

**SEPTEMBER - DECEMBER 2026**

# ENGAGE

**MAGAZINE & LIFELONG LEARNING CATALOG**

# Welcome

Let's carry the carefree spirit of summer with us as we head into fall! As this edition of *Engage* arrives, we're just days away from celebrating NSSC's 70th Anniversary. Join us on August 13 for a lively party filled with great music, delicious bites, and hopefully you!

We swing into fall with our 5th annual Golf Fundraiser on September 28 at the historic Skokie Country Club. It's a perfect chance to support NSSC while sharing the fairways with friends. Not a golfer? No problem! Come for the 19th Hole Happy Hour and a chance to win fabulous prizes in a stunning setting.

The excitement continues with our Golder Distinguished Senior Lecture Series, featuring Chicago legend Bill Kurtis on October 7. Enjoy an evening of stories, insights, and highlights from his remarkable career. Be sure to register early!

Behind all these events—and throughout every season—NSSC's dedicated team is hard at work serving thousands of families across 39 suburbs. From enriching programs and social opportunities to in-home support and specialized care for memory loss, we're here to help you live well, stay connected, and thrive. We hope to see you soon!

Tish Rudnicki, MSW  
Executive Director

# In This Issue

## Engage

|                                      |    |
|--------------------------------------|----|
| Finding the Right Caregiver.....     | 2  |
| Introducing GUIDE .....              | 4  |
| Flying After Illness or Surgery..... | 5  |
| Age Well: Laugh Often .....          | 6  |
| 28th Annual Joan Golder Lecture..... | 9  |
| 2026 Golf Outing .....               | 10 |
| Beyond the Will .....                | 12 |
| Support Groups.....                  | 14 |

## Enjoy

|                                    |    |
|------------------------------------|----|
| NSSC Tuesday Club Program .....    | 16 |
| Performances & Special Events..... | 18 |
| Films on Friday.....               | 19 |
| Daytrips .....                     | 20 |
| Adventure .....                    | 22 |
| Just for Fun!.....                 | 22 |

## Learn

|                                |    |
|--------------------------------|----|
| Art & Architecture .....       | 23 |
| Current Events.....            | 24 |
| Dramatic Portrayals .....      | 29 |
| Film, Theater, & TV .....      | 30 |
| History .....                  | 32 |
| Literature .....               | 36 |
| Music Appreciation .....       | 37 |
| People, Places, & Culture..... | 38 |
| Science & Nature .....         | 41 |

## Inquire

|                            |    |
|----------------------------|----|
| Culture & Society.....     | 44 |
| Current Issues.....        | 45 |
| Film, Theater, & TV .....  | 46 |
| Literature & Writing ..... | 46 |

## Enrich

|                                 |    |
|---------------------------------|----|
| Arts & Crafts .....             | 48 |
| Language.....                   | 51 |
| Computers & Technology .....    | 52 |
| Lifestyle .....                 | 53 |
| Senior Issues & Resources ..... | 53 |

## Live

|                                  |    |
|----------------------------------|----|
| Health & Wellness Education..... | 54 |
| Exercise & Dance .....           | 55 |
| Fitness Center .....             | 58 |

## Play

|                            |    |
|----------------------------|----|
| Clubs & Social Groups..... | 59 |
| Games .....                | 59 |

## LIFELONG LEARNING INFORMATION

|                               |    |
|-------------------------------|----|
| Monthly Calendar .....        | 62 |
| Membership Form .....         | 66 |
| Membership Information.....   | 67 |
| Registration Forms .....      | 68 |
| Registration Information..... | 70 |
| Program Index.....            | 71 |
| Locations & Contact Info..... | 72 |

# 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:** Carolyn Lieder, NSSC Member  
**Photo credit:** Terry Brooks

# All Around NSSC



## Drive Change on the Green

Join us for NSSC's 5th Annual Terry & Donna C. King Golf Outing on September 28 at the historic Skokie Country Club in Glencoe. Spend the day on one of the Midwest's premier courses while supporting programs that help older adults and their families thrive. All proceeds benefit our mission of promoting healthy aging and connection throughout our community. See page 10 for details.

## An Evening with Broadcast Legend Bill Kurtis

Award-winning journalist and legendary broadcaster Bill Kurtis will headline the 28th Annual Joan Golder Distinguished Senior Lecture Series on Wednesday, October 7 at 7 p.m. Drawing from his remarkable six-decade career in television journalism, Bill will share behind-the-scenes stories from some of the nation's most memorable news events and reflect on the evolution of broadcast media. See page 9 for details.

## So Much to Love (and Learn) About Chicago!

Celebrate the rich history, culture, and quirks of the Windy City with this engaging lineup of Chicago-focused programs. From presidential connections in *Hail to the Chief* to the untold stories in *Tales of Forgotten Chicago*, each program offers a fresh perspective on the city's past. Dive into iconic institutions like *Superdawg Drive-In* and the *Union Stockyards*, explore innovation in *Chicago and the Golden Age of Radio* and the two World's Fairs, and indulge your curiosity with *Chicago Sweets* and *Hidden Gems of Illinois*. For those drawn to mystery, *Haunted Chicago* reveals the city's eerie side. Together, these programs bring Chicago's vibrant legacy to life. There is more to be found throughout the catalog!

## Inspire Your Creativity This Fall!

Discover fresh inspiration in our Arts and Crafts category with an exciting lineup of new creative classes! Explore the beauty of seasonal design in our Floral Displays for Halloween and Thanksgiving workshops, where you will craft stunning arrangements perfect for celebrating the season. Unleash your artistic expression with *Portraiture Painting*, guided to capture personality and detail, or experiment with texture and storytelling in our imaginative *Creative Collage* class. Whether you are a beginner or a seasoned artist, these new offerings are designed to spark creativity and bring your ideas to life.

## Welcome These New Instructors

**Scott Berman**, owner of Superdawg Drive-In, shares his family's story of its founding and the historic growth of this true iconic Chicagoland restaurant.

**Jeffery Gray** is a local attorney and educator who breaks down the function of the Electoral College and explains the ongoing debate around this controversial process.

**Carlos Hernandez** is a certified Zumba instructor with three years of experience leading fun and energetic fitness classes for all levels.

Storyteller **Laura Knecht** brings to life Samuel Adams's pivotal role in the American Revolution and, in a second program, explores the fascinating origins of books in the ancient world.

Author and baseball historian **Gary Livacari** relates the life experiences and amazing career success of the great Babe Ruth.

Play a role in reading plays with others in an informal setting with **Manon Spadaro** as she directs you in her Playreading class.

**Matthew Whipple** examines the Iranian War and subsequent regime change, and in an additional program explores Lebanon's role in the conflict.

## #GIVING TUESDAY

## 70 Years of Impact. One Day to Give Back.

Join us on December 1 for #GivingTuesday when your donation will help NSSC continue providing connection, support, and opportunities that enrich lives. Together, we can ensure our community remains a place where older adults and families feel valued and cared for.

# Finding the Right CAREGIVER

## WHAT FAMILIES NEED TO KNOW

BY BETSY STORM

Ask anyone who has searched for a caregiver to support themselves or a loved one, and they'll likely tell you the quest can be quite a challenge. There are several options, cost concerns, and other factors to consider.

NSSC Board member Michael Melinger has 25 years of expertise in serving older adults and their families. He and his wife, Jackie, are owners of Home Instead, an in-home senior care franchise located in Skokie.

### CAREGIVER OPTIONS

Mike says there are many avenues in which to find care for a loved one:

- In-home care provided by friends and family
- Day programs such as NSSC's House of Welcome Adult Day Services
- Private caregivers
- Caregivers provided by trained staff affiliated with companies like Home Instead
- Independent or assisted living facilities
- A combination of these resources

Obviously, money is a major factor when deciding on a caregiving choice. As is often the case, you pay more for customized, one-on-one services. "Organizations such as ours provide a great deal of peace of mind for families. Our caregivers are right there in the home, focused solely on that individual's needs," Mike explained. That's attractive, but also costly. He says

the typical hourly rate ranges from around \$37 to \$42, depending on a client's needs or conditions.

Some of the advantages of using a professional provider include uniform high standards, training on issues such as dementia care, universal infection prevention, and tending to a client's personal care and grooming needs. Agencies like these are licensed by the Illinois Department of Public Health, and employees are supervised, bonded, and insured.



### THINGS TO CONSIDER

Mike warns that if you hire a private caregiver, it's important to carefully check their references and work history. "It's worth noting that if the actions of a private caregiver cause injury to the older adult they are caring for, it's likely insurance will not cover medical costs."

Another issue families face is ensuring coverage when needed. "Say you've hired a kindly neighbor to look after your loved one. What happens if the neighbor becomes ill or takes a vacation? Agencies like Home Instead can always send a replacement," Mike explained.

Cynthia Phon, director of NSSC's House of Welcome Day Program, recommends family members be clear about their needs and expectations when interviewing potential caregivers—whether they're a private caregiver or through an agency. "Outline what support is required including personal care, companionship, transportation, and administering medication. It's important to communicate your household routines and preferences upfront."

Cynthia's biggest piece of advice when searching for a caregiver:

“Finding the right caregiver is a lot like dating; you don't always find the perfect match right away. The goal is to find someone your loved one feels comfortable with, and who blends into your family in a way that feels natural and supportive.”

—CYNTHIA PHON



She also suggests gaining real-world insight by asking applicants about reliability, timeliness, communication style, and how they've handled challenges with past clients. Checking references is a must, too.

### **SUPPORT FOR FAMILY CAREGIVERS**

At NSSC, there are a variety of resources to help people determine what kind of assistance they may need. A team of qualified caregiver specialists are on staff to support caregivers in the important work they do.

Caregiver specialists can help families identify their needs and provide resources to smooth the path. They also can develop a tailored support plan to reduce stress. Some of the services involve:

- One-on-one counseling
- Free educational workshops that provide information about self-care and how to better care for your loved one such as the Savvy Caregiver, Stress Busters, and Powerful Tools for Caregivers
- Support groups, involving care partners who are caring for those who have

dementia, Parkinson's disease, hearing loss, and families raising grandchildren

- Access to respite care—which offers caregivers a well-deserved break while their loved one receives care on a limited basis per year
- Financial assistance

NSSC also offers caregiving and memory-related services such as an adult day program, an early memory loss program, and social opportunities for those with memory loss and their care partners through a monthly Memory Café. Call 847.242.6250 or email [how@nssc.org](mailto:how@nssc.org) for more information.

Even if a caregiver isn't needed right away, experts recommend starting the conversation early. "It's completely natural for those receiving care to need time to warm up to the idea," Cynthia explained. "When our caregiver specialists first meet with families, they help them understand that having a caregiver can actually enhance a person's independence."

For more information about NSSC caregiver resources, please contact the support line at 847.784.6041 or email [caregiversupport@nssc.org](mailto:caregiversupport@nssc.org). ■

### **PROFESSIONAL & COMMUNITY EDUCATION PROGRAM**

## **Caring for a Partner with Dementia: Love & Loss**

*Presented by Kim Hassenfeld, LCSW and Glenn Earich, Caregiver Outreach Specialist*

**Wednesday, October 28  
9:30 - 11 a.m.  
NSSC's Jacobi Room**

Join us as we explore the layered experiences of caring for a spouse or partner living with dementia. From practical questions like assessing the need for caregiving assistance, to discussing the emotional process of transitioning from partner to caregiver, you will learn useful tools to help take care of yourself during this challenging time.

1.5 CEUs available for LPC/LCPCs and LSW/LCSWs for \$10.

**Free attendance. Registration required. To register, call 847.784.6030 or visit [nssc.org](http://nssc.org).**

# More Support. Less Stress. Introducing GUIDE.

BY AMY KRAUSE

**G**uiding an Improved Dementia Experience (GUIDE) is a Medicare program that provides support for people living with dementia and the people who care for them. The program helps people with dementia remain in their homes longer offering care navigation, 24/7 support, and a break from caregiving responsibilities for caregivers.

"We are thrilled to now offer GUIDE as an additional support for our families," said Cynthia Phon, director of House of Welcome Adult Day Services. "When you're providing care to someone with memory loss, it's critical to have as many supports in place as possible, and GUIDE provides so much at no cost to those who have Original Medicare."

## WHAT YOU GET WITH GUIDE

- **Personal Care Navigator**—a go-to person for questions, support, and guidance. A care navigator helps coordinate care and tracks medications, doctors' visits, and next steps.
- **Personalized Care Plan**—a plan designed to address individual needs and goals. Plans are adjusted as needs change.
- **An Integrated Care Team**—in addition to a care navigator, participants have access to medical expertise through Eli Health. Assistance is available 24/7.
- **Support Between Medical Visits**—get answers to questions or concerns without waiting for an appointment. Early support may help prevent emergencies.

- **Help with Everyday Needs**—access education about dementia, emotional support, and connections to community services.
- **Respite Care**—caregivers receive up to \$2,625 a year so they can get short-term relief from caregiving including in-home private duty care, adult day programs, and 24-hour facility-based care.

“

It's important to note that GUIDE is an added layer of support; it does not replace your doctors.”

—CYNTHIA PHON

## WHO CAN PARTICIPATE

- Confirmed or suspected dementia or dementia symptoms
- Enrolled in Original Medicare (Parts A & B)
- Someone who cares for a person living with dementia
- Living at home or in an independent community

Once eligibility is confirmed, families receive a comprehensive assessment that includes a home safety check, medication review, cognitive screening, and an evaluation of caregiver needs. Based on these insights, a personalized care plan is developed for each family. Services typically begin within two weeks.

According to Cynthia, "When care is tailored to individual situations, people stay healthier and safer at home and have fewer ER visits and hospitalizations. It also gives family caregivers the confidence and guidance they need to provide the best care to their loved ones."

To learn more, contact NSSC's GUIDE team at [GUIDE@nssc.org](mailto:GUIDE@nssc.org) or 847.242.6246. ■



# Peace of Mind at 30,000 Feet:

## Flying After Illness or Surgery

BY BETSY STORM

**For many people, flying after a surgery, illness, or medical event may seem routine—but air travel can pose serious health risks for vulnerable travelers. Changes in cabin pressure, prolonged periods of sitting, and limited access to medical care mid-flight can increase the risk of complications, especially for older adults and those with heart, lung, circulatory, or neurological conditions. That's where a flight nurse can be helpful.**

**A**s a licensed pilot, Cindy Schaefer founded Travel Care & Logistics to address and reduce the health concerns of ill, injured, and older adults who are traveling by air. During the past 25 years, Cindy has traveled with thousands of people with a wide range of conditions—including congenital issues, heart disease, cancer, dementia, and medical events like strokes.

“No matter your age, it's important to know about the potential dangers of air travel for people with vulnerable health,” she explained. Some flights can increase the risk of blood clotting, especially in older or less mobile travelers. One alternative she suggests is using chartered planes instead of commercial flights. They can be safer, more comfortable, and easier to manage than commercial options. Her company can negotiate with charter companies to help reduce costs.

Cindy says it's important for people to understand the difference between traveling with a flight nurse versus a homecare companion. While a homecare companion is a familiar face and can provide comfort and daily needs during a flight, a nurse is trained to monitor and manage complex medical issues that can arise during air travel. Nurses can coordinate with doctors before travel to create individualized medical plans for higher risk travelers. They can monitor oxygen levels, breathing, blood pressure, signs of medical distress, and are trained to respond to medical emergencies during the flight.

Cindy shared an example of one traveler who had a history of strokes following international flights. He wanted to return home to Sicily but feared another clotting event. Cindy worked with his physician to set up a plan to administer anticoagulation medications the day before, the day of, and the day after the flight. She administered the first two doses and taught his friend and caregiver in Sicily how to give the third shot. Fortunately, he had no medical issues with the return flight.

To learn more about the benefits of using a flight nurse, visit [www.yourflightnurse.com](http://www.yourflightnurse.com). ■

**Flight nurses can provide optimal peace of mind for travelers and their family members by creating personalized experiences, including:**

- Helping plan the details of the journey, considering both medical and travel aspects
- Assisting in a door-to-door experience focused on monitoring and caring for travelers throughout the trip
- Offering increased security and comfort in busy airports
- Communicating with family along the way



*A Prescription for Aging Well:*

# LAUGH OFTEN. REPEAT.

BY ALAN BLITZ

**C**ultivating a robust sense of humor is far more than a social asset; it is a vital strategy for healthy aging.

Dave Barry, the Pulitzer Prize-winning humorist and keynote speaker at NSSC's 2019 Joan Golder Distinguished Senior Lecture Series, argues that humor is an essential coping mechanism as we age, serving as a necessary tool to navigate a world that is often scary, unpredictable, and devoid of reason. As he ages, Dave emphasizes that humor becomes even more important to manage the inevitable "bummer" of getting older.

Based on Dave's writings and reflections, the value of humor as we age includes:

- **A Weapon Against Anxiety:** Dave defines a sense of humor as a measure of how well we realize we are trapped in an irrational world. Laughter is, therefore, a way to express and manage the anxiety, fear, and frustration that comes with aging and life's absurdities.
- **A Necessary Coping Mechanism:** Because humans are the only species that know the world ends in death, humor is a vital psychological tool developed to deal with this reality.

- **Maintain Perspective:** Humor allows us to not take ourselves too seriously, even when faced with serious situations.

“  
You can only be young  
once. But you can  
always be immature.”

—DAVE BARRY





◀ Dave Barry and Joan Golder at the 23rd Annual Joan Golder Distinguished Senior Lecture

Norman Cousins was an American journalist and author who famously championed the use of humor as a serious tool for healing and pain management. After being diagnosed with a terminal disease in 1964, he developed a self-directed treatment plan that included large doses of laughter, which he believed helped

reverse his condition.

Cousins believed that emotions have direct physiological consequences on illness and aging—that negative emotions like fear, hopelessness, and rage could suppress immune function, while positive emotions could enhance it. He was not the first to suggest this, but he made a personal and compelling case.

Additional observations by Norman include:

- **Laughter as Medicine:**

He observed that “10 minutes of genuine belly laughter . . . allowed [him] two hours of pain-free sleep.” He famously described laughter as “internal jogging,” a form of exercise that boosts the body’s immune system, stimulates the heart, and provides a “whoosh” of relaxation.

- **Active Pursuit of Comedy:** He used comedy to manage his pain, watching Marx Brothers films and *Candid Camera* episodes, which he described in his seminal book, *Anatomy of an Illness*.

- **Mind-Body Connection:** Norman believed that “belief becomes biology” and that positive emotions like humor can directly impact physical health by lowering levels of stress hormones like cortisol.

- **Laughing in the Face of Death:**

He famously chose to focus on joy and humor while living with a debilitating spinal condition.

- **Philosophy on Life:** Beyond medicine, Norman believed that “the tragedy of life is not death, but what we let die inside of us while we live.” He viewed a healthy sense of humor as essential for preventing this inner decay.

Norman published his experiences in the *New England Journal of Medicine* and later became a professor at the UCLA School of Medicine, teaching medical ethics and sharing his research on the healing power of laughter.

His story sparked a wave of serious scientific research into the mind-body connection. UCLA named its Center for Psychoneuroimmunology after him—a testament to outlasting his diagnosis by 26 years and laughing the whole way.

### TIPS ON FINDING LAUGHTER DAILY

Without much effort, we can find opportunities for incorporating laughter into our daily lives. These include watching comedy, socializing with friends, reading humorous books, playing games, and trying laughter yoga, which uses breathing and movement to stimulate laughter.

Changing one’s perspective can go a long way. Look for absurdity in daily challenges and laugh at yourself. Set aside “laughter breaks” each day to watch a funny sitcom or video.

Finding the “funny” in life is easier than you think and could be beneficial to your health! ■

In his book, *Lessons from Lucy*, Dave explains that to age gracefully, one must adopt the mentality of an old dog—specifically, to live in the present, forget past grievances, and make new friends.

In essence, Dave advocates for finding the “funny” and the absurdities in the everyday annoyances rather than succumbing to anger or resignation.

### LAUGHTER COULD PROVIDE HEALTH BENEFITS: REMEMBER NORMAN COUSINS?

Research has found that humor reduces cortisol and catecholamine levels—the hormones associated with stress—while increasing endorphins, the body’s natural painkillers.

According to “Humor, Laughter, Learning and Health! A Brief Review” published in *Advances in Physiology Education*, spontaneous laughter is associated with greater reduction in cortisol levels compared to usual activities, supporting laughter’s role as a complementary strategy for well-being.

◀ Joy, connection, and laughter—essential ingredients for healthy aging.

# Celebrating 70 Years



What began in 1956 as one room and a small office inside the Winnetka Community House has grown into one of the region's most trusted resources for older adults and their families. From the very beginning, NSSC was built on a simple but powerful belief: people deserve connection, purpose, and support at every stage of life.

As our community evolved, so did NSSC. What started with a handful of Lifelong Learning classes and one social worker has grown to 700 Lifelong Learning programs each year and more than 60 social workers. We launched the Friendly Visitor program to combat loneliness and isolation. We created a variety of memory care programs to support people living with memory loss and provide relief for caregivers. We added Adult Protective Services

to help safeguard vulnerable older adults from abuse and neglect.

As needs grew, NSSC grew too, moving from the Winnetka Community House to New Trier West High School, and then to our Northfield headquarters. We added social services offices in Niles and Glenview—expanding services across the northern suburbs, and continually adapting to meet the moment.

Today, NSSC serves and supports more than 25,000 individuals across 39 communities, helping older adults thrive with dignity, independence, and belonging. Thanks for being part of our history and our family. ■

**Support our work today. Visit [nssc.org](https://nssc.org) or scan the QR code.**

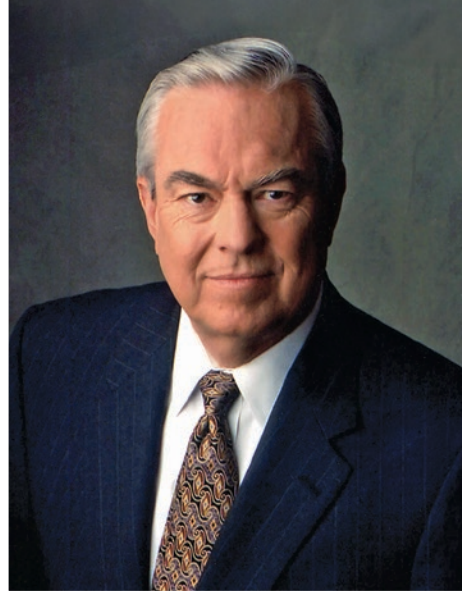


My 60 Years  
Covering the News with

# Bill Kurtis

28TH ANNUAL JOAN GOLDER DISTINGUISHED SENIOR LECTURE SERIES

Wednesday, October 7  
7 p.m. at NSSC



Before there were Twitter followers and multimedia platforms, and before there were journalists whose individual brands rivaled their employers, there was Bill Kurtis. With his trademark baritone, Bill was the iconic WBBM-TV news anchor known to generations of Chicagoans. He famously helped break one of the biggest scandals in the Vietnam War—the Agent Orange contamination of American soldiers. Retiring from CBS after 30 years, Bill made science a thrill ride on his Peabody Award winning PBS series, *The New Explorers*. He hosted hundreds of episodes of *Cold Case Files* and *Investigative Reports* on A&E, and *American Greed* on CNBC produced by

his own company, Kurtis Productions. Bill also co-hosted NPR's weekly news quiz program, *Wait Wait . . . Don't Tell Me!* with Peter Sagal for 12 years, retiring in May of this year. His memoir, *WHIRLWIND: My Life Reporting the News*, was released in September 2025.

Join us as Bill recounts moments in his 60-year career as a television journalist, illuminating some of the most iconic stories of the 60s, 70s, and 80s. His talk will include an insider look at how television evolved from an emerging news source to the dominating force in American media.

**\$25/Members**  
**\$30/Non-members**

**See page 18  
for registration  
information.**

TERRY & DONNA C. KING

# GOLF OUTING



MONDAY, SEPTEMBER 28, 2026

SKOKIE COUNTRY CLUB

500 Washington Avenue, Glencoe

10:30 a.m. Registration • 11:30 a.m. Buffet Lunch • 12:30 p.m. Shotgun Start  
5:30 p.m. 19th Hole Happy Hour • Contests & Raffle

**\$675 per Player • \$2,700 Foursome**

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

**\$150 19th Hole Happy Hour Only**

**Club Sponsor:** Mead Montgomery

**Chairs:** Tony Licata, Taft; Gary Frank, H. Gary Frank Architects; Brian D. Price, Mesirow

**Event Info:** Debra Mell • 847.784.6037 • [dmell@nssc.org](mailto:dmell@nssc.org)

**Sponsorships:** Victoria Marchio • 847.293.0008 • [vmarchio@nssc.org](mailto:vmarchio@nssc.org)

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

**north shore senior center**



Scan to register  
or visit  
[www.nssc.org](http://www.nssc.org)



# Beyond the Will

## The Conversations That Matter Most

BY ALAN BLITZ

In 42 years of marriage, Bill and Leslie overhauled their estate planning documents three times—most recently in the summer of 2025. Each time, they felt the weight of it: the volume of documents, the need to understand their purpose, and the emotional decisions involved.

"One crucial step remained," Bill said. "We felt strongly that our son and daughter needed to understand what these documents would mean for them and our grandchildren.

"There were a few tense moments—but our children couldn't have been more appreciative.

"They asked questions, shared some dark humor, and expressed feeling a profound sense of relief and understanding about our wishes. They were so glad we shared."

Creating a will, trust, power of attorney, and healthcare directive are the building blocks of any solid estate plan. But according to Matt Margolis, an attorney specializing in estate planning and elder law at Margolis Weldon, LLC in Park Ridge, the process is not finished until your family understands the documents and your reasons for making decisions.

Matt identified some of the key questions to ask and issues of personal concern to discuss when embarking on the estate planning process:

## **CHOOSING YOUR EXECUTOR & TRUSTEES**

### **What qualities should I look for when naming an executor, trustee, or power of attorney?**

I tell clients that choosing a power of attorney for property, trustee, and executor is about choosing someone who is good at running a household. Clients often feel like it must be their son who is a CPA or their daughter who is an attorney.

I remind them that their selections do not need to be professionals. We are looking for people who can pay bills, stay organized, work with tax preparers, and coordinate with other professionals.

Sometimes the child with the most demanding career is not the best choice simply because they do not have the time.

For one's healthcare power of attorney, the key is choosing someone who is comfortable making tough decisions, especially around end-of-life care. No matter the role, I always recommend clients talk to the person first to make sure they are willing to serve.

It is common for clients to struggle with naming someone. I am often asked if I will serve in one of these roles, and I decline. It is rare for an attorney who prepares an estate plan to also serve as trustee, executor, or power of attorney.

That said, there are plenty of professional and corporate fiduciaries who can step in when needed.

### **What happens if my named executor or trustee is unable to serve?**

There is always the possibility that the person named cannot serve when the time comes, which is why backups are so important. I tell clients, "the more the merrier," if the people named are trustworthy. I would rather see five successors listed and never need them than only two who cannot step in when needed.

I also tell clients to be selfish when making these decisions. They should choose the right people for the job, not just name someone to avoid hurt feelings. These roles can be time-consuming and, at times, thankless.

## **PLANNING FOR FAMILY**

### **How do I plan for adult children, minor children, or grandchildren—and which documents cover each?**

When I talk to younger clients, most of them are motivated by wanting a plan in place for their children. Guardians for minor children are named in a last will and testament and are included, whether the plan is will-based or trust-based.

Whether a client has a will or a revocable trust, we always discuss how assets should be distributed. Factors like age, responsibility, and potential special needs matter.

In many cases, a trust is the best way to manage distributions, especially when you want to avoid giving assets outright to younger or less financially responsible beneficiaries, or to protect eligibility for needs-based benefits.

### **Is it easy to name other beneficiaries such as organizations and causes?**

Clients can name charitable organizations as beneficiaries. When they do, I recommend contacting the organization to make sure we are using the correct language, so the gift is used as intended.

## **TALKING TO YOUR FAMILY**

### **What is the best way to walk family members through documents, key decision-makers, and end-of-life wishes?**

When it comes to sharing estate planning documents, every client is different. I usually recommend sharing documents with key people. But if the client is uncomfortable, I suggest they share my contact information, so the right people know who to call when the time comes.

### **What final steps are needed?**

One area that often gets overlooked is trust funding. Signing the documents is not the finish line. While attorneys often help retitle real estate, clients still need to update bank accounts, investment accounts, and beneficiary designations to be transferred to the trust, rather than an individual.

Many people create trusts to avoid probate but if the trust is not properly funded, probate may still be required, and by then it is too late to fix it.

### **Avoid Blindsiding Your Family**

Bill and Leslie's experience highlights a step that is often overlooked but can make all the difference: having the conversation. Estate planning is not just about signing documents; it is about preparing the people who will one day carry out those plans.

When children and other trusted individuals are included in the discussion, it provides transparency around roles, expectations, and the reasoning behind key decisions.

This can reduce the risk of conflict and prevent confusion and the feeling of being blindsided during an already emotional time.

In the end, a well-communicated plan does more than distribute assets. It allows the estate administration process to move forward with greater ease and harmony. ■



## YOUR HUB FOR SUPPORT & RESOURCES:

# Support Groups

No one should have to navigate life's challenges alone. NSSC support groups offer welcoming spaces where individuals and families can connect, share experiences, and find resources. Support groups are free and open to the public.

### Hearing Loss Support

#### **Sound Off: Hearing Loss Support Group**

Learn more about assertiveness, self-advocacy, and new assistive technologies that can help people with hearing loss live life to the fullest. Share solutions and successes, as well as frustrations. Meets in-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 Monday from 11 a.m. to 12 p.m.

**senioroptions@nssc.org**  
**847.784.6026**

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

HLAA Chicago North Shore Chapter provides information, education, support, and advocacy for people with hearing loss, as well as their families and friends. This group helps individuals learn how to live their best lives while managing hearing loss. It hosts in-person meetings in NSSC's Weber Room from 10 a.m. to noon the second Monday of each month (except August), featuring presentations on hearing-related topics.

**iflangel@hlaa-cns.org**  
**847.452.8399**

### Support for Individuals & Families

#### **Caregiver Support Group for Spouses & Partners**

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

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

#### **Family Caregiver Support Group**

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

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

#### **Grandparents Raising Grandchildren Support Group**

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

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

#### **Parkinson's Disease Support Group**

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

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

#### **Dementia Family Support Group**

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

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

#### **Memory Café**

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

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

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

# You don't have to leave home for world-class care.

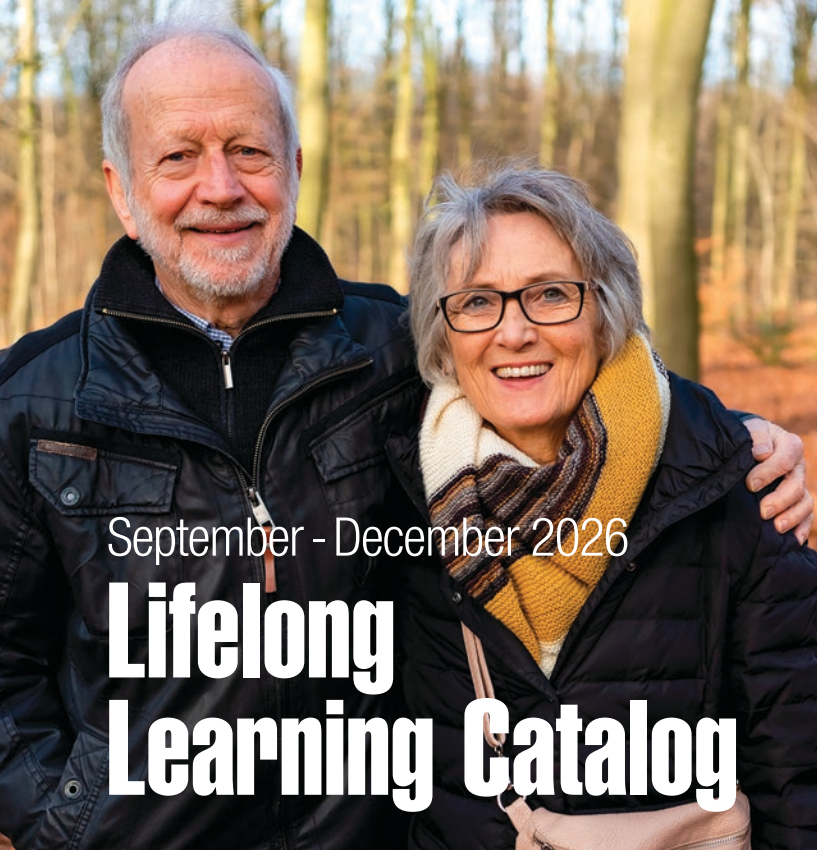
Our personalized in-home care services empower families to live life with peace of mind.



**home instead.**

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September - December 2026

# Lifelong Learning Catalog

# Enjoy

## NSSC Tuesday Club Program

### Discovering the Film Locations of South Dakota (Hybrid)

*How the West Was Won*, *North by Northwest*, and *Dances with Wolves* are among the award-winning blockbuster movies enriched by South Dakota's spectacular scenery. Eric Bronsky shows clips of some of the unforgettable cinematic scenes and describes how they were created.

**Tue 9/1 10:30 - 11:30 a.m.**  
No Fee 13619

### The Grace Network: Breaking Down Barriers to Education in Chicago (Hybrid)

Sarah Airola of The Grace Network discusses hygiene insecurity and its impact on Chicagoland students. She highlights how limited access to soap, deodorant, and clean clothing affects confidence, attendance, and learning, and explores efforts to restore dignity and opportunity for vulnerable children.

**Tue 9/8 10:30 - 11:30 a.m.**  
No Fee 13620

### The History and Restoration of the Skokie Lagoons (Hybrid)

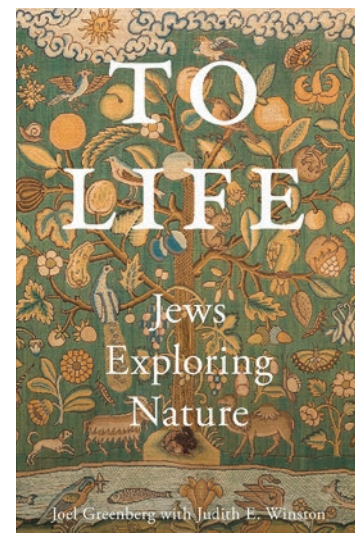
Learn about the early construction of the Skokie Lagoons and the major restoration efforts of the 1990s with Jim Phillips of the Cook County Forest Preserves. Discover how this work transformed the Lagoons into one of the area's premier fishing destinations.

**Tue 9/15 10:30 - 11:30 a.m.**  
No Fee 13621

### To Life: Jews Exploring Nature (Hybrid)

Author Joel Greenberg highlights eight influential Jewish figures whose work shaped our understanding of natural history. He explores their scientific contributions and reveals how their Jewish identity influenced their lives, careers, and engagement with the natural world.

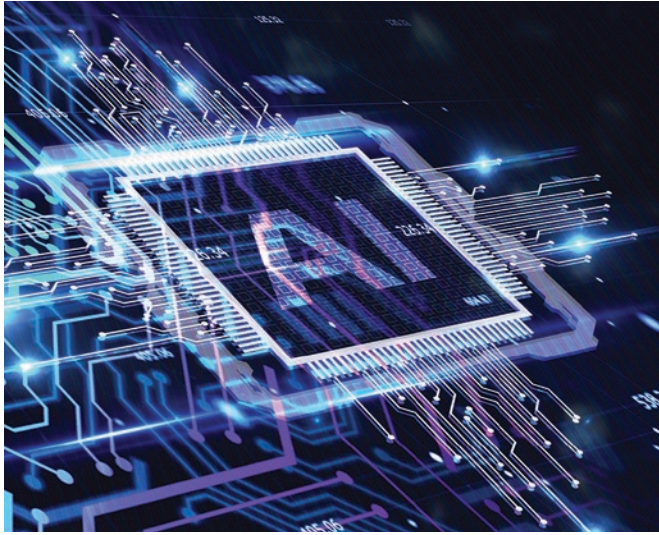
**Tue 9/22 10:30 - 11:30 a.m.**  
No Fee 13622



### My Grandfather's Ties to a Hero Who Defied Hitler (Hybrid)

Bruce Mainzer uncovers a forgotten file of letters revealing his grandfather's ties to a man later executed for plotting to assassinate Hitler. The discovery inspired a powerful journey to Germany to honor family history and reflect on exile and loss during the Holocaust.

**Tue 9/29 10:30 - 11:30 a.m.**  
No Fee 13623



### Artificial Intelligence:

#### An Update from Silicon Valley (Hybrid)

Warren Packard presents a practical discussion of where artificial intelligence stands, where it is being applied, and where it will take us next.

**Tue 10/6 10:30 - 11:30 a.m.**  
No Fee 13624

#### Update on Issues and Trends Affecting Modern Libraries (Hybrid)

Kate Hall, Executive Director of the Northbrook Public Library, discusses how libraries have changed over the years, what changes have been seen in Northbrook, and an update on important legislation impacting libraries.

**Tue 10/13 10:30 - 11:30 a.m.**  
No Fee 13625

#### Hidden Child of the Holocaust (Hybrid)

Sharon Pitluk Silver was born in Poland in 1941. At just 10 months old, her parents were killed and she was taken in by a young Catholic couple. After the war, she was reclaimed by her uncle, the sole survivor of her large Jewish family.

**Tue 10/20 10:30 - 11:30 a.m.**  
No Fee 13626

#### Friends of the Green Bay Trail (Hybrid)

Steve Huels, president of the Friends of the Green Bay Trail, discusses the history of the Trail and ongoing efforts to restore native plant habitats along the bike path, highlighting the ecological importance of these projects throughout the North Shore.

**Tue 10/27 10:30 - 11:30 a.m.**  
No Fee 13627

#### NSSC Veterans Panel (Hybrid)

Don Packard, the veterans panel Master of Ceremonies and Bob Dauber, Jim Ahtes, and Arnie Oskin describe their experiences in the military. Karen Griffin plays "Taps" on the trumpet at the beginning of the program.

**Tue 11/3 10:30 - 11:30 a.m.**  
No Fee 13628

#### Navy Band Great Lakes

Known as "America's Band," the Navy Band Great Lakes performs patriotic military musical arrangements to celebrate veterans everywhere. Performance is onsite only.

**Tue 11/10 10:30 - 11:30 a.m.**  
No Fee 13629

#### Analysis of the November 3, 2026 Political Elections (Hybrid)

Mary Ann Ahern, political reporter with NBC 5 Chicago, returns with an analysis of the November elections.

**Tue 11/17 10:30 - 11:30 a.m.**  
No Fee 13630

#### Major Civil Rights Issues of the Day (Hybrid)

Ed Yohnka, Director of Communications and Public Policy for the American Civil Liberties Union for the state of Illinois, discusses issues that the ACLU is currently contesting.

**Tue 11/24 10:30 - 11:30 a.m.**  
No Fee 13631

#### 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 12/1 10:30 - 11:30 a.m.**  
No Fee 13632

#### Why State Constitutions Matter (Hybrid)

Judge Mathias W. Delort (ret.) discusses the history of Illinois' dysfunctional constitution of 1870 and the reform movements of the 1960s that led to the 1970 Illinois Constitutional Convention.

**Tue 12/8 10:30 - 11:30 a.m.**  
No Fee 13633



# Performances & Special Events



## The Saddle Shoe Sisters

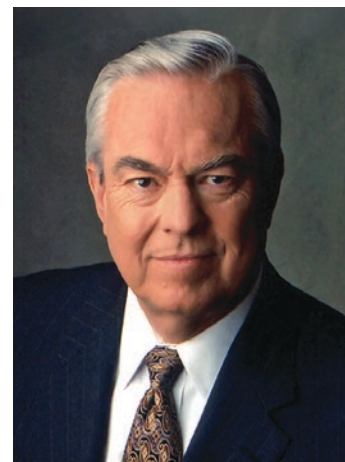
*A Luncheon and Performance Event!*

The Saddle Shoe Sisters bring the golden age of vocal harmony back to life, celebrating the most beloved girl groups of the 1940s through the 1960s, from the Andrews Sisters to the Supremes and everything in between. With their spot-on harmonies, charming retro style, and signature saddle shoes, this talented trio captures the spirit of an era when music was heartfelt, melodic, and timeless. Delight in their nostalgic performance, and an unforgettable experience filled with warmth, elegance, and toe-tapping fun. Enjoy a catered lunch before the performance.

|                              |             |                       |
|------------------------------|-------------|-----------------------|
| <b>Fri</b>                   | <b>9/25</b> | <b>12 - 2:30 p.m.</b> |
| \$39 Member; \$49 Non-member |             | 13549                 |

## 28th Annual Joan Golder Distinguished Senior Lecture Featuring Bill Kurtis

Bill Kurtis is an American television journalist, producer, narrator, and legendary news anchor whose decades-long career in broadcasting spans CBS News, WBBM-TV in Chicago, and acclaimed true-crime series like *Cold Case Files* and *American*



*Justice*. Known for his deep, authoritative voice, he has narrated hundreds of documentaries, founded Kurtis Productions, and served as the announcer for NPR's *Wait Wait... Don't Tell Me!* for 12 years. Mr. Kurtis will recount moments in his remarkable career, and offer an insider look at how television evolved from an emerging news source to the dominating force in American media.

|                              |             |                   |
|------------------------------|-------------|-------------------|
| <b>Wed</b>                   | <b>10/7</b> | <b>7 - 9 p.m.</b> |
| \$25 Member; \$30 Non-member |             | 13641             |



## Denny Sings Two Boys from Brooklyn: Neil Diamond and Barry Manilow

*A Luncheon and Performance Event!*

Celebrate a treasure trove of music from two of Brooklyn's finest exports, beloved singer-songwriters Neil Diamond and Barry Manilow. You will be tapping your toes and singing along! Enjoy a delicious catered lunch before this stellar performance by Denny Diamond, a well-known and prolific Chicagoland performer.

|                              |              |                       |
|------------------------------|--------------|-----------------------|
| <b>Fri</b>                   | <b>10/23</b> | <b>12 - 2:30 p.m.</b> |
| \$39 Member; \$49 Non-member |              | 13550                 |



## Hey There! The Music of Rosemary Clooney

### *A Luncheon and Performance Event!*

Rosemary Clooney captured the hearts of America with her beautiful voice and catchy tunes, not to mention her classic role as Betty in *White Christmas*. Now, actress Kait Auburn, who has shone in Chicago

and regional productions of *Anything Goes*, *Legally Blonde*, *Cabaret*, and more, embodies the charm and crystal-clear voice of Rosemary Clooney on stage. Accompanied on piano, Kait brings new excitement to favorite songs like "Mambo Italiano," "Hey There," "Tenderly," and "Come on-a My House." It is an afternoon where you can reminisce and make new memories with some unforgettable standards of the '50s and '60s. Enjoy a catered lunch before the performance.

**Fri 11/20 12 - 2:30 p.m.**  
\$39 Member; \$49 Non-member 13551

## Happy Holidays with the Peppermint Patties

### *A Luncheon and Performance Event!*

Start the holidays with a swing! The Peppermint Patties specialize in tight harmonies inspired by the golden age of musical theatre. Their unique blending of jazz, musical theater, pop, and comedy culminates in a signature sound that celebrates both tradition and originality. Enjoy a holiday-themed performance by this wonderful trio! A delicious catered lunch is served before the show.

The Peppermint Patties are a trio of three women dressed in red and black outfits, performing on stage. The image is framed with a decorative border featuring the text "The Peppermint Patties" in a stylized font with heart accents.

**Fri 12/18 12 - 2:30 p.m.**  
\$39 Member; \$49 Non-member 13552



# Films on Friday

## Duplex

A young couple has a chance to move into a gorgeous duplex in the perfect New York neighborhood. All they have to do is bump off the current tenant, a cute little old lady. Directed by Danny DeVito and starring Ben Stiller, Drew Barrymore, and Eileen Essell. (2003, PG-13, 1h 29m)  
**Fri 9/4 1:30 - 4 p.m.**  
\$5 Member; \$7 Non-member 13475

## The Unlikely Pilgrimage of Harold Fry

Starring Jim Broadbent as Harold, a retiree who spontaneously walks across England to visit a dying friend. Along the way, his journey becomes a poignant reflection on hope, regret, and human connection, enriched by beautiful landscapes and moving performances. (2023, R, 1h 48m)

**Fri 10/2 1:30 - 4 p.m.**  
\$5 Member; \$7 Non-member 13473



## The Dream Team

Four mental patients on a field trip in New York City must save their caring chaperon, who ends up being taken to a hospital in a coma after accidentally witnessing a murder, before the killers can find him and finish the job. Enjoy classic comedy with Michael Keaton, Christopher Lloyd, Peter Boyle, and Stephen Furst. (1989, PG-13, 1h 53m)  
**Fri 11/6 1:30 - 4 p.m.**  
\$5 Member; \$7 Non-member 13476

## Project Hail Mary

A science teacher wakes up alone on a spaceship with amnesia and no idea how he got there. As his memory returns, he uncovers a mission to stop a mysterious substance killing Earth's sun and that an unexpected friendship may be the key. Starring Ryan Gosling (2026, PG-13, 2h 36m)  
**Fri 12/4 1:30 - 4 p.m.**  
\$5 Member; \$7 Non-member 13477



# Daytrips

## Tour the Historic Pullman District



In the second half of the 1800s, there were many attempts to realize the dream of creating a “Utopian Industrial Town.” Arguably the best example anywhere was built in Chicago by George Pullman, owner of the famous railroad car company. Located in what he considered the most ideal location in the U.S., the development known as “Pullmantown” was designed to meet the daily needs of its workers, provide profit for the company’s shareholders, and produce rail cars prodigiously. View the industrial, commercial, and residential ensemble of buildings designed to maximize productivity while providing a healthy and happy environment for the employees for one of the first truly global industries. Tim Wittman introduces you to this amazing development, which is now one of America’s few urban National Parks. Lunch at Harborside International Golf Center. Includes lunch, tour, and transportation.

**Thu 9/3 9 a.m. - 4 p.m.**  
\$129 Member; \$159 Non-member 13648



## Mary Cassatt: After Impressionism at the Art Institute of Chicago

“I began to think it would be great fun to do something I had never done before ... I would not give up the idea for anything,” said artist Mary Cassatt on her decision to paint a monumental mural for the 1893 World’s

Columbian Exposition in Chicago. Enjoy the Art Institute’s first exhibition in more than 25 years dedicated to this fiercely independent artist. *Mary Cassatt: After Impressionism* features over 75 paintings, works on paper, and materials related to her mural for the World’s Columbian Exposition, lost and presumably destroyed. The exhibition gives due attention to her bold innovations, showcasing Cassatt’s modernist aesthetics, breakthroughs, and lasting impact on both sides of the Atlantic. Lunch is at Bistronomic before the museum visit. Includes museum and special exhibition entrance fees, lunch, and transportation.

**Wed 9/16 10:30 a.m. - 4:30 p.m.**  
\$139 Member; \$169 Non-member 13651

## Anne Frank Exhibition at the Griffin Museum of Science and Industry



*Anne Frank: The Exhibition* offers an intimate portrait of Anne as a girl, a writer, and a symbol of resilience through multimedia installations and original artifacts from the Anne Frank House in Amsterdam. Explore a full-scale, self-guided recreation of the Secret Annex where Anne, her family, and four others lived in hiding during the Nazi occupation. Trace Anne’s life from her childhood in Frankfurt to the rise of Nazi Germany, the family’s move to Amsterdam, and the two years spent in hiding. Step inside the meticulously



reconstructed Annex and reflect on the daily risks, courage, and humanity of those who lived there before their arrest in 1944. Lunch follows at Manny’s Cafeteria and Deli. Includes tickets, lunch, and transportation.

**Wed 9/23 9 a.m. - 2:30 p.m.**  
\$119 Member; \$145 Non-member 13653

## Chicago Creatives and their Spaces Tour



Explore some of Chicago’s most distinctive creative spaces with Cathy Holleb. Spend the day in Ravenswood, a former industrial corridor transformed into a vibrant community of artists and independent makers. Step inside a fiber-arts studio specializing in fine hand-spun work, then meet a printmaker dedicated to preserving the craft of letterpress using antique presses. Continue to the historic Deagan Building, once a musical instrument factory, now alive with artists, crafters, and small businesses, and learn its story while visiting working studios. The day concludes at Loyola University’s lakefront Madonna della Strada Chapel, a stunning architectural gem. Lunch is at Rojo Gusano, a popular Mexican eatery in the neighborhood. Entrance fees, donations, lunch, transportation, and guide services are included.

**Thu 10/1 9 a.m. - 4:15 p.m.**  
\$139 Member; \$169 Non-member 13654

## 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

## Devil in the White City and the 1893 World's Columbian Exposition Tour

Step back in time to explore the 1893 World's Columbian Exposition and its lasting impact on the city's built environment. Begin with a short presentation at the Chicago Architectural Center introducing the Fair's key figures and architectural achievements. Then travel to sites fairgoers once experienced, including the Midway and the original location of the first Ferris Wheel. Pass the former home of Ida B. Wells, walk the streets once inhabited by the elite who funded the Fair, and explore Jackson Park, where the Fairgrounds stood. Whether you've read Erik Larson's book *Devil in the White City* or are just discovering the story, the day offers a rich look at the Fair's architectural legacy. Lunch at Labriola Ristorante. Includes lunch, tour, and transportation.

**Thu 10/15 10:45 a.m. - 5:30 p.m.**  
\$149 Member; \$179 Non-member 13673

## Midnight at the Masquerade: A Mystery at the Mansion Luncheon at the Jacob Henry Estate

You have received an exclusive invitation to a gathering at the Jacob Henry Estate! When the dining room doors open a delicious luncheon awaits you at the Billionaires' Club Annual Masquerade Ball. Things may go a little unexpectedly at this glittering event where you may be called upon to help reveal the partygoer who killed their unsuspecting victim. With a mystery hidden under each feathery facade, unmasking the killer may be quite a challenge. Join in the sleuthing and be part of the fun! Your visit begins with a short self-guided tour of the historic mansion. Includes tickets, luncheon, and transportation.

**Thu 11/5 9:15 a.m. - 3:45 p.m.**  
\$129 Member; \$159 Non-member 13674



## A Christmas Carol at the Paramount Theatre

Rediscover the magic of the holiday season with *A Christmas Carol*, the timeless tale that warms hearts and reminds us all of the true spirit of Christmas. Ebenezer

Scrooge, a bitter and lonely miser, is visited on Christmas Eve by three ghosts who take him on a journey through his past, present, and future. Along the way, he learns how to once again experience joy, compassion, and the power of generosity. Filled with laughter, redemption, and the most memorable characters in literature, this classic is adapted and directed by Trent Stork especially for the Paramount stage. This play, enriched with live music, will leave you filled with hope and holiday cheer. Lunch will be at Paramount's Meyer Ballroom. Includes lunch, tickets, and transportation.

**Wed 11/18 10:30 a.m. - 5 p.m.**  
\$149 Member; \$179 Non-member 13675

## Downtown Chicago Holiday Bakery Tour

If you are ready for some delicious holiday shopping, savor a guided tour of Chicago's downtown bakeries and shops aboard the Holiday Bakery Bus. At each stop, receive treats, samples, and have time to shop. The fully narrated tour includes the history of Christmas and holiday traditions of Chicago's abundant cultural groups such as the Greek, Polish, Jewish, German, Irish, Italian, and Chinese communities. Enjoy a delicious sit-down lunch at a Chicago restaurant. Includes tour, lunch, and transportation. Minimal walking, but you will board/exit the bus many times during the tour.



**Thu 12/3 9:15 a.m. - 4:45 p.m.**  
\$179 Member; \$215 Non-member 13676



## Holiday Tea at the Balmoral and Aurora Christkindlmarket

Enjoy browsing and shopping at Aurora's Christkindlmarket followed by a holiday tea with a difference! Welcome to Balmoral Restaurant, where timeless Scottish traditions meet exceptional fine dining. Scottish décor surrounds you, from the tartan carpet to the wrought iron fixtures, swords and shields of lore, and wall murals that evoke the placid Scottish countryside, all nestled in St. Charles, Illinois. A world class bagpiper pipes you in and out, performs a few pieces, and takes your questions about this fascinating instrument. Experience an exquisite taste of Scotland, beautifully presented in a warm and welcoming atmosphere. Includes holiday tea, performance, and transportation.

**Thu 12/17 10 a.m. - 3:30 p.m.**  
\$149 Member; \$179 Non-member 13677

# Adventure

## Reed-Turner Woodland Walk and Tour

*Stephanie Young, Docent, Long Grove Park District*

Experience the serene beauty of Reed-Turner Woodland, a hidden Long Grove preserve. An expert guide shares the history of this protected forest as you walk beneath oaks and hickories and observe seasonal signs of fall, such as wildflowers, migrating birds, and changing leaves. This is a moderate hike on well-defined trails, mostly wood-chipped, with some steps. Not ADA accessible. Meet at Reed-Turner Woodland.

**Wed 10/28 1-2 p.m.**  
\$19 Member; \$25 Non-member 13535

## Foraging Tour: Discover Edible Wild Foods

*Dave Odd, Odd Produce Inc. Professional Forager*

Did you know there are dozens of edible and medicinal plants that grow right in your neighborhood? You don't have to eat them, but it is interesting to learn about them. Dave Odd, Chicagoland's only full-time professional forager, leads a walk through the North Branch Trail and nearby area, identifying at least 50 of these edible or medicinal wild plants and mushrooms. Some walking with lots of stops in the forest and the streets around the Center.

**Mon 9/28 10 a.m. - 12 p.m.**  
\$39 Member; \$49 Non-member 13688

## Instructor Spotlight

### DAVE ODD

*Professional Forager*



Dave Odd grew up in Skokie, Illinois, just blocks from the 13-acre Emily Oaks Nature Park, where he spent his summers catching frogs and turtles, driven by a deep fascination with the natural world. He also loved cooking, often putting his own spin on his mom's recipes. When a friend's mother introduced him to foraging, it was a natural fit. Dave spent years foraging mushrooms and, while pursuing a career in stand-up comedy, even relied on them to help feed himself. After discovering chanterelles on a hike, he turned that passion into a business. Through his Eat the Neighborhood foraging tours and events, Dave teaches people how to identify edible and medicinal plants and mushrooms growing right in their own backyards.

# Just for Fun!

## Learn to Play Ukulele for the Absolute Beginner

*Steven Steinberg, CEO, Steve's Music and Ukulele Teacher*

Learn the basics of the ukulele through hands-on practice and simple, easy-to-learn techniques with Steven Steinberg. Leave with the confidence and ability to play several easy songs on your own. Ukuleles provided to use in class, as well as a few devices to help play with arthritic hands.

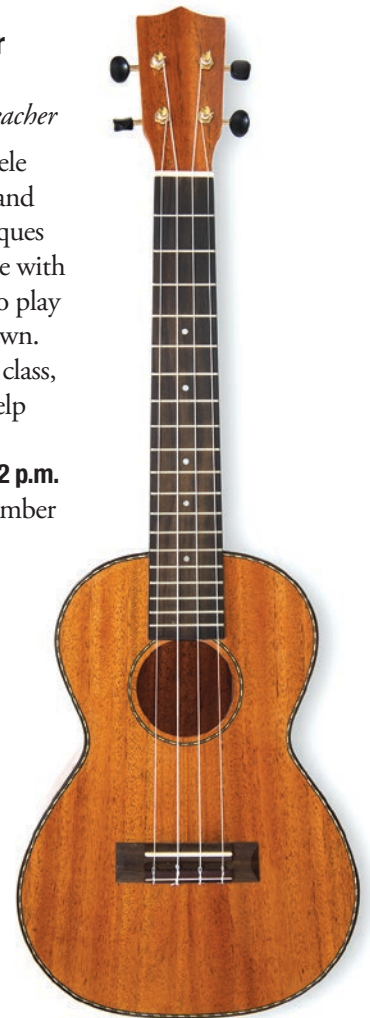
**Thu 9/10 10 a.m. - 12 p.m.**  
\$29 Member; \$35 Non-member 13689

## Advancing Your Beginner Ukulele Skills

*Steven Steinberg, CEO, Steve's Music and Ukulele Teacher*

Dive deeper into the fun of playing the ukulele. Learn more songs and techniques to build your skills and enjoy playing songs in a fun social setting. Instructor Steven Steinberg has plenty of instruments for you to borrow for the class or bring your own if you have one.

**Thu 9/17 - 10/22 (6X) 10 - 11 a.m.**  
\$99 Member; \$119 Non-member 13691



# Learn

## Art & Architecture



### 250 Years of American Architectural Design and Symbolism (Hybrid)

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

Tim Wittman examines how architecture and design have expressed ideals of democracy and freedom since the United States' founding. Early national architecture drew on classical models from Athens and Rome, visible in the Capitol and civic buildings. Key figures, especially Thomas Jefferson, shaped how the new nation conveyed its values. Over time, evolving views of classicism and new technologies led to modern styles that more strongly reflected national ideals. Throughout these periods, local governments adopted similar approaches, reinforcing principles of representative government to Americans and the world.

**Fri 10/9 - 10/16 (2X)**  
\$29 Member; \$39 Non-member

**10 - 11:30 a.m.**  
13443

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

### The Secret Language of Vintage Postcards (Hybrid)

*Melanie Holmes, Author and Educator*

Discover how vintage postcards reveal hidden stories of the past. Through images from wars and religion to farm life, education, and the fight for women's rights, these miniature works of art carried powerful symbols and messages. Author Melanie Holmes explores how vintage postcards afford a unique window into early 20th-century life and culture.

**Thu 10/8 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13513

### The Floating World of Hokusai and Hiroshige (Hybrid)

*Lisa Kent, Art Historian and Researcher*

The Floating World, or *ukiyo-e*, refers to Japanese woodblock prints and paintings from the 17th to 19th centuries. This period saw a flowering of Japanese art by master artists such as Hokusai and Hiroshige. When Japan opened to the West in the mid-1800s, Japanese prints had a huge influence on artists like Whistler, Degas, and Monet. There might not have been Impressionism without these Japanese prints. Even today, Hokusai's *Great Wave* and Hiroshige's *View of Mount Fuji* appear on everything from tee shirts to mugs. Art historian Lisa Kent examines these special art forms which remain as fascinating and beautiful as ever.

**Mon 10/19 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13505

### Art Crimes: A Growth Industry (Online)

*Ruth Nelson, Art Historian*

For centuries, art theft has taken two primary forms: stealing and deception. Art historian Ruth Nelson explores this intriguing world, from the removal of the Elgin Marbles to high-profile museum thefts in Chicago and Boston, and fraud in New York's most prestigious galleries. She uncovers the "red flags" that can deceive even the most seasoned art professionals, offering a fascinating look into the dark side of the art world.

**Thu 10/22 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13487

# Art & Architecture

## (continued)

### The Second Impressionist Exhibition: The 150th Anniversary (Online)

*Jeff Mishur, Art Historian, Art Excursions*

Two years after Monet, Renoir, Morisot, Pissarro, and their colleagues debuted as an independent group, they again shocked the Paris art world with their second exhibition in 1876. Their bold techniques and unconventional subjects drew harsh criticism, but many were surprised the show happened at all after the first exhibition's critical and financial failure. Critics expected the movement to disappear. Instead, with new work and financial support from Gustave Caillebotte, the so-called Impressionists returned with renewed strength. Art historian Jeff Mishur explains the key factors behind this unexpected and pivotal event.



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**Fri 10/30 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13537



### Triumph and Tragedy: Florence in 1446 and 1966 (Hybrid)

*Laura Johnson, Art History Professor*

Commemorating 60 years since the Florence flood and 580 years since the death of architect Filippo Brunelleschi, art historian

Laura Johnson explores the construction and later restoration of Florence's Duomo. She highlights Donatello's life-like *Mary Magdalene*, damaged in the 1966 flood and now a symbol of resilience. Johnson also examines the disaster's causes and the efforts of Americans and Italians, the "mud angels," to rescue and preserve Florence's cultural treasures.

**Thu 12/3 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13618

# Current Events

### Policing in the 21st Century: Police Misconduct and the Use of Deadly Force (Hybrid)

*Mark Iris, Executive  
Director (Ret.)*

*Chicago Police Board,  
Northwestern University Faculty*



Fatal police shootings have declined drastically in recent decades, yet public controversy over this issue is at its highest level. How and why do police use force? How do public perceptions clash with actual police use of force? When an officer is accused of using excessive force what options exist for holding the police accountable for their actions? Mark Iris examines these questions behind the controversy and reveals the ways they are being addressed in civil lawsuits, criminal prosecution, and employment or disciplinary action.

**Fri 11/6 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13614

## Instructor Spotlight

### MARK IRIS

*Executive Director (Ret.),  
Chicago Police Board*



Mark Iris, Ph.D., is a Lecturer Emeritus in the Social Sciences Program at Northwestern University and served for 21 years as Executive Director of the Chicago Police Board, which conducted disciplinary hearings involving officers accused of misconduct. He has authored numerous publications on police misconduct, supervised extensive research projects, continues to teach police managers through Northwestern's Center for Public Safety, and has served as an expert witness in police-related litigation. Mark enjoys teaching at NSSC, where participants are engaged, ask probing questions, and choose to be part of the learning experience. In his spare time, he travels, exercises, spends time with his grandchildren, and works on his model railroad layout.

Why Are Smaller Colleges Closing Their Doors? (Hybrid)

Michael Weissman, Attorney, Author, and Law Professor

This is one of the bleakest eras for America's small, private colleges, as shrinking enrollment threatens closures nationwide. Growing public skepticism about the value of a college degree, combined with rising costs driven by inflation, has hit these institutions especially hard. In this thought-provoking talk, Michael Weissman examines the forces behind this crisis and asks critical questions: Can the trend be reversed, and should it be?

Mon 11/16 10 - 11:30 a.m.  
\$15 Member; \$20 Non-member 13501

When Should Parents Be Liable for the Misdeeds of Their Children? (Hybrid)

Michael Weissman, Attorney, Author, and Law Professor

After years of mass shootings at schools, churches, theaters, grocery stores, and community gatherings, the country is casting an ever-widening net in a search for accountability. Punishing the parents of the perpetrators, whether through criminal or civil litigation, has become an emerging solution. Michael Weissman explains the implications and asks whether that is the correct solution. If there are other ways of approaching the problem, what are they?

Wed 9/30 10 - 11:30 a.m.  
\$15 Member; \$20 Non-member 13506

The American Form of Democracy and the Alternatives (Hybrid)

Thomas Carson, Professor of Philosophy, Emeritus, Loyola University

Philosophy professor Thomas Carson explores the nature of democracy, focusing on the distinct features of the American system and Constitution compared with parliamentary models, where the chief executive is chosen by the legislature. He examines checks and balances, voting rights, and alternative voting systems, while also addressing the influence of the internet, artificial intelligence, and voter misinformation. Carson also considers Plato's classic objections to democracy and their relevance today.

Thu 9/24 - 10/1 (2X) 10 - 11:30 a.m.  
\$29 Member; \$39 Non-member 13541

Nuclear Proliferation: Are We Entering an Era of Nuclear Expansion? (Hybrid)

Julie Strauss, Ph.D., Political Scientist

The New START treaty expired on February 5, 2026, ending decades of U.S.–Russia cooperation to reduce nuclear weapons on alert. Julie Strauss examines whether this signals a new era of expanding arsenals and considers if nations that previously avoided nuclear weapons are reassessing their stance. Key policy options and future strategies will be explored.

Wed 11/18 1 - 2:30 p.m.  
\$15 Member; \$20 Non-member 13635

Midterm Elections: Previews and Analysis (Hybrid)

Barry Bradford, Historian

The 2026 midterm elections could be among the most consequential in decades. Barry Bradford analyzes who may control Congress and the continuing influence of Donald Trump on American politics. He explores Democrats' potential paths to regaining the House and Senate, key Senate battlegrounds, and critical House races, along with the impact of redistricting, turnout, and suburban voting trends. Barry also examines what the results reveal about governance and the road to the 2028 presidential race.

Thu 10/29 - 11/5 (2X) 1 - 2:30 p.m.  
\$29 Member; \$39 Non-member 13725

The 2026 Midterms: What Happened and Why? (Hybrid)

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

Analyzing the 2026 midterm elections, political scientist William Adler explores expectations and outcomes. He compares this election to the 2022 midterms, including the common pattern of losses for the incumbent president's party. Adler examines whether Democrats met expectations, identifies key winners, and explains the factors shaping the results. He answers the essential questions: who won, and why?

Fri 11/20 10 - 11:30 a.m.  
\$15 Member; \$20 Non-member 13708



The Electoral College and the National Popular Vote Interstate Compact Act (Hybrid)

Jeffery Gray, Attorney

Dive into one of the most hotly debated corners of American democracy. Jeffery Gray breaks down how the Electoral College actually operates and why the National Popular Vote Interstate Compact Act has become such a flashpoint. He explores how these ideas shape today's shifting political and legal landscape, along with the history, strategy, and legal twists behind them. Discover how the national popular vote could change how we elect a president without amending the Constitution that fuels this controversy.

Tue 10/27 1 - 2:30 p.m.  
\$15 Member; \$20 Non-member 13469

Learn

# Current Events (continued)

## Voting Rights and Mid-Decade Gerrymandering in the 2026 Midterms (Hybrid)

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

Political scientist Julie Strauss takes a deep dive into the latest developments concerning access to the ballot box and how the mid-decade congressional district lines are being drawn. She discusses the latest court rulings on mail-in ballots and the status of the SAVE Act that has been proposed in Congress. She also reviews the states that have redrawn their district lines this year and how those new districts will likely impact the upcoming 2026 midterm elections.

**Wed 9/23 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13634

## What Are Republicans and Democrats For? (Online)

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

Jim Kenney explores two key questions about the major political parties: “What do they stand for?” and “Who needs them?” Using the 2026 midterm elections as context, he examines core issues for each party and highlights how the GOP’s priorities have shifted in the Trump era. He also analyzes the evolving meanings of terms such as liberal, conservative, independent, moderate, radical, and extreme. Jim concludes by considering the possible future direction of the two-party system.

**Thu 11/5 - 11/19 (3X) 10 - 11:30 a.m.**  
\$43 Member; \$52 Non-member 13610

## Fever Dreams: MAGA, MAHA, and a Christian Nationalist World (Online)

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

Jim Kenney examines how movements rooted in narratives of national decline shape today’s political landscape.

He explores themes within the MAGA and “Make America Healthy Again” movements, including concerns about America’s identity, governance, public health, and family life. Jim analyzes the appeal of strong leadership, the mindset driving these movements, and the influence of populist Christian nationalism. He considers how these forces may shape U.S. politics in 2026 and 2028.

**Thu 9/3 - 9/17 (3X) 10 - 11:30 a.m.**  
\$43 Member; \$52 Non-member 13609



## A Primer on the National Security Process (Hybrid)

*Joseph Steinfeld, Attorney and Adjunct Professor*

Since the end of World War II and the dawn of the Cold War, the United States has maintained an elaborate organizational structure attempting to most effectively resolve threats to our national security or the security of our allies. Former Congressional staff member Joseph Steinfeld explains how the process works, coupled with a realistic modern case study, to provide an in-depth look at the design and operation of our nation’s national security system.

**Thu 10/22 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13615

## The 2026 Israel Elections: What You Need to Know (Hybrid)

*Moshe Pomerantz, Educator*

Current Israeli law mandates Knesset elections by October 2026. Moshe Pomerantz explains how the election process works and how it shapes the practical challenges of governing the country. He introduces the major political players, examines potential winners and losers, and explores how the new government may influence Israel’s future.

**Fri 11/6 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13444

## Regime Change in Iran: What Will a Future Iranian Regime Look Like? (Hybrid)

*Matthew Whipple, Educator, International Studies*

Following the collapse of Iran’s leadership in the recent military conflict, significant uncertainty surrounds the country’s future. Matt Whipple examines how the regime may reconstitute itself, who might emerge as leaders, and whether a new government could become more responsive to its citizens. He also considers the likelihood of a regime more aligned with U.S. interests and outlines possible scenarios for the future of the Islamic Republic.

**Wed 9/16 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13616

## Geopolitical Middle East After the Iran War (Hybrid)

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

George Lungu examines how the American and Israeli war against Iran reshapes the Middle East's geopolitical landscape. He explores how the conflict deepens regional divisions and forces countries to reassess long-standing security arrangements and assumptions. Lungu also considers the growing involvement of global powers and the challenges facing U.S. influence in the region. He argues that the Middle East will remain a focal point of global competition and conflict, highlighting the lasting impact of the war on regional and international dynamics.

**Fri 10/2 - 10/9 (2X) 1 - 2:30 p.m.**  
\$29 Member; \$39 Non-member 13450

## Understanding Lebanon's Place in the War Against Iran (Hybrid)

Matthew Whipple, Educator, International Studies

As a part of the United States/Israeli war against Iran, Israel has sought to remove Iran's ally, Hezbollah, from southern Lebanon. However, Israel's efforts have had a tremendous impact on Lebanon as a whole. Matt Whipple provides a thorough discussion of Lebanon's history, the government's relationship with Hezbollah, the impact of the conflict, and consideration of Lebanon's future as a stable regime in the Middle East.

**Mon 11/30 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13617



## A Pivotal Global Moment: Europe, Russia, China (Online)

Jim Kenney, Co-founder Common Ground, Author

Jim Kenney examines global power shifts during the Trump era as uncertainty in U.S. leadership reshapes the post-WWII order. He looks at the roles of Europe, Russia, and China, along with conflicts in Ukraine and Iran. He also discusses NATO, BRICS, the EU, and the UN. Jim considers rising populist nationalism and whether a future U.S. administration could restore American global leadership.

**Thu 10/1 - 10/15 (3X) 10 - 11:30 a.m.**  
\$43 Member; \$52 Non-member 13729

## Instructor Spotlight

### PETER HUDIS

Humanities and  
Philosophy Professor



Peter Hudis is

Distinguished Professor

of Philosophy and Humanities at Oakton College.

His research focuses on social and political philosophy, ethics, social movements in Latin America,

immigration, and philosophical perspectives on race.

He is author of *Marx's Concept of the Alternative*

to *Capitalism*, *Frantz Fanon: Philosopher of the*

*Barricades*, and has contributed chapters to 40 other

books. He also co-edited *The Power of Negativity:*

*Selected Writings on the Dialectic in Hegel and Marx*,

by Raya Dunayevskaya, *The Rosa Luxemburg Reader*,

and *The Letters of Rosa Luxemburg*. He is General

Editor of *The Complete Works of Rosa Luxemburg*.

## The Future of Venezuela in the Aftermath of Maduro's Overthrow: Who's Next? (Hybrid)

Peter Hudis, Humanities and Philosophy Professor

The kidnapping and removal from power of Venezuela's President Nicholas Maduro by the United States military means that the country has now effectively become a U.S. protectorate. Political scientist Peter Hudis explains the ramifications of these developments for the future of Venezuela as well as the Trump Administration's policies in Latin America as a whole. He also explores whether other countries may be next.

**Wed 11/11 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13510

## Looking Back, Looking Ahead:

### The Year in Review (Hybrid)

Barry Bradford, Historian

2026 has been an incredibly turbulent year. The Iran War and economic issues have taken center stage and the current administration has been going full steam, still shaking up the government. Historian Barry Bradford tells us the top news stories, movies, television, theater, new words, and important deaths of 2026. As always, Barry shows us what he predicted for 2026 and offers specific predictions for the year to come!

**Thu 12/17 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13646

# Current Events (continued)

## What Just Happened? (Hybrid)

*Barry Bradford, Historian*

Each month, award-winning historian Barry Bradford reviews the past month's major events with a unique approach. Rather than a standard current events program, he places the news in historical context, helping you understand the deeper forces behind what happened. Through engaging discussion and audience questions, gain fresh perspective and a richer understanding of today's headlines.

**Thu 9/24 - 11/19 (2X) 1 - 2:30 p.m.**  
\$29 Member; \$39 Non-member 13649

## 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 each month.

**Wed 9/2 - 12/2 (4X) 1-2 p.m.**  
No fee 13462

## Foreign Policy Roundtable (Online)

*Gary Midkiff, Historian, College Professor*

Gary Midkiff leads this monthly discussion group on current foreign policy issues. Before each session, participants receive an agenda and reading list to help guide preparation. In class, Gary facilitates discussion on key topics, encouraging participants to share, compare, and debate their perspectives. This interactive format fosters thoughtful analysis and deeper understanding of global affairs. Class meets on the first Friday of each month.

**Fri 9/4 - 11/6 (3X) 9:30 - 11:30 a.m.**  
\$43 Member; \$52 Non-member 13721

## American Politics and Current Events (Online)

*Ron Mantegna, Facilitator*

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

**Mon 9/14 - 10/26 (7X) 9:30 - 11 a.m.**  
\$25 Member; \$30 Non-member 13709  
**Mon 11/2 - 12/14 (7X) 9:30 - 11 a.m.**  
\$25 Member; \$30 Non-member 13710



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# Dramatic Portrayals



## Dancing Through Time: Step into the Spotlight with Ginger Rogers (Hybrid)

*Michelle Gibbons, Historical Presenter and Journalist*

Michelle Gibbons steps into Ginger Rogers' shoes, complete with a spell-binding tap-dancing sequence that captures the spirit of the legendary entertainer. Through storytelling and dance, relive Ginger's most iconic moments, from her films with Fred Astaire to her Academy Award-winning acting career. Michelle Gibbons embodies Ginger's wit, grace, and undeniable star power. See the woman behind the glamour and discover how Ginger Rogers danced her way into history!

**Fri 9/18 1-2 p.m.**  
\$15 Member; \$20 Non-member 13448

## Meet Beatrix Potter: Author, Illustrator, Conservationist (Hybrid)

*Paddy Lynn, Storyteller, Educator*

Many people know Beatrix Potter as the author of the *Peter Rabbit* stories, but her influence goes far beyond her books. Raised in a wealthy home and educated by a governess, she found companionship in her pets, which inspired her imagination and art. Her stories and illustrations have delighted generations. Potter was also a passionate farmer and conservationist. When she died in 1943, she left 15 farms and over 4,000 acres to the National Trust, securing her legacy as an inspirational figure.

**Fri 10/16 1-2 p.m.**  
\$15 Member; \$20 Non-member 13451

## The Revolutionary, Samuel Adams (Hybrid)

*Laura Knecht, Storyteller, Writer*

Drawing on Stacy Schiff's Pulitzer Prize-winning biography *The Revolutionary: Samuel Adams*, storyteller Laura Knecht presents a dramatic portrayal of Adams's role in the American Revolution. She reveals his ideals, determination, and leadership in organizing one of the nation's most significant campaigns of civil resistance. Knecht brings Adams to life as a shrewd, eloquent, and morally driven figure, illuminating his role in orchestrating the Boston Tea Party and shaping the convictions of the Founding Fathers.

**Tue 10/20 1-2:30 p.m.**  
\$15 Member; \$20 Non-member 13459

## Susan B. Anthony: You Can't Vote! (Hybrid)

*Lynn Rymarz, Author and Storyteller*

More than anything else in the world, Susan Brownell Anthony wanted to vote, but she couldn't. The law of the land said women were not allowed to vote, only men were given this privilege. Susan B. Anthony spent her lifetime fighting for equality for women and the right for women to vote. Lynn Rymarz tells the story of how one woman's dedication and determination made a difference in helping to change history.

**Fri 10/30 1-2 p.m.**  
\$15 Member; \$20 Non-member 13534



## Hidden But Heard: Tales From Anne Frank's Secret Annex (Hybrid)

*Michelle Gibbons, Historical Presenter and Journalist*

Step into the world of Anne Frank, a young girl navigating the challenges of growing up during the harrowing times of World War II. As persecuted German Jews, Anne's family fled to Amsterdam to live in hiding in a secret annex. Portrayed by Michelle Gibbons, Anne will transport you to one of the most tragic and devastating periods in history, sharing her life and the poignant writings from her diary, *The Diary of Anne Frank*, which became globally renowned.

**Fri 11/13 1-2 p.m.**  
\$15 Member; \$20 Non-member 13449

# Film, Theater & TV

## 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, *Good Morning America*, or even country music on the radio? Radio historian Steve Darnall explores Chicago's pioneering role in shaping broadcast history and highlights the city's innovations, including the birth of soap operas, juvenile adventure serials, and early country programming. Featuring voices like Studs Terkel and *Don McNeill's Breakfast Club*, along with other local talents who became national stars, Steve reveals how Chicago helped define the golden age of radio.

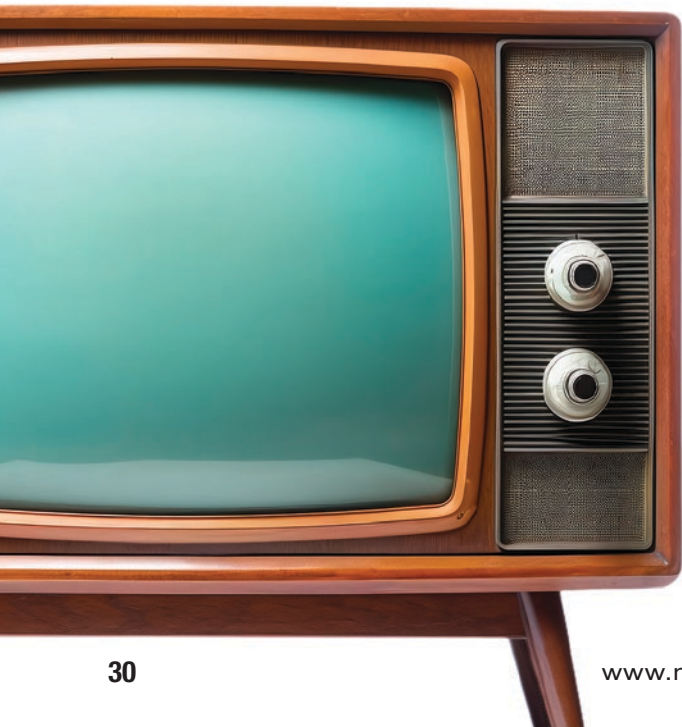
**Mon 10/12 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13492

## Television in the 1950s (Hybrid)

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

Television came of age in the 1950s. As the number of sets nationwide skyrocketed, studios scrambled to figure out what American viewers wanted to see. Historian Leslie Goddard looks back at the shows that captivated viewers in this decade, including situational comedies, game shows, soap operas, and westerns. She explores how these shows both reflected and helped shape the societal landscape in this pivotal era. Be captivated as you listen to so many beloved and memorable favorites.

**Thu 10/8 1 - 2 p.m.**  
\$15 Member; \$20 Non-member 13502



## Through a Mosaic Lens: Representations of Jews in Film From the Silent Era to the Present (Online)

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

From early cinema to contemporary films, portrayals of Jewish identity reflect an insider/outsider experience. Filmmaker and historian David Chack traces this evolution through works such as *The Pawnshop*, *The Life of Emile Zola*, *Gentleman's Agreement*, and more recent films like *A Real Pain*. He reveals both obvious and subtle depictions, offering insight into how Jewish representation in film has developed over time.

**Fri 9/18 - 9/25 (2X) 10 - 11:30 a.m.**  
\$29 Member; \$39 Non-member 13480

## Great Female Detectives in the Movies (Online)

Steve Frenzel,  
*Film Researcher*

Spend time with some of the greatest female detectives in movie history, from Miss Marple to *Fargo's* Marge Gunderson, and from Nancy Drew to Clarice Starling! Steve Frenzel shares stories about

memorable female film detectives. Discover how long it took for women to enter the police force in real life, and take a look at those entering the force in "reel" life!

**Fri 10/2 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13612



## Political Movies: Their Power and Limitations (Hybrid)

Zbigniew Banas, *Film Historian, Loyola University*

Since the beginning of cinema, movies have functioned not only as a form of entertainment, but also as a tool of political persuasion. Films have often been used as tools for disseminating propaganda, while others aimed to influence political change. Filmmaker Zbigniew Banas examines the evolving nature of political cinema and its power to capture the audience's imagination through carefully tailored storytelling. He also addresses some inherent limitations of filmmaking, including "preaching to the choir."

**Wed 11/4 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13574



### Delicious Food Scenes in the Movies (Online)

Steve Frenzel, Film Researcher

This mouth-watering collection of movie moments and behind-the-scenes stories all pertain to food! Discover scrumptious scenes from *Eat Drink Man Woman*, *Diner*, *Big Night*, *The Gold Rush*, *Julie and Julia*, and so much more. Steve Frenzel shares his love of movies with the perfect films for foodies and movie fans alike!

**Fri 11/13 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13611

### The Hollywood Canteen: The Original Dancing with the Stars (Hybrid)

Susan Gibberman, Librarian and Author

The Hollywood Canteen, founded by actors John Garfield and Bette Davis, was a Los Angeles haven for servicemen during World War II. Until the end of the war, the biggest stars in Hollywood entertained, fed, and jitterbugged their way into the hearts of over five million servicemen and women. Author Susan Gibberman discusses how the organization was created and its brief, but significant, three-year history.

**Mon 11/23 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13514

### Total Collapse: A Deep Dive Into Disaster Movies (Hybrid)

Susan Gibberman, Librarian and Author

From towering infernos to world-ending asteroids, disaster cinema has captivated audiences for decades by turning our deepest fears into high-octane spectacles. Author Susan Gibberman explores the evolution of the genre, examining how groundbreaking special effects and recurring tropes reflect our societal anxieties. Enjoy hearing the survival stories and the cinematic artistry behind Hollywood's most iconic and heart-pounding catastrophes.

**Mon 12/14 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13515

### Movie Music Memories I: Chaplin to Presley (Hybrid)

John LeGear, Film Producer and Historian

Take a lyrical stroll down memory lane with John LeGear. Many of the most popular movies take you on a journey whose characters have a destination to reach, obstacles to overcome, and life lessons to learn. John has assembled many of his favorite film clips from the past one hundred years that have stood the test of time.

**Tue 11/24 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13457

### Movie Music Dance Party (Hybrid)

John LeGear, Film Producer and Historian

For 30 years, John LeGear has created film compilations set to music, drawing from outstanding movies that resonate with adult audiences who remember the magic of regular trips to the theater. John presents 20 selections from his "movie music" shows, all centered on dance in its many forms. See it, hear it, and feel it.

**Wed 9/30 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13456

Learn

### Antisemitism in Film

JAY SORKIN

Researcher and Educator in  
Holocaust Studies

#### Documenting Hate (Hybrid)

Originally launched as a ProPublica investigation, this film tracks hate crimes tied to the 2017 Charlottesville Unite the Right rally. It exposes how unprepared law enforcement was for the influx of white supremacist groups and reveals the surprising scope and number of these organizations. Jay leads a discussion following the screening. (2018, R, 54m)

**Wed 10/7 1 - 4 p.m.**  
\$15 Member; \$20 Non-member 13511

#### The Encampments (Hybrid)

This documentary examines the 2024 Gaza Solidarity Encampment and protest movement at Columbia University and other Pro-Palestinian protests on university campuses during the Gaza war and genocide. The film includes archival footage shot by the protesters themselves and is considered to be the largest student protest since the Vietnam War. (2025, Not rated, 1h 25m)

**Wed 12/2 1 - 4 p.m.**  
\$15 Member; \$20 Non-member 13512



# Film, Theater & TV

(continued)

## The Creation of *She Loves Me*

Charles Troy, *Musical Theatre Historian*

What makes *She Loves Me* Charles Troy's favorite? Like many other musical theatre aficionados, he considers the 1963 show a near-perfect creation. It highlights the seamless blend of dialogue and song, the balance of comedy and operetta traditions, perfectly combines head and heart, and is irresistibly charming. While this show may be new to you, you will recognize the source as *The Shop Around the Corner*. It features music by Jerry Bock and Sheldon Harnick before they collaborated on *Fiddler on the Roof*.

**Fri 12/11 1- 2 p.m.**  
\$15 Member; \$20 Non-member 13461

## Danny Kaye: He Did It All (Hybrid)

Susan Benjamin, *Musical Biographer*

From the borscht belt in the Catskills of New York to London's Palladium Theatre, Danny Kaye amazed his audiences with the sheer versatility of how he could entertain. Although much of his material was created by his wife Sylvia Fine, Danny transcended her material and could do it all: sing, dance, act, perform comedic acts... and the list goes on. He was also a chef, pilot, orchestra conductor, amateur surgeon, and a humanitarian. Susan Benjamin profiles his full life, showing examples of some of his most memorable work.

**Fri 9/4 1- 2 p.m.**  
\$15 Member; \$20 Non-member 13686



## The Jewish Songwriters Who Created America's Holiday Soundtrack (Online)

Barry Bradford, *Historian*

Celebrate the season with a heartwarming journey through the beloved Christmas and New Year's music written by some of America's greatest Jewish composers and lyricists. Discover the stories behind timeless classics, including "White Christmas," "Silver Bells," and "Let It Snow! Let It Snow! Let It Snow!," and even modern favorites like "All I Want for Christmas Is You." Enjoy rare photos, classic film clips, vintage performances, and fascinating behind-the-scenes stories about the remarkable songwriters who helped shape the sound of the American holidays.

**Thu 12/3 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13724

# History

## The Invention of Books in the Ancient World (Hybrid)

Laura Knecht, *Storyteller, Writer*

From ancient scrolls to modern libraries, the written word shapes human history and culture. Laura Knecht traces the evolution of books from oral traditions to early manuscripts crafted from Nile reeds, highlighting their value in the ancient world. She recounts how Mark Antony famously gifts Cleopatra thousands of books, rather than gold or jewels, underscoring their significance. By following this transformation, Knecht reveals how books lay the foundation of Western culture and become one of humanity's most influential achievements.

**Wed 12/9 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13460

## Benjamin Franklin (Online)

Barry Bradford, *Historian*

Inventor, diplomat, humorist, entrepreneur, media mogul, and revolutionary...Benjamin Franklin was truly "The First American." His innovations and ideas shaped the early United States and continue to inspire for future generations. Barry Bradford provides a lively and insightful view of Franklin's life, the statesman's philosophy, and his enduring legacy.

**Thu 9/3 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13722

## Paul Revere's Ride: The Truth Behind the Legend (Online)

Barry Bradford, *Historian*

Paul Revere is an American icon, but how much do we really know about him beyond the famous midnight ride? Barry Bradford explores the truth behind his life, the important role he played in the Revolution, and why his legacy remains so powerful today.

**Thu 10/1 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13723





## Just How Revolutionary was Our Revolution? (Hybrid)

*Joseph Harrington, Educator, Writer, and Researcher*

The period extending from the American War for Independence through the ratification of the

Constitution is commonly referred to as “the American Revolution.” But how “revolutionary” was it, given that propertied white males, mostly Protestants and including slaveowners, held power in the 13 original states before, during, and after the revolution? Joseph Harrington describes how the American Revolution combined conservative and radical elements to build a lasting nation with a truly revolutionary impact on the world.

**Mon 11/23 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13466

## The Declaration of Independence Through the Centuries (Hybrid)

*Joyce Haworth, Historian, College of Lake County*

The words seem simple, “...all men are created equal,” and endowed with the rights of “life, liberty and the pursuit of happiness.” Yet people in every era since have grappled with them. Elizabeth Cady Stanton used them as a starting point. Lincoln regarded them as the essential definition of America. Southern secessionists said they were false. Frederick Douglass called them hypocritical. Joyce Haworth recounts the influence of the Declaration over the last 250 years, for our nation and to the world.

**Mon 9/14 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13488

## The Trail of Tears and the Politics of Indian Removal (Hybrid)

*Joyce Haworth, Historian, College of Lake County*

In the early 19th century, the federal government wanted all eastern Native American tribes to surrender their tribal lands. The Cherokee nation responded with great shrewdness. Using their political and cultural savvy to demand recognition and rights to their land, they sued the federal government and gained a trial before the Supreme Court. Historian Joyce Haworth explores the limits of Jacksonian democracy and describes the Trail of Tears, a sad, unfortunate tale in our country’s history.

**Tue 11/3 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13489

## Madam President (Hybrid)

*William Hazelgrove, Best-Selling Author*

After President Woodrow Wilson suffers a debilitating stroke in 1919, First Lady Edith Wilson assumes many day-to-day responsibilities of the presidency. With little formal education, she managed access to the president and oversaw executive functions during a fragile post–World War I moment. Though her authority became widely recognized in Washington at the time, her legacy as “First Woman President” is now largely forgotten. Drawing on his book *Madam President*, William Hazelgrove offers a vivid portrait of the woman who effectively leads the nation during a critical period.

**Wed 10/14 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13499

## Who the Heck is Abner Doubleday?: Baseball and the Civil War (Hybrid)

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

Even before the Civil War, baseball earned the label “national pastime.” During the war, soldiers would spend hours playing the game, sometimes more than spent in battle. The war ultimately destroyed most of the teams of the day but also helped spread baseball across the nation. Historian Bruce Allardice offers both a serious and humorous look at how baseball was played during this era. He also examines enduring myths, including the claim that Abner Doubleday invented the game.

**Thu 9/10 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13507

## Wright Brothers, Wrong Story (Hybrid)

*William Hazelgrove, Best-Selling Author*

Challenging the myth of the Wright brothers as equal partners in creating the “first flying machine,” William Hazelgrove offers a new perspective on their achievement. He shows how each brother plays a distinct role, arguing that Wilbur leads the design of the first successful airplane while Orville supports the mechanical work.

Drawing on archives and family letters, he traces their experiments at Kitty Hawk and their conflicts with the Smithsonian and Glenn Curtiss, revealing the personalities, struggles, and determination behind the birth of powered flight.

**Thu 12/10 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13500



# History (continued)

## **Tales of Forgotten Chicago (Hybrid)**

*Richard Lindberg, Author and Historian*

Drawing on his book *Tales of Forgotten Chicago*, Rich Lindberg revisits overlooked yet memorable episodes from the city's past, from the Gilded Age through the mid-20th century. He shares stories such as America's first automobile race in 1895, the little-known builder of Wrigley Field, Charlie Weeghman, and a shocking 1916 poisoning attempt at the University Club. Richard uncovers surprising events and colorful figures that help define Chicago's rich history.

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|------------------------------|-------------|------------------------|
| <b>Mon</b>                   | <b>11/2</b> | <b>10 - 11:30 a.m.</b> |
| \$15 Member; \$20 Non-member |             | 13596                  |

## **A Surprising Success:**

### **Chicago World's Fair of 1933-34 (Hybrid)**

*Joseph Madda, Architect and Art Historian*

Why risk an American world's fair at the absolute depth of the Great Depression, the worst economic time in U.S. history to date? Against onerous odds, the City of Chicago succeeded at that very thing, both culturally and fiscally. Continuing the proud tradition of its slogan, *I Will*, the City of Big Shoulders mounted an international exposition like no other before or since, one that proved to be the right event at the right time, and in the right place. Joseph Madda explores the wondrous world of the 1933-34 Century of Progress World's Fair in Chicago, the world's fair that worked!

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| <b>Wed</b>                   | <b>11/18</b> | <b>10 - 11:30 a.m.</b> |
| \$15 Member; \$20 Non-member |              | 13446                  |

## **76 Moments in American History**

### **GARY MIDKIFF**

*Historian, College Professor*

To celebrate the 250th birthday of our country, Gary Midkiff presents the 76 most important moments from 1776 to 2026, including Supreme Court decisions, inventions, pharmaceutical progress, wars, presidential decisions, and cultural turning points.

### **1776 - 1847 (Hybrid)**

This most important time had Thomas Jefferson writing the Declaration of Independence followed by the Constitutional Convention and the expansion of our country with the Louisiana Purchase.

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|------------------------------|-------------|------------------------|
| <b>Wed</b>                   | <b>10/7</b> | <b>10 - 11:30 a.m.</b> |
| \$15 Member; \$20 Non-member |             | 13493                  |

### **1848 - 1902 (Hybrid)**

Gary Midkiff explains the significance of Lincoln's Emancipation Proclamation and the memorable delivery of Lincoln's Gettysburg Address. He also examines the tragic Wounded Knee Massacre.

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|------------------------------|--------------|------------------------|
| <b>Wed</b>                   | <b>10/14</b> | <b>10 - 11:30 a.m.</b> |
| \$15 Member; \$20 Non-member |              | 13494                  |

### **1903 - 1934 (Hybrid)**

Major achievements during this historical period include the Wright Brothers inventing the airplane and Henry Ford inventing the assembly line, both significantly impacting the country's future. Of particular interest is the creation of the Civilian Conservation Corps.

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| <b>Wed</b>                   | <b>11/4</b> | <b>10 - 11:30 a.m.</b> |
| \$15 Member; \$20 Non-member |             | 13495                  |

### **1935 - 1954 (Hybrid)**

World War II, baseball, and the Supreme Court made headlines during this period. Highlights include D-Day on June 6, 1944, Jackie Robinson breaking the "color barrier" in major league baseball, and Brown v. Board of Education.

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| <b>Wed</b>                   | <b>11/11</b> | <b>10 - 11:30 a.m.</b> |
| \$15 Member; \$20 Non-member |              | 13496                  |

### **1955 - 1975 (Hybrid)**

Dr. Jonas Salk's discovery of the polio vaccine and the beginning of Medicare for our country's older adults both made a great impact on American families. The country celebrated Neil Armstrong who made history as he stepped on the moon.

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| <b>Wed</b>                   | <b>12/2</b> | <b>10 - 11:30 a.m.</b> |
| \$15 Member; \$20 Non-member |             | 13497                  |

### **1976 - 2026 (Hybrid)**

Gary Midkiff highlights some final historical moments with the dedication of the Vietnam War Memorial in Washington D.C. In addition, our nation suffered a devastating attack on 9/11 and we elect our first black President, Barack Obama.

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| <b>Wed</b>                   | <b>12/9</b> | <b>10 - 11:30 a.m.</b> |
| \$15 Member; \$20 Non-member |             | 13498                  |

## Second City Angels: First World Heroines (Hybrid)

Clarence Goodman, Historian and Musician

Though largely and justifiably regarded as “the patron saint” of social work and settlement houses, Jane Addams is merely the tip of the iceberg when it comes to Chicago’s role in the evolution of these vital services. Several generations of 19th century women contributed mightily to the advancement of the human experience and the rise of Chicago’s place in the growth of social services. Historian Clarence Goodman identifies these heroines and the significant impact of their good work.

**Mon 10/5 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13452

## Hail to the Chief: Chicago and the Presidency (Hybrid)

Clarence Goodman, Historian and Musician

Although it has been an incorporated city for less than two hundred years, Chicago’s storied past is deeply intertwined with that most American of institutions: the Presidency. From hosting national conventions, to contributing to curious footnotes, to being the hometown of several First Ladies, the city is as presidential as any. Clarence Goodman explains the many ways Chicago has influenced our nation’s Executive branch.

**Tue 11/17 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13453



## Above Grade: The History of Chicago’s Elevated Transit System (Hybrid)

Tom Schaffner, L Stop Tours

In the years following the Great Chicago Fire, Chicago was the fastest growing city in the world. With new skyscrapers, huge department stores, and endless strings of streetcars plying every inch of pavement in the business district, officials realized the city needed a new way of transporting Chicagoans safely and efficiently well into the next century. The answer was the construction of Chicago’s elevated transit system, the “L.” Journalist Tom Schaffner traces the history of the L system, describes how it grew, and recounts some of the innovations the system has employed during its long history of serving Chicago area residents and visitors.

**Tue 12/15 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13485

## The Rise and Fall of Chicago’s Union Stock Yards (Hybrid)

Tom Schaffner, L Stop Tours

For over 100 years, Chicago’s Union Stock Yards was the largest and most successful livestock market in the world.

The neighboring district known as “Packingtown” became equally



famous (or infamous) for the production of high-quality meat products and also for its allegedly unsafe meat handling practices. Tom Schaffner explores the history of the Union Stock Yards, its rapid growth and reasons for its decline and ultimate death in 1971. Discover how the remnants of the Stock Yards district survive today on Chicago’s South Side.

**Mon 10/26 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13486

## Binding Our State Together: The History of Canals, Railroads, and Good Roads in Illinois (Hybrid)

Norman Moline, Professor Emeritus of Geography, Augustana College

One extremely important aspect of our nation’s history is the development of improved transportation to move people and goods across this landscape. Expanding from routes using horses, muddy roads, and rivers with variable flows came canals, railroads, good roads, and the automobile. These systems bound our state together and connected people with other regions. Geography professor Norman Moline tells the story of how its successes and challenges are particularly significant and fascinating in our state’s 208 year history.

**Mon 10/26 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13468

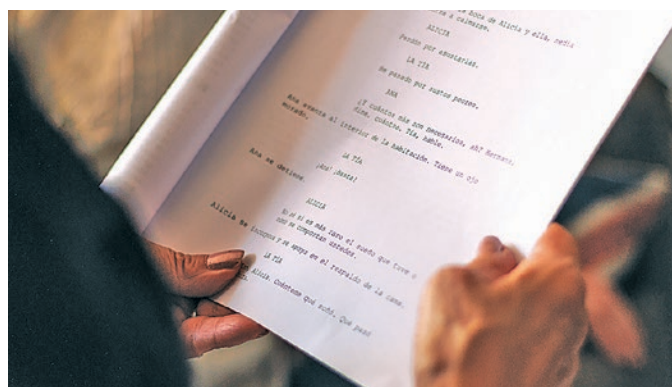
## The Ritchie Boys: America’s Secret Weapon that Helped Win World War II (Online)

Anette Isaacs, German Historian

Anette Isaacs brings to life the astonishing story of the Ritchie Boys, a group of German-speaking Jewish refugees who became one of America’s most powerful intelligence assets during World War II. Trained at Maryland’s Camp Ritchie and returning to war-torn Europe, they used language, quick thinking, and psychological skills to interrogate prisoners and extract information that helped shape the Allied victory. The courageous Ritchie Boys showed their impact in the fight against Hitler.

**Wed 12/16 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13728

# Literature



## Playreading: Bringing Words to Life

*Manon Spadaro, Teacher and Director*

Step into dramatic literature through scene study, character exploration, and lively discussion with instructor Manon Spadaro. Dig into great scripts by exploring each play's themes and social context when you explore *Six Degrees of Separation* and *The Importance of Being Earnest*, two plays featuring charming impostors who disrupt comfortable lives and reveal class tensions. Build listening, observation, and vocal expression skills used by professional actors while engaging deeply with text and context. No acting experience needed, just curiosity and a love of stories. Come ready to read, interpret, and discover theatre together.

**Fri 9/18 - 10/23 (6X) 1 - 2:30 p.m.**  
\$129 Member; \$159 Non-member 13712

## Instructor Spotlight

### MANON SPADARO

*Theatre Educator and Director*



Manon Spadaro is a Chicago-based performing artist, theatre educator, and director. As Founding Artistic Director of Chicago Youth Shakespeare, she led the city's only professional Shakespeare company for young artists and designed region-wide learning programs that brought Shakespeare to life for more than 10,000 students. With an MA in Theatre from Northwestern University and a lifelong love of literature, Manon looks forward to exploring some of her favorite non-Shakespeare texts with this fall's Playreading class.

## Reading for a Cozy Afternoon (Hybrid)

*Erin Collins, Reference Librarian, Winnetka-Northfield Public Library*

Enjoy a lively conversation and book discussion of new and classical works of fiction, led by Erin Collins of the Winnetka-Northfield Public Library. Group meets the second Wednesday of the month. Center membership required to participate. Read and discuss the following books:

**Sept. 9** *You Are Here* by David Nicholls  
**Oct. 14** *Wild Dark Shore* by Charlotte McConaghy  
**Nov. 11** *Lady Tremaine* by Rachel Hochhauser  
**Wed 9/9 - 11/11 (3X) 1-2 p.m.**  
No Fee 13516

## 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. Group meets the fourth Monday of the month. Center membership required to participate. Please read the book prior to the class meeting.

**Sept. 28** *The Tattered Cover* by Ellery Adams  
**Oct. 26** *Killers of a Certain Age* by Deanna Raybourn  
**Nov. 23** *Any Other Name* by Craig Johnson  
**Mon 9/28 - 11/23 (3X) 1-2 p.m.**  
No Fee 13517

## 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 9/23 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13503



# Music Appreciation



## The German Virtuosa: Inside the Life and Times of Clara Schumann (Online)

*Anette Isaacs, German Historian*

Clara Schumann, wife of Robert Schumann, was a trailblazing pianist, composer, and teacher who balanced a remarkable concert career with raising eight children and being her family's primary provider. Defying the limits placed on women of her time, she achieved international acclaim. German historian Anette Isaacs presents an inspiring look at Clara's life and lasting legacy of resilience, artistry, and determination.

**Thu 10/15 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13483

## Vivaldi and Other Italian Delights

*Jim Kendros, Composer, Music Researcher, and Educator*

Italian composers from the 1600s and 1700s crafted music of exceptional beauty and rich harmony. Discover the expressive, personal and passionate melodies of Vivaldi, Corelli, and Albinoni. Jim Kendros highlights Albinoni's famous *Adagio* with its moody character in addition to Vivaldi's image-filled music. These are the great Italian composers that inspired J. S. Bach and many of his contemporaries.

**Fri 9/11 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13597

## Keyboard and Commentary: A Festive Winter Concert

*Jim Kendros, Composer, Music Researcher, and Educator*

Jim Kendros offers a wonderfully festive winter concert of Baroque and pop favorites! Enjoy Jim's expressive arrangements of Pachelbel's *Canon*, *Joy of Man's Desiring*, *Carol of the Bells*, *My Favorite Things*, and much more! Jim delves into the background of each work and its composer, and shares the keyboard techniques highlighted in each piece. This winter piano concert is the perfect way to usher in the season.

**Mon 12/7 10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13599

## The Living Tradition of Art Music:

### Visionaries of the 20th and 21st Centuries

*Howard Sandroff, Composer, Music Professor, Sculptor*

The western tradition of Art Music didn't end with the close of the 19th century, as composers continued to expand, experiment, and develop the tradition into the 20th and 21st centuries. Professor Howard Sandroff traces this evolution through four influential composers. He begins with Stravinsky's *The Rite of Spring*, a landmark of modern music, and continues with Edgard Varèse's experimental work, Pierre Boulez's innovations as both composer and Chicago Symphony conductor, and Paul Lansky's pioneering use of computers in music. Together, these figures illuminate the expanding aesthetic of art music in the 20th and 21st centuries.

**Mon 11/2 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13458

## Rock 'n' Roll in the Windy City, 1945 to 1963 (Hybrid)

*John Lyons, Author and History Professor*

In the mid-20th century Southern and Midwestern migrants produced some of the most innovative and vibrant music of the era. Entrepreneurs launched new record labels, radio stations, teen clubs, and record hops to showcase the hundreds of musical acts that emerged in the area. Lyons examines the origins, progress, and diversity of this groundbreaking music scene through the eyes of the musicians, deejays, and label executives who made Chicago such an exciting and enriching place in the postwar period.

**Mon 9/28 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13472

## A Musical Blast From the Past: 1960s Pop Artists

*Stuart Simon, Educator and Cantor Emeritus*

Stuart Simon delves into some '60s pop artists and a seemingly endless array of folk and country musicians of both domestic and international acclaim. Wax nostalgic when hearing musical favorites of your youth. With his rich vocals and various stringed instruments, Stuart provides an enlightening, entertaining, and memorable afternoon.

**Thu 11/12 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13481

# Music Appreciation

(continued)



## The Bee Gees, *Saturday Night Fever*, and Disco Music (Hybrid)

Gary Wenstrup, Instructor, Triton College and College of DuPage

In the mid-1970s, three cultural forces—the Bee Gees, *Saturday Night Fever*, and disco—came together to transform pop culture. Once known for their Beatles-inspired sound, the Bee Gees reinvented themselves as a rhythm and blues group. The film, starring John Travolta, captured the disco scene and sparked the nationwide disco craze. Gary Wenstrup explores this defining moment and its lasting impact on music, dance, fashion, and nightlife.

**Tue 9/8** **1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13504

## Chicago: A Music Fan Favorite (Hybrid)

Gary Wenstrup, Instructor, Triton College and College of DuPage

If you like your rock 'n' roll mixed with an exciting blast of horns there is no better listen than the music group Chicago. Formed in 1967, the band produced a steady stream of hits through the 1970s and 1980s. *Billboard Magazine* ranked Chicago ninth on the list of 100 Greatest Artists of All Time in terms of chart success. Gary Wenstrup traces the arc of the group's career from early rock 'n' roll successes like "25 or 6 to 4" and "Saturday in the Park" to their softer hits like "If You Leave Me Now" and "Hard to Say I'm Sorry." These fan favorites play in our minds forever.

**Tue 12/1** **1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13509

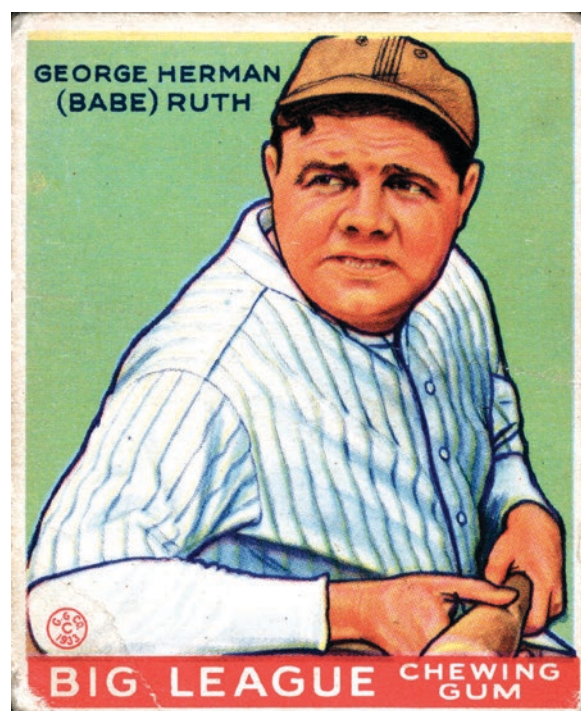
# People, Places & Culture

## The Cubs and the White Sox: Where Do We Go From Here? (Hybrid)

Charles Billington, Sports Historian and Author

With baseball's playoffs in full swing, Charles Billington returns to talk about the 2026 season and discuss the fortunes of both of Chicago's teams. His analysis of the issues will determine if there will be a season to enjoy in 2027. What can you look forward to?

**Thu 10/29** **10 - 11:30 a.m.**  
\$15 Member; \$20 Non-member 13595



## The Life and Times of Babe Ruth (Hybrid)

Gary Livacari, Author, Baseball Historian

From troubled beginnings to unmatched baseball fame, Babe Ruth's life captivates fans and historians alike. Baseball historian Gary Livacari traces Ruth's journey from a neglected youth to a record-setting Major League legend. He explores Ruth's personal life, including his marriages and public feud with Lou Gehrig, while highlighting his extraordinary achievements. Featuring memorable stories and rarely seen photos, Gary brings new depth to the enduring legacy of the Great Bambino.

**Thu 9/17** **1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13490

## The Essential Houdini (Hybrid)

*William Pack, Storyteller and Magician*

Known as the American self-liberator, Europe's eclipsing sensation, world's handcuff king, exposé of fraud, original prison breaker, and Master Magician, Houdini inspired generations of children to dare to dream the impossible. William Pack goes beyond the myth and brings to life the true story of this American icon, including the only known recording of Houdini's voice.

**Tue 11/10** **1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13711



## Del Webb: Renaissance Man of the 20th Century (Hybrid)

*Errol Magidson, Author, Filmmaker, and Historian*

Few lives capture the spirit of the American success story like that of Del Webb. Errol Magidson highlights Webb's remarkable achievements, from developing iconic retirement communities to co-owning the New York Yankees during multiple World Series wins. Webb built the Flamingo Hotel for Bugsy Siegel and became a major force in Las Vegas hotels and casinos. A friend to presidents and celebrities alike, including Jack Benny, his story reflects ambition, innovation, and enduring influence.

**Tue 9/22** **1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13484

## Dolores Huerta Demands Justice in an Unjust World (Hybrid)

*Marlene Targ Brill, Author, Researcher, Educator*

Marlene Targ Brill relates the story of Dolores Huerta's journey from her beginnings in a Southwest mining community to the vineyards of California, traveling across the country working for the fair treatment of others. She co-founded what became the United Farm Workers of America and worked tirelessly advocating for the rights of farmworkers, Mexican American immigrants, women, and LGBTQ populations. In 2012, President Barack Obama gave her the Presidential Medal of Freedom for her relentless efforts that continue until today at age 96.

**Tue 9/29** **1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13445

## Hidden Gems of Illinois (Hybrid)

*Jessica Mlinaric, Author, Travel Photographer*

From skyscrapers along Lake Michigan to highways stretching across the prairie, Illinois holds a wealth of strange and surprising stories. Author Jessica Mlinaric leads an offbeat journey through hidden history, unusual landmarks, and unexpected detours across the state. Discover lesser-known tales that reveal Illinois in a new light and invite you to see familiar places with fresh perspective.

**Mon 11/16** **1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13508

## Haunted Chicago (Hybrid)

*Tim Wilsey, Musician and Educator*

Step into Chicago's haunted past and encounter stories of the unexplained across the region. Historian Tim Wilsey guides a chilling tour featuring the Country House Restaurant in Clarendon Hills, sightings of Resurrection Mary, and the ghostly Italian Bride at Mount Carmel Cemetery. He also explores eerie legends within Graceland Cemetery on Chicago's North Side. These accounts of paranormal activity promise a fascinating and unsettling look at Chicagoland's most mysterious sites.

**Wed 10/21** **1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13532



Photo Credit: Stephen Hogan

## Sweet Home Candies (Hybrid)

*Tim Wilsey, Musician and Educator*

Chicago's sweet history returns just in time for the holidays. Historian Tim Wilsey explores the city's beloved candy makers, from the long-standing Ferrara Candy Company to Mars and its groundbreaking treats. He also highlights Margie's, a famous local spot visited by The Beatles and The Rolling Stones. This lively program brings Chicago's confectionery past to life and may inspire you to fill your holiday candy dish.

**Fri 12/4** **1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13533

# People, Places & Culture (continued)



## The Making of Chicago's Family-Owned Superdawg Drive-In (Hybrid)

*Scott Berman, Owner, Superdawg Drive-in and Attorney*

At a busy Chicago intersection in 1948, Maurie and Flaurie Berman opened Superdawg® Drive-In, creating a hot dog stand known for its distinctive style and secret recipe. Their commitment to quality, service, and treating customers like family shaped the business for generations and continues today. Maurie and Flaurie's son Scott Berman shares the story behind the iconic rooftop figures, the family's enduring values to always serve people in a manner that will make them want to come back, and how Superdawg® remains a beloved Chicago landmark that continues to welcome new and returning guests.

**Wed 10/28 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13694

## Florence, Padua, and Venice: In Search of the Renaissance (Hybrid)

*Gene Flynn, Educator*

Over thirty million tourists come to these beautiful Italian cities each year to view the amazing Renaissance art and architecture. Yet that is only part of the story. These cities, and other Northern Italian cities fostered great advances in medicine, finance, and manufacturing while England and France fought wars or addressed internal conflicts. Gene Flynn explains why travel is much more interesting when you understand how history and culture affect what we see today.

**Mon 12/7 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13455

## Exploring Modern Hungary and Serbia (Hybrid)

*Gene Flynn, Educator*

Americans believe we control our national destiny, but geography has a profound influence over destiny. Discover how geography, ethnic migration, and the Danube River intersect to shape both historical and modern events in Eastern Europe. During a recent Danube River cruise, Gene Flynn met many welcoming people, even as they continue working to recover from World War II and the Communist era. Recovery is a work in progress, even as the Danube flows on.

**Tue 10/6 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13536

## Zionism, Anti-Zionism, and Diasporism (Hybrid)

*Rabbi Adam Chalom,  
Kol Hadash Congregation*

Zionism remains one of the most complex and debated concepts in contemporary Jewish life. Rabbi Adam Chalom explores its historical roots and evolving meanings, from expressions of Jewish self-determination and ethnic pride to more modern political associations. He examines differing perspectives within the Jewish community and broader culture, including questions about nationalism and criticism of Israel. The discussion also addresses whether anti-Zionism is inherently antisemitic and introduces Diasporism and Jewish anti-Zionism as alternative approaches to Jewish identity.

**Wed 10/21 - 10/28 (2X) 10 - 11:30 a.m.**  
\$29 Member; \$39 Non-member 13447



# Science & Nature

## Data Centers: What Are They and What Do We Need to Know? (Hybrid)

*John Wasik, County Commissioner, Environmentalist, Author*

Data centers are being built all over the United States. They create much controversy wherever planned because they require huge amounts of electricity and water. Who will pay for the increased utility bills which result? John Wasik explains why they are being built and the policies needed to manage them.

**Mon 11/9 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13470

## Why Pollinators are Good for Earth Wellness (Hybrid)

*John Wasik, County Commissioner, Environmentalist, Author*

Most people know that pollinators such as bees are good for a variety of plants, but many do not know why they are essential for our survival. With increasing climate change, they couldn't be more crucial since they make growing much of our food possible. Author and environmentalist John Wasik explains why they are important and how they should be in every city and suburban yard.

**Tue 9/15 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13491

## Instructor Spotlight

### RICHARD WILDERS

*Professor Emeritus,  
North Central College*



Rich Wilders retired as Professor Emeritus of Mathematics and Actuarial Science at North Central College in Naperville. While at North Central, he taught courses in mathematics, the history of mathematics, and science. Along with a colleague in the music department, he created and taught a course exploring the many relationships among math, music, and art. Since retiring, he has settled into a new part-time job teaching courses to older adults exploring mathematics, and science. This is especially satisfying as his new students are always interested and engaged. He'd be happy to have you join him to explore the magic that is mathematics!



Learn

## Forensic Detectives: Identifying America's Fallen Heroes (Hybrid)

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

In 1972, a young American pilot shot down in South Vietnam was buried as the Vietnam War's "Unknown Soldier" at Arlington National Cemetery. Behind that honor lay decades of mystery and political intrigue, reaching back to the war's earliest losses over Laos. Hal Tinberg unravels the story, showing how determined investigation and advances in forensic science by the Armed Forces DNA Identification Laboratory ultimately restored these servicemen's identities and brought long-awaited closure to their families.

**Tue 10/13 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13467

## Making Nature Do the Math (Hybrid)

*Richard Wilders, Professor Emeritus, North Central College*

From Euclid's *Elements* to the science of Galileo and Newton, mathematics shapes how people understand the natural world. This influence extends beyond science into art and design, most notably in the grand vision of Louis XIV. Rich Wilders traces how mathematical principles came to dominate Western thought and explains why the Sun King embraced this worldview in creating his magnificent palace and gardens. His insights reveal surprising connections between math, power, and beauty.

**Wed 9/16 1 - 2:30 p.m.**  
\$15 Member; \$20 Non-member 13442

# Science & Nature

(continued)

## Among the Elephants: Africa's Gentle Giants (Hybrid)

*John David Ulferts, Author*

Across Africa, elephants display remarkable intelligence, emotion, and strong social bonds while shaping ecosystems as they disperse seeds and transform landscapes. Yet poaching, habitat loss, and climate change threaten their survival. Drawing on firsthand observations across multiple African countries, John David Ulferts explores elephant behavior and highlights on communication, social life, parenting, and physical traits, revealing the extraordinary lives of these gentle giants.

**Tue 12/8**

\$15 Member; \$20 Non-member

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

13463



## The Arctic Melts and Heats Up (Hybrid)

*Joseph Harrington, Educator, Writer, and Researcher*

Persistent warming of the Arctic Ocean over years means that the planet's northernmost waterway is ever more ice-free and open to shipping, research, and mining activities. The thawing of the Arctic ice cap is triggering renewed international competition and security concerns. Joseph Harrington describes how the United States, Canada, Nordic nations, Russia, and non-Arctic countries, including China, are jostling for power and position in an old frontier made new by a changing climate.

**Mon 9/28**

\$15 Member; \$20 Non-member

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

13465

## Mysteries of the Ocean Depths (Hybrid)

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

Journey into the dark ocean at night to find mysterious forms of life, including many that light up the night! Visit with mysterious denizens of the deep sea that exhibit fascinating strategies for staying alive in extreme environments. Michele Hoffman-Trotter takes you on a beautifully photographed voyage to the deep recesses of the sea to discover a mostly unexplored world from fabulous jellies to the giant squid, bizarre barrel head fish, and sharks that glow in the dark!

**Fri 12/4**

\$15 Member; \$20 Non-member

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

13613

# A Place to Belong. A Place to Be Supported.

**House of Welcome Day Program:** A warm, engaging experience offering meaningful activities, community connection, and compassionate support for people living with dementia—while providing family caregivers time to recharge and attend to their own needs. Monday-Friday, half- and full-day sessions.

**Mind Matters:** Designed for individuals experiencing early cognitive changes, this program fosters social connection, cognitive stimulation, and support. Tuesdays and Thursdays from 10 a.m. to 3 p.m.

**Caregiver Support:** Guidance, education, and emotional support to help families navigate the challenges of caregiving with confidence and compassion.

**north shore senior center**

[nssc.org](http://nssc.org) | 847.242.6250 | [how@nssc.org](mailto:how@nssc.org)





## Comprehensive Medication Review

- Identify unnecessary or risky medications
- Reduce sedation, dizziness, and fall risk
- Improve safety, clarity & quality of life

## Clear Medication Education

- Plain-language explanations
- Support for seniors & caregivers
- Advocacy tools for doctor visit

## Cannabis & CBD Guidance

- Safe, evidence-based recommendations
  - Review interactions
- Help choosing appropriate products

## Pharmacogenomic (PGx) Testing

- Personalized medication choices
- DNA-guided treatment optimization
- Reduce trial-and-error prescribing

# Inquire

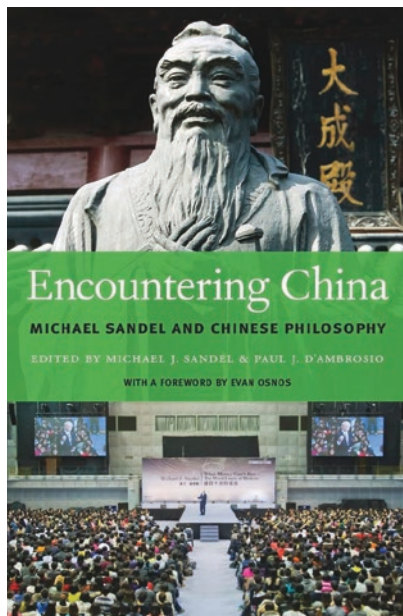
Our peer-led classes are developed and coordinated by your peers. All class participants take part in the discussions and may take turns facilitating a session.

## Culture & Society

### ***Encountering China (Hybrid)***

*Mick Jackson and Ellen Grabow, Coordinators*

Harvard philosopher Michael Sandel is widely influential in the West and a phenomenon in China, where his ideas help audiences navigate ethical challenges of a rapidly changing market society. His engaging approach connects moral philosophy to everyday life, resonating with communitarian themes in Chinese traditions. His anthology *Encountering China* brings together leading scholars of Confucian and Daoist thought to examine the connections and tensions between these traditions and Sandel's ideas. *Encountering China* by Michael Sandel. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.



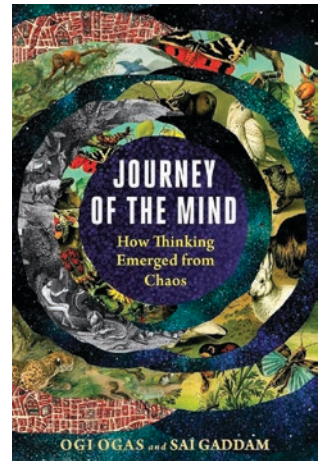
**Wed 9/9 - 11/18 (11X)**  
\$69 Member; \$83 Non-member

**1 - 3 p.m.**  
13642

### ***Journey of the Mind (Hybrid)***

*Mick Jackson and Linda Spring, Coordinators*

Floating between our ears is the highlight of human evolution, a conscious mind that allows us to think, feel, and ponder deep questions about the universe. How did such a mind come to be? *Journey of the Mind* explores the emergence of consciousness by describing a series of increasingly complex minds, starting three billion years ago with the emergence of the simplest mind and proceeding through amoebas, birds, monkeys, and human beings. *Journey of the Mind: How Thinking Emerged from Chaos* by Ogi Ogas and Sai Gaddam. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.



**Mon 9/14 - 12/14 (14X)**  
\$79 Member; \$95 Non-member

**1 - 3 p.m.**  
13652

### ***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 9/14 - 12/7 (12X - no class 9/21)**  
\$69 Member; \$83 Non-member

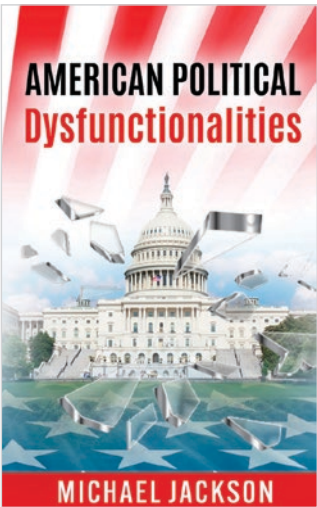
**10 a.m. - 12 p.m.**  
13668

# Current Issues

## American Political Dysfunctionalities (Hybrid)

Mick Jackson, Coordinator

In his book, Mick Jackson argues that the American political system is deeply dysfunctional, rooted in the undemocratic foundations of the 1787 Constitution. Over more than two centuries, additional layers have intensified these structural flaws. He links this dysfunction to persistent social and economic challenges, including income inequality, lack of universal healthcare, lower life expectancy, and enduring racial divisions. Mick, the author, will facilitate most classes. This is a repeat of the class offered in Fall 2025, if you missed the class then. *American Political Dysfunctionalities* by Michael Jackson. Coordinator facilitated. Related topics/expertise and personal anecdotes allowed.



**Tue 9/8 - 11/10 (10X) 1 - 3 p.m.**  
\$59 Member; \$71 Non-member 13658

## Point of View (Online)

Reva Schneider, Coordinator

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

**Mon 9/14 - 12/14 (14X) 1 - 3 p.m.**  
\$79 Member; \$95 Non-member 13659



## TED Talks (Hybrid)

Maureen McGrath and Neal Rubin, Coordinators

View and discuss TED Talks with your peers to expand your knowledge and dive deeply into many issues of the day. TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks that are 18 minutes or less. 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. Participants take turns leading class.

**Tue 9/22 - 11/24 (10X) 11:30 a.m. - 12:30 p.m.**  
\$59 Member; \$71 Non-member 13645

## 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 interest 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* is needed, including weekdays and weekends. Participants take turns leading class. Personal anecdotes related to topic allowed.

**Thu 9/10 - 11/12 (10X - no class 11/27) 9:30 - 11:30 a.m.**  
\$59 Member; \$71 Non-member 13667

The  
New York  
Times

Inquire

# Film, Theater & TV

## Documentary Films

*Israel Friedman and Howard Golden, Coordinators*

View and discuss a selection of interesting, informative, and entertaining documentary films. Class members choose a film and take part in discussions to exchange ideas, thoughts, and commentary. Class discussion will be focused on the film, aided by the provided evaluation and resource guides, which contain some background information. No movie background required. Class will meet on-site only. Participants take turns leading class. Personal anecdotes related to class material are allowed.

**Thu 9/10 – 12/3 (12X - no class 11/26) 1 p.m. – 3:30 p.m.**  
\$69 Member; \$83 Non-member 13664

## Favorite Films (Hybrid)

*Bob Holstein and Maureen McGrath, Coordinators*

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

**Wed 9/23 – 12/2 (10X - no class 11/25) 1 – 2:30 p.m.**  
\$59 Member; \$71 Non-member 13665



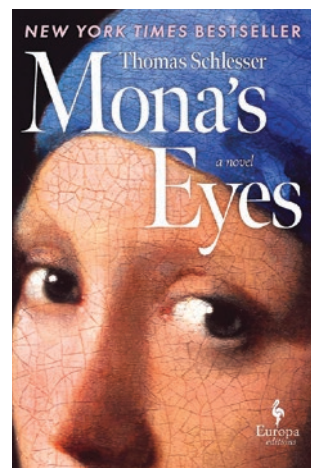
# Literature & Writing

## Mona's Eyes (Hybrid)

*Janet Pearlstein and Linda Spring, Coordinators*

*Mona's Eyes* follows a young girl's journey through art and life, guided by her grandfather, as she confronts the possibility of permanent blindness. After a sudden, temporary loss of sight, her grandfather devises a plan: each week he takes her to Paris museums to study a single masterpiece, from Botticelli to Basquiat, before that beauty may vanish with her sight. The novel blends art history, aesthetic appreciation, and an exploration of family, memory, and resilience. *Mona's Eyes* by Thomas Schlessler. Participants take turns leading class. Related topics/expertise allowed.

**Thu 9/10 – 12/17 (14X - no class 11/26) 10 a.m. – 12 p.m.**  
\$79 Member; \$95 Non-member 13643



## 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.

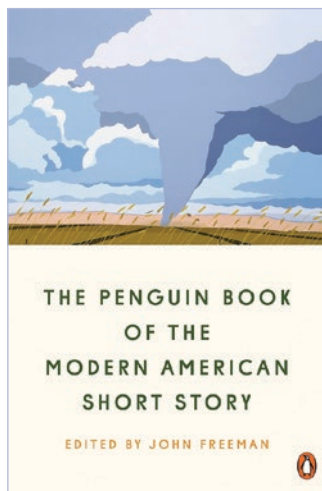
**Tue 9/22 – 11/24 (10X) 1 – 3 p.m.**  
\$59 Member; \$71 Non-member 13671

## Women's Room (Online)

*Cheryl Port and Sybil Virshbo, Coordinators*

Enjoy literature created by women authors and discuss their relevance to issues impacting women. Take part in lively discussions with all participants asking and answering questions. Coordinator facilitated. Discussion of class material only. No personal anecdotes related to topic allowed.

**Fri 9/18 – 12/18 (13X - no class 11/27) 10 a.m. – 12 p.m.**  
\$79 Member; \$95 Non-member 13669



## Contemporary Short Stories (Online)

Meredith Hellestrae and Susan Siebers, Coordinators

The trick to understanding and appreciating short stories is to read them at least twice. Only then are you able to marvel at the world and situation that the author has created in just a few pages. The stories in *The Penguin Book of the Modern American Short Story* were originally

published between 1970 and 2020. The class discusses one story each week, chosen and led by that week's leader. *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.

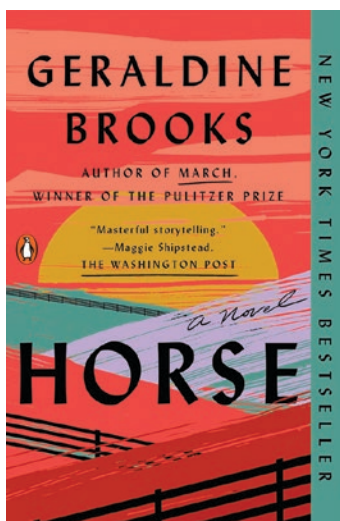
**Thu 9/10 – 12/17 (14X - no class 11/26) 9:30 – 11:30 a.m.**  
\$79 Member; \$95 Non-member 13647

## Prize Winning World Literature: *Horse* (Hybrid)

Carole Einhorn, Coordinator

Explore *Horse* by Geraldine Brooks, based on the true story of a thoroughbred named Lexington. In 1850s Kentucky, an enslaved groom named Jarret forges a bond with the horse that carries them to fame in record-setting victories across the South. As the Civil War unfolds, an artist who painted the racehorse becomes a Union soldier and reconnects with them under perilous circumstances. Interwoven with related stories from 1954 and 2019, *Horse* is a novel of art and science, love and obsession, and our unfinished reckoning with racism. *Horse* by Geraldine Brooks. Participants take turns leading class. Personal anecdotes related to topic allowed.

**Wed 9/16 – 12/2 (12X) 9:30 – 11:30 a.m.**  
\$69 Member; \$83 Non-member 13644



## Exploring Poets, Poetry, and Song Lyrics

Susan Chertkow and Susan Siebers, Coordinators

"Poetry is a deal of joy and pain and wonder, with a dash of the dictionary," wrote Khalil Gibran. Expand your knowledge of poems, poets, and song lyrics in a lively, entertaining, and meaningful setting. No experience with poetry necessary, just an interest to learn and enjoy. Participants take turns leading class. Related topics and expertise allowed. Personal anecdotes related to topic allowed.

**Wed 9/9 - 12/9 (14X) 10 a.m. - 12 p.m.**  
\$79 Member; \$95 Non-member 13662

## Shakespeare: *Twelfth Night* and *Macbeth* (Online)

Teresa Blomquist and Paul Phillips, Coordinators

Written at the end of Queen Elizabeth's reign, *Twelfth Night* is a comedy about mistaken identities and misplaced love, as shipwrecked twins Viola and Sebastian become entangled in romantic chaos after Viola disguises herself as a page and is loved by Countess Olivia while secretly loving Duke Orsino. After emerging from Olivia's estate in Illyria, and feeling quite civilized, plunge into the blood-red, hypermasculine world of *Macbeth*, Shakespeare's welcome gift to Elizabeth's witch-obsessed successor, King James I. William Shakespeare's *Twelfth Night*, Folger Edition. William Shakespeare's *Macbeth*, Folger Edition. Plays will be read aloud. Participants take turns leading class. Personal anecdotes related to topic allowed.

**Thu 9/10 - 12/17 (14X - no class 11/26) 1 - 3 p.m.**  
\$79 Member; \$95 Non-member 13650

## Science Fiction: *Project Hail Mary* (Hybrid)

Joel Michael and Linda Spring, Coordinators

Ryland Grace is a science teacher-turned-astronaut. He wakes from a coma on a spaceship with no memory, on a last-ditch, one-way suicide mission to save Earth. Grace must regain all his memories, solve an impossible scientific puzzle in another star system, and team up with an alien companion nicknamed Rocky to save both their civilizations. *Project Hail Mary* by Andy Weir. Participants take turns leading class. Personal anecdotes related to topic allowed.

**Tue 9/8 - 12/8 (14X) 10 a.m. - 12 p.m.**  
\$79 Member; \$95 Non-member 13655



# Enrich

## Arts & Crafts

### Create Your Own Halloween Floral Display

*Eileen Weber, American Academy of Floriculture,  
Lake Forest Flowers*

Make your own Halloween-themed floral display in this fun, hands-on workshop led by Eileen Weber. Eileen provides all the flowers, containers, and tools, and will guide you step-by-step as you create a colorful, seasonal arrangement perfect for Halloween décor.

**Thu 10/29**

\$39 Member; \$45 Non-member

**10 - 11 a.m.**

13682

### Instructor Spotlight

#### **SANDRA ESTRADA**

*Mixed Media Artist  
and Educator*

Sandra Estrada is a mixed-media artist and educator with a passion for collage and creative exploration. Drawing from a background in painting, ceramics, and portraiture, she brings a playful and intuitive approach to working with paper, texture, color, and composition. Inspired by travel, nature, and a family legacy of artists, Sandra encourages students to experiment, trust their creative instincts, and discover the joy of self-expression through collage.



### Create Your Own Thanksgiving Floral Display

*Eileen Weber, American Academy of Floriculture,  
Lake Forest Flowers*

Create a festive fall floral arrangement with accomplished floral designer and instructor Eileen Weber. In this hands-on workshop, Eileen will provide all flowers, containers, and tools, guiding you step-by-step as you design a beautiful centerpiece perfect for celebrating the Thanksgiving season.

**Thu 11/12**

\$39 Member; \$45 Non-member

**10 - 11 a.m.**

13684

### Creative Collage

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

Explore the art of collage through hands-on techniques such as cutting, tearing, layering, and gluing. Work with decorative papers, fabric, ribbons, and found objects to create a meaningful, personal piece of art. All supplies are provided; however, you are welcome to bring your own photos or special materials to incorporate. Please bring a sharp pair of scissors to class.

**Mon 10/19 - 10/26 (2X)**

\$69 Member; \$85 Non-member

**9 - 11 a.m.**

13699

## Portraiture Painting

*Jim Parks, Visual Artist and Actor*

Learn from artist Jim Parks as he shares insights from years of experience and his Faces of NSSC project. Explore portrait techniques that translate to other painting styles, including oil and ink pencil. Jim covers composition, line, value, color, and likeness while guiding you in creating a 4" x 4" portrait. Jim creates a fun space for group conversation centered around art. Supplies included.

**Wed 9/30 - 10/28 (5X) 10 a.m. - 12 p.m.**  
\$69 Member; \$85 Non-member 13695

## Pour Painting

*Samantha Younis, Blue Rose Studio*

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

**Mon 11/2 10:30 a.m. - 12 p.m.**  
\$30 Member; \$35 Non-member 13696

## 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 are introduced to give the painting a unique look, and exercises are 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 and participate in a group critique to learn from one another. Paper is provided, but students must bring their own paints. Brushes, palettes, 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 9/22 - 10/27 (6X) 1 - 3 p.m.**  
\$225 Member; \$269 Non-member 13700



## Watercolor Open Studio Mentoring

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

Ingrid Albrecht offers personalized guidance to help you achieve your "personal best" in watercolor painting. Bring artwork for critique or to receive practical advice on improving your technique and composition. As Ingrid addresses each participant's questions, everyone benefits from shared insights and solutions. Each session provides a rich learning experience, exploring the unique challenges and creative goals behind every artist's work. Students need to bring their own paints, brushes, and paper. Palette trays, spray bottles, sponges and water containers are available for use in class.

**Tue 11/3 - 12/8 (5X - no class 11/10) 1 - 3 p.m.**  
\$199 Member; \$239 Non-member 13701

## 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. More experienced drawers have 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 9/14 - 10/26 (6X - no class 9/21) 10 a.m. - 12 p.m.**  
\$109 Member; \$129 Non-member 13697

**Mon 11/9 - 12/14 (6X) 10 a.m. - 12 p.m.**  
\$109 Member; \$129 Non-member 13698

## Art Workshop

*Ralph Greenhow and Gary Woodward,  
Professional Artists and Teachers*

Receive input and assistance from two 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 and Gary are in a unique position to offer guidance to artists just starting on their creative journey as well as offering new perspectives and inspiration to experienced artists looking to refine their technique. This is an encouraging and supportive space where you can experiment while enjoying the flow of creativity.

**Tue 9/1 - 10/20 (8X) 10 a.m. - 12 p.m.**  
\$139 Member; \$169 Non-member 13714

**Tue 10/27 - 12/15 (8X) 10 a.m. - 12 p.m.**  
\$139 Member; \$169 Non-member 13715

# 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 9/8 - 12/17 (no class 11/26)**

**12 - 4 p.m.**

**Wed, Thu**

**9 a.m. - 4 p.m.**

\$79 NSSC Members only

13713



## Quilting

*Rose Carroll, NSSC Staff Member*

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

**Mon 9/14 - 12/14 (14X)**

**9 a.m. - 12 p.m.**

No Fee

13716

## NSSC Art Gallery

### North Shore Camera Club Photography Exhibition

*September 8 – October 23, 2026*

Showcasing the multitude of talents of the North Shore Camera Club

Members, this photographic exhibition demonstrates each photographer's expertise and unique perspective on the world. Look through the eyes of each photographer as they depict beauty through landscapes, cityscapes, wildlife, nature, and humanity. Through each photographer's different vision, the exhibit displays the beautiful imagery that is all around us. Let each image take you to another place and time.



### Your Brain, Your Art: Mixed Media by Carol Austin and Her Students

*November 2 – December 18, 2026*

As an artist, teacher, and psychologist, Carol Austin works with students at all levels of expertise and creativity encouraging them to produce images reflecting their reality and their imagination. These images exist on a continuum from realistic to non-objective. Carol strives to have an atmosphere in class that is nonjudgmental, encouraging and great fun. It is a class where everyone walks around and looks at the work of fellow students and is free to comment.

## 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 studio use is free, there is a fee for the clay. Center membership required to participate.

**Fri 9/4 - 12/18 (15X - no class 11/27)**

**9 a.m. - 12 p.m.**

No Fee

13718

## 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 Senior Center, but they also become fast friends by working together year-round. Must have experience and be able to work independently as there is no instructor in the group. Bring a brown bag lunch. Center membership required to participate.

**Fri 9/4 - 12/18 (15X - no class 11/27)**

**10 a.m. - 1 p.m.**

No Fee

13719

### Share the Warmth Club

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

**Wed, Fri 9/2 - 12/18 (31X - no class 11/27) 9 a.m. - 12 p.m.**  
No Fee 13720

### Weaving Studio

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

**Tue 9/1 - 12/15 (16X) 9 a.m. - 12 p.m.**  
No Fee 13717



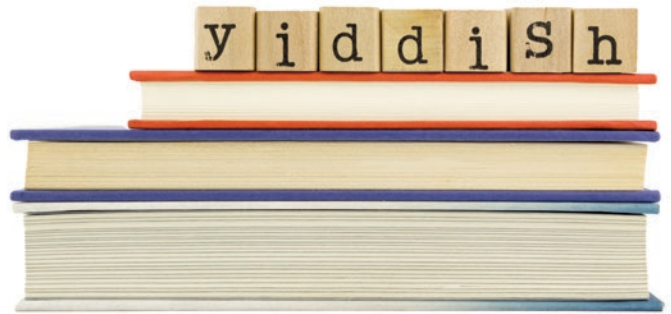
### Knitting Studio

*Mary Staackmann, Facilitator*

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

**Wed 9/2 - 12/16 (16X) 1 - 3 p.m.**  
No Fee 13727

## 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 9/14 - 12/14 (13X - no class 9/21) 1 - 2:30 p.m.**  
No Fee 13522

### 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 9/3 - 12/17 (15X - no class 11/26) 1 - 2:30 p.m.**  
No Fee 13520

### Spanish Club (Online)

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

*Ven a practicar con nosotros.* For those who have already acquired basic conversational skills in Spanish. Center membership required to participate.

**Mon 9/14 - 12/14 (14X) 10:45 - 11:45 a.m.**  
No Fee 13521

# 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 9/10 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 13544



## Master Your Email!

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

Do you have questions about setting up your email or organizing it, services vs. apps, or moving to a new service? Mike Gershbein keeps this class broad enough that it should apply to anyone, whatever type of host or app you might be using and he offers current hot tips and tricks.

**Thu 10/22 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 13545

## iPhone Basics for Beginners

*Lee Huber, Computer and Technology Instructor*

Are you a new iPhone user or need some help navigating your iPhone's many applications? Lee Huber covers basic navigation, using gestures, set up and security, managing contacts, messages, and your iPhone's camera and photos.

**Mon 10/5 1 - 2 p.m.**  
\$19 Member; \$25 Non-member 13546



## Apple iPhone and iPad Advanced Tips and Tricks

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

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

**Thu 11/19 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 13543

## Intermediate iPhone and iPad

*Lee Huber, Computer and Technology Instructor*

Lee Huber offers tips for intermediate iPhone and iPad users. iOS 26 enhances iPhone usage with advanced customization, improved productivity, and AI-driven automation. Advance your basic skills to another level.

**Mon 11/2 1 - 2 p.m.**  
\$19 Member; \$25 Non-member 13547

## Master Your Apple Watch

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

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

**Thu 12/10 1 - 2:30 p.m.**  
\$19 Member; \$25 Non-member 13542



## 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.

# Lifestyle

## Profits and Pitfalls Investment Club (Hybrid)

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. Group meets third Wednesday of each month. For more information, contact Lifelong Learning at 847.784.6030. Center membership required to participate.

|        |                   |                   |
|--------|-------------------|-------------------|
| Wed    | 9/16 - 12/16 (4X) | 10 a.m. - 12 p.m. |
| No Fee |                   | 13518             |



## AARP Smart Driver Course

*Nanako Mura, AARP Instructor*

The AARP Smart Driver class is a driving refresher for motorists aged 45 and older. Review information on safe driving habits, how to avoid driving hazards, changes in roadway conditions, safety equipment on your automobile, as well as discuss when to consider driver retirement. The instructor covers much of the information needed to pass the Illinois State license exam and reviews the eyesight, hearing, and physical changes that drivers experience as they age. Completion of the two-day class may entitle 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    | 12/4 - 12/11 (2X) | 9 a.m. - 1 p.m. |
| No Fee |                   | 13519           |

# Senior Issues & Community Resources

## Senior Living Communities: Making the Right Move

Are you considering a move to a senior living community or assisting someone with a move to one? Learn about the various senior living options and assessing what level of care is needed, as well as how to assess a person's needs and steps to take when making the move. CEUs available for LSW/LCSW and LPC/LCPC.

|        |      |                |
|--------|------|----------------|
| Thu    | 9/17 | 9:30 - 11 a.m. |
| No Fee |      | 13636          |

## The Anxious Mind: Tools for Navigating Anxiety in Older Adults

According to the National Council on Aging, anxiety is a natural response to many life stressors, and it affects 10-20% of the aging population that have reported it. Learn how anxiety affects a person, especially as they age, as well as how to assess and manage anxiety with both cognitive and behavioral strategies. CEUs available for LSW/LCSW and LPC/LCPC.

|        |      |                |
|--------|------|----------------|
| Thu    | 10/1 | 9:30 - 11 a.m. |
| No Fee |      | 13637          |

## Caring for a Partner with Dementia: Love and Loss

Explore the many layered experiences of caring for a spouse or partner living with dementia, from practical questions such as assessing the need for assistance in caregiving to discussing the emotional process of transitioning from partner to caregiver and how to take care of yourself during this challenging time. CEUs available for LSW/LCSW and LPC/LCPC.

|        |       |                |
|--------|-------|----------------|
| Wed    | 10/28 | 9:30 - 11 a.m. |
| No Fee |       | 13638          |

## Understanding Early Memory Loss

Learn ways to support individuals living with early brain changes, including individuals impacted by anosognosia and early-stage Alzheimer's disease. Discussion will include learning about non-pharmacological treatments and community resources available to people with early-stage brain changes. CEUs available for LSW/LCSW and LPC/LCPC.

|        |       |                |
|--------|-------|----------------|
| Wed    | 11/11 | 9:30 - 11 a.m. |
| No Fee |       | 13639          |

# Live

## Health & Wellness Education



### The Mouth-Body Connection and Optimizing for Longevity

*Scott Drucker, DMD MS*

A healthy smile may reveal far more about your overall health than you think. Discover the powerful connection between oral health and conditions such as heart disease, inflammation, and cognitive decline through a clear, engaging overview of the latest scientific research. Gain practical, easy-to-apply strategies to support both oral health and long-term wellness. Dr. Scott Drucker, DMD MS, also addresses your oral health questions.

**Mon 10/5**

\$15 Member; \$20 Non-member

**11 a.m. - 12 p.m.**

13603



### Struggling to Sleep?

#### Discover Three Keys to Better Rest (Hybrid)

*Olga Chwascinska, Bodyworker, Educator, B.A., LMT, BCTMB, ECYT*

Restful nights can transform how you feel, move, and think each day. Explore three simple, natural strategies to help you fall asleep more easily, stay asleep longer, and wake up feeling refreshed and energized. Experience gentle stretches, breathing practices, visualization, and relaxation techniques designed to calm the body and mind. Each approach can be adapted to suit a variety of comfort levels, helping you build a consistent, healthy sleep routine that supports overall well-being.

**Thu 10/15**

\$15 Member; \$20 Non-member

**11 a.m. - 12 p.m.**

13604

### Refresh Your Eyes, Renew Your Energy (Hybrid)

*Olga Chwascinska, Bodyworker, Educator, B.A., LMT, BCTMB, ECYT*

Eye strain can quietly drain your energy and create tension throughout your face and body. Experience gentle, effective techniques to relax tired eyes, release facial tightness, and restore overall comfort. Olga guides you through accessible eye exercises, soothing self-massage, calming breathwork, and guided relaxation designed to help you pause and reset. Each practice can be adjusted to meet a wide range of needs, leaving you refreshed and at ease.

**Thu 11/19**

\$15 Member; \$20 Non-member

**11 a.m. - 12 p.m.**

13605

# Exercise & Dance



## Line Dance Workshop

Naoko Myron, NSSC Fitness and Wellness Manager

Upbeat music and lively movement make every workshop a fresh dance experience. Learn easy-to-follow line dances that support coordination, balance, memory, and cardiovascular fitness while enjoying a fun, social atmosphere. Different songs and choreography are featured in each session, so no two workshops are exactly alike. Perfect for all experience levels, whether you're trying line dancing for the first time or looking to add new favorites to your repertoire.

|                              |                      |
|------------------------------|----------------------|
| <b>Mon 9/28</b>              | <b>1 - 1:45 p.m.</b> |
| \$15 Member; \$20 Non-member | 13703                |
| <b>Mon 10/19</b>             | <b>1 - 1:45 p.m.</b> |
| \$15 Member; \$20 Non-member | 13705                |
| <b>Mon 11/16</b>             | <b>1 - 1:45 p.m.</b> |
| \$15 Member; \$20 Non-member | 13706                |
| <b>Mon 12/14</b>             | <b>1 - 1:45 p.m.</b> |
| \$15 Member; \$20 Non-member | 13707                |

## 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.

|                                                  |                        |
|--------------------------------------------------|------------------------|
| <b>Mon, Wed 9/2 - 10/26 (15X - no class 9/7)</b> | <b>11 - 11:45 a.m.</b> |
| \$79 Member; \$95 Non-member                     | 13680                  |
| <b>Mon, Wed 11/2 - 12/16 (14X)</b>               | <b>11 - 11:45 a.m.</b> |
| \$79 Member; \$95 Non-member                     | 13681                  |

## Better Balance

Naoko Myron, NSSC Fitness and Wellness Manager

Balance and stability training can directly improve all aspects of daily living. Enhance core strength, balance, coordination, stability, and flexibility in this moderate intensity, low impact class. Standing exercises are done throughout duration of class.

|                                         |                        |
|-----------------------------------------|------------------------|
| <b>Mon, Wed 9/2 - 10/28</b>             | <b>10 - 10:45 a.m.</b> |
| <b>(14X - no class 9/7, 9/14, 9/16)</b> |                        |
| \$79 Member; \$95 Non-member            | 13656                  |
| <b>Mon, Wed 11/2 - 12/16 (14X)</b>      | <b>10 - 10:45 a.m.</b> |
| \$79 Member; \$95 Non-member            | 13657                  |



## 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!

|                                    |                           |
|------------------------------------|---------------------------|
| <b>Tue, Thu 9/1 - 10/27</b>        | <b>10:30 - 11:15 a.m.</b> |
| <b>(15x - no class 9/15, 9/17)</b> |                           |
| \$79 Member; \$95 Non-member       | 13660                     |
| <b>Tue, Thu 10/29 - 12/17</b>      | <b>10:30 - 11:15 a.m.</b> |
| <b>(14X - no class 11/26)</b>      |                           |
| \$79 Member; \$95 Non-member       | 13661                     |

# Exercise & Dance

(continued)

## Mat Yoga for Strength and Renewal

*Kathy O'Malley,  
Yoga Instructor*

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, 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 9/4 - 10/23 (8X) 9 - 10 a.m.**

\$85 Member; \$99 Non-member 13687

**Fri 10/30 - 12/18 (7X - no class 11/27) 9 - 10 a.m.**

\$85 Member; \$99 Non-member 13690



## Instructor Spotlight

**KATHY O'MALLEY**

*Yoga Instructor*

Kathy O'Malley came to teaching yoga later in life, following a long career as an artist and illustrator. She began simply because she loved it, and something within her compelled her to take that newfound passion further. Her classes focus on understanding and gently overcoming the limitations our bodies may develop as we age. Regaining belief in our body's ability to heal begins with the mind, the rest unfolds through the practice of yoga. Kathy often compares yoga poses to trying on new clothes. Some styles just don't fit or feel right, and that's okay. With practice, you begin to realize that feeling uncomfortable, stuck, or tight while "wearing" a new pose is often where growth begins.



## Yoga for the Rest of Us (Hybrid)

*Ellen Fogarty, Certified 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. Certified yoga instructor, Ellen Fogarty, accommodates individual needs through the use of chairs, blocks, bolsters, and other props to help you develop a more mindful awareness of your body and a sense of overall well-being.

**Tue 9/1 - 10/20 (8X) 9 - 10 a.m.**

\$85 Member; \$99 Non-member 13663

**Tue 10/27 - 12/15 (8X) 9 - 10 a.m.**

\$85 Member; \$99 Non-member 13666



## Tai Chi

*Bobbie Adams, Certified Tai Chi Instructor*

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

**Thu 9/3 - 10/22 (8X) 2:30 - 3:15 p.m.**

\$79 Member; \$95 Non-member 13670

**Thu 10/29 - 12/17 (7X - no class 11/26) 2:30 - 3:15 p.m.**

\$79 Member; \$95 Non-member 13672

## 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 your strength, balance, and flexibility. All fitness levels and abilities are welcome.

|                 |                               |                           |
|-----------------|-------------------------------|---------------------------|
| <b>Tue, Thu</b> | <b>9/8 - 10/27 (15X)</b>      | <b>10:45 - 11:30 a.m.</b> |
|                 | \$85 Member; \$99 Non-member  | 13678                     |
| <b>Tue, Thu</b> | <b>10/29 - 12/17</b>          | <b>10:45 - 11:30 a.m.</b> |
|                 | <b>(14X - no class 11/26)</b> |                           |
|                 | \$85 Member; \$99 Non-member  | 13679                     |

## 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.

|                      |                               |                      |
|----------------------|-------------------------------|----------------------|
| <b>Mon, Wed, Fri</b> | <b>9/2 - 10/23</b>            | <b>8:30 - 9 a.m.</b> |
|                      | <b>(22X - no class 9/7)</b>   |                      |
|                      | \$95 Member; \$109 Non-member | 13683                |
| <b>Mon, Wed, Fri</b> | <b>10/26 - 12/18</b>          | <b>8:30 - 9 a.m.</b> |
|                      | <b>(23X - no class 11/27)</b> |                      |
|                      | \$95 Member; \$109 Non-member | 13685                |

## 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.

|            |                                           |                     |
|------------|-------------------------------------------|---------------------|
| <b>Fri</b> | <b>9/4 - 12/18 (15X - no class 11/27)</b> | <b>10 - 11 a.m.</b> |
|            | No Fee                                    | 13523               |



## Pop-Up Classes

### Ground Control: Get Down, Move Around, and Get Back Up from the Floor Safely

Jonathan Knipping, PT, DPT, RYT-200r

Confidence in getting down to and up from the floor can open the door to greater independence and peace of mind. Discover practical, safe strategies to help you navigate the floor with control and ease, whether for exercise, gardening, or time with family. Explore simple techniques and targeted exercises that build strength, mobility, and confidence while reducing fall risk. Jonathan Knipping offers supportive guidance to help you move safely and comfortably in everyday life.

|            |                              |                   |
|------------|------------------------------|-------------------|
| <b>Tue</b> | <b>9/8 - 9/29 (4X)</b>       | <b>1 - 2 p.m.</b> |
|            | \$59 Member; \$69 Non-member | 13594             |



### Zumba: Stay Steady, Strong, and Full of Energy!

Carlos Hernandez, Certified Zumba Instructor

Upbeat Zumba rhythms transform fitness into an enjoyable, low-impact experience that supports everyday strength and stability. Enhance your balance, flexibility, and endurance with dance routines that are gentle on the joints. Easy-to-follow choreography and supportive pacing from instructor Carlos Hernandez help you move with confidence. A great way to boost energy, stay active, and connect with others in a positive environment.

|            |                              |                           |
|------------|------------------------------|---------------------------|
| <b>Fri</b> | <b>9/4 - 9/25 (4X)</b>       | <b>10:30 - 11:30 a.m.</b> |
|            | \$49 Member; \$59 Non-member | 13478                     |
| <b>Fri</b> | <b>10/9 - 10/30 (4X)</b>     | <b>10:30 - 11:30 a.m.</b> |
|            | \$49 Member; \$59 Non-member | 13479                     |

### Golden Hits: Cardio, Strength and Stretch

Bettylynn Koules, Health and Wellness Professional

Music you know and love powers a complete workout that supports your whole body. Build endurance, strengthen key muscle groups, and improve range of motion through simple, effective exercises. The balanced approach helps you move more comfortably in daily life while enjoying every minute.

|            |                              |                                |
|------------|------------------------------|--------------------------------|
| <b>Tue</b> | <b>11/3 - 11/24 (4X)</b>     | <b>11:30 a.m. - 12:15 p.m.</b> |
|            | \$49 Member; \$59 Non-member | 13593                          |

# 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

## Clubs & Social Groups

### All That Jazz: A Jazz Appreciation Group

*George Williams, Jazz Club Leader*

George Williams invites you to relax, enjoy, and learn about America's singular musical art form. Each week focuses on one or more of the giants of 20th century jazz, including Duke Ellington, Artie Shaw, Miles Davis, Bill Evans, Antonio Carlos Jobim, Ahmad Jamal, and Herbie Hancock. The Ladies of Jazz including Ella Fitzgerald, Billie Holiday, Miss Peggy Lee, and others will be represented. Brief commentary will be provided, but the focus will be on listening to the music itself. Center membership required to participate.

**Tue 9/8 - 12/15 (15X) 1 - 2:30 p.m.**  
No Fee 13548

### Sports Talk

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

**Wed 9/2 - 12/16 (16X) 10 - 11 a.m.**  
No Fee 13608

### NSSC Tuesday Club

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

**Tue 9/8 - 8/31 10 - 10:30 a.m.**  
No Fee 13732



## Games

### Beginning Mah Jongg

*Sylvia Taflove, Mah Jongg Instructor*

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

**Wed 9/9 - 10/7 (5X) 1 - 3 p.m.**  
\$125 Member; \$150 Non-member 13606

### 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 10/14 - 11/11 (5X) 1 - 3 p.m.**  
\$99 Member; \$119 Non-member 13607

# Games (continued)

## Beginning Canasta

*Debbie Friedman, Canasta 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. Debbie Friedman teaches you the concepts of the game, rules, and strategies all while you have fun.

**Wed 9/2 - 10/7 (6X) 9:30 - 11:30 a.m.**  
\$89 Member; \$105 Non-member 13601

## Intermediate Canasta

*Debbie Friedman, Canasta Instructor*

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

**Wed 10/14 - 11/4 (4X) 9:30 - 11:30 a.m.**  
\$69 Member; \$85 Non-member 13602

## 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 9/28 - 11/2 (6X) 9:30 - 11:30 a.m.**  
\$129 Member; \$159 Non-member 13560

## Intermediate Bridge

*Phyllis Bartlett, American Contract Bridge League Certified Teacher*

Learn competitive bidding, conventions, declarer play, and defense. There will be prepared hands to exemplify the lesson material. A basic grasp of opening bids and responses is necessary for this class. Beginning Bridge class or prior experience is a requirement for this class.

**Mon 11/9 - 12/14 (6X) 9:30 - 11:30 a.m.**  
\$129 Member; \$159 Non-member 13566



**Tamarisk**  
NorthShore

Contact Jeff Altschul  
to schedule your visit.  
**847.553.4469**

**TamariskNorthShore.com**



1627 Lake Cook Road, Deerfield, IL  
Managed by Sona Senior Living

### 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.

|            |                                |                   |
|------------|--------------------------------|-------------------|
| <b>Mon</b> | <b>9/28 - 11/2 (6X)</b>        | <b>1 - 3 p.m.</b> |
|            | \$129 Member; \$159 Non-member | 13565             |
| <b>Mon</b> | <b>11/9 - 12/14 (6X)</b>       | <b>1 - 3 p.m.</b> |
|            | \$129 Member; \$159 Non-member | 13567             |

### 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.

|            |                                           |                          |
|------------|-------------------------------------------|--------------------------|
| <b>Thu</b> | <b>9/24 - 10/29 (6X)</b>                  | <b>9:30 - 11:30 a.m.</b> |
|            | \$99 Member; \$119 Non-member             | 13598                    |
| <b>Thu</b> | <b>11/5 - 12/17 (6X - no class 11/26)</b> | <b>9:30 - 11:30 a.m.</b> |
|            | \$99 Member; \$119 Non-member             | 13600                    |

### 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.

|            |                                           |                          |
|------------|-------------------------------------------|--------------------------|
| <b>Thu</b> | <b>9/3 - 12/17 (15X - no class 11/26)</b> | <b>12:30 - 3:30 p.m.</b> |
| No Fee     |                                           | 13524                    |

### 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.

|            |                          |                    |
|------------|--------------------------|--------------------|
| <b>Tue</b> | <b>9/1 - 12/15 (16X)</b> | <b>12 - 3 p.m.</b> |
| No Fee     |                          | 13525              |

### 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.

|            |                                           |                   |
|------------|-------------------------------------------|-------------------|
| <b>Thu</b> | <b>9/3 - 12/17 (15X - no class 11/26)</b> | <b>1 - 3 p.m.</b> |
| No Fee     |                                           | 13526             |

### 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.

|            |                                            |                         |
|------------|--------------------------------------------|-------------------------|
| <b>Tue</b> | <b>9/1 - 12/18 (no class 11/26, 11/27)</b> | <b>9 a.m. - 4 p.m.</b>  |
| <b>Thu</b> |                                            | <b>12:30 - 4 p.m.</b>   |
| <b>Fri</b> |                                            | <b>9 a.m. - 12 p.m.</b> |
| No Fee     |                                            | 13527                   |

### 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. All levels welcome. Center membership required to play.

|                 |                                           |                   |
|-----------------|-------------------------------------------|-------------------|
| <b>Wed, Fri</b> | <b>9/2 - 12/18 (31X - no class 11/27)</b> | <b>1 - 3 p.m.</b> |
| No Fee          |                                           | 13529             |

### Tennis Club

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

|                 |                                                 |
|-----------------|-------------------------------------------------|
| <b>Mon, Fri</b> | <b>9/4 - 12/18 (29X - no class 9/07, 11/27)</b> |
|                 | <b>1 - 2:30 p.m.</b>                            |
| No Fee          | 13528                                           |

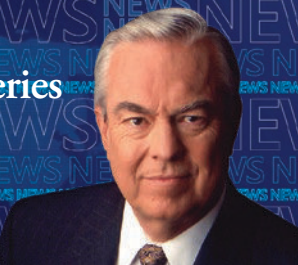


# September at a glance

|            | Monday                                                                                                                                                                                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                                                                                            | Wednesday                                                                                                                                                                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                                                            |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Every Week | <b>7:30</b> Golf League<br><b>8:30</b> Rise & Shine Exercise<br><b>9:00</b> Quilting<br><b>9:30</b> American Politics<br><b>10:00</b> Better Balance<br><b>10:45</b> Spanish Club<br><b>11:00</b> Sit & Get Fit<br><b>1:00</b> Yiddish Club<br><b>1:00</b> Fine Art Studio<br><b>1:00</b> Tennis Club                                                                                                                  | <b>9:00</b> Game Time<br><b>9:00</b> Yoga for the Rest of Us<br><b>9:00</b> Weaving Studio<br><b>9:00</b> The Warm Up Coffee<br><b>10:00</b> Tuesday Club Meeting<br><b>10:30</b> Fit & Active<br><b>10:45</b> Stay Fit at Home<br><b>12:00</b> Poker<br><b>1:00</b> Fine Art Studio<br><b>1:00</b> All that Jazz<br><b>3:00</b> Ballet                            | <b>8:30</b> Rise & Shine Exercise<br><b>9:00</b> Share the Warmth Club<br><b>9:00</b> Fine Art Studio<br><b>10:00</b> Sports Talk<br><b>10:00</b> Better Balance<br><b>11:00</b> Sit & Get Fit<br><b>1:00</b> Ping Pong Club<br><b>1:00</b> Knitting Studio                                                                                                                        | <b>7:30</b> Golf League<br><b>9:00</b> Fine Art Studio<br><b>10:30</b> Fit & Active<br><b>10:45</b> Stay Fit at Home<br><b>12:30</b> Game Time<br><b>12:30</b> Duplicate Bridge<br><b>1:00</b> Scrabble<br><b>1:00</b> Let's Read Yiddish<br><b>2:30</b> Tai Chi                                                                                     | <b>8:30</b> Rise & Shine Exercise<br><b>9:00</b> Game Time<br><b>9:00</b> Sculpture Studio<br><b>9:00</b> Share the Warmth Club<br><b>10:00</b> Walking Club<br><b>10:00</b> Sewing Bees<br><b>1:00</b> Ping Pong Club<br><b>1:00</b> Tennis Club |
|            |                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>10:00</b> Art Workshop<br><b>10:30</b> Film Locations of South Dakota <b>1</b>                                                                                                                                                                                                                                                                                  | <b>9:30</b> Beginning Canasta<br><b>1:00</b> Current Events Discussion Group <b>2</b>                                                                                                                                                                                                                                                                                              | <b>9:00</b> Tour the Historic Pullman District<br><b>10:00</b> Fever Dreams <b>3</b><br><b>1:00</b> Benjamin Franklin                                                                                                                                                                                                                                | <b>9:00</b> Mat Yoga<br><b>9:30</b> Foreign Policy Roundtable <b>4</b><br><b>10:30</b> Zumba<br><b>1:00</b> Danny Kaye<br><b>1:30</b> Films on Friday: <i>Duplex</i>                                                                              |
|            | <b>7</b><br><br><b>Labor Day</b><br><b>NSSC Closed</b>                                                                                                                                                                                                                                                                                                                                                                 | <b>10:00</b> Art Workshop <b>8</b><br><b>10:00</b> Science Fiction<br><b>10:30</b> Grace Network<br><b>1:00</b> <i>American Political Dysfunctionalities</i><br><b>1:00</b> Ground Control<br><b>1:00</b> The Bee Gees, <i>Saturday Night Fever</i> , & Disco Music                                                                                                | <b>9:30</b> Beginning Canasta <b>9</b><br><b>10:00</b> Exploring Poets, Poetry<br><b>1:00</b> Beginning Mah Jongg<br><b>1:00</b> <i>Encountering China</i><br><b>1:00</b> Reading for a Cozy Afternoon                                                                                                                                                                             | <b>9:30</b> Contemp. Short Stories <b>10</b><br><b>9:30</b> <i>The New York Times</i><br><b>10:00</b> Fever Dreams<br><b>10:00</b> Learn to Play Ukulele<br><b>10:00</b> <i>Mona's Eyes</i><br><b>1:00</b> AI ChatGPT and Beyond<br><b>1:00</b> Documentary Films<br><b>1:00</b> Shakespeare<br><b>1:00</b> Who the Heck is Abner Doubleday?         | <b>9:00</b> Mat Yoga <b>11</b><br><b>10:00</b> Vivaldi & Other Italian Delights<br><b>10:30</b> Zumba                                                                                                                                             |
|            | <b>10:00</b> Drawing Workshop <b>14</b><br><b>10:00</b> <i>The New Yorker Magazine</i><br><b>1:00</b> <i>Journey of the Mind</i><br><b>1:00</b> Point of View<br><b>1:00</b> Declaration of Independence                                                                                                                                                                                                               | <b>10:00</b> Art Workshop <b>15</b><br><b>10:00</b> Science Fiction<br><b>10:30</b> History & Restoration of the Skokie Lagoons<br><b>1:00</b> <i>American Political Dysfunctionalities</i><br><b>1:00</b> Ground Control<br><b>1:00</b> Why Pollinators are Good for Earth                                                                                        | <b>9:30</b> Beginning Canasta <b>16</b><br><b>9:30</b> Prize Winning World Literature<br><b>10:00</b> Exploring Poets, Poetry<br><b>10:00</b> P & P Investment Club<br><b>10:00</b> Regime Change in Iran<br><b>10:30</b> Mary Cassatt Daytrip<br><b>1:00</b> Beginning Mah Jongg<br><b>1:00</b> <i>Encountering China</i><br><b>1:00</b> Making Nature Do the Math                | <b>9:30</b> Contemp. Short Stories <b>17</b><br><b>9:30</b> Senior Living Communities<br><b>9:30</b> <i>The New York Times</i><br><b>10:00</b> Advancing Your Ukulele Skills<br><b>10:00</b> Fever Dreams<br><b>10:00</b> <i>Mona's Eyes</i><br><b>1:00</b> Documentary Films<br><b>1:00</b> Shakespeare<br><b>1:00</b> Life & Times of Babe Ruth    | <b>9:00</b> Mat Yoga <b>18</b><br><b>10:00</b> Women's Room<br><b>10:00</b> Through a Mosaic Lens<br><b>10:30</b> Zumba<br><b>1:00</b> Dancing Through Time<br><b>1:00</b> Playreading                                                            |
|            | <b>1:00</b> <i>Journey of the Mind</i> <b>21</b><br><b>1:00</b> Point of View                                                                                                                                                                                                                                                                                                                                          | <b>10:00</b> Art Workshop <b>22</b><br><b>10:00</b> Science Fiction<br><b>10:30</b> <i>To Life: Jews Exploring Nature</i><br><b>11:30</b> TED Talks<br><b>1:00</b> <i>American Political Dysfunct.</i><br><b>1:00</b> Del Webb<br><b>1:00</b> Exploring Watercolor<br><b>1:00</b> Ground Control<br><b>1:00</b> Writing Workshop                                   | <b>9:00</b> Anne Frank Exhibition Daytrip <b>23</b><br><b>9:30</b> Beginning Canasta<br><b>9:30</b> Prize Winning World Lit.<br><b>10:00</b> <i>Adventures of Huckleberry Finn</i><br><b>10:00</b> Exploring Poets, Poetry<br><b>1:00</b> Beginning Mah Jongg<br><b>1:00</b> <i>Encountering China</i><br><b>1:00</b> Favorite Films<br><b>1:00</b> Voting Rights & Gerrymandering | <b>9:30</b> Contemp. Short Stories <b>24</b><br><b>9:30</b> Supervised Bridge<br><b>9:30</b> <i>The New York Times</i><br><b>10:00</b> Advancing Your Ukulele Skills<br><b>10:00</b> <i>Mona's Eyes</i><br><b>1:00</b> The American Form of Democracy<br><b>1:00</b> Documentary Films<br><b>1:00</b> Shakespeare<br><b>1:00</b> What Just Happened? | <b>9:00</b> Mat Yoga <b>25</b><br><b>10:00</b> Women's Room<br><b>10:00</b> Through a Mosaic Lens<br><b>10:30</b> Zumba<br><b>12:00</b> The Saddle Shoe Sisters<br><b>1:00</b> Playreading                                                        |
|            | <b>9:30</b> Beginning Bridge <b>28</b><br><b>10:00</b> Drawing Workshop<br><b>10:00</b> Foraging Tour<br><b>10:00</b> The Arctic Melts & Heats Up<br><b>10:00</b> <i>The New Yorker Magazine</i><br><b>1:00</b> Advancing Bridge<br><b>1:00</b> <i>Journey of the Mind</i><br><b>1:00</b> Line Dance Workshop<br><b>1:00</b> Mystery Book Club<br><b>1:00</b> Point of View<br><b>1:00</b> Rock 'n' Roll ... WindyCity | <b>10:00</b> Art Workshop <b>29</b><br><b>10:00</b> Science Fiction<br><b>10:30</b> My Grandfather's Ties to a Hero Who Defied Hitler<br><b>11:30</b> TED Talks<br><b>1:00</b> <i>American Political Dysfunct.</i><br><b>1:00</b> Dolores Huerta Demands Justice<br><b>1:00</b> Exploring Watercolor<br><b>1:00</b> Ground Control<br><b>1:00</b> Writing Workshop | <b>9:30</b> Beginning Canasta <b>30</b><br><b>9:30</b> Prize Winning World Lit.<br><b>10:00</b> Exploring Poets, Poetry<br><b>10:00</b> Portraiture Painting<br><b>10:00</b> When Should Parents ... Misdeeds of Their Children?<br><b>1:00</b> Beginning Mah Jongg<br><b>1:00</b> <i>Encountering China</i><br><b>1:00</b> Favorite Films<br><b>1:00</b> Movie Music Dance Party  | <div> <div>TERRY &amp; DONNA C. KING</div> <div>  <div> <div>GOLF</div> <div>OUTING</div> </div> </div> <div>MONDAY, SEPTEMBER 28, 2026</div> </div>                                                                                                            |                                                                                                                                                                                                                                                   |

# October at a glance

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

| Monday                                                                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Friday                                                                                                                                                                                                                                                                                                | Every Week |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| <b>8:30</b> Rise & Shine Exercise<br><b>9:00</b> Quilting<br><b>9:30</b> American Politics<br><b>10:00</b> Better Balance<br><b>10:45</b> Spanish Club<br><b>11:00</b> Sit & Get Fit<br><b>1:00</b> Yiddish Club<br><b>1:00</b> Fine Art Studio<br><b>1:00</b> Tennis Club                                                                                                              | <b>9:00</b> Game Time<br><b>9:00</b> Yoga for the Rest of Us<br><b>9:00</b> Weaving Studio<br><b>9:00</b> The Warm Up Coffee<br><b>10:00</b> Tuesday Club Meeting<br><b>10:30</b> Fit & Active<br><b>10:45</b> Stay Fit at Home<br><b>12:00</b> Poker<br><b>1:00</b> Fine Art Studio<br><b>1:00</b> All that Jazz<br><b>3:00</b> Ballet | <b>8:30</b> Rise & Shine Exercise<br><b>9:00</b> Share the Warmth Club<br><b>9:00</b> Fine Art Studio<br><b>10:00</b> Sports Talk<br><b>10:00</b> Better Balance<br><b>11:00</b> Sit & Get Fit<br><b>1:00</b> Ping Pong Club<br><b>1:00</b> Knitting Studio                                                                                                                                                                                      | <b>9:00</b> Fine Art Studio<br><b>10:30</b> Fit & Active<br><b>10:45</b> Stay Fit at Home<br><b>12:30</b> Game Time<br><b>12:30</b> Duplicate Bridge<br><b>1:00</b> Scrabble<br><b>1:00</b> Let's Read Yiddish<br><b>2:30</b> Tai Chi                                                                                                                                                                                                                         | <b>8:30</b> Rise & Shine Exercise<br><b>9:00</b> Game Time<br><b>9:00</b> Sculpture Studio<br><b>9:00</b> Share the Warmth Club<br><b>10:00</b> Walking Club<br><b>10:00</b> Sewing Bees<br><b>1:00</b> Ping Pong Club<br><b>1:00</b> Tennis Club                                                     |            |
| <div> <div> <b>28th Annual Joan Golder Distinguished Senior Lecture Series</b><br/> <b>BILL KURTIS</b><br/>           Wednesday, October 7<br/>           7 p.m. at NSSC         </div>  </div>                                                                                                        |                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                       |            |
| <b>9:30</b> Beginning Bridge <b>5</b><br><b>10:00</b> Drawing Workshop<br><b>10:00</b> <i>The New Yorker Magazine</i><br><b>11:00</b> Mouth-Body Connection<br><b>1:00</b> Advancing Bridge<br><b>1:00</b> iPhone Basics for Beginners<br><b>1:00</b> <i>Journey of the Mind</i><br><b>1:00</b> Point of View<br><b>1:00</b> Second City Angels                                         | <b>10:00</b> Art Workshop <b>6</b><br><b>10:00</b> Science Fiction<br><b>10:30</b> Artificial Intelligence<br><b>11:30</b> TED Talks<br><b>1:00</b> <i>American Political Dysfunctionalities</i><br><b>1:00</b> Exploring Modern Hungary & Serbia<br><b>1:00</b> Exploring Watercolor<br><b>1:00</b> Writing Workshop                   | <b>9:30</b> Beginning Canasta <b>7</b><br><b>9:30</b> Prize Winning World Lit.<br><b>10:00</b> 76 Moments in American History<br><b>10:00</b> Exploring Poets, Poetry<br><b>10:00</b> Portraiture Painting<br><b>1:00</b> Antisemitism in Film<br><b>1:00</b> Beginning Mah Jongg<br><b>1:00</b> Current Events Disc. Group<br><b>1:00</b> <i>Encountering China</i><br><b>1:00</b> Favorite Films                                               | <b>9:30</b> Chicago Creatives Tour <b>1</b><br><b>9:30</b> Contemp. Short Stories<br><b>9:30</b> Supervised Bridge<br><b>9:30</b> <i>The New York Times</i><br><b>10:00</b> A Pivotal Global Moment<br><b>10:00</b> Advancing Your Ukulele Skills<br><b>10:00</b> <i>Mona's Eyes</i><br><b>1:00</b> The American ... Democracy<br><b>1:00</b> Documentary Films<br><b>1:00</b> Paul Revere's Ride<br><b>1:00</b> Shakespeare                                  | <b>9:00</b> Mat Yoga <b>2</b><br><b>9:30</b> Foreign Policy Roundtable<br><b>10:00</b> Great Female Detectives in the Movies<br><b>10:00</b> Women's Room<br><b>1:00</b> Geopolitical Middle East<br><b>1:00</b> Playreading<br><b>1:30</b> Films on Friday: <i>Unlikely Pilgrimage of Harold Fry</i> |            |
| <b>9:30</b> Beginning Bridge <b>5</b><br><b>10:00</b> Drawing Workshop<br><b>10:00</b> <i>The New Yorker Magazine</i><br><b>11:00</b> Mouth-Body Connection<br><b>1:00</b> Advancing Bridge<br><b>1:00</b> iPhone Basics for Beginners<br><b>1:00</b> <i>Journey of the Mind</i><br><b>1:00</b> Point of View<br><b>1:00</b> Second City Angels                                         | <b>10:00</b> Art Workshop <b>6</b><br><b>10:00</b> Science Fiction<br><b>10:30</b> Artificial Intelligence<br><b>11:30</b> TED Talks<br><b>1:00</b> <i>American Political Dysfunctionalities</i><br><b>1:00</b> Exploring Modern Hungary & Serbia<br><b>1:00</b> Exploring Watercolor<br><b>1:00</b> Writing Workshop                   | <b>9:30</b> Beginning Canasta <b>7</b><br><b>9:30</b> Prize Winning World Lit.<br><b>10:00</b> 76 Moments in American History<br><b>10:00</b> Exploring Poets, Poetry<br><b>10:00</b> Portraiture Painting<br><b>1:00</b> Antisemitism in Film<br><b>1:00</b> Beginning Mah Jongg<br><b>1:00</b> Current Events Disc. Group<br><b>1:00</b> <i>Encountering China</i><br><b>1:00</b> Favorite Films                                               | <b>9:30</b> Contemp. Short Stories <b>8</b><br><b>9:30</b> Supervised Bridge<br><b>9:30</b> <i>The New York Times</i><br><b>10:00</b> A Pivotal Global Moment<br><b>10:00</b> Advancing Your Ukulele Skills<br><b>10:00</b> <i>Mona's Eyes</i><br><b>10:00</b> Secret Language of Vintage Postcards<br><b>1:00</b> Documentary Films<br><b>1:00</b> Shakespeare<br><b>1:00</b> Television in the 1950s                                                        | <b>9:00</b> Mat Yoga <b>9</b><br><b>10:00</b> 250 Years of American Architecture<br><b>10:00</b> Women's Room<br><b>10:30</b> Zumba<br><b>1:00</b> Geopolitical Middle East<br><b>1:00</b> Playreading                                                                                                |            |
| <b>9:30</b> Beginning Bridge <b>12</b><br><b>10:00</b> Drawing Workshop<br><b>10:00</b> <i>The New Yorker Magazine</i><br><b>1:00</b> Advancing Bridge<br><b>1:00</b> <i>Journey of the Mind</i><br><b>1:00</b> Point of View<br><b>1:00</b> Windy City on the Air                                                                                                                      | <b>10:00</b> Art Workshop <b>13</b><br><b>10:00</b> Science Fiction<br><b>10:30</b> Update on Issues Affecting Libraries<br><b>11:30</b> TED Talks<br><b>1:00</b> <i>American Political Dysfunctionalities</i><br><b>1:00</b> Exploring Watercolor<br><b>1:00</b> Forensic Detectives<br><b>1:00</b> Writing Workshop                   | <b>9:30</b> Intermediate Canasta <b>14</b><br><b>9:30</b> Prize Winning World Lit.<br><b>10:00</b> 76 Moments in Amer. History<br><b>10:00</b> Exploring Poets, Poetry<br><b>10:00</b> Portraiture Painting<br><b>1:00</b> Building Your Mah Jongg Skills<br><b>1:00</b> <i>Encountering China</i><br><b>1:00</b> Favorite Films<br><b>1:00</b> <i>Madam President</i><br><b>1:00</b> Reading for a Cozy Afternoon                               | <b>9:30</b> Contemp. Short Stories <b>15</b><br><b>9:30</b> Supervised Bridge<br><b>9:30</b> <i>The New York Times</i><br><b>10:00</b> A Pivotal Global Moment<br><b>10:00</b> Advancing Your Ukulele Skills<br><b>10:00</b> <i>Mona's Eyes</i><br><b>10:00</b> <i>Devil in the White City</i> & World's Columbian Exposition<br><b>11:00</b> Struggling to Sleep?<br><b>1:00</b> Documentary Films<br><b>1:00</b> Shakespeare<br><b>1:00</b> German Virtuosa | <b>9:00</b> Mat Yoga <b>16</b><br><b>10:00</b> 250 Years of American Architecture<br><b>10:00</b> Women's Room<br><b>10:30</b> Zumba<br><b>1:00</b> Meet Beatrix Potter<br><b>1:00</b> Playreading                                                                                                    |            |
| <b>9:00</b> Creative Collage <b>19</b><br><b>9:30</b> Beginning Bridge<br><b>10:00</b> Drawing Workshop<br><b>10:00</b> <i>The New Yorker Magazine</i><br><b>1:00</b> Advancing Bridge<br><b>1:00</b> <i>Journey of the Mind</i><br><b>1:00</b> Line Dance Workshop<br><b>1:00</b> Point of View<br><b>1:00</b> Floating World of Hokusai & Hiroshige                                   | <b>10:00</b> Art Workshop <b>20</b><br><b>10:00</b> Science Fiction<br><b>10:30</b> Hidden Child of the Holocaust<br><b>11:30</b> TED Talks<br><b>1:00</b> <i>American Political Dysfunct.</i><br><b>1:00</b> Exploring Watercolor<br><b>1:00</b> <i>The Revolutionary, Samuel Adams</i><br><b>1:00</b> Writing Workshop                | <b>9:30</b> Intermediate Canasta <b>21</b><br><b>9:30</b> Prize Winning World Lit.<br><b>10:00</b> Exploring Poets, Poetry<br><b>10:00</b> Portraiture Painting<br><b>10:00</b> P & P Investment Club<br><b>10:00</b> Zionism, Anti-Zionism, and Diasporism<br><b>1:00</b> Building Your Mah Jongg Skills<br><b>1:00</b> <i>Encountering China</i><br><b>1:00</b> Favorite Films<br><b>1:00</b> Haunted Chicago                                  | <b>9:30</b> Contemp. Short Stories <b>22</b><br><b>9:30</b> Supervised Bridge<br><b>9:30</b> <i>The New York Times</i><br><b>10:00</b> Advancing Your Ukulele Skills<br><b>10:00</b> Art Crimes<br><b>10:00</b> <i>Mona's Eyes</i><br><b>1:00</b> A Primer on the National Security Process<br><b>1:00</b> Documentary Films<br><b>1:00</b> Master Your Email<br><b>1:00</b> Shakespeare                                                                      | <b>9:00</b> Mat Yoga <b>23</b><br><b>10:00</b> Women's Room<br><b>10:30</b> Zumba<br><b>12:00</b> Denny Sings Two Boys from Brooklyn<br><b>1:00</b> Playreading                                                                                                                                       |            |
| <b>9:00</b> Creative Collage <b>26</b><br><b>9:30</b> Beginning Bridge<br><b>10:00</b> Binding Our State Together<br><b>10:00</b> Drawing Workshop<br><b>10:00</b> <i>The New Yorker Magazine</i><br><b>1:00</b> Advancing Bridge<br><b>1:00</b> <i>Journey of the Mind</i><br><b>1:00</b> Mystery Book Club<br><b>1:00</b> Point of View<br><b>1:00</b> Rise & Fall of ... Stock Yards | <b>10:00</b> Art Workshop <b>27</b><br><b>10:00</b> Science Fiction<br><b>10:30</b> Friends of the Green Bay Trail<br><b>11:30</b> TED Talks<br><b>1:00</b> <i>American Political Dysfunct.</i><br><b>1:00</b> Exploring Watercolor<br><b>1:00</b> Electoral College & the Popular Vote Act<br><b>1:00</b> Writing Workshop             | <b>9:30</b> Caring for ... Dementia <b>28</b><br><b>9:30</b> Intermediate Canasta<br><b>9:30</b> Prize Winning World Lit.<br><b>10:00</b> Exploring Poets, Poetry<br><b>10:00</b> Portraiture Painting<br><b>10:00</b> Zionism, Anti-Zionism...<br><b>1:00</b> Building Your Mah Jongg Skills<br><b>1:00</b> <i>Encountering China</i><br><b>1:00</b> Favorite Films<br><b>1:00</b> Reed-Turner Woodland Walk<br><b>1:00</b> Chicago's Superdawg | <b>9:30</b> Contemporary Short Stories <b>29</b><br><b>9:30</b> Supervised Bridge<br><b>9:30</b> <i>The New York Times</i><br><b>10:00</b> Halloween Floral Display<br><b>10:00</b> <i>Mona's Eyes</i><br><b>10:00</b> The Cubs & the White Sox<br><b>1:00</b> Documentary Films<br><b>1:00</b> Midterm Elections<br><b>1:00</b> Shakespeare                                                                                                                  | <b>9:00</b> Mat Yoga <b>30</b><br><b>10:00</b> The Second Impressionist Exhibition<br><b>10:00</b> Women's Room<br><b>10:30</b> Zumba<br><b>1:00</b> Susan B. Anthony                                                                                                                                 |            |

# November at a glance

Every Week

| Monday                                                                                                                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>8:30</b> Rise & Shine Exercise<br><b>9:00</b> Quilting<br><b>9:30</b> American Politics<br><b>10:00</b> Better Balance<br><b>10:45</b> Spanish Club<br><b>11:00</b> Sit & Get Fit<br><b>1:00</b> Yiddish Club<br><b>1:00</b> Fine Art Studio<br><b>1:00</b> Tennis Club                                                                                     | <b>9:00</b> Game Time<br><b>9:00</b> Yoga for the Rest of Us<br><b>9:00</b> Weaving Studio<br><b>9:00</b> The Warm Up Coffee<br><b>10:00</b> Tuesday Club Meeting<br><b>10:30</b> Fit & Active<br><b>10:45</b> Stay Fit at Home<br><b>12:00</b> Poker<br><b>1:00</b> Fine Art Studio<br><b>1:00</b> All that Jazz<br><b>3:00</b> Ballet              | <b>8:30</b> Rise & Shine Exercise<br><b>9:00</b> Share the Warmth Club<br><b>9:00</b> Fine Art Studio<br><b>10:00</b> Sports Talk<br><b>10:00</b> Better Balance<br><b>11:00</b> Sit & Get Fit<br><b>1:00</b> Ping Pong Club<br><b>1:00</b> Knitting Studio                                                                                                                | <b>9:00</b> Fine Art Studio<br><b>10:30</b> Fit & Active<br><b>10:45</b> Stay Fit at Home<br><b>12:30</b> Game Time<br><b>12:30</b> Duplicate Bridge<br><b>1:00</b> Scrabble<br><b>1:00</b> Let's Read Yiddish<br><b>2:30</b> Tai Chi                                                                                                                       | <b>8:30</b> Rise & Shine Exercise<br><b>9:00</b> Game Time<br><b>9:00</b> Sculpture Studio<br><b>9:00</b> Share the Warmth Club<br><b>10:00</b> Walking Club<br><b>10:00</b> Sewing Bees<br><b>1:00</b> Ping Pong Club<br><b>1:00</b> Tennis Club |
| <b>9:30</b> Beginning Bridge<br><b>10:00</b> <i>Tales of Forgotten Chicago</i><br><b>10:00</b> <i>The New Yorker Magazine</i><br><b>10:30</b> Pour Painting<br><b>1:00</b> Advancing Bridge<br><b>1:00</b> Intermediate iPhone & iPad<br><b>1:00</b> <i>Journey of the Mind</i><br><b>1:00</b> Point of View<br><b>1:00</b> Living Tradition of Art Music      | <b>10:00</b> Art Workshop<br><b>10:00</b> Science Fiction<br><b>10:30</b> NSSC Veterans Panel<br><b>11:30</b> Golden Hits<br><b>11:30</b> TED Talks<br><b>1:00</b> <i>American Political Dysfunct.</i><br><b>1:00</b> Trail of Tears & Indian Removal<br><b>1:00</b> Watercolor Open Studio<br><b>1:00</b> Mentoring<br><b>1:00</b> Writing Workshop | <b>9:30</b> Intermediate Canasta<br><b>9:30</b> Prize Winning World Lit.<br><b>10:00</b> 76 Moments in Amer. History<br><b>10:00</b> Exploring Poets, Poetry<br><b>1:00</b> Building ... Mah Jongg Skills<br><b>1:00</b> Current Events Disc. Group<br><b>1:00</b> <i>Encountering China</i><br><b>1:00</b> Favorite Films<br><b>1:00</b> Political Movies                 | <b>9:15</b> <i>Midnight at the Masquerade</i> Daytrip<br><b>9:30</b> Contemp. Short Stories<br><b>9:30</b> Supervised Bridge<br><b>9:30</b> <i>The New York Times</i><br><b>10:00</b> <i>Mona's Eyes</i><br><b>10:00</b> What Are Republicans & Democrats For?<br><b>1:00</b> Documentary Films<br><b>1:00</b> Midterm Elections<br><b>1:00</b> Shakespeare | <b>9:00</b> Mat Yoga<br><b>9:30</b> Foreign Policy Roundtable<br><b>10:00</b> Policing in the 21st Century<br><b>10:00</b> Women's Room<br><b>1:00</b> The 2026 Israel Elections<br><b>1:30</b> Films on Friday: <i>Dream Team</i>                |
| <b>9:30</b> Intermediate Bridge<br><b>10:00</b> Drawing Workshop<br><b>10:00</b> <i>The New Yorker Magazine</i><br><b>1:00</b> Advancing Bridge<br><b>1:00</b> Data Centers<br><b>1:00</b> <i>Journey of the Mind</i><br><b>1:00</b> Point of View                                                                                                             | <b>10:00</b> Art Workshop<br><b>10:00</b> Science Fiction<br><b>10:30</b> Navy Band Great Lakes<br><b>11:30</b> Golden Hits<br><b>11:30</b> TED Talks<br><b>1:00</b> <i>American Political Dysfunctionalities</i><br><b>1:00</b> Essential Houdini<br><b>1:00</b> Writing Workshop                                                                   | <b>9:30</b> Prize Winning World Lit.<br><b>9:30</b> Understanding Early Memory Loss<br><b>10:00</b> 76 Moments in Amer. History<br><b>10:00</b> Exploring Poets, Poetry<br><b>1:00</b> Building ... Mah Jongg Skills<br><b>1:00</b> <i>Encountering China</i><br><b>1:00</b> Favorite Films<br><b>1:00</b> Reading for a Cozy Afternoon<br><b>1:00</b> Future of Venezuela | <b>9:30</b> Contemp. Short Stories<br><b>9:30</b> Supervised Bridge<br><b>9:30</b> <i>The New York Times</i><br><b>10:00</b> Thanksgiving Floral Display<br><b>10:00</b> <i>Mona's Eyes</i><br><b>10:00</b> What Are Republicans & Democrats For?<br><b>1:00</b> A Musical Blast from the Past<br><b>1:00</b> Documentary Films<br><b>1:00</b> Shakespeare  | <b>9:00</b> Mat Yoga<br><b>10:00</b> Delicious Food Scenes in the Movies<br><b>10:00</b> Women's Room<br><b>1:00</b> Hidden But Heard                                                                                                             |
| <b>9:30</b> Intermediate Bridge<br><b>10:00</b> Drawing Workshop<br><b>10:00</b> <i>The New Yorker Magazine</i><br><b>10:00</b> Why Are Smaller Colleges Closing Their Doors?<br><b>1:00</b> Advancing Bridge<br><b>1:00</b> Hidden Gems of Illinois<br><b>1:00</b> <i>Journey of the Mind</i><br><b>1:00</b> Line Dance Workshop<br><b>1:00</b> Point of View | <b>10:00</b> Art Workshop<br><b>10:00</b> Science Fiction<br><b>10:30</b> Analysis of the Political Elections<br><b>11:30</b> Golden Hits<br><b>11:30</b> TED Talks<br><b>1:00</b> Hail to the Chief<br><b>1:00</b> Watercolor Open Studio<br><b>1:00</b> Mentoring<br><b>1:00</b> Writing Workshop                                                  | <b>9:30</b> Prize Winning World Lit.<br><b>10:00</b> A Surprising Success<br><b>10:00</b> Exploring Poets, Poetry<br><b>10:00</b> P & P Investment Club<br><b>10:30</b> <i>A Christmas Carol</i> at Paramount Theatre<br><b>1:00</b> <i>Encountering China</i><br><b>1:00</b> Favorite Films<br><b>1:00</b> Nuclear Proliferation                                          | <b>9:30</b> Contemp. Short Stories<br><b>9:30</b> Supervised Bridge<br><b>10:00</b> <i>Mona's Eyes</i><br><b>10:00</b> What Are Republicans & Democrats For?<br><b>11:00</b> Refresh Your Eyes<br><b>1:00</b> Apple iPhone & iPad Adv. Tips<br><b>1:00</b> Documentary Films<br><b>1:00</b> Shakespeare<br><b>1:00</b> What Just Happened?                  | <b>9:00</b> Mat Yoga<br><b>10:00</b> The 2026 Midterms<br><b>10:00</b> Women's Room<br><b>12:00</b> The Music of Rosemary Clooney                                                                                                                 |
| <b>9:30</b> Intermediate Bridge<br><b>10:00</b> Drawing Workshop<br><b>10:00</b> Just How Revolutionary was Our Revolution?<br><b>10:00</b> <i>The New Yorker Magazine</i><br><b>1:00</b> Advancing Bridge<br><b>1:00</b> <i>Journey of the Mind</i><br><b>1:00</b> Mystery Book Club<br><b>1:00</b> Point of View<br><b>1:00</b> Hollywood Canteen            | <b>10:00</b> Art Workshop<br><b>10:00</b> Science Fiction<br><b>10:30</b> Major Civil Rights Issues<br><b>11:30</b> Golden Hits<br><b>11:30</b> TED Talks<br><b>1:00</b> Movie Music Memories<br><b>1:00</b> Watercolor Open Studio<br><b>1:00</b> Mentoring<br><b>1:00</b> Writing Workshop                                                         | <b>9:30</b> Prize Winning World Literature<br><b>10:00</b> Exploring Poets                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                   |
| <b>9:30</b> Intermediate Bridge<br><b>10:00</b> Drawing Workshop<br><b>10:00</b> <i>The New Yorker Magazine</i><br><b>1:00</b> Advancing Bridge<br><b>1:00</b> <i>Journey of the Mind</i><br><b>1:00</b> Point of View<br><b>1:00</b> Understanding Lebanon in the War Against Iran                                                                            |                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                   |

# December at a glance

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

| Monday                                                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                                                                           | Every Week                                                                                                                                                        |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <div>8:30 Rise &amp; Shine Exercise</div> <div>9:00 Quilting</div> <div>9:30 American Politics</div> <div>10:00 Better Balance</div> <div>10:45 Spanish Club</div> <div>11:00 Sit &amp; Get Fit</div> <div>1:00 Yiddish Club</div> <div>1:00 Fine Art Studio</div> <div>1:00 Tennis Club</div> | <div>9:00 Game Time</div> <div>9:00 Yoga for the Rest of Us</div> <div>9:00 Weaving Studio</div> <div>9:00 The Warm Up Coffee</div> <div>10:00 Tuesday Club Meeting</div> <div>10:30 Fit &amp; Active</div> <div>10:45 Stay Fit at Home</div> <div>12:00 Poker</div> <div>1:00 Fine Art Studio</div> <div>1:00 All that Jazz</div> <div>3:00 Ballet</div> | <div>8:30 Rise &amp; Shine Exercise</div> <div>9:00 Share the Warmth Club</div> <div>9:00 Fine Art Studio</div> <div>10:00 Sports Talk</div> <div>10:00 Better Balance</div> <div>11:00 Sit &amp; Get Fit</div> <div>1:00 Ping Pong Club</div> <div>1:00 Knitting Studio</div> | <div>9:00 Fine Art Studio</div> <div>10:30 Fit &amp; Active</div> <div>10:45 Stay Fit at Home</div> <div>12:30 Game Time</div> <div>12:30 Duplicate Bridge</div> <div>1:00 Scrabble</div> <div>1:00 Let's Read Yiddish</div> <div>2:30 Tai Chi</div>                                                                                                              | <div>8:30 Rise &amp; Shine Exercise</div> <div>9:00 Game Time</div> <div>9:00 Sculpture Studio</div> <div>9:00 Share the Warmth Club</div> <div>10:00 Walking Club</div> <div>10:00 Sewing Bees</div> <div>1:00 Ping Pong Club</div> <div>1:00 Tennis Club</div> |                                                                                                                                                                   |  |
| <div><div>GI</div><div>ING</div><div>TUESDAY</div></div> <div>December 1</div>                                                                                                                                                                                                                 | <div>10:00 Art Workshop</div> <div>10:00 Science Fiction</div> <div>10:30 NU Student Music Performance</div> <div>1:00 Chicago</div> <div>1:00 Watercolor Open Studio Mentoring</div> <div>1</div>                                                                                                                                                        | <div>9:30 Prize Winning World Literature</div> <div>10:00 76 Moments in American History</div> <div>10:00 Exploring Poets, Poetry</div> <div>1:00 Antisemitism in Film</div> <div>1:00 Current Events Discussion Group</div> <div>1:00 Favorite Films</div> <div>2</div>       | <div>9:15 Downtown Chicago Holiday Bakery Tour</div> <div>9:30 Contemporary Short Stories</div> <div>9:30 Supervised Bridge</div> <div>10:00 <i>Mona's Eyes</i></div> <div>10:00 Triumph and Tragedy</div> <div>1:00 Documentary Films</div> <div>1:00 Shakespeare</div> <div>1:00 Jewish Songwriters Who Created America's Holiday Soundtrack</div> <div>3</div> | <div>9:00 AARP Smart Driver Course</div> <div>9:00 Mat Yoga</div> <div>10:00 Mysteries of the Ocean Depths</div> <div>10:00 Women's Room</div> <div>1:00 Sweet Home Candies</div> <div>1:30 Films on Friday: <i>Project Hail Mary</i></div> <div>4</div>         |                                                                                                                                                                   |  |
|                                                                                                                                                                                                                                                                                                | <div>9:30 Intermediate Bridge</div> <div>10:00 Drawing Workshop</div> <div>10:00 Keyboard &amp; Commentary</div> <div>10:00 <i>The New Yorker Magazine</i></div> <div>1:00 Advancing Bridge</div> <div>1:00 Florence, Padue, &amp; Venice</div> <div>1:00 <i>Journey of the Mind</i></div> <div>1:00 Point of View</div> <div>7</div>                     | <div>10:00 Art Workshop</div> <div>10:00 Science Fiction</div> <div>10:30 Why State Constitutions Matter</div> <div>1:00 Among the Elephants</div> <div>1:00 Watercolor Open Studio Mentoring</div> <div>8</div>                                                               | <div>10:00 76 Moments in American History</div> <div>10:00 Exploring Poets, Poetry</div> <div>1:00 Invention of Books</div> <div>9</div>                                                                                                                                                                                                                          | <div>9:30 Contemporary Short Stories</div> <div>9:30 Supervised Bridge</div> <div>10:00 <i>Mona's Eyes</i></div> <div>1:00 Master Your Apple Watch</div> <div>1:00 Shakespeare</div> <div>1:00 Wright Brothers, Wrong Story</div> <div>10</div>                  | <div>9:00 AARP Smart Driver Course</div> <div>9:00 Mat Yoga</div> <div>10:00 Women's Room</div> <div>1:00 The Creation of <i>She Loves Me</i></div> <div>11</div> |  |
|                                                                                                                                                                                                                                                                                                | <div>9:30 Intermediate Bridge</div> <div>10:00 Drawing Workshop</div> <div>1:00 Advancing Bridge</div> <div>1:00 <i>Journey of the Mind</i></div> <div>1:00 Line Dance Workshop</div> <div>1:00 Point of View</div> <div>1:00 Total Collapse</div> <div>14</div>                                                                                          | <div>10:00 Art Workshop</div> <div>1:00 Above Grade</div> <div>15</div>                                                                                                                                                                                                        | <div>10:00 P &amp; P Investment Club</div> <div>1:00 The Ritchie Boys</div> <div>16</div>                                                                                                                                                                                                                                                                         | <div>9:30 Contemporary Short Stories</div> <div>9:30 Supervised Bridge</div> <div>10:00 Holiday Tea at the Balmoral</div> <div>10:00 <i>Mona's Eyes</i></div> <div>1:00 Looking Back, Looking Ahead</div> <div>1:00 Shakespeare</div> <div>17</div>              | <div>9:00 Mat Yoga</div> <div>10:00 Women's Room</div> <div>12:00 Happy Holidays with the Peppermint Patties</div> <div>18</div>                                  |  |
|                                                                                                                                                                                                                                                                                                | 21                                                                                                                                                                                                                                                                                                                                                        | 22                                                                                                                                                                                                                                                                             | 23                                                                                                                                                                                                                                                                                                                                                                | 24                                                                                                                                                                                                                                                               | 25                                                                                                                                                                |  |
|                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                | NSSC Closed                                                                                                                                                                                                                                                                                                                                                       | NSSC Closed                                                                                                                                                                                                                                                      |                                                                                                                                                                   |  |
| 28                                                                                                                                                                                                                                                                                             | 29                                                                                                                                                                                                                                                                                                                                                        | 30                                                                                                                                                                                                                                                                             | 31                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                  |                                                                                                                                                                   |  |
| NSSC Closed                                                                                                                                                                                                                                                                                    | NSSC Closed                                                                                                                                                                                                                                                                                                                                               | NSSC Closed                                                                                                                                                                                                                                                                    | NSSC Closed                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                  |                                                                                                                                                                   |  |

# 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 \_\_\_\_\_

## 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

**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   | \$ _____        |
| 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.*

## 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, holiday decor, designer homegoods, china, ceramics, figurines, collectibles, and puzzles. Items may be dropped off in Lifelong Learning on weekdays and are accepted year-round. Donors are provided with a tax donation slip.

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







# 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.

# Lifelong Learning Program Index

|                                                                     |                                                                                   |                                                               |
|---------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------|
| 250 Years of American Architectural Design . . . 23                 | Documentary Films . . . 46                                                        | Mat Yoga for Strength and Renewal . . . 56                    |
| 28th Annual Joan Golder<br>Distinguished Senior Lecture . . . 18    | <i>Documenting Hate</i> . . . 31                                                  | Meet Beatrix Potter . . . 29                                  |
| 76 Moments in American History . . . 34                             | Downtown Chicago Holiday Bakery Tour . . . 21                                     | <i>Midnight at the Masquerade</i> Daytrip . . . 21            |
| <i>A Christmas Carol</i> at the Paramount Theatre . . . 21          | Drawing Workshop . . . 49                                                         | Midterm Elections . . . 25                                    |
| A Musical Blast From the Past . . . 37                              | <i>Duplex</i> . . . 19                                                            | <i>Mona's Eyes</i> . . . 46                                   |
| A Pivotal Global Moment . . . 27                                    | Duplicate Bridge . . . 61                                                         | Mouth-Body Connection . . . 54                                |
| A Primer on the National Security Process . . . 26                  | <i>Encountering China</i> . . . 44                                                | Movie Music Dance Party . . . 31                              |
| A Surprising Success . . . 34                                       | Exploring Modern Hungary and Serbia . . . 40                                      | Movie Music Memories I . . . 31                               |
| AARP Smart Driver Course . . . 53                                   | Exploring Poets, Poetry, and Song Lyrics . . . 47                                 | My Grandfather's Ties to a Hero<br>Who Defied Hitler . . . 16 |
| Above Grade: Chicago's Transit System . . . 35                      | Exploring Watercolor Level II . . . 49                                            | Mysteries of the Ocean Depths . . . 42                        |
| Advancing Bridge . . . 61                                           | Favorite Films . . . 46                                                           | Mystery Book Club . . . 36                                    |
| Advancing Your Ukulele Skills . . . 22                              | Fever Dreams . . . 26                                                             | Navy Band Great Lakes . . . 17                                |
| <i>Adventures of Huckleberry Finn</i> . . . 36                      | Films on Friday . . . 19                                                          | New Perspectives Fine Art Studio . . . 50                     |
| AI ChatGPT and Beyond . . . 52                                      | Fit and Active . . . 55                                                           | NSSC Veterans Panel . . . 17                                  |
| All That Jazz . . . 59                                              | Floating World of Hokusai and Hiroshige . . . 23                                  | NU Student Music Performance . . . 17                         |
| American Form of Democracy . . . 25                                 | Florence, Padue, and Venice . . . 40                                              | Nuclear Proliferation . . . 25                                |
| <i>American Political Dysfunctionalities</i> . . . 45               | Foraging Tour . . . 22                                                            | Paul Revere's Ride . . . 32                                   |
| American Politics and Current Events . . . 28                       | Foreign Policy Roundtable . . . 28                                                | Ping Pong Club . . . 61                                       |
| Among the Elephants . . . 42                                        | Forensic Detectives . . . 41                                                      | Playreading . . . 36                                          |
| Analysis of the November Political Elections . . . 17               | Friends of the Green Bay Trail . . . 17                                           | Point of View . . . 45                                        |
| Anne Frank Exhibition at the Griffin Museum . . . 20                | Game Time . . . 61                                                                | Poker Club . . . 61                                           |
| Antisemitism in Film . . . 31                                       | Geopolitical Middle East . . . 27                                                 | Policing in the 21st Century . . . 24                         |
| Apple iPhone and iPad Advanced Tips . . . 52                        | Golden Hits . . . 57                                                              | Political Movies . . . 30                                     |
| Art Crimes . . . 23                                                 | Great Female Detectives in the Movies . . . 30                                    | Portraiture Painting . . . 49                                 |
| Art Workshop . . . 49                                               | Ground Control . . . 57                                                           | Pour Painting . . . 49                                        |
| Artificial Intelligence . . . 17                                    | Hail to the Chief . . . 35                                                        | Prize Winning World Literature . . . 47                       |
| Bee Gees, <i>Saturday Night Fever</i> ,<br>and Disco Music . . . 38 | Happy Holidays with the Peppermint Patties . . . 19                               | Profits and Pitfalls Investment Club . . . 53                 |
| Beginning Bridge . . . 60                                           | Haunted Chicago . . . 39                                                          | <i>Project Hail Mary</i> . . . 19                             |
| Beginning Canasta . . . 60                                          | Hey There! The Music of Rosemary Clooney . . . 19                                 | Quilting . . . 50                                             |
| Beginning Mah Jongg . . . 59                                        | Hidden But Heard: Anne Frank . . . 29                                             | Reading for a Cozy Afternoon . . . 36                         |
| Benjamin Franklin . . . 32                                          | Hidden Child of the Holocaust . . . 17                                            | Reed-Turner Woodland Walk and Tour . . . 22                   |
| Better Balance . . . 55                                             | Hidden Gems of Illinois . . . 39                                                  | Refresh Your Eyes, Renew Your Energy . . . 54                 |
| Binding Our State Together . . . 35                                 | History and Restoration of the<br>Skokie Lagoons . . . 16                         | Regime Change in Iran . . . 26                                |
| Building Your Mah Jongg Skills . . . 59                             | Holiday Tea and Aurora Christkindlmarket . . . 21                                 | Rise and Fall of Chicago's Union Stock Yards . . . 35         |
| Caring for a Partner with Dementia . . . 53                         | Intermediate Bridge . . . 60                                                      | Rise and Shine Exercise . . . 57                              |
| Chicago . . . 38                                                    | Intermediate Canasta . . . 60                                                     | Rock 'n' Roll in the Windy City . . . 37                      |
| Chicago Creatives and Their Spaces Tour . . . 20                    | Intermediate iPhone and iPad . . . 52                                             | Science Fiction . . . 47                                      |
| Contemporary Short Stories . . . 47                                 | Invention of Books in the Ancient World . . . 32                                  | Scrabble . . . 61                                             |
| Create Your Own Halloween Floral Display . . . 48                   | iPhone Basics for Beginners . . . 52                                              | Sculpture Studio . . . 50                                     |
| Create Your Own Thanksgiving Floral Display . . . 48                | Jewish Songwriters . . . 32                                                       | Second City Angels . . . 35                                   |
| Creative Collage . . . 48                                           | <i>Journey of the Mind</i> . . . 44                                               | Secret Language of Vintage Postcards . . . 23                 |
| Cubs and the White Sox . . . 38                                     | Just How Revolutionary was Our Revolution? . . . 33                               | Senior Living Communities . . . 53                            |
| Current Events Discussion Group . . . 28                            | Keyboard and Commentary . . . 37                                                  | Sewing Bees . . . 50                                          |
| Dancing Through Time: Ginger Rogers . . . 29                        | Knitting Studio . . . 51                                                          | Shakespeare . . . 47                                          |
| Danny Kaye . . . 32                                                 | Learn to Play Ukulele . . . 22                                                    | Share the Warmth Club . . . 51                                |
| Data Centers . . . 41                                               | Let's Read Yiddish . . . 51                                                       | Sit and Get Fit . . . 55                                      |
| Declaration of Independence<br>Through the Centuries . . . 33       | Line Dance Workshop . . . 55                                                      | Spanish Club . . . 51                                         |
| Del Webb . . . 39                                                   | Looking Back, Looking Ahead . . . 27                                              | Sports Talk . . . 59                                          |
| Delicious Food Scenes in the Movies . . . 31                        | Madam President . . . 33                                                          | Stay Fit at Home . . . 57                                     |
| Delores Huerta Demands Justice . . . 39                             | Major Civil Rights Issues of the Day . . . 17                                     | Struggling to Sleep? . . . 54                                 |
| Denny Sings Two Boys from Brooklyn . . . 18                         | Making Nature Do the Math . . . 41                                                | Supervised Bridge . . . 61                                    |
| Devil in the White City Tour . . . 21                               | Making of Chicago's Superdawg Drive-In . . . 40                                   | Susan B. Anthony . . . 29                                     |
| Discovering the Film Locations<br>of South Dakota . . . 16          | <i>Mary Cassatt: After Impressionism</i><br>at the Art Institute Daytrip . . . 20 | Sweet Home Candies . . . 39                                   |
|                                                                     | Master Your Apple Watch . . . 52                                                  | Tai Chi . . . 56                                              |
|                                                                     | Master Your Email! . . . 52                                                       | <i>Tales of Forgotten Chicago</i> . . . 34                    |
|                                                                     |                                                                                   | TED Talks . . . 45                                            |

|                                               |    |                                                                    |    |                                                            |    |
|-----------------------------------------------|----|--------------------------------------------------------------------|----|------------------------------------------------------------|----|
| Television in the 1950s . . . . .             | 30 | <i>The Revolutionary, Samuel Adams</i> . . . . .                   | 29 | Watercolor Open Studio Mentoring . . . . .                 | 49 |
| Tennis Club . . . . .                         | 61 | The Ritchie Boys . . . . .                                         | 35 | Weaving Studio . . . . .                                   | 51 |
| The 2026 Israel Elections . . . . .           | 26 | The Saddle Shoe Sisters . . . . .                                  | 18 | What Are Republicans and Democrats For? . . . . .          | 26 |
| The 2026 Midterms . . . . .                   | 25 | The Second Impressionist Exhibition . . . . .                      | 24 | What Just Happened? . . . . .                              | 28 |
| The Anxious Mind . . . . .                    | 53 | <i>The Unlikely Pilgrimage of Harold Fry</i> . . . . .             | 19 | When Should Parents Be Liable . . . . .                    | 25 |
| The Arctic Melts and Heats Up . . . . .       | 42 | Through a Mosaic Lens . . . . .                                    | 30 | Who the Heck is Abner Doubleday? . . . . .                 | 33 |
| The Creation of <i>She Loves Me</i> . . . . . | 32 | <i>To Life: Jews Exploring Nature</i> . . . . .                    | 16 | Why Are Smaller Colleges<br>Closing Their Doors? . . . . . | 25 |
| <i>The Dream Team</i> . . . . .               | 19 | Total Collapse: Disaster Movies . . . . .                          | 31 | Why Pollinators are Good for Earth Wellness . . . . .      | 41 |
| The Electoral College . . . . .               | 25 | Tour Historic Pullman District . . . . .                           | 20 | Why State Constitutions Matter . . . . .                   | 17 |
| <i>The Encampments</i> . . . . .              | 31 | Trail of Tears and the Politics<br>of Indian Removal . . . . .     | 33 | Windy City on the Air . . . . .                            | 30 |
| The Essential Houdini . . . . .               | 39 | Triumph and Tragedy: Florence . . . . .                            | 24 | Women's Room . . . . .                                     | 46 |
| The Future of Venezuela . . . . .             | 27 | Understanding Early Memory Loss . . . . .                          | 53 | Wright Brothers, Wrong Story . . . . .                     | 33 |
| The German Virtuosa . . . . .                 | 37 | Understanding Lebanon's Place<br>in the War Against Iran . . . . . | 27 | Writing Workshop . . . . .                                 | 46 |
| The Grace Network . . . . .                   | 16 | Update on Issues Affecting Modern Libraries . . . . .              | 17 | Yiddish Club on Monday . . . . .                           | 51 |
| The Hollywood Canteen . . . . .               | 31 | Vivaldi and Other Italian Delights . . . . .                       | 37 | Yoga for the Rest of Us . . . . .                          | 56 |
| The Life and Times of Babe Ruth . . . . .     | 38 | Voting Rights and Gerrymandering . . . . .                         | 26 | Zionism, Anti-Zionism, and Diasporism . . . . .            | 40 |
| The Living Tradition of Art Music . . . . .   | 37 | Walking Club . . . . .                                             | 57 | Zumba . . . . .                                            | 57 |
| <i>The New York Times</i> . . . . .           | 45 |                                                                    |    |                                                            |    |
| <i>The New Yorker Magazine</i> . . . . .      | 44 |                                                                    |    |                                                            |    |

# Locations & Contact Information

## Main Location & Programs

### Arthur C. Nielsen, Jr. Campus

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

### Lifelong Learning

847.784.6030  
LifelongLearning@nssc.org

## Other Locations

### House of Welcome Adult Day Services

1779 Winnetka Rd.  
Northfield, IL 60093  
847.242.6250

### Niles Senior & Family Services Office

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

### Glenview Village Hall

2500 E. Lake Ave.  
Glenview, IL 60026  
847.904.4366



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



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- Respite for family caregivers
- Memory care support (non-medical)
- Post-hospital/recovery support (non-medical)
- Technology assistance
- Light pet care
- Household organization and paperwork assistance (non-financial)

# north shore senior center

**Arthur C. Nielsen, Jr. Campus**  
161 Northfield Rd.  
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**See page 4 for more information, email [GUIDE@nssc.org](mailto:GUIDE@nssc.org), or call 847.242.6246.**