 Member; \$169 Non-member 13145

**Tue 3/3 - 4/21 (8X) 10 a.m. - 12 p.m.**  
\$139 Member; \$169 Non-member 13146

# Arts & Crafts (continued)

## New Perspectives Fine Art Studio

Looking for a studio? Make this your artistic home away from home. Start a new project or work on those you have begun in a class. Find camaraderie with fellow artists and exhibition opportunities in our beautiful Atrium Gallery. Enjoy a wonderful facility with skylights, sinks, individual storage, kiln, easels, light box—perfect for working in many artistic mediums. Artists bring their own supplies and work independently as there is no instructor. For more information, contact Lifelong Learning at 847.784.6030 or Rose Carroll at 847.784.6035. Center membership required to participate.

**Mon, Tue 1/5 - 4/30 (no class 1/19, 3/4) 12 - 4 p.m.**  
**Wed, Thu 9 a.m. - 4 p.m.**  
\$79 NSSC Members Only 13147

## Sculpture Studio

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

**Fri 1/9 - 4/24 (16X) 9 a.m. - 12 p.m.**  
No Fee 13152

## Quilting

*Rose Carroll, NSSC Staff Member*

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

**Mon 1/5 - 4/27 (16X - no class 1/19) 9 a.m. - 12 p.m.**  
No Fee 13148

## Sewing Bees

Enjoy the camaraderie of this congenial group of quilters, sewers, and knitters who prepare craft items for sale in The Shop at the Center. These generous crafters not only help the Center, they also become fast friends by working together year-round. Must have experience and be able to work independently as there is no instructor in the group. Bring a brown bag lunch. Center membership required to participate.

**Fri 1/9 - 4/24 (16X) 10 a.m. - 1 p.m.**  
No Fee 13153

## 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 1/7 - 4/29 (32X - no class 3/4) 9 a.m. - 12 p.m.**  
No Fee 13150

## Weaving Studio

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

**Tue 1/6 - 4/28 (17X) 9 a.m. - 12 p.m.**  
No Fee 13149



## Knitting Studio

*Mary Staackmann, Facilitator*

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

**Wed 1/7 - 4/29 (16X - no class 3/4) 1 - 3 p.m.**  
No Fee 13151



# Computers & Technology

## AI ChatGPT and Beyond

Michael Gershbein, MLS,  
Very Smart People, LLC

ChatGPT and other artificial intelligence products have seemingly arisen from nowhere and are taking the world by storm. Mike Gershbein looks at the most discussed AI tech and speculates on the future implications of AI on the workplace and society.

**Thu 1/15 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 13039



## Learn How to Podcast:

### Archiving Memories and Sharing Your Stories

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

Do you listen to podcasts and think you might like to do one yourself? Learn step-by-step how to create your very own podcast, from recording, to editing your episodes and sharing them online. Using simple tools and clear explanations, Jacob Isaacson guides you through the process so your friends and family can listen anytime, anywhere.

**Mon 3/2 1 - 2:30 p.m.**  
\$29 Member; \$35 Non-member 13083

## Make AI Work For You

Michael Gershbein, MLS, Very Smart People, LLC

There are many options for generative AI websites and apps, from ChatGPT to Google Gemini to Apple Intelligence. Mike Gershbein discusses the best options as well as how to create prompts that will give you the answers that you need.

**Thu 3/26 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 13040

## Apple iPhone and iPad Basics

Michael Gershbein, MLS, Very Smart People, LLC

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

**Thu 2/19 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 13037

## Computer & Technology Assistance

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



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

## Apple iPhone and iPad 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 4/9 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 13038

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

Lee Huber, Computer and Technology Instructor

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

**Mon 3/16 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 13061

## Camera and Photos App for iPhone and iPad

Lee Huber, Computer and Technology Instructor

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

**Mon 4/20 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 13056



# Language

## Yiddish Club on Monday (Hybrid)

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

**Mon 1/5 - 4/27 (16X - no class 1/19) 1 - 2:30 p.m.**  
No Fee 12932

## 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 stories and novels by Eastern European writers in the original Yiddish. Center membership required to participate.

**Thu 1/8 - 4/30 (17X) 1 - 2:30 p.m.**  
No Fee 12920

## Spanish Club (Online)

Join an eclectic group of non-native *hablantes de español* that gathers for informal conversation, lots of laughs, interesting discussions, and some written homework. *Ven a practicar con nosotros.*

For those who have already acquired basic conversational skills in Spanish. Center membership required to participate.

**Mon 1/5 - 4/27 (16X - no class 1/19) 10:45 - 11:45 a.m.**  
No Fee 12929



# 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.**

**north shore senior center**





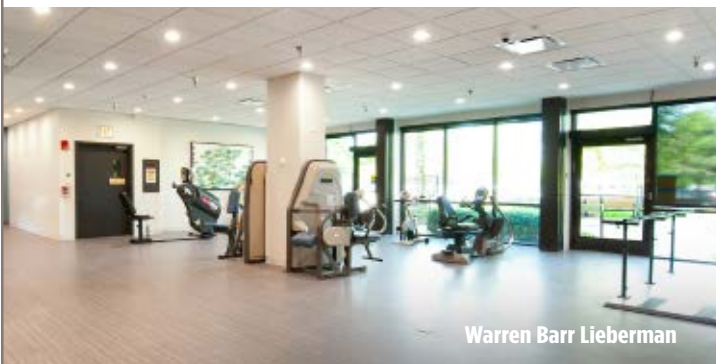
# MAKE THE RIGHT CHOICE FOR POST-HOSPITAL CARE, NOT JUST THE MOST CONVENIENT.



Glenview Terrace



Warren Barr North Shore



Warren Barr Lieberman



Warren Barr Lieberman

## We offer unique programming, accreditations, and more vs. others:

- On-site dialysis -varies by location
- Cardiac care
- Peritoneal Dialysis
- Wound care
- And more



### Glennview Terrace

1511 Greenwood Road | Glenview, IL 60026 | 847.729.9090



### Warren Barr Lieberman

9700 Gross Point Road | Skokie, IL 60076 | 847.929.3320

### Warren Barr North Shore

2773 Skokie Valley Road | Highland Park, IL 60035 | 847.266.9266

THE AREA'S LEADING HEALTHCARE PROVIDERS

# Live

## Health & Wellness Education



### Healing Power of Laughter Yoga

*Debbie Friend, Certified Laughter Yoga Leader*

Science shows that laughter reduces stress, strengthens immunity, and supports emotional well-being. Experience laughter exercises blended with mindful breathing to create powerful physical and mental benefits. The practice concludes with relaxation, leaving you refreshed, uplifted, and recharged—no sense of humor required!

**Thu 3/12 1 - 2 p.m.**  
\$29 Member; \$35 Non-member 13027



### Hypnosis: What's Really Going On?

*Sandy Victor, NGH Certified Hypnotist*

Have you ever wondered what hypnosis actually is? NGH Certified Hypnotist Sandy Victor will cut through the myths and explain how hypnosis works as a tool for focus, relaxation, and personal change. Discover its practical benefits, understand how the mind responds, and see why it's more science than mystery. A clear, informative presentation—no entertainment hypnosis involved.

**Thu 2/12 1 - 2 p.m.**  
\$15 Member; \$20 Non-member 13048

### Balance for Life

*Mannu Joseph and Sruthi Pichika, Licensed Physical Therapists*

What puts you at risk for a fall and what can you do about it? Licensed Physical Therapists Mannu Joseph and Sruthi Pichika guide you through proven strategies to prevent falls, both indoors and outdoors. Explore static and dynamic balance, practice safe walking techniques, and take part in simple screenings and strengthening exercises designed to keep you steady, strong, and confident.



**Thu 1/29 1 - 2 p.m.**  
\$15 Member; \$20 Non-member 13049

# Exercise & Dance

## Stepping to the Oldies

*Bettylynn Koules, Health and Wellness Professional*

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

**Fri 1/9 - 1/30 (4X) 10:30 - 11:15 a.m.**  
\$49 Member; \$59 Non-member 13031

## 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. Dance your way to a healthier, happier lifestyle!

**Fri 4/3 - 4/24 (4X) 10:30 - 11:15 a.m.**  
\$49 Member; \$59 Non-member 13032

## Self-Defense: Building Confidence and Safety Skills

*Jonathan Knipping, 4th Degree Aikido Black Belt*

Develop the physical, verbal, and awareness skills to decrease the likelihood of becoming a victim of violence. Learn about the psychology, sociology, forensic, and ethical considerations of violence. Physical training will include footwork, balance, basic striking and grappling skills, as well as low-intensity partner drills, exercises, and games.

**Tue 2/24 - 3/17 (4X) 1 - 2 p.m.**  
\$85 Member; \$99 Non-member 13035

## 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.

**Tue 1/13 - 2/17 (6X) 1 - 2 p.m.**  
\$85 Member; \$99 Non-member 13158



## Mat Yoga for Strength and Renewal

*Kathy O'Malley, Yoga Instructor*

new

Mat yoga builds flexibility, balance, and calm by working every joint in the body from head to toe. Certified instructor Kathy O'Malley, trained with Blue Sun Yoga, leads this creative class on the floor where no two sessions are ever the same. Using blocks, straps, and blankets, you'll learn safe, supportive ways to move through poses. Each class blends breathing techniques, mindful movement, and lighthearted energy, leaving you stronger, more centered, and refreshed.

**Fri 1/9 - 2/27 (8X) 9 - 10 a.m.**  
\$85 Member; \$99 Non-member 13156

**Fri 3/6 - 4/24 (8X) 9 - 10 a.m.**  
\$85 Member; \$99 Non-member 13157

## Yoga for the Rest of Us (Hybrid)

*Ellen Fogarty, Registered Yoga Teacher*

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

**Tue 1/6 - 2/24 (8X) 9 - 10 a.m.**  
\$85 Member; \$99 Non-member 13067

**Tue 3/3 - 4/28 (9X) 9 - 10 a.m.**  
\$85 Member; \$99 Non-member 13069

LIVE



# Exercise & Dance

(continued)



## Beginner Ballet

Hallie Rehwaldt, Director and Teacher,  
Lincoln Street Ballet School

Designed for those with little or no ballet experience, this low-impact class guides you through the basics of classical ballet. There is 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 4/7 - 4/28 (4X) 2 - 2:45 p.m.**  
\$59 Member; \$69 Non-member 13036

## 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 1/6 - 2/24 (8X) 3 - 4 p.m.**  
\$85 Member; \$99 Non-member 13059  
**Tue 3/3 - 4/28 (9X) 3 - 4 p.m.**  
\$85 Member; \$99 Non-member 13060

## 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 1/8 - 2/26 (8X) 2:30 - 3:15 p.m.**  
\$79 Member; \$95 Non-member 13057  
**Thu 3/5 - 4/30 (9X - no class 4/2) 2:30 - 3:15 p.m.**  
\$79 Member; \$95 Non-member 13058

## Fit and Active

Naoko Myron, 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 Myron leads you through calisthenics, hand weights, and isometric exercises that will surely keep you motivated. A low impact cardio component is also incorporated to promote coordination, dynamic balance, and fun!

**Tue, Thu 1/6 - 2/24 (15X) 10:30 - 11:15 a.m.**  
\$79 Member; \$95 Non-member 13113  
**Tue, Thu 3/3 - 4/28 (15X - no class 4/7, 4/9) 10:30 - 11:15 a.m.**  
\$79 Member; \$95 Non-member 13115

## Better Balance

Naoko Myron, 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 1/5 - 2/25 (15X - no class 1/19) 10 - 10:45 a.m.**  
\$79 Member; \$95 Non-member 13117  
**Mon, Wed 3/9 - 4/29 (14X - no class 4/6, 4/8) 10 - 10:45 a.m.**  
\$79 Member; \$95 Non-member 13118



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



### 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 1/5 - 2/25 (15X - no class 1/19) 11 - 11:45 a.m.**

\$79 Member; \$95 Non-member 13051

**Mon, Wed 3/9 - 4/29 (16X) 11 - 11:45 a.m.**

\$79 Member; \$95 Non-member 13054

### 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! This full body fitness class is designed to improve strength, balance, and flexibility. All fitness levels and abilities are welcome.

**Tue, Thu 1/6 - 2/26 (16X) 10:45 - 11:30 a.m.**

\$85 Member; \$99 Non-member 13081

**Tue, Thu 3/3 - 4/23 (16X) 10:45 - 11:30 a.m.**

\$85 Member; \$99 Non-member 13105

### 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 1/5 - 2/27 (23X - no class 1/19) 8:30 - 9 a.m.**

\$95 Member; \$109 Non-member 13062

**Mon, Wed, Fri 3/2 - 4/24 (23X - no class 3/4) 8:30 - 9 a.m.**

\$95 Member; \$109 Non-member 13064

### 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. Walkers have a few choices designed for their comfort. You can walk on hard or soft surfaces, and stop and turn around at any point on the walk. The full distance is about 3 1/3 miles, but many walk a shorter distance. Center membership is required to participate. Meet at NSSC to start the walk.

**Fri 1/9 - 4/24 (16X) 10 - 11 a.m.**

No Fee 12930

# 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.**





# Play

## Games

### Beginning Canasta

*Terri Argentar, Instructor*

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

**Wed 2/11 - 3/25 (6X - no class 3/4)** **9:30 - 11:30 a.m.**  
\$89 Member; \$105 Non-member 13043

### 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 4/1 - 4/29 (4X - no class 4/8)** **9:30 - 11:30 a.m.**  
\$69 Member; \$85 Non-member 13044

### 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, have fun learning and playing this interesting rummy-like game. Mah Jongg cards are provided in class.

**Wed 1/28 - 2/25 (5X)** **1 - 3 p.m.**  
\$85 Member; \$99 Non-member 12996

### 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. Learn more about reading the card to its full advantage, and how to change hands when the hand you are playing "goes dead." Learn advanced techniques to bring more enjoyment to your game.

**Wed 3/11 - 4/15 (5X - no class 4/1)** **1 - 3 p.m.**  
\$69 Member; \$85 Non-member 12997



### 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.

**Fri 2/13 - 2/27 (3X)** **1 - 2:30 p.m.**  
\$49 Member; \$59 Non-member 13138

### 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 3/13 - 4/24 (6X - no class 4/3)** **1 - 2:30 p.m.**  
\$99 Member; \$119 Non-member 13139

# Games (continued)

## Beginning Bridge

Phyllis Bartlett, American Contract Bridge League  
Certified Teacher

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

**Mon 3/9 - 4/27 (8X) 9:30 - 11:30 a.m.**  
\$175 Member; \$210 Non-member 13074

## Advancing Bridge

Phyllis Bartlett, American Contract Bridge League  
Certified Teacher

Instructor Phyllis Bartlett takes 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 3/9 - 4/27 (8X) 1 - 3 p.m.**  
\$175 Member; \$210 Non-member 13073

## 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.

**Thu 3/12 - 4/23 (6X - no class 4/2) 9:30 - 11:30 a.m.**  
\$125 Member; \$149 Non-member 13071

## Duplicate Bridge

Bob Alps, Bridge Facilitator

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

**Thu 1/8 - 4/30 (17X) 12:30 - 3:30 p.m.**  
No Fee 12925

## Poker Club

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

**Tue 1/6 - 4/28 (17X) 12 - 3 p.m.**  
No Fee 12923

## Scrabble

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

**Thu 1/8 - 4/30 (17X) 1 - 3 p.m.**  
No Fee 12924

## Game Time

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

**Tue 1/6 - 4/30 (no class 3/27) 9 a.m. - 4 p.m.**  
**Thu 12:30 - 4 p.m.**  
**Fri 9 a.m. - 12 p.m.**  
No Fee 12926



# Sports & Leisure

## Sports Talk

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

**Wed 1/7 - 4/29 (16X - no class 3/4) 10 - 11 a.m.**  
No Fee 12921

## NSSC Golf League Kick-off Breakfast

All NSSC men and women, start the golf year right and attend the golf season kick-off breakfast! Registration is required. Center membership required to participate. You must register for the NSSC Golf League to attend this breakfast.

**Thu 3/26 9 - 11 a.m.**  
No Fee 12982



## Golf League

All NSSC men and women are invited to play golf and enjoy the sociability at local courses. Play continues throughout the spring and summer. Golf league information sheets are available in Lifelong Learning. For information call Joe Hayes at 847.274.5326 or Lifelong Learning at 847.784.6030. Center membership and registration required to participate.

**Mon, Thu 4/6 - 10/1 (50X - no class 5/25, 9/7) 8 - 9 a.m.**  
\$35 Member 13001



## 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. Table 3 is reserved from 1 - 1:45 p.m. on both Ping Pong days for beginners to practice or get training when Dan Mah, the group leader, is there.

**Wed, Fri 1/7 - 4/29 (32X - no class 3/4) 1 - 3 p.m.**  
No Fee 12927

## 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 1/5 - 4/27 (32X - no class 1/19) 1 - 2:30 p.m.**  
No Fee 12928



# January at a glance

Every Week

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Quilting <b>9:30</b> American Politics <b>10:00</b> Better Balance <b>10:45</b> Spanish Club <b>11:00</b> Sit & Get Fit <b>1:00</b> Yiddish Club <b>1:00</b> Fine Art Studio <b>1:00</b> Tennis Club	<b>9:00</b> Game Time <b>9:00</b> Yoga for the Rest of Us <b>9:00</b> Weaving Studio <b>9:00</b> The Warm Up Coffee <b>10:00</b> Tuesday Club Meeting <b>10:30</b> Fit & Active <b>10:45</b> Stay Fit at Home <b>12:00</b> Poker <b>1:00</b> Fine Art Studio <b>3:00</b> Ballet	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Share the Warmth Club <b>9:00</b> Fine Art Studio <b>10:00</b> Sports Talk <b>10:00</b> Better Balance <b>11:00</b> Sit & Get Fit <b>1:00</b> Ping Pong Club <b>1:00</b> Knitting Studio	<b>9:00</b> Fine Art Studio <b>10:30</b> Fit & Active <b>10:45</b> Stay Fit at Home <b>12:30</b> Game Time <b>12:30</b> Duplicate Bridge <b>1:00</b> Scrabble <b>1:00</b> Let's Read Yiddish <b>2:30</b> Tai Chi	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Game Time <b>9:00</b> Sculpture Studio <b>9:00</b> Share the Warmth Club <b>10:00</b> Walking Club <b>10:00</b> Sewing Bees <b>1:00</b> Ping Pong Club <b>1:00</b> Tennis Club
	<b>2026 NSSC Annual Meeting</b> <b>Tuesday, January 20</b>  <b>Guest Speaker: Dr. Martha Twaddle,</b> Northwestern Feinberg School of Medicine 		<b>1</b> <b>New Years Day</b> <b>NSSC Closed</b>		<b>2</b>
<b>10:00</b> Art of the Symbolists <b>1:00</b> Point of View <b>1:00</b> <i>The Ancestor's Tale</i>	<b>5</b> <b>10:00</b> Art Workshop <b>10:30</b> Not Dead Yet <b>1:00</b> City Sweets <b>1:00</b> Writing Workshop	<b>6</b> <b>10:00</b> Exploring Poets, Poetry, and Song Lyrics <b>10:00</b> Presidency of George H.W. Bush <b>1:00</b> Current Events Disc. Group <b>1:00</b> Philosophy <b>1:00</b> The Creation of <i>Guys &amp; Dolls</i>	<b>7</b> <b>10:00</b> Climate, Evolution... <b>1:00</b> Bobby Darin <b>1:00</b> Shakespeare	<b>8</b> <b>9:00</b> Mat Yoga <b>10:00</b> Women's Room <b>10:30</b> Stepping to the Oldies <b>1:00</b> MAGA vs. The Great Rule <b>1:30</b> Films on Friday: <i>Hitchcock</i> <b>1:30</b> Photography Club	<b>9</b>
<b>1:00</b> John Lennon <b>1:00</b> Point of View <b>1:00</b> <i>The Ancestor's Tale</i>	<b>12</b> <b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> Evidence for the Real Mount Sinai  <b>1:00</b> Chicago Pop Radio Wars <b>1:00</b> Fall Injury Prevention Training <b>1:00</b> Hygge <b>1:00</b> Sculpting with Foam Core <b>1:00</b> Writing Workshop	<b>13</b> <b>9:30</b> Prize Winning World Literature <b>10:00</b> Exploring Poets, Poetry, and Song Lyrics <b>10:00</b> Presidency of George H.W. Bush <b>1:00</b> Architectural Treasures on Broadway in Edgewater <b>1:00</b> Philosophy <b>1:00</b> Reading for a Cozy Afternoon	<b>14</b> <b>9:30</b> Contemporary Short Stories <b>9:30</b> <i>The New York Times</i> <b>10:00</b> Climate, Evolution <b>1:00</b> AI ChatGPT & Beyond <b>1:00</b> Hacking Evolution <b>1:00</b> Look What They Asked of Us <b>1:00</b> Shakespeare	<b>15</b> <b>9:00</b> Mat Yoga <b>9:30</b> Great Decisions in Foreign Policy <b>10:00</b> Women's Room <b>10:30</b> Stepping to the Oldies <b>1:00</b> American Cookbooks	<b>16</b>
<b>19</b> <b>Martin Luther King, Jr. Day,</b> <b>NSSC Closed</b>	<b>20</b> <b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:00</b> NSSC Annual Meeting <b>1:00</b> Fall Injury Prevention Training <b>1:00</b> Sculpting with Foam Core <b>1:00</b> Discovery of Magic <b>1:00</b> Writing Workshop	<b>21</b> <b>9:00</b> P & P Investment Club <b>9:30</b> Prize Winning World Literature <b>10:00</b> Exploring Poets, Poetry, and Song Lyrics <b>10:00</b> Power to Launch a Nuclear Weapons <b>1:00</b> Philosophy <b>1:00</b> The Girl with the Voice	<b>22</b> <b>9:30</b> Contemporary Short Stories <b>9:30</b> <i>The New York Times</i> <b>10:00</b> Climate, Evolution <b>1:00</b> Documentary Films <b>1:00</b> Hacking Evolution <b>1:00</b> Shakespeare <b>1:30</b> Acting is Action	<b>23</b> <b>9:00</b> Mat Yoga <b>10:00</b> Chicago in the Movies <b>10:00</b> Women's Room <b>10:30</b> Stepping to the Oldies <b>12:00</b> Sounds of Sinatra Lucheon Event <b>1:30</b> Photography Club	
<b>26</b> <b>9:30</b> <i>James</i> <b>10:00</b> Drawing Workshop for Beginners <b>10:00</b> Frozen North Heats Up <b>1:00</b> Mystery Book Club <b>1:00</b> Point of View <b>1:00</b> <i>The Ancestor's Tale</i> <b>1:00</b> Cannons of Ticonderoga	<b>27</b> <b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> Trailblazers Who Shaped Chicago's History  <b>1:00</b> Fall Injury Prevention Training <b>1:00</b> Music at the Movies I <b>1:00</b> Writing Workshop	<b>28</b> <b>9:30</b> Prize Winning World Literature <b>10:00</b> Exploring Poets, Poetry, and Song Lyrics <b>1:00</b> Beginning Mah Jongg <b>1:00</b> Philosophy <b>1:00</b> President Andrew Jackson	<b>29</b> <b>9:30</b> Contemporary Short Stories <b>9:30</b> <i>The New York Times</i> <b>1:00</b> Balance for Life <b>1:00</b> Documentary Films <b>1:00</b> Hacking Evolution <b>1:00</b> Shakespeare <b>1:00</b> What Just Happened? <b>1:30</b> Acting is Action	<b>30</b> <b>9:00</b> Mat Yoga <b>9:30</b> Great Decisions in Foreign Policy <b>10:00</b> Women's Room <b>10:30</b> Stepping to the Oldies <b>1:00</b> Evaluation of MAGA Foreign Policy	

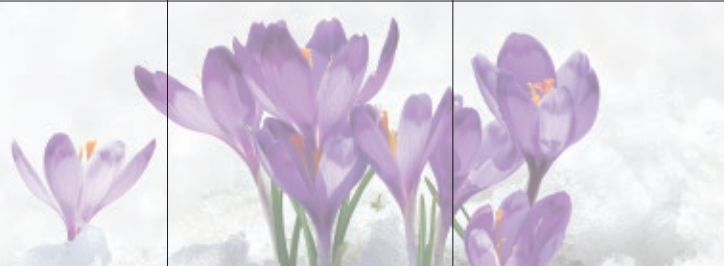
# February at a glance

**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
<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Quilting <b>9:30</b> American Politics <b>10:00</b> Better Balance <b>10:45</b> Spanish Club <b>11:00</b> Sit & Get Fit <b>1:00</b> Yiddish Club <b>1:00</b> Fine Art Studio <b>1:00</b> Tennis Club	<b>9:00</b> Game Time <b>9:00</b> Yoga for the Rest of Us <b>9:00</b> Weaving Studio <b>9:00</b> The Warm Up Coffee <b>10:00</b> Tuesday Club Meeting <b>10:30</b> Fit & Active <b>10:45</b> Stay Fit at Home <b>12:00</b> Poker <b>1:00</b> Fine Art Studio <b>3:00</b> Ballet	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Share the Warmth Club <b>9:00</b> Fine Art Studio <b>10:00</b> Sports Talk <b>10:00</b> Better Balance <b>11:00</b> Sit & Get Fit <b>1:00</b> Ping Pong Club <b>1:00</b> Knitting Studio	<b>9:00</b> Fine Art Studio <b>10:30</b> Fit & Active <b>10:45</b> Stay Fit at Home <b>12:30</b> Game Time <b>12:30</b> Duplicate Bridge <b>1:00</b> Scrabble <b>1:00</b> Let's Read Yiddish <b>2:30</b> Tai Chi	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Game Time <b>9:00</b> Sculpture Studio <b>9:00</b> Share the Warmth Club <b>10:00</b> Walking Club <b>10:00</b> Sewing Bees <b>1:00</b> Ping Pong Club <b>1:00</b> Tennis Club	
<b>9:00</b> Creative Collage <b>9:30</b> <i>James</i> <b>10:00</b> Drawing Workshop for Beginners <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Point of View <b>1:00</b> Summing Up the 2025 NFL Season <b>1:00</b> <i>The Ancestor's Tale</i>	<b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> Reading Power <b>1:00</b> Fall Injury Prevention Training <b>1:00</b> Hitler's Soldiers in America <b>1:00</b> Writing Workshop	<b>9:30</b> Prize Winning World Literature <b>10:00</b> Exploring Poets, Poetry, and Song Lyrics <b>10:00</b> Profiles in Misguided Patriotism <b>1:00</b> Beginning Mah Jongg <b>1:00</b> Current Events Disc. Group <b>1:00</b> Philosophy <b>1:00</b> Serious Monkey Business	<b>9:30</b> Contemporary Short Stories <b>9:30</b> <i>The New York Times</i> <b>10:00</b> The Trails West <b>1:00</b> Documentary Films <b>1:00</b> Hacking Evolution <b>1:00</b> Shakespeare <b>1:00</b> The Beach Boys <b>1:30</b> Acting is Action	<b>9:00</b> Mat Yoga <b>9:30</b> Great Decisions in Foreign Policy <b>10:00</b> Louis Sullivan <b>10:00</b> Women's Room <b>1:00</b> Martha Washington <b>1:30</b> Films on Friday: <i>Nyad</i>	
<b>9:00</b> Creative Collage <b>9:30</b> <i>James</i> <b>10:00</b> Drawing Workshop for Beginners <b>10:00</b> From Concert to Catastrophe <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Point of View <b>1:00</b> <i>The Ancestor's Tale</i> <b>1:00</b> The Beatles & <i>The Ed Sullivan Show</i>	<b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> Children of the American Jewish Ghetto <b>1:00</b> Exploring Watercolor II <b>1:00</b> Fall Injury Prevention Training <b>1:00</b> Life Balance ... Lagom <b>1:00</b> St. Valentine's Day Massacre <b>1:00</b> Writing Workshop	<b>9:30</b> Beginning Canasta <b>9:30</b> Prize Winning World Lit. <b>10:00</b> Exploring Poets, Poetry <b>10:00</b> Profiles in Misguided Patriotism <b>1:00</b> Antisemitism in Film: <i>Black Legion</i> <b>1:00</b> Beginning Mah Jongg <b>1:00</b> Cozy Classic Films <b>1:00</b> Philosophy <b>1:00</b> Reading for a Cozy Afternoon	<b>9:30</b> Contemp. Short Stories <b>9:30</b> <i>The New York Times</i> <b>10:00</b> The Trails West <b>10:45</b> Yoko Ono Daytrip <b>1:00</b> Documentary Films <b>1:00</b> Hacking Evolution <b>1:00</b> Hypnosis <b>1:00</b> Keep Lincoln on His Pedestal? <b>1:00</b> Shakespeare <b>1:30</b> Acting is Action	<b>9:00</b> Mat Yoga <b>10:00</b> Louis Sullivan <b>10:00</b> Women's Room <b>1:00</b> Introduction to Chess I <b>1:00</b> The Persian Jews of Israel <b>1:30</b> Photography Club	
<b>9:30</b> <i>James</i> <b>10:00</b> Drawing Workshop for Beginners <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Armchair Tour of Solar System <b>1:00</b> Point of View <b>1:00</b> <i>The Ancestor's Tale</i>	<b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> Navy Band Great Lakes <b>1:00</b> Athens to Istanbul <b>1:00</b> Exploring Watercolor II <b>1:00</b> Fall Injury Prevention Training <b>1:00</b> Writing Workshop	<b>9:00</b> P & P Investment Club <b>9:30</b> Beginning Canasta <b>9:30</b> Prize Winning World Lit. <b>10:00</b> Exploring Poets, Poetry <b>10:00</b> Purim for Adults Only <b>1:00</b> Beginning Mah Jongg <b>1:00</b> Cozy Classic Films <b>1:00</b> Philosophy <b>1:00</b> Global Implications of Ukraine's Struggle	<b>9:30</b> Contemp. Short Stories <b>9:30</b> <i>The New York Times</i> <b>10:00</b> The Trails West <b>1:00</b> Apple iPhone & iPad Basics <b>1:00</b> Documentary Films <b>1:00</b> Hacking Evolution <b>1:00</b> Mixed Music <b>1:00</b> Shakespeare <b>1:30</b> Acting is Action	<b>9:00</b> Mat Yoga <b>9:30</b> Great Decisions in Foreign Policy <b>10:00</b> Women's Room <b>1:00</b> Dolly Parton <b>1:00</b> Introduction to Chess I	
<b>9:30</b> <i>James</i> <b>10:00</b> Drawing Workshop for Beginners <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Extreme Forensics <b>1:00</b> Mystery Book Club <b>1:00</b> Point of View <b>1:00</b> <i>The Ancestor's Tale</i>	<b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> Photographic Travels Around the Word <b>11:30</b> TED Talks <b>1:00</b> Exploring Watercolor II <b>1:00</b> Let Me Paint Your Face <b>1:00</b> Self-Defense <b>1:00</b> Writing Workshop	<b>9:30</b> Beginning Canasta <b>9:30</b> Prize Winning World Lit. <b>9:45</b> <i>Hamnet</i> Daytrip <b>10:00</b> Chicago Mayors <b>10:00</b> Exploring Poets, Poetry <b>1:00</b> Beginning Mah Jongg <b>1:00</b> Cozy Classic Films <b>1:00</b> Jane Addams <b>1:00</b> Philosophy	<b>9:30</b> Contemp. Short Stories <b>9:30</b> <i>The New York Times</i> <b>10:00</b> Art Chronicles Culture <b>1:00</b> Hacking Evolution <b>1:00</b> Shakespeare <b>1:00</b> What Just Happened? <b>1:30</b> Acting is Action	<b>9:00</b> Mat Yoga <b>10:00</b> Women's Room <b>12:00</b> Dream Lover! Vintage Songs Luncheon <b>1:00</b> Introduction to Chess I <b>1:30</b> Photography Club	

# March at a glance

Every Week

	Monday	Tuesday	Wednesday	Thursday	Friday	
	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Quilting <b>9:30</b> American Politics <b>10:00</b> Better Balance <b>10:45</b> Spanish Club <b>11:00</b> Sit & Get Fit <b>1:00</b> Yiddish Club <b>1:00</b> Fine Art Studio <b>1:00</b> Tennis Club	<b>9:00</b> Game Time <b>9:00</b> Yoga for the Rest of Us <b>9:00</b> Weaving Studio <b>9:00</b> The Warm Up Coffee <b>10:00</b> Tuesday Club Meeting <b>10:30</b> Fit & Active <b>10:45</b> Stay Fit at Home <b>12:00</b> Poker <b>1:00</b> Fine Art Studio <b>3:00</b> Ballet	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Share the Warmth Club <b>9:00</b> Fine Art Studio <b>10:00</b> Sports Talk <b>10:00</b> Better Balance <b>11:00</b> Sit & Get Fit <b>1:00</b> Ping Pong Club <b>1:00</b> Knitting Studio	<b>9:00</b> Fine Art Studio <b>10:30</b> Fit & Active <b>10:45</b> Stay Fit at Home <b>12:30</b> Game Time <b>12:30</b> Duplicate Bridge <b>1:00</b> Scrabble <b>1:00</b> Let's Read Yiddish <b>2:30</b> Tai Chi	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Game Time <b>9:00</b> Sculpture Studio <b>9:00</b> Share the Warmth Club <b>10:00</b> Walking Club <b>10:00</b> Sewing Bees <b>1:00</b> Ping Pong Club <b>1:00</b> Tennis Club	
	<b>9:30</b> <i>James</i> <b>10:00</b> Drawing Workshop for Beginners <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Learn How to Podcast <b>1:00</b> Meet Harriet Beecher Stowe <b>1:00</b> Point of View <b>1:00</b> <i>The Ancestor's Tale</i>	<b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> Illinois End of Life Options Act <b>11:30</b> <i>TED Talks</i> <b>1:00</b> Exploring Watercolor II <b>1:00</b> Self-Defense <b>1:00</b> The Windy City on the Air <b>1:00</b> Writing Workshop <b>2:00</b> Beginner Ballet	<b>4</b> <b>All Staff Training Day</b> <b>NSSC Closed</b>		<b>9:30</b> Contemp. Short Stories <b>9:30</b> <i>The New York Times</i> <b>10:00</b> A Golden Time <b>1:00</b> Current Events Disc. Group <b>1:00</b> Documentary Films <b>1:00</b> Hacking Evolution <b>1:00</b> Robert Redford <b>1:00</b> Shakespeare	<b>9:00</b> Mat Yoga <b>9:30</b> Great Decisions in Foreign Policy <b>10:00</b> Picasso <b>10:00</b> Women's Room <b>1:00</b> More of Loesser <b>1:30</b> Films on Friday: <i>Passing</i>
	<b>9:30</b> Beginning Bridge <b>9:30</b> <i>James</i> <b>10:00</b> <i>The New Yorker Magazine</i> <b>10:30</b> A Paint Party <b>1:00</b> Advancing Bridge <b>1:00</b> Declaration of Independence <b>1:00</b> Point of View <b>1:00</b> <i>The Ancestor's Tale</i>	<b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> NU Student Music Performance <b>11:30</b> <i>TED Talks</i> <b>1:00</b> Exploring Watercolor II <b>1:00</b> Lift: How to Stay Positive <b>1:00</b> Lying & Deception <b>1:00</b> Self-Defense <b>1:00</b> Writing Workshop <b>2:00</b> Beginner Ballet	<b>9:30</b> Beginning Canasta <b>9:30</b> Prize Winning World Lit. <b>10:00</b> Exploring Poets, Poetry <b>10:00</b> Gerrymandering <b>1:00</b> A Look at the Oscars, 2025 <b>1:00</b> Building Mah Jongg Skills <b>1:00</b> Cozy Classic Films <b>1:00</b> Philosophy <b>1:00</b> Reading for a Cozy Afternoon <b>1:00</b> Textured Ceramic Vessel	<b>9:30</b> Contemp. Short Stories <b>9:30</b> <i>The New York Times</i> <b>9:30</b> Supervised Bridge <b>10:00</b> A Golden Time <b>1:00</b> Documentary Films <b>1:00</b> Gloriously Tedious <b>1:00</b> Hacking Evolution <b>1:00</b> Shakespeare <b>1:00</b> Power of Laughter Yoga	<b>9:00</b> AARP Smart Driver Course <b>9:00</b> Mat Yoga <b>10:00</b> Lighter Fare Masterpieces <b>10:00</b> Women's Room <b>1:00</b> Continuing Chess II <b>1:00</b> Women For All Seasons <b>1:30</b> Photography Club	
	<b>9:30</b> Beginning Bridge <b>9:30</b> <i>James</i> <b>10:00</b> Drawing Workshop for Beginners <b>10:00</b> <i>The New Yorker Magazine</i> <b>10:00</b> Women in Space <b>1:00</b> Advancing Bridge <b>1:00</b> Point of View <b>1:00</b> <i>The Ancestor's Tale</i> <b>1:00</b> Illuminated Art of Jan Vermeer <b>1:00</b> Tips & Tricks ... iPhone & iPad	<b>9:30</b> Science Fiction <b>10:00</b> Art Workshop <b>10:30</b> Chicago Makes Toys! <b>11:30</b> <i>TED Talks</i> <b>1:00</b> Explore Creative Photography <b>1:00</b> Lying & Deception <b>1:00</b> Self-Defense <b>1:00</b> Writing Workshop <b>2:00</b> Beginner Ballet	<b>9:00</b> P & P Investment Club <b>9:30</b> Beginning Canasta <b>9:30</b> Prize Winning World Lit. <b>10:00</b> <i>Adventures of Huckleberry Finn</i> <b>10:00</b> Exploring Poets, Poetry <b>1:00</b> Building Mah Jongg Skills <b>1:00</b> Cozy Classic Films <b>1:00</b> Philosophy <b>1:00</b> Impact of Income Equality	<b>9:30</b> Contemp. Short Stories <b>9:30</b> <i>The New York Times</i> <b>9:30</b> Supervised Bridge <b>10:00</b> A Golden Time <b>11:00</b> <i>The Play That Goes Wrong</i> Daytrip <b>1:00</b> Documentary Films <b>1:00</b> Folk Music <b>1:00</b> Hacking Evolution <b>1:00</b> Shakespeare	<b>9:00</b> AARP Smart Driver Course <b>9:00</b> Mat Yoga <b>9:30</b> Great Decisions in Foreign Policy <b>9:30</b> Supervised Bridge <b>10:00</b> Groundbreaking Musicals <b>10:00</b> Women's Room <b>1:00</b> Continuing Chess II <b>1:00</b> Play Ball! ... Cubs & Sox in 2026	
	<b>9:30</b> Beginning Bridge <b>9:30</b> <i>James</i> <b>10:00</b> Drawing Workshop for Beginners <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Advancing Bridge <b>1:00</b> Folklore & Story <b>1:00</b> Mystery Book Club <b>1:00</b> Point of View <b>1:00</b> <i>The Ancestor's Tale</i>	<b>10:00</b> Art Workshop <b>10:30</b> Recognizing & Preventing Scams <b>11:30</b> <i>TED Talks</i> <b>1:00</b> Math & Art <b>1:00</b> Watercolor Open Studio <b>1:00</b> Writing Workshop <b>2:00</b> Beginner Ballet	<b>9:30</b> Beginning Canasta <b>9:30</b> Prize Winning World Literature <b>10:00</b> Exploring Poets, Poetry <b>1:00</b> Building Mah Jongg Skills <b>1:00</b> Cozy Classic Films <b>1:00</b> Philosophy <b>1:00</b> Textured Ceramic Vessel <b>1:00</b> Unleavened Performance	<b>9:00</b> NSSC Golf League Breakfast <b>9:30</b> Contemp. Short Stories <b>9:30</b> Supervised Bridge <b>1:00</b> Documentary Films <b>1:00</b> Hacking Evolution <b>1:00</b> Make AI Work For You <b>1:00</b> Shakespeare <b>1:00</b> What Just Happened?	<b>9:00</b> Mat Yoga <b>9:30</b> Supervised Bridge <b>10:00</b> Women's Room <b>12:00</b> Tapestry Unraveled: Carole King Luncheon <b>1:00</b> Continuing Chess II <b>1:30</b> Photography Club	
	<b>9:30</b> Beginning Bridge <b>9:30</b> <i>James</i> <b>10:00</b> Drawing Workshop for Beginners <b>10:00</b> <i>The New Yorker Magazine</i> <b>10:00</b> Why Are There Cursed Objects? <b>1:00</b> Advancing Bridge <b>1:00</b> Point of View <b>1:00</b> <i>The Ancestor's Tale</i> <b>1:00</b> Life of Tony Bennett	<b>10:00</b> Art Workshop <b>10:30</b> Personal Digital Security <b>11:30</b> <i>TED Talks</i> <b>1:00</b> Music at the Movies II <b>1:00</b> Watercolor Open Studio				



# April 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
<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Quilting <b>9:30</b> American Politics <b>10:00</b> Better Balance <b>10:45</b> Spanish Club <b>11:00</b> Sit & Get Fit <b>1:00</b> Yiddish Club <b>1:00</b> Fine Art Studio <b>1:00</b> Tennis Club	<b>9:00</b> Game Time <b>9:00</b> Yoga for the Rest of Us <b>9:00</b> Weaving Studio <b>9:00</b> The Warm Up Coffee <b>10:00</b> Tuesday Club Meeting <b>10:30</b> Fit & Active <b>10:45</b> Stay Fit at Home <b>12:00</b> Poker <b>1:00</b> Fine Art Studio <b>3:00</b> Ballet	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Share the Warmth Club <b>9:00</b> Fine Art Studio <b>10:00</b> Sports Talk <b>10:00</b> Better Balance <b>11:00</b> Sit & Get Fit <b>1:00</b> Ping Pong Club <b>1:00</b> Knitting Studio	<b>9:00</b> Fine Art Studio <b>10:30</b> Fit & Active <b>10:45</b> Stay Fit at Home <b>12:30</b> Game Time <b>12:30</b> Duplicate Bridge <b>1:00</b> Scrabble <b>1:00</b> Let's Read Yiddish <b>2:30</b> Tai Chi	<b>8:30</b> Rise & Shine Exercise <b>9:00</b> Game Time <b>9:00</b> Sculpture Studio <b>9:00</b> Share the Warmth Club <b>10:00</b> Walking Club <b>10:00</b> Sewing Bees <b>1:00</b> Ping Pong Club <b>1:00</b> Tennis Club	
<div style="text-align: center;">  <p><i>Spring Fundraising Event</i>  <b>THURSDAY, APRIL 23</b>            to Benefit North Shore Senior Center            Summer Classic Homes—Highland Park</p> </div>					
<b>9:30</b> Beginning Bridge <b>10:00</b> Conscription, Race... <b>10:00</b> Drawing Workshop for Beginners <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Advancing Bridge <b>1:00</b> Point of View <b>1:00</b> <i>The Ancestor's Tale</i> <b>1:00</b> Why is Football Called Soccer?	<b>10:00</b> Art Workshop <b>10:30</b> Birding in Northern Illinois <b>11:30</b> <i>TED Talks</i> <b>1:00</b> Is International Trade Dying <b>1:00</b> Watercolor Open Studio <b>1:00</b> Writing Workshop	<b>9:30</b> Prize Winning World Literature <b>10:00</b> The U.S. Supreme Court <b>1:00</b> Current Events Disc. Group <b>1:00</b> Graceful Giraffes	<b>9:30</b> Contemp. Short Stories <b>10:00</b> Gilded Age <b>1:00</b> Billy Wilder	<b>9:00</b> Mat Yoga <b>9:30</b> Great Decisions in Foreign Policy <b>9:30</b> Supervised Bridge <b>10:30</b> Ageless Zumba <b>1:30</b> Films on Friday: <i>Being the Ricardos</i>	
<b>9:30</b> Beginning Bridge <b>10:00</b> Drawing Workshop for Beginners <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Advancing Bridge <b>1:00</b> Point of View <b>1:00</b> <i>The Ancestor's Tale</i> <b>1:00</b> Why is Football Called Soccer?	<b>10:00</b> Art Workshop <b>10:30</b> Hot Dog Chatter <b>11:30</b> <i>TED Talks</i> <b>1:00</b> Israel <b>1:00</b> Watercolor Open Studio <b>1:00</b> Writing Workshop	<b>9:30</b> P & P Investment Club <b>9:30</b> Intermediate Canasta <b>10:00</b> Discover the National Park Service <b>10:00</b> Exploring Poets, Poetry <b>12:30</b> The Art of Mosaic <b>1:00</b> Antisemitism in Film: <i>Ever Again</i> <b>1:00</b> Building Mah Jongg Skills <b>1:00</b> Cozy Classic Films <b>1:00</b> Philosophy	<b>9:30</b> Contemporary Short Stories <b>9:30</b> Supervised Bridge <b>10:00</b> Gilded Age <b>1:00</b> Apple iPhone & iPad Adv. <b>1:00</b> Documentary Films <b>1:00</b> Lakefront Miracle	<b>9:00</b> Mat Yoga <b>9:30</b> Great Decisions in Foreign Policy <b>9:30</b> Supervised Bridge <b>10:00</b> Women's Room <b>10:30</b> Ageless Zumba <b>1:00</b> Continuing Chess II <b>1:00</b> Silent Heroes <b>1:30</b> Photography Club	
<b>9:00</b> Creative Collage <b>9:30</b> Beginning Bridge <b>10:00</b> Drawing Workshop for Beginners <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Advancing Bridge <b>1:00</b> Point of View <b>1:00</b> Race to Save RMS Titanic	<b>10:00</b> Art Workshop <b>10:30</b> Go Deep... Warming of Our Oceans <b>11:30</b> <i>TED Talks</i> <b>1:00</b> By the Time I Get to Memphis <b>1:00</b> Watercolor Open Studio <b>1:00</b> Writing Workshop	<b>9:30</b> Intermediate Canasta <b>10:00</b> Exploring Poets, Poetry <b>12:30</b> The Art of Mosaic <b>1:00</b> Cozy Classic Films <b>1:00</b> Hollywood & Television <b>1:00</b> Philosophy	<b>9:00</b> Milwaukee Art Museum Daytrip <b>9:30</b> Contemporary Short Stories <b>9:30</b> Supervised Bridge <b>10:00</b> Gilded Age <b>1:00</b> Diamonds, Drama, & Destiny <b>1:00</b> Documentary Films <b>1:00</b> Lakefront Miracle <b>1:00</b> Shakespeare	<b>9:00</b> Mat Yoga <b>9:30</b> Great Decisions in Foreign Policy <b>9:30</b> Supervised Bridge <b>10:00</b> Women's Room <b>10:30</b> Ageless Zumba <b>12:00</b> New Tradition Chorus Luncheon Event <b>1:00</b> Continuing Chess II <b>1:30</b> Photography Club	
<b>9:00</b> Creative Collage <b>9:30</b> Beginning Bridge <b>10:00</b> Drawing Workshop for Beginners <b>10:00</b> <i>The New Yorker Magazine</i> <b>1:00</b> Advancing Bridge <b>1:00</b> Camera & Photos App for iPhone & iPad <b>1:00</b> Eleanor Roosevelt	<b>10:00</b> Art Workshop <b>10:30</b> Go Deep... Warming of Our Oceans <b>11:30</b> <i>TED Talks</i> <b>1:00</b> By the Time I Get to Memphis <b>1:00</b> Watercolor Open Studio <b>1:00</b> Writing Workshop	<b>9:30</b> Intermediate Canasta <b>10:00</b> Exploring Poets, Poetry <b>12:30</b> The Art of Mosaic <b>1:00</b> Cozy Classic Films <b>1:00</b> Hollywood & Television <b>1:00</b> Philosophy	<b>9:30</b> Supervised Bridge <b>1:00</b> Documentary Films <b>1:00</b> Shakespeare	<b>9:00</b> Mat Yoga <b>10:00</b> Women's Room <b>10:30</b> Ageless Zumba <b>12:00</b> New Tradition Chorus Luncheon Event <b>1:00</b> Continuing Chess II <b>1:30</b> Photography Club	
<b>9:30</b> Beginning Bridge <b>1:00</b> Advancing Bridge <b>1:00</b> Mystery Book Club	<b>10:30</b> NU Student Music Performance <b>11:30</b> <i>TED Talks</i> <b>1:00</b> Spring Wildflower Walk	<b>9:30</b> Intermediate Canasta <b>10:00</b> Preserving Human Interaction <b>10:00</b> Exploring Poets, Poetry <b>1:00</b> Cozy Classic Films	<b>9:30</b> Mob Bus Tour with Tim Wilsey <b>1:00</b> Shakespeare <b>1:00</b> What Just Happened?		

# 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

*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 \_\_\_\_\_

**You may purchase your membership online at [www.nssc.org](http://www.nssc.org) or send this completed Membership Form and payment to:**

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

## Membership Benefits

- Discounts on classes, activities, daytrips, and events
- Participation in members-only groups and activities
- Discounted Fitness Center membership and service fees
- Use of the Art Studios
- Early registration privileges
- Receive NSSC's publications, including *Engage* and regular e-newsletters
- Invitations to special events and presentations

Membership	\$ _____
Donation	\$ _____
<b>TOTAL</b>	<b>\$ _____</b>

# Membership Information

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

## Membership Dues and Benefits

- \$90 individual; \$170 couple/household of two
- Discounts on classes, activities, daytrips, and events
- Participation in members-only groups and activities
- Discounted Fitness Center membership and service fees
- Use of the Art Studios
- Early registration privileges
- Receive NSSC's publications, including *Engage* and regular e-newsletters
- Invitations to special events and presentations

## How to Join North Shore Senior Center

Becoming a member is easy. Simply complete the Membership Enrollment Form in this catalog, and return it with your payment for the annual dues to:

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

You will receive a membership card and information about NSSC.

**For more information about becoming a member, email [lifelonglearning@nssc.org](mailto:lifelonglearning@nssc.org) or call 847.784.6030.**

*Memberships are non-refundable and non-transferable.*

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



**Kay's Angel Care Home Health Agency**  
www.kaysangelcare.com

## OUR SERVICES

### NURSING AND CAREGIVING WITH LOVE, COMPASSION, AND SAFETY



Home Nursing	Live-In Care & 24 Hours Home Care
Caregiver Services	Overnight Caregivers
Homemaker Services	Physical Therapy
Pediatric Private Duty	Occupational Therapy
IDOA	Speech Therapy
Home Health Aide	Hospice/End of Life

### Our Mission

Our agency is dedicated to empowering individuals with intellectual disabilities to lead fulfilling lives, promoting inclusion, and fostering independence through comprehensive support, advocacy, and education.





**Locate Us!**

Location 1: 1325 Howard St., #301 & 303, Evanston, IL 60202  
 Location 2: 1000 Essington Rd. 1st floor, Joliet, IL 60435  
 Location 3: 684 W Boughton Rd, Suite 204, Bolingbrook, IL 60440

**Talk to us!**

Phone: 847-868-8464  
 Fax: 847-905-0396  
 info@kaysangelcare.com












# Registration Information

## Registration Policy

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

## How to Register



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



**Online** at [www.nssc.org](http://www.nssc.org)



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



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

## Skills-Based Classes

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

## Wait Lists

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

## Confirmations

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

## Cancellation Policy

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

## Disclaimer

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

## Program Format Key

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



## Class Refund Policy

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

## Daytrip Cancellation and Refund Policy

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

## Standards of Behavior

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

## Photo Release Statement

Photos are periodically taken of participants and visitors to NSSC. Photos are for North Shore Senior Center's use only and may be used in our brochures, flyers, website, social media, and other public relations material.



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# Locations & Contact Information

## Main Location & Programs

### Arthur C. Nielsen, Jr. Campus

161 Northfield Rd.  
Northfield, IL 60093  
847.784.6000  
www.nssc.org

### Lifelong Learning

847.784.6030  
LifelongLearning@nssc.org

## Other Locations

### House of Welcome Adult Day Services

1779 Winnetka Rd.  
Northfield, IL 60093  
847.242.6250

### Niles Senior & Family Services Office

7900 Milwaukee Ave.  
Suite 2-20B  
Niles, IL 60714  
847.864.3721

### Glenview Village Hall

2500 E. Lake Ave.  
Glenview, IL 60026  
847.904.4366



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).





# Freedom Home Care and Medical Staffing

A PurposeCare Company



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[www.freedomhomecare.net](http://www.freedomhomecare.net)

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- + Concierge Services
- + Acute and Chronic Illness Supervision
- + Wound Care
- + Companion Care
- + Bedside Care in the Hospitals and Nursing Facilities
- + Medication Management and Reminders
- + Meal Preparation
- + Bathing, Grooming, and Dressing Assistance
- + Assistance with Transfers and Ambulation

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**See pages 54-58.**