

north shore senior center

Engage

MAGAZINE & LIFELONG LEARNING CATALOG

May - August 2024



REGISTRATION OPENS
April 8 for NSSC Members
April 15 for General Public

Welcome

We are thrilled to bring you a fresh new look on the cover just in time for summer! Within this issue of *Engage*, you'll find meaningful articles on the impact of loneliness and isolation, navigating challenges with hearing loss, and embracing sexual wellness in our later years. Browse through our extensive array of classes and events occurring between May and August. In addition to participating in your favorite programs, I encourage you to explore some new ones!

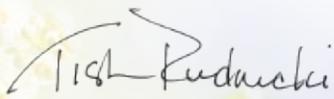
Stop by the Center this summer and discover must-have treasures at The Shop or check out our book selection in the Library. The Café, open on Tuesdays and Wednesdays, now features soups from Three Tarts Bakery. You'll also find lively conversation with friendly people in our sun-filled Atrium every day.

Much of this is possible because of the generosity of our donors. During the past fiscal year, fundraising contributed 24% of our revenue, enabling us to provide best-in-class services to those who need them, scholarships for programs, and help in maintaining our facilities.

You can be part of our success by joining us for one or both of our premier fundraising events—Gala 2024 at Deer Path Inn, Lake Forest on April 27, or at our Golf Outing at Skokie Country Club, Glencoe on September 16. If events aren't for you, you can help us reach our spring fundraising goal by donating on our secure website or the next time you're at the Center.

Whether you're a participant, donor, or simply part of our extended NSSC community, your connection is valued and appreciated. Thank you for allowing us the privilege of serving you.

With gratitude,



Tish Rudnicki, MSW
Executive Director

In This Issue

Engage

Sexual Well-Being	2
A Journey from Hearing Loss	4
Thoughtful Decluttering	6
Community Outreach Team	8
Forever Gratefull Wall	9
Combatting Loneliness	10
Gala 2024 at the Deer Path Inn	12
Your Hub for Support Groups	14

Enjoy

NSSC Tuesday Club Program	16
Performances & Special Events	18
Daytrips	20
Films on Friday	22
Adventure	23

Learn

Art & Architecture	24
Current Events	26
Dramatic Portrayals	30
Film, Theater, & TV	31
History	34
Literature	39
Music Appreciation	40
People, Places, & Culture	41
Science & Nature	43

Inquire

Culture & Society	44
Current Issues	44
Film, Theater, & TV	46
Literature	46

Enrich

Arts & Crafts	48
Computers & Technology	50
Language	52
Lifestyle	52

Live

Exercise & Dance	54
Fitness Center	57
Health & Wellness Education	58

Play

Clubs & Social Groups	59
Games	60
Sports & Leisure	61

Lifelong Learning Information

Monthly Calendar	62
Membership Form	66
Membership Information	67
Registration Forms	68
Registration Information	70
Lifelong Learning Program Index	71
Locations & Contact Information	72

EDITORS

Amy Krause, Mary Staackmann

CONTRIBUTING WRITERS

Jill Becker, Alan Blitz, Paul Carpenter, Rose Carroll, Desiree Schippers, Glenna Stanley, Betsy Storm, Joan Waxman

DESIGNER

Lisa Maraldi, Maraldi Design

To view this publication online or subscribe to our monthly e-newsletter, visit: www.nssc.org

To submit a comment or be removed from our mailing list, please email: engage@nssc.org

CONNECT WITH US



www.nssc.org

OUR MISSION

The mission of North Shore Senior Center is to foster the independence and well-being of older adults, enhance their dignity and self-respect, and promote their participation in and contribution toward all aspects of community life.

On the cover: NSSC participants enjoy our annual canoe and kayak adventure
Photo Credit: Fred Gold



All Around NSSC

More Social Events for You to Enjoy

Experience the lively social atmosphere this summer at North Shore Senior Center's array of events. Indulge in delectable cuisine and captivating live entertainment at our popular monthly lunch and performance events, featuring themes like the WWII Radio Hour, Cool Jazz on a Hot Afternoon, and a Century of Songwriting Sisters.

We are excited to launch a new afternoon concert and reception series showcasing talented vocalists. Catch Wayne Messmer, the famed "Voice of Wrigley Field," in a captivating concert and immerse yourself in the enchanting harmonies of the North Shore Harmonizers at an *a cappella* concert, followed by a delightful wine and cheese reception.

Movies more your style? Enjoy our monthly Films on Friday, for movie snacks, conversation, and a film. Don't miss out on unforgettable experiences and delightful moments all summer long! Finally, Our World Today Lunch and Learn series continues with presentations on Civil Rights in Housing and Sustainable Living. See pages 18-22 for details.

Explore Your Creative Side

Unleash your creativity this season with our diverse lineup of art classes! Dive into the world of metal tooling, discover the beauty of watercolor painting, master the art of Dorset button making, or explore the mesmerizing technique of Suminagashi design. Whether you're a beginner or seasoned artist, our classes offer a chance to learn new skills and express yourself in unique ways. See pages 48-50 for more information.



Welcome Our New Presenters

As a sports historian and author, **Charles Billington** writes books featuring his favorite Chicago teams and will share his knowledge on the White Sox and the Bears.

Katheryn Dutenhaver is an attorney, professor, and mediator who has served as founder and Director of the DePaul Center for Dispute Resolution, Emeritus.

Valerie Gugala is a film historian who shares her love of cinema by bringing the films of the 1950s to NSSC.

Historical presenter **Michelle Gibbons** portrays a comedy favorite, Carol Burnett, discussing her groundbreaking and memorable television roles.

Michael Haupt is an aviation specialist and author who will uncover many unknown aspects of Chicago's aviation history.

Experience the Outdoors in Our Adventure Programs

Reconnect with nature this spring and summer through guided tours and outdoor adventures. Explore Skokie's historic neighborhood with the Skokie Heritage Museum, enjoy a serene walk at Heller Nature Center to see summer wildflowers, and embark on a canoe or kayak journey in the Skokie Lagoons led by expert guides. Experience guided forest therapy at Salt Creek Preserve with Kristy Belton for a gentle immersion into nature's healing benefits. These activities offer a chance to refresh your mind, body, and spirit while savoring the beauty of the outdoors. Find your adventure on page 23.



Sexual Well-being

BY DESIREE SCHIPPERS

Sexual expression in our later years is usually presented in one of three ways: as lecherous “dirty old people” inappropriately prowling for action, as dysfunctional (needing that little blue pill), or as completely asexual, neither needing nor wanting intimate contact.

A wide majority of older people agree that sex is an integral part of their relationships and quality of life (Fisher 2010), yet it is generally ignored entirely or reduced to comedy due to ageist stereotyping. If acknowledged, sexual well-being in mid- and late adulthood is reduced to a function/dysfunction binary, focused solely on a person’s physical ability or inability to perform, and is rarely considered in a holistic, sex-positive way (Syme 2019).

Some of this is due in part to our long history of sexual repression, both in culture and public policy.

“Desire has been defined as mental illness [just look at the history of hysterectomies and circumcisions], pregnancy outside of wedlock as a sin worthy of the torments of hell [both in life and in the afterlife], and sex for purposes other than reproduction as frivolous at best and criminal at worst,” Ricci Joy Levy said in *Generations Journal*.

Our deep-seated stigmas, and sometimes even shame, around sex has shaped how our society views it, down to the medical care we receive (or don’t).

“Medical schools rarely include substantial education about sexuality as part of their training, and doctors have learned to treat diseases rather than whole people,” Levy explained.

Taboos around sex, especially older adult sex, often makes medical professionals uncomfortable talking or asking about sex

during regular checkups with older people. In many cases, sexually transmitted diseases (STDs) are not diagnosed because the thought of an older person being sexually active does not even cross the provider’s mind. Pervasive ageism is shaping our experiences and overall sexual wellness, whether we notice it or not. Many providers assume that if no disease or dysfunction is present, a person is automatically considered to be sexually well.

So what does sexual wellness really look like in our middle and later years? It is clear that our sexual needs and desires don’t disappear at some arbitrary age, yet we would be remiss not to acknowledge the mental and physical changes that come with growing older. In a study that sampled more than 350 older adults on their definition of sexual wellness, researchers found that sexual self-esteem (feeling confident and physically desirable), played a major role in wellness. Ageism comes into play here too—oftentimes, sex is portrayed as an activity only for the beautiful, and since beauty is associated with youth, we might be led to believe that sex is only for young people.



“Even if someone did show an interest, I feel like my appearance would keep me from enjoying it,” one respondent said.

Another interesting, and maybe not entirely unexpected finding of the study noted the importance of qualities such as openness, “the mental game,” and cognitive flexibility, citing responses like these:

“Having sexual wellness at this point in my life means being open to new experiences.”

“I think to feel sexually well at this age you must be okay with your physical body and the fact that you may not be able to do things that you once could. I think it means being open to the changes in your sexuality and your thoughts and behaviors toward sex.”

“
Sex can be *immensely satisfying* if we embrace our body’s changes and focus on where and how we enjoy the most arousing sensations.”

—JOAN PRICE, SENIOR SEX EXPERT

For some people, growing older affords more self-assurance, freedom from self-judgment, and liberty to experiment and try new things.

“...for me, I am at the top of my game and more comfortable in my body than I’ve ever been. No worries about my menses or pregnancy. I’m an emancipated woman. All the energy spent caring for others has returned to me, and I now spend it on me. I want what I want when I want it. *I’m seeking sensuality over sexuality,*” said Tonya Pinkins, actor and filmmaker.

For others, sexual wellness can be achieved without participating in sex at all.

“The important thing is to feel comfortable with one’s own level of sexual activity—or no activity,” a study participant explained.

“I haven’t dated in five years,” activist Helen Van Winkle said, “But I think about intimacy and what that can look like without sex every single day.”

When conceptualizing sex, especially in this population, it is critical to capture multidimensionality. Sexual wellness is not a one-size-fits-all experience, but with a little more openness, acceptance, and flexibility, it is possible to open doors to something new and wonderful. An inclusive, sex-positive approach can help us dismantle the function/dysfunction binary and capture the experiences of both people who are actively engaging in sex, as well as those who abstain. It’s important that we look beyond the stereotypes of little blue pills, cougars, and dirty old men, and see sex in mid- and late life for what it is and can be: life affirming, exciting, and yes, even pleasurable. ■

Sources:

Fisher, Linda, G. Oscar Anderson, Matrika Chapagain, Xenia Montenegro, James Smoot, and Amishi Takalkar. *Sex, Romance, and Relationships: AARP Survey of Midlife and Older Adults*

Maggie L. Syme, Tracy J. Cohn, Sydney Stoffregen, Hanna Kaempfe, and Desiree Schippers 2019 “At My Age . . . : Defining Sexual Wellness in Mid- and Later Life,” *The Journal of Sex Research*

Levy, Ricci Joy. “Sexuality Has No Expiration Date,” *Generations Journal*, February 2023

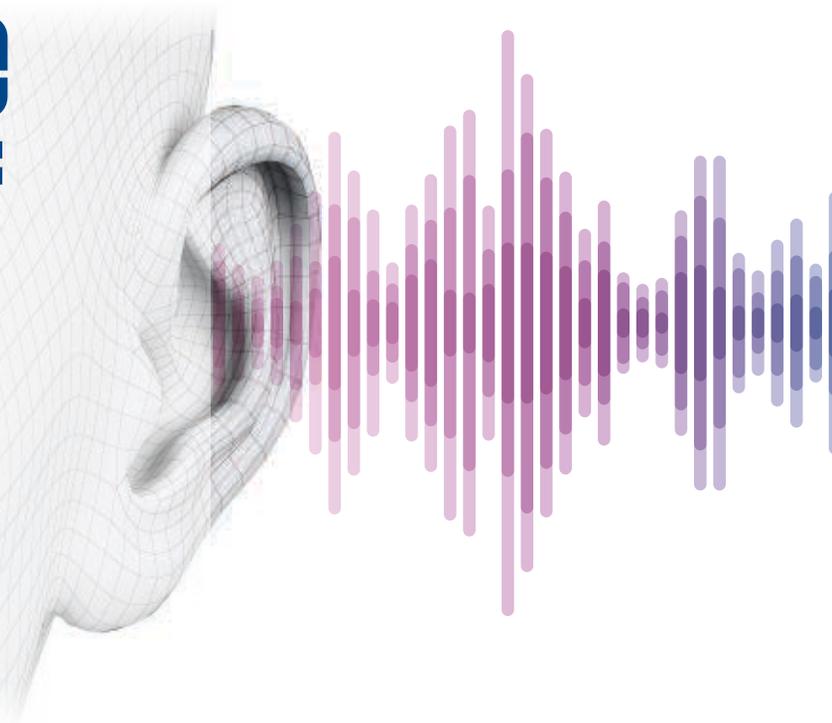
Fisher, Lauren Alexis. “The Thing About Sex After 60 Is...” *Cosmopolitan*, January 2024

Senior Sex: Understanding Physical and Psychological Changes (Hybrid)
Thursday, May 23, 2024
3 - 4 p.m.
Karen Lee Fontaine, certified diplomate of Sex Therapy, presents a thoughtful, sensitive, and frank analysis of sexuality in later life and strategies for a satisfying sexual life. One CEU for LPC/LCPC or LSW/LCSW for \$10. See page 52 for registration information.

Unlocking the Symphony of SOUND

A JOURNEY FROM HEARING LOSS TO WONDER, WISDOM, AND ADVOCACY

BY BETSY STORM



When people who have struggled with hearing loss first experience improved hearing thanks to hearing aids, they often express the sense of wonder usually associated with children. Here's a re-enactment of the kind of conversations that may ensue:

Q: What's that sound?"

A: "It's the ding of the microwave oven telling us the food is ready."

Q: "Oh, okay... but what's that other sound?"

A: "That's the air conditioner."

Q: "Wow, okay, but what's that sound coming from the back of the house?"

A: "That's the garbage truck making its weekly pick-up."

Liz Hupp and Elaine McCaffrey easily identify with the Q&A above.

Liz is a longtime, active member of NSSC's Hearing Loss Support Group, Sound Off, which convenes virtually every Monday except the second one of the month. Elaine is president of the Chicago North Shore Chapter of the Hearing Loss Association of America (HLAA), which meets at the Center on the second Monday of the month. Between them, the two women have more

than six decades of experience with the challenges of hearing loss, and they have a great deal of wisdom to share.

The NSSC group has been meeting for more than 30 years. While hearing-related technology has changed radically over the decades, the challenges faced by hearing-impaired individuals—especially in the early stages—remain much the same.

After upgrading her hearing aids regularly for more than 15 years and still finding them less than effective, Liz, now 64, felt stunningly isolated, even among friends and family. "Sometimes I left the dinner table in tears because I couldn't participate in the conversation." Eventually, Liz got cochlear implants, which have been a life-changer.

Both groups tackle issues of anger, fear, frustration, and shame that almost always overwhelm people with untreated hearing loss. In fact, the obstacles are often so great, said Liz and Elaine, that it typically takes seven to 10 years for people to actively deal with their loss by seeing an audiologist.

Although the two groups discuss similar issues with members and provide support, their functions differ. The HLAA focuses on advocacy, information, education, and support, while the NSSC's hearing loss group operates more informally to assist

people in overcoming shared problems. Help, comfort, and encouragement are paramount.

Regarding HLAA advocacy, a major accomplishment led by the North Shore Chapter is ensuring that more public spaces are wired with "hearing loops" that accommodate the telecoil (T-coil) technology built into many of today's hearing aids. They also assist other hard-of-hearing individuals.

Acting like an antenna, the T-coil picks up the magnetic signal generated by the induction loop to provide tailored sound to users. Hearing loops greatly reduce background sound for both hearing aid users with T-coils and for individuals who use the special headsets that are required in specific kinds of public spaces, such as theaters, by the Americans with Disabilities Act (ADA). NSSC's Cohn Auditorium and Weber classroom both are equipped with hearing loops.

Until recently, the Center's hearing loss support group was facilitated by Sarah Jackson, a licensed clinical social worker. She emphasized that diminished hearing is indeed a deep loss. "The group allows participants to express their feelings and

Terms To Know

AUDIOLOGIST

A doctor of audiology who is trained to test hearing by performing auditory evaluations. According to Northwestern University, an audiologist's clinical experiences include, among others: hearing evaluations, hearing aid selections and fitting, cochlear implants, vestibular assessments, and hearing loss management. By comparison, a hearing instrument specialist must have completed high school or, in some states, possess a two-year degree. They must be certified by the state in which they work.

COCHLEA

A fluid-filled part of the inner ear that has tiny hair cells. When sound enters the cochlea, hair cells move, resulting in an electrical signal being sent to the brain through the auditory (hearing) nerve.

COCHLEAR IMPLANTS

A surgically placed device that can help a person with severe to profound hearing loss (when a hearing aid is insufficient).

DEGREES OF HEARING LOSS

Mild: Allows a person to hear some sounds, but soft sounds are difficult

Moderate: May hear almost no speech when another person is talking normally

Severe: Unable to hear a person talking at a normal level and hears only some loud sounds

OVER-THE-COUNTER HEARING AIDS

A new category of hearing aids that consumers can buy directly without visiting a hearing health professional. They're intended for adults with perceived mild to moderate hearing loss.



validate their experiences while helping others. Individuals trade tips and tricks, share questions and answers about new technologies, and more. It's important that people know they're not alone and that everyone's hearing loss journey is different. Unfortunately, said Sarah, "there is still a good deal of stigma attached to hearing loss." However, "in the group, individuals feel comfortable, understood, and valued."

Elaine and Liz agreed that common misperceptions about people with hearing loss still prevail. Because the disability is invisible, it's often misunderstood. Many individuals believe people with hearing loss are not smart, don't have anything to contribute, or are rude because they sometimes unknowingly talk over others.

If you don't have hearing loss, please keep a couple of golden rules in mind when speaking with an individual whose hearing is impaired.

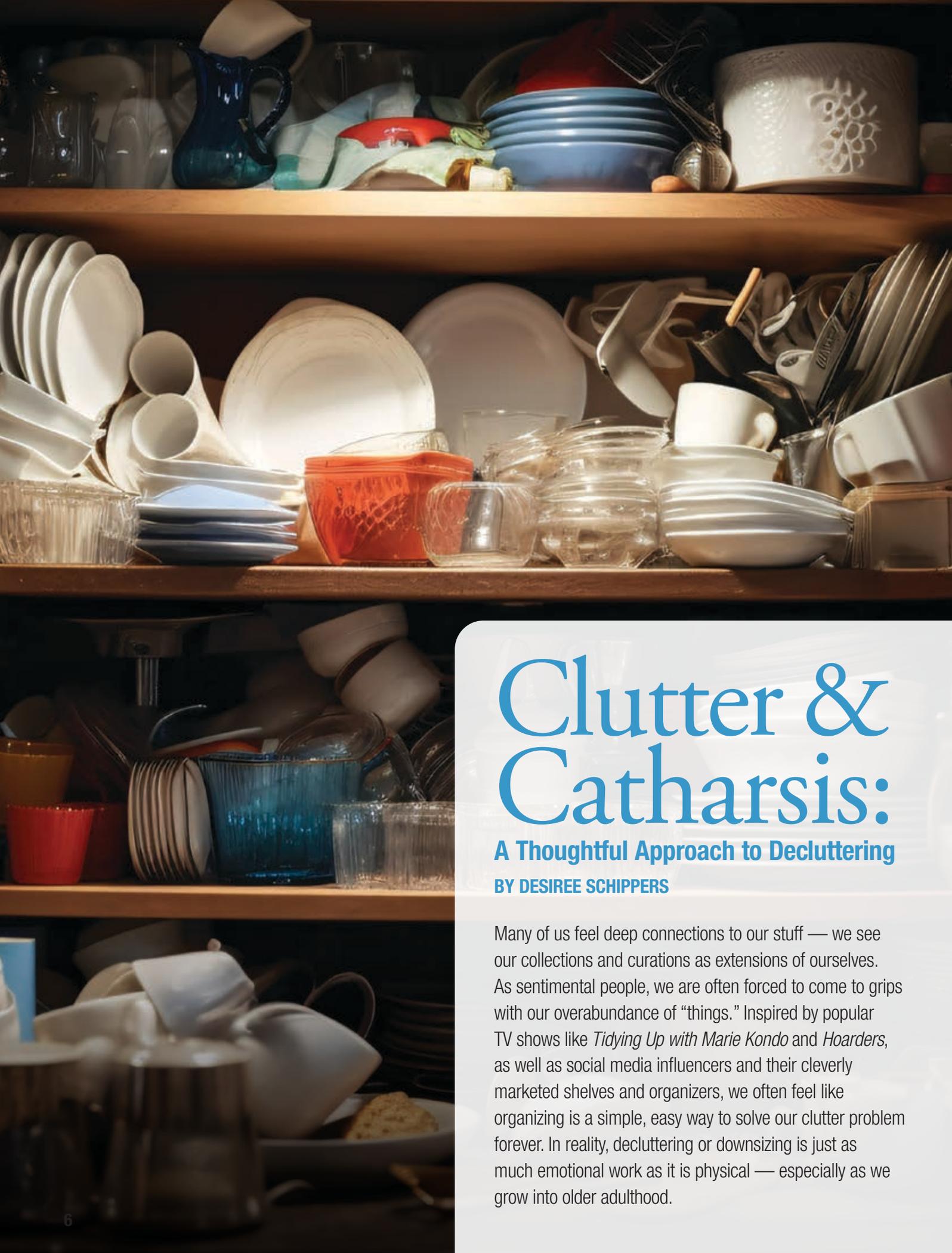
- Enunciate clearly
- Speak more slowly than you normally would
- Look at people while speaking; they may be trying to read your lips
- Do not shout

For more information on HLAA, contact Liz Hupp, lizhupp@gmail.com and/or Elaine McCaffrey, elainemccaffrey1@gmail.com. To learn more about NSSC's support group, contact Camila Olaya at colaya@nssc.org.



Members of the HLAA and NSSC Hearing Loss Support Group, from left: Liz Hupp, Elaine McCaffrey, Jean Draths, and Betty Buino





Clutter & Catharsis:

A Thoughtful Approach to Decluttering

BY DESIREE SCHIPPERS

Many of us feel deep connections to our stuff — we see our collections and curations as extensions of ourselves. As sentimental people, we are often forced to come to grips with our overabundance of “things.” Inspired by popular TV shows like *Tidying Up with Marie Kondo* and *Hoarders*, as well as social media influencers and their cleverly marketed shelves and organizers, we often feel like organizing is a simple, easy way to solve our clutter problem forever. In reality, decluttering or downsizing is just as much emotional work as it is physical — especially as we grow into older adulthood.

Whether you're planning a move, acknowledging that you aren't going to live forever, or are simply overwhelmed by your stuff, there are actual psychological reasons for the urge to leave clutter behind. Studies have shown that clutter has been linked to higher levels of cortisol, stress, anxiety, and decreased levels of cognitive function. Overly cluttered homes are also linked to poor eating habits and diminished mental health and can pose a serious fall risk. Whether you've been in your space for five years or 50, ensuring our homes are free from clutter can be crucial for our health and general well-being.

First Steps

The first step in true, sustainable decluttering is to evaluate yourself emotionally. Without judgment, honestly ask yourself why you are holding on to your stuff. Could it be out of grief, either for a loved one or a past version of your life? Is it a concern about legacy? Are you worried your stories, or those of your parents and grandparents might get lost to time?

An essential part of this process is to absolve yourself of guilt, both from accumulating clutter in the first place and getting rid of previously meaningful things. Strong emotions around change, grief, and whatever has led you here are valid. Sit with and acknowledge these emotions, then give yourself permission to move on at your own pace. If you feel like your attachment or emotional pain when parting with your things has taken over your life or is too difficult to manage on your own, it might be time to seek support, either professionally or from a close friend or family member. If you feel that counseling could be the right path for you, NSSC has licensed counselors who specialize in the unique challenges of older adulthood. **For more information, email counseling@nssc.org or call 847.424.5672.**

What's Next

The next step is to narrow down which of your possessions are the most meaningful to you. Beyond sparing your loved ones from the hassle of sorting through clutter in your absence, this empowers you to be decisive about your legacy, sharing the priceless stories and memories each item represents. In essence, the goal is to pass down stories, rather than mountains of stuff.

Hoarding and decluttering expert Matt Paxton has popularized the concept of a "legacy list." This is a list of five to six items that are most meaningful to you, or that are important pieces of your family history. The goal is to share the stories behind the items before they are passed down. You can write the stories, or better yet, gather with your loved ones for "story sessions," where you tell them about the items and the people who created or owned them. After my great-grandparents passed, we came across stacks of old sheet music in a corner of their basement. To me, it was just that—old sheet music that we should probably throw out. But when my grandfather saw it, he told me that his grandmother used to play piano in movie theaters for silent films and this was her music. Suddenly, the sheet music went from a pile of recycling to rich family history.

Getting Down to Business

Finally, we're on to the meat of it: physically going through your home and decluttering. Matt recommends starting small, rather than having a weekend-long sorting extravaganza. The goal is to turn decluttering into a meaningful everyday habit, rather than a grueling, hours-long task. He recommends blocking off small chunks of time — 15 minutes or less — and to begin with something manageable, like a single drawer, or stack of papers. Set a timer, work for 15 minutes, then move on with your day.

As you begin the physical process, it is best to create four different categories: keep, donate, trash, and sell. Many of us get ambitious with selling, clinging to wild dreams of eBay riches, without realizing the time and energy it takes to sell things online, as well as how devastating it can be to see your prized collections sell for a much lower price than you had imagined. For some people, it can be more emotionally fulfilling to donate collections to their community.

There are many great nonprofits in the Chicago area that accept donations, including NSSC's very own Shop at the Center. The Shop accepts items such as jewelry, collectibles, designer homegoods, and puzzles but cannot accept furniture, computers, electronics, clothing, and shoes. **You can donate new or gently used items on weekdays between 9 a.m. and 3:30 p.m.**

If you have issues with hoarding or are unable to physically deal with your clutter, our housing specialist can help connect you to community resources. **Call 847.242.6235 or email housing@nssc.org for assistance.**

Regardless of where you are in your decluttering journey, it is likely to be an emotional experience. Whether you are reflecting on your life, reckoning with a recent loss or disability, or are feeling held back by your possessions, you aren't alone. Seek support if you need it and remember that your legacy and self-worth lie within you, your loved ones, and your stories, rather than in your stuff. ■

Sources:

"5 Reasons Why Clutter Disrupts Mental Health," *Psychology Today*

Keep the Memories, Lose the Stuff: Declutter, Downsize, and Move Forward with Your Life, Matt Paxton

Become an NSSC Ambassador!

JOIN OUR COMMUNITY OUTREACH TEAM

BY AMY KRAUSE

Volunteering for NSSC's Community Outreach Team is a meaningful way to make a difference in the lives of older adults while enriching your own. By raising awareness of the Center and fostering community connections, outreach team volunteers play a vital role in promoting NSSC's wide range of programs and services tailored to older adults and their families. While NSSC is highly regarded nationally, many of our friends and neighbors are not aware of these services.

Community Outreach Team volunteers bridge this gap by bringing information directly to our communities. Volunteers attend farmers markets and other local events throughout the year to engage with people of all ages and backgrounds. Through conversations and sharing informational material, volunteers build awareness of NSSC's mission and offerings—everything from fitness classes and social activities to caregiver resources and in-home support.

"Community outreach volunteers create critical connections between NSSC and the broader community. Nobody should feel alone in aging, especially with the resources we have at NSSC. Our

volunteers ensure that more people in our community can access important services and activities, from support groups to social clubs," said Desiree Schippers, who facilitates the team.

Volunteering offers personal rewards as well. It provides an opportunity to connect with people from diverse backgrounds, develop communication and interpersonal skills, and gain a deeper understanding of the challenges faced by older people in the community. Knowing that your efforts directly impact the well-being of older adults can bring a sense of fulfillment and purpose.

Whether you're a professional seeking to give back or a retiree with time to spare, there's a place for you on the Community Outreach Team. Volunteering is flexible, and you can choose your level of involvement based on your availability and interests.

Join the team today and be a part of creating a brighter future for our community! To learn more, email volunteer@nssc.org or call 847.242.6257. ■





Our Forever Grateful Wall

A Magnificent Testament to the Lives Touched by NSSC

Spanning more than 30 feet, the Forever Grateful Wall is displayed in the bustling Golder Dining Room. It is a place where your loved one's name can find a lasting home within NSSC for generations to come. Circles can be dedicated to anyone, living or passed, who you would like to honor or remember in a special way.

When you choose to purchase a circle, you're not just preserving a name; you're displaying your unwavering dedication to NSSC, a steadfast pillar for older adults and their families in Chicago's northern suburbs since 1956. Your support ensures that we can continue this vital mission.

To learn more, email Jon Labaschin, Director of Development at jlabaschin@nssc.org, call 847.784.6020, or visit www.nssc.org.



**12" CIRCLE
\$5,000**



**10" CIRCLE
\$3,000**



**8" CIRCLE
\$1,800**



**6" CIRCLE
\$750**

*Please note that a portion of your donation is tax-deductible.

A Path to Alleviate Loneliness

Equal Measures of Inspiration and Motivation

By Alan Blitz

If you experience loneliness and/or isolation, either on an episodic or periodic basis, current studies indicate you are far from alone. Consider the ideas herein as self-assuring, inspirational, and motivational. This could be your first step toward living a more socially connected life.

UNDERSTANDING THE LONELINESS AND SOCIAL ISOLATION EPIDEMIC

A significant number of people—up to 50% across most age groups—encounter the challenges formally identified in a 2023 report by the U.S. Surgeon General’s Advisory on the Healing Effects of Social Connection and Community.

In summary, “Our epidemic of loneliness and isolation has been an underappreciated public health crisis that has harmed individual and societal health. Our relationships are a source of healing

and well-being hiding in plain sight—one that can help us live healthier, more fulfilled, and more productive lives,” said U.S. Surgeon General Dr. Vivek Murthy.

On a local level, the 2023 needs assessment report, *Aging in the Suburbs: A Comprehensive Needs Assessment of Cook County Suburbs 50+ Population*, finds “over one in three older adults identify as lonely.”

TWO ASSURING AND POWERFUL NATIONAL VOICES

Dr. Murthy and Dr. Ruth Westheimer, renowned for her sex therapy advice, are two of the most nationally prominent spokespersons on the issue of loneliness and social isolation. According to [psychiatrist.com](https://www.psychiatrist.com), Dr. Murthy warns the epidemic of loneliness affects more than 50% of Americans across most age groups.

Remarkably, he shared that he is one of them. “I had neglected my family and

my friends during that time [the COVID-19 pandemic], thinking that it was too hard to focus on work and focus on family and friends,” he told BBC News.

“I was really suffering from the consequences of that, which were a profound sense of loneliness that followed me for weeks, and then stretched into months.” Murthy called loneliness a “profound public health challenge” that “we should talk about” and address.

Making remarkable news, Dr. Westheimer, age 95, was appointed by New York Governor Kathy Hochul to serve as the nation’s very first Honorary Ambassador to Loneliness in 2023. According to a *New York Times* article, Dr. Westheimer has painful experiences of loneliness growing up in a Swiss children’s home during World War II.

During the pandemic, she found her diary from her difficult teenage years. Reading the diary now, Dr. Westheimer recognized the parallels between human sexual problems and struggles with



loneliness. “No one wants to admit to having trouble with intimacy, and no one wants to admit to not having enough friends,” she said.

CONQUER LONELINESS WITHOUT TECHNOLOGY

AARP recommends seven strategies to help you connect in person with others:

1. Share with others: Bought too many apples? Leave some at your neighbor’s front door with a note.

2. Bond over food: Join a dinner club or start one.

3. Have meaningful conversations: Ask others about their experiences or opinions on a class you are taking, movie, restaurant, or travel destination you are exploring.

4. Keep it short if you need to:

Pick up the phone to say hello, if only for a minute or two.

5. Volunteer when you can: Connect with people who have similar interests.

6. Smile more often: A genuine smile can be contagious.

7. Be vulnerable to others: Try to connect as others may feel the same way.

NSSC PROGRAMS: FIND ONE (OR MORE!) TO YOUR LIKING

Lifelong Learning offers a wide variety of educational, enrichment, recreational, and wellness programs for older adults.

“So many of these programs are social opportunities. When people come to NSSC for our programs, they are part of our community. They connect with others, meet new people, and learn and experience new things,” said Mary Staackmann, Director of Lifelong Learning. “No matter one’s preference for how they want to socialize, they can find it in one of our programs.”

Some programs are designed specifically for providing a venue for people to meet and socialize:

- Tuesday Club Warm Up
- Solo Seniors Social Club
- Films on Friday
- Monthly Luncheon and Performance Events

Lifelong Learning also has many groups that meet regularly and are organized around a topic of interest. This brings people together over a common interest and gives them time to meet and form friendships over time. A few of these programs include:

- Sports Talk
- Knitting Studio
- New Perspectives Fine Arts Studio
- Walking Club

Many of the classes also meet weekly and people become a community with their classmates, such as:

- INQUIRE peer-led classes
- Group Exercise classes

All program details can be found in these pages or on the NSSC website: www.nssc.org.

HOW CAN I GET HELP?

If you feel you need help in managing loneliness or isolation, contact NSSC’s Counseling and Therapy program: email counseling@nssc.org or call 847.424.5672. ■

Take the First Step to Meeting Like-Minded People

Among the myriad of educational and social opportunities offered by Lifelong Learning, two programs serve as examples of excellent opportunities to meet new people.

SOLO SENIORS SOCIAL GROUP

Are you solo, widowed, never married, divorced, or no longer with a partner? If you often feel like a third wheel at social events because others are part of a couple, join with other “solo seniors” and enjoy a variety of activities such as dinners, theater, and other group gatherings.

“After a year of isolation, due to the pandemic and being new to NSSC, creating the idea was easy. Loneliness and being isolated is mentally painful for most of us,” said April Markul, who started the group with the support of NSSC staff members Jill Becker and Mary Staackmann, and fellow NSSC member Donna Lach.

“After the amazing turn-out at our May 2023 kick-off luncheon [almost 40 people] it seems others, in the same solo situation, feel the same,” Markul added.

“I recommend the group to anyone who wants to meet new people, make friends, and enjoy an array of interesting activities,” said Judy Mahler, who serves as Solo Seniors co-chair with Markul.



READY FOR SOME SPORTS TALK?

Ed Stone is a retired veteran *Chicago Tribune* writer, editor, and sports reporter who has found NSSC’s “Sports Talk” group a wonderful way to channel his passion for Chicago’s teams. “It’s a lot of fun as we gather once a week as if we are in a sports bar and share any and all opinions among the group.

“I start the session with a script outline but inevitably the discussion goes where the group likes: the Bears, Bulls, Cubs, Sox, Blackhawks, college sports, NCAA, player signings, playoffs, championship series, you name it,” Ed explained.

He shares an open invitation for people to attend and give Sports Talk a try. “You don’t have to be a sports fan to participate; just stop by, share an opinion, and meet some great folks,” he encouraged. The group meets on Wednesdays from 10 to 11 a.m. in NSSC’s Jacobi Room.

For more information about these programs, contact Lifelong Learning Program Manager Jill Becker at 847.784.6034 or jbecker@nssc.org. ■



Gala 2024

A Benefit for North Shore Senior Center

SATURDAY, APRIL 27
DEER PATH INN, LAKE FOREST

SINGLE TICKET—\$400

PREMIER TABLE FOR 10—\$5,000

(Premier Table includes entry for you and each of your guests to win a private chef dinner for 6)

Contact Debra Mell for more information at
dmell@nssc.org or 847.784.6037





Freedom Home Care and Medical Staffing

ESTABLISHED IN 1997

**1 HOUR TO 24/7
COVERAGE**

CAREGIVERS | COMPANIONS

NURSES | CNA'S

Home Care You Can Trust

Freedom Home Care and Medical Staffing is one of the leading and most respected home care organizations in the North Shore, throughout Chicagoland and northern Illinois.

847-433-5788

www.freedomhomecare.net

Caregiving & Nursing Services

- 1 hour bath visit
- Bathing, grooming, dressing assistance
- Assistance with transfers and ambulation
- Medication Management and reminders
- Incontinence care
- Acute and chronic illness supervision
- Wound care
- Post hospitalization care
- Alzheimer's and dementia care
- Light housekeeping
- Meal preparation
- Errands and shopping
- Transportation

Medical Staffing

- Hospitals
- Facilities
- RN, LPN, CNA, Caregivers

HIGHLAND PARK • LAKE FOREST • VERNON HILLS • BARRINGTON



NORTH SHORE SENIOR CENTER

Your Hub for Support and Resources

Our dedicated team of professionals is committed to providing comprehensive support, equipping both older people and their care partners with the connections and resources they need to age on their terms, in their community. Support groups provide a valuable network where shared experiences allow members to foster connection, feel understood, and share important resources. All support groups at NSSC are free and open to the public.

Hearing Loss Support

Sound Off: Hearing Loss Support Group

Join Sound Off to learn more about assertiveness, self-advocacy, and new assistive technologies that can help people live life to the fullest with hearing loss. Share solutions and successes, as well as frustrations with hearing loss, with those who “get it.” This group meets virtually every Monday (except the second Monday of each month) from 11 a.m. to 12 p.m. colaya@nssc.org or 847.242.6297

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

This group of hearing advocates teaches each other and anyone who's interested in learning more about strategies for effective communication and assistive technologies for people with or without hearing aids. This group holds hybrid (online and in-person) meetings on the second Monday of each month from 11 a.m. to 12 p.m. In-person meets in NSSC's Weber Room. elainecmccaffrey1@gmail.com

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 caregiving for their partners. This group meets virtually the fourth Wednesday of the month from 3 to 4:30 p.m.

caregiversupport@nssc.org or 847.784.6041

Family Caregiver Support Group

Family caregivers provide some of the most crucial and unseen labor in our society, and this community is an inclusive space for any family members providing care to loved ones to connect and share experiences. The group meets virtually the first Wednesday of the month from 3 to 4:30 p.m.

caregiversupport@nssc.org or 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. This group meets in-person in Evanston on the second Tuesday of the month from 6 to 7:30 p.m.

caregiversupport@nssc.org or 847.424.5671



Parkinson's Disease Support Groups

This group provides information and encouragement in dealing with common concerns and issues for people living with PD. Both people with PD and family caregivers are welcome to attend. This group meets the second and fourth Wednesdays of the month from 2 to 3:30 p.m.

dbehnke@nssc.org or 847.784.6041

Memory Loss Support

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. The group meets virtually the third Thursday of the month from 2:30 to 4 p.m.

how@nssc.org or 847.242.6250

Memory Café

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

caregiversupport@nssc.org or 847.784.6041



Mind Matters

Returning this year, Mind Matters is an early memory loss program focusing on socialization, stimulation, and support for people with mild cognitive impairment.

how@nssc.org or 847.242.6250

Alzheimer's Association Caregiver Education Series

Caring for People with Dementia (Online)

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages and get tips to better communicate with people living with the disease.

Tuesday, May 14
3 - 4 p.m.

800.272.3900



Managing Money: A Caregiver's Guide to Finances (Online)

This program will help caregivers learn about the costs of caregiving and the benefits of early planning, teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and find support.

Tuesday, July 9
3 - 4 p.m.

800.272.3900



May-August 2024

Lifelong Learning Catalog

Enjoy

NSSC Tuesday Club Program

Travels Around South America in the 1960s (Hybrid)

While teaching in Argentina, Valerie Lewis traveled to as much of the continent as possible. Traveling on local buses, trains, and even a small boat down the Amazon, she visited Machu Picchu, the beautiful Iguazu Falls, and absorbed much of the indigenous culture.

Tue 5/7 10:30 - 11:30 a.m.
No Fee 11681

Together We Fight Hate for Good (Hybrid)

Trent Spoolstra, Associate Regional Director for the Anti-Defamation League, gives the latest statistics on antisemitism in the U.S. and other countries around the world.

Tue 5/14 10:30 - 11:30 a.m.
No Fee 11694

Theater and Dining Around Chicagoland (Hybrid)

Al Bresloff, noted reviewer, critic, editor, and host of *Around Town Chicago*, discusses his takes on dining spots and theater in Chicago, including currently running productions. As Al likes to say, "Plays come and go, but dining remains."

Tue 5/21 10:30 - 11:30 a.m.
No Fee 11682

The Great Lakes Navy Band Performance

Known as "America's Band," the Great Lakes Navy Band will perform patriotic military and John Philip Sousa musical arrangements to celebrate Memorial Day week. This is a live music performance and not offered on Zoom.

Tue 5/28 10:30 - 11:30 a.m.
No Fee 11630

Aging in Place: Growing Older at Home (Hybrid)

Katherine Honeywell, NSSC Director of Senior and Family Services, discusses the planning needed to age at home including support, safety, resources, estimated costs, timing, and more.

Tue 6/4 10:30 - 11:30 a.m.
No Fee 11668

Taken By The Wind: A Voyage to the South Pacific in a Bygone Era (Hybrid)

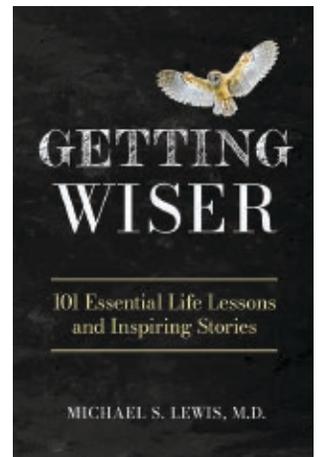
In 1976, college graduate Mike Jacker and a few friends embarked upon a year-long voyage to the South Pacific aboard a 30-foot sailboat named "Rhiannon" for the adventure of a lifetime.

Tue 6/11 10:30 - 11:30 a.m.
No Fee 11683

Getting Wiser: 101 Essential Life Lessons and Inspiring Stories, Part Three (Hybrid)

Michael Lewis' book *Getting Wiser* is a dazzling anthology of 101 stories, life lessons, and perspective collected from brilliant minds the world over who were asked, "What life lesson do you want to pass on to the next generation?"

Tue 6/18 10:30 - 11:30 a.m.
No Fee 11684





History of the Chicago Marathon: Passion, Protest, and Politics (Hybrid)

On September 25, 1977, 4,200 runners gathered at the foot of the Picasso sculpture in Daley Plaza for Chicago's first modern marathon. Learn more about how this marathon got started in this uniquely Chicago story.

Tue 6/25 10:30 - 11:30 a.m.
No Fee 11695

The Hummers and Strummers

The Hummers and Strummers are a ukelele band out of the Patty Turner Center in Deerfield, and are here to sing and strum songs old and new. Mostly, they want to make you smile and hear you laugh because that's their thing! This is a live music performance and not offered on Zoom.

Tue 7/2 10:30 - 11:30 a.m.
No Fee 11685

Court Systems in Illinois at the Federal, County, and Municipal Level (Hybrid)

Local administrative law judge Christopher Cohen provides an overview of court systems that impact Illinois residents, demystifying the cases each handles and differentiating the similar titles of court officials.

Tue 7/9 10:30 - 11:30 a.m.
No Fee 11688

Title IX and How It Became a Law (Hybrid)

Title IX prohibits discrimination based on sex in any educational program or activity that receives federal dollars. Attorney Sharon Eiseman (ret.) will discuss this ground-breaking piece of legislation and its ramifications.

Tue 7/16 10:30 - 11:30 a.m.
No Fee 11689

Safety for Seniors (Hybrid)

There are many unsafe things that contribute to injuries both inside and outside the home for older adults. Allan Kaufmann will help you understand these risks, and discuss how to be safer inside and outside your home.

Tue 7/23 10:30 - 11:30 a.m.
No Fee 11690

The Ongoing Battle for Abortion Rights (Hybrid)

Various state legislatures continue to limit, ban, or criminalize abortion and gender-affirming care. Colleen Connell, Executive Director of the American Civil Liberties Union of Illinois (ACLU), will discuss the ACLU's efforts to strengthen protections for reproductive care in Illinois.

Tue 7/30 10:30 - 11:30 a.m.
No Fee 11697

The Michael Lerich Jazz Ensemble Presents Arlen and Mercer

The Michael Lerich Jazz Ensemble returns with a performance dedicated to the music of Harold Arlen and Johnny Mercer, two of the greatest contributors to the Great American Songbook. They were responsible for tunes like "That Old Black Magic," and "Come Rain Or Come Shine," among others. This is a live music performance and not offered on Zoom.

Tue 8/6 10:30 - 11:30 a.m.
No Fee 11686

Tuesday Club Annual Picnic

Enjoy this annual event for members of NSSC Tuesday Club and their guests, which includes bean bag toss, good food, prizes, and more! Registration in advance is required. There is no 10:30 a.m. Tuesday Club Presentation on this day.

Tue 8/13 9 a.m. - 2 p.m.
Registration Fee Applies 11631

Home Safety, Home Security, Home Automation (Hybrid)

More older adults are looking to retire-in-place. Patrick Grage will help you understand how advances in technology allow older adults to live in a safer, more comfortable environment at home.

Tue 8/20 10:30 - 11:30 a.m.
No Fee 11692

Local News is Vital (Hybrid)

The *Record North Shore* is a nonprofit, independent newsroom dedicated to producing credible journalism and responsible reporting for their community. Learn more about *The Record* from its co-founder and Editor-in-Chief, Joe Coughlin.

Tue 8/27 10:30 - 11:30 a.m.
No Fee 11629



Performances & Special Events

Wayne Messmer and Friends

A Concert and Reception Event!

Enjoy a summer concert with Wayne Messmer, one of Chicago's most recognized voices. Described as one of the finest singers in Chicago and the long-time "Voice of Wrigley Field," Wayne brings his popular trio for a program of songs that celebrate the season. Don't miss this legendary crooner who is sure to stir up "Those Lazy, Hazy, Days of Summer." A lovely wine and cheese reception follows the concert.

Thu 6/6 3:30 - 5:30 p.m.
 \$25 Member; \$32 Non-member 11769



The North Shore Harmonizers

The North Shore Harmonizers

A Concert and Reception Event!

Enjoy a very special concert with the North Shore Harmonizers, a women's chorus dedicated to the art of singing four-part *a cappella* harmony to spread the joy of singing. Members include Chicagoland women from all walks of life with a variety of musical backgrounds. Established in 1952, the group has been singing ever since, with new members, of course! A lovely wine and cheese reception follows the concert.

Thu 8/8 3:30 - 5:30 p.m.
 \$19 Member; \$25 Non-member 11768



Nostalgia Entertainment

WWII Radio Hour

A Luncheon and Performance Event!

Immerse yourself in an authentic WWII Radio Hour show with favorites like "Boogie Woogie Bugle Boy," "Bei Mir Bist Du Schön," "In the Mood," and "Don't Sit Under the Apple Tree." The costumed and piano-accompanied trio led by Cynthia and Matt Gruel reenact a 1940s radio hour. While answering musical requests from soldiers and loved ones during wartime, Patti, Maxine, and Andrew entertain you, the "studio audience," with Andrews Sisters-style tunes and choreography, Abbott and Costello comedy sketches, and a touching tribute to Veterans of the United States Armed Forces! Enjoy a catered lunch before the performance.

Fri 5/24 12 - 2:30 p.m.
 \$35 Member; \$42 Non-member 11760

Cool Jazz on a Hot Afternoon!

A Luncheon and Performance Event!

Welcome back vocalist Petra van Nuis and guitarist Andy Brown who bring a sparkling performance to usher in the start of summer. Petra and Andy welcome the solstice with seasonal tunes including "Too Darn Hot," "Summer Wind," "Once Upon a Summertime," "The Summer Knows," and more! A seasonal catered lunch will be served before the performance.

Fri 6/28 12 - 2:30 p.m.
 \$35 Member; \$42 Non-member 11761

HERstory: A Century of Songwriting Sisters

A Luncheon and Performance Event!

Celebrate the famous and not-so-famous women who have contributed to Tin Pan Alley, the Great American Songbook, the Broadway canon, and contemporary popular music over the decades. Award-winning Beckie Menzie accompanies Anita Kallen and Catherine Thomson as they highlight great songs and inspiring stories from women such as Carolyn Leigh, Dorothy Fields, Dana Suesse, Carole King, Joni Mitchell, and Gloria Estefan, among others. You will leave the show with a new appreciation for what these women overcame to achieve their success! Enjoy a delicious catered lunch before the performance.

Fri 7/26 12 - 2:30 p.m.
\$35 Member; \$42 Non-member 11762

This Music Has Survived the Test of Time with the Jammers

A Luncheon and Performance Event!

Enjoy the music of The Jammers, a band of six musicians who perform all our favorites from the 50s, 60s and 70s. The band will take you back to a time when music was fun to dance and listen to. Relive the music of Johnny Cash, The Beatles, and Roy Orbison to name just a few. Enjoy a fun-filled catered lunch before the performance.

Fri 8/23 12 - 2:30 p.m.
\$35 Member; \$42 Non-member 11763



Solo Seniors Social Group Informational Luncheon

Are you solo, perhaps widowed, never married, divorced, or no longer with a partner? If you often feel like a third wheel at social events because others are part of a couple, say “yes” to flying solo. Meet and spend time with liked-minded people and make new connections. The first meeting of summer term will be a light kick-off lunch and informational meeting. A variety of scheduled activities take place in the following months. NSSC membership required to participate in the Solo Seniors group.

Wed 5/8 12 - 1:30 p.m.
\$25 Member; \$30 Non-member 11632

Our World Today

Explore current issues of the day with experts from your community. A catered box lunch will be served before the presentation.



Civil Rights in Housing: Past, Present, and Future

Dominic Voz from Open Communities will cover a broad facet of civil rights issues in housing. You will better understand your protections under the law, and the history and struggles that produced such protections during the civil rights era and beyond. Learn about emerging issues and ways to get involved in the movement. Open Communities is an over 50-year-old housing justice organization working in the Northern Suburbs of Chicago. Enjoy a boxed lunch together before the presentation.

Tue 5/14 12 - 2 p.m.
\$15 Member; \$20 Non-member 11764

Sustainable Living

All of us have become reliant on easily disposable materials. But do we truly know what happens to these materials when they appear to simply “go away” on garbage day? Theresa Greinig, Education Coordinator for the Solid Waste Agency of Northern Cook County (SWANCC), will unravel this mystery and review the importance of reduce, reuse, recycle, and even repurpose. Learn why recycling truly matters and review current proper practices. A boxed lunch will be served before the presentation.

Tue 7/9 12 - 2 p.m.
\$15 Member; \$20 Non-member 11767



Enjoy

Daytrips



Helmchen Plays Beethoven with the Chicago Symphony



Enjoy an enchanting performance with the Chicago Symphony Orchestra. To open the program, Kazuki Yamada conducts Takemitsu's shimmering *How Slow the Wind* and Franck's *D Minor Symphony*, featuring a mix of soaring lyricism and brooding intensity. Martin Helmchen, "who brings both freshness and expressive depth to everything he plays" according to *Chicago Classical Review*, takes on Beethoven's *First Piano Concerto*, a work of youthful bravura and pensive elegance. There will be time to enjoy an optional Preconcert Conversation with Guillermo Muñoz Küster and to visit the Symphony Store before the performance. Lunch will be before the performance at Forte at Symphony Center. Includes tickets, lunch, and transportation.

Fri 5/17 10:15 a.m. - 4:30 p.m.
 \$149 Member; \$179 Non-member 11788

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



50 Paintings at the Milwaukee Art Museum



Enjoy a docent-led tour of the landmark exhibition *50 Paintings*, which features works created within the last five years by 50 international artists, highlighting the artistic trends in practice today. With paintings by artists including Amy Sherald, Cinga Samson, GaHee Park, Nicole Eisenman, Cecily Brown, and Peter Barrickman, the exhibition celebrates the medium's continued relevance and aesthetic range and invites visitors to engage in close looking and formulate their own assessments of trends in contemporary painting. *50 Paintings* offers visitors 50 distinct opportunities to experience this traditional art form shaped by the imaginations of artists influencing the direction of painting today. There will be time after the tour to explore the rest of the museum on your own including *Life Captured in Line: 17th Century Dutch and Flemish Prints* showing how print culture flourished in the North and South Netherlands during the 17th century. Lunch will be first at a delicious BBQ restaurant, Smoke Shack. Includes, tickets, lunch, and transportation.

Fri 5/31 10 a.m. - 5 p.m.
 \$119 Member; \$145 Non-member 11797

Kenosha and Racine: Our Neighbors to the North with Cathy Holleb



Take a drive to our close neighbors, Kenosha and Racine, with experienced tour guide, Cathy Holleb and savor the highlights of this lakefront area, which is a mix of historic and new. In Kenosha, visit the popular Tenuta's Italian grocery store, family-run since 1950. Walk through small gift and consignment shops as well as a modern apothecary shop. Lunch will be at the newly renovated Hotel Stella. The hotel was the Heritage House Inn and the Elks Club in the early 1900s. After lunch, the tour continues to downtown Racine. Visit the Racine Art Museum, featuring the largest contemporary crafts collection in the U.S. Founded by Karen Johnson of the S.C Johnson family to house her collection, the museum also has a beautiful gift shop with unique items. Finish off the day with a tasty visit to one of Racine's Kringle bakeries. Sample a Kringle and shop for delicacies and gift items to take home. Includes tour, entrance fees, lunch, and transportation.

Wed 6/12 9 a.m. - 4:15 p.m.
 \$119 Member; \$145 Non-member 11791

Explore Chinatown with Tim Wittman



In a City of Neighborhoods, none has done a better job of conveying its heritage through its architecture than Chinatown. The architects who designed the commercial heart of the district studied Chinese art and architecture and chose to model the buildings after those in the south coastal district of Guangdong, the native province of many residents of Chicago's Chinatown. The result is an "overseas travel experience" that you can access by bus. Encounter the original site of Chinatown and learn the reason that Chinese Chicagoans chose the current site as the location for their homes and businesses. Among the highlights of the tour will be the 9 Dragon Wall, the Welcome Gate, "Chinatown City Hall," the giant sculpture of Confucius, Ping Tom Park, and the new branch of the Chicago Public Library with its green roof. Lunch will be at MingHin Cuisine. Includes lunch, tour, and transportation.

Thu 6/27 9 a.m. - 4 p.m.
 \$99 Member; \$129 Non-member 11796

Chicago Architectural River Cruise



The Chicago Architecture Center's river cruise aboard Chicago's First Lady is among the city's most popular tours. During this docent-led, 90-minute tour, explore historic and modern architecture while enjoying a relaxing cruise along all three branches of the Chicago River. Learn about Chicago's most famous historic and modern landmarks, including Willis Tower, Navy Pier, the Wrigley Building, Tribune Tower, Merchandise Mart, Lyric Opera, 333 West Wacker, Marina City, and many more sites. More than 50 buildings are discussed. Lunch will be before the cruise at the fabulous Greek Islands Restaurant. Includes tickets, lunch, and transportation.

Thu 7/11 10:45 a.m. - 4:30 p.m.
 \$129 Member; \$155 Non-member 11790



Enjoy

Midnight in the Garden of Good and Evil at the Goodman Theatre



True-crime blockbuster book, *Midnight in the Garden of Good and Evil* by John Berendt, is brought to life in a new musical adaptation by MacArthur "Genius" Taylor Mac, Tony Award winners Jason Robert Brown and Rob Ashford, and choreographer Tanya Birl. Southern charm is bountiful in Savannah, Georgia. But behind the polite smiles, the eccentric residents are filled with secrets and motives. When wealthy antiques dealer Jim Williams is accused of murder, the sensational trial uncovers hidden truths and exposes the fine line between good and evil, sparking Lady Chablis and other Savannahians to change the city forever. Lunch will be at Petterino's Restaurant before the performance, which offers timeless flavors, comfortable interiors, and warm hospitality in the heart of Chicago's Loop and Theatre District. Includes tickets, lunch, and transportation.

Thu 7/25 10:30 a.m. - 5:30 p.m.
 \$149 Member; \$179 Non-member 11789

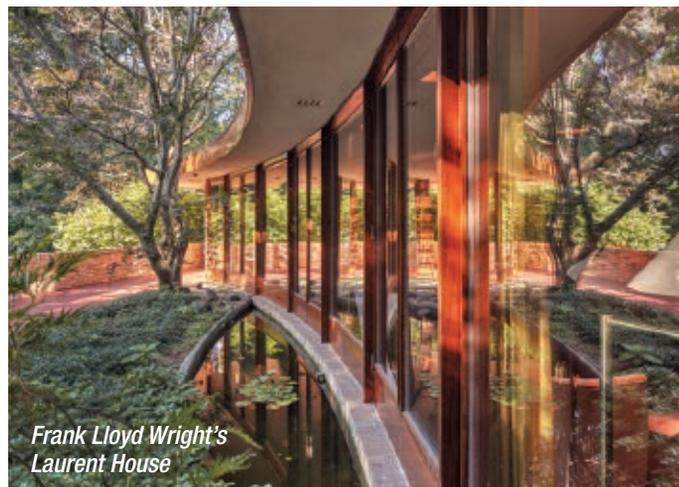
Tour the Magnificent Sanfilippo Estate in Barrington



Hidden away in the rolling hills of Barrington Hills is a most unexpected and unique treasure. The Sanfilippo Victorian Palace is a 52,000 square foot residence that houses a world-renowned collection of magnificent, beautifully restored antique music machines, phonographs, arcade and gambling machines, chandeliers, art glass, and much more. Listen to the world's largest restored theater pipe organ, and marvel at the most spectacular European carousel in existence. Steam engines and other functional mechanical antiques are displayed within a breathtaking French Second Empire setting. Preview the Perfume Passage Gallery and look into the 1882 Drug Store Gallery as part of the tour. This magnificent collection is intended to preserve and share inventions of the Western World. Before the tour, lunch will be at the delightful Francesca's Famiglia restaurant in downtown Barrington. Includes tour, lunch, and transportation.

Wed 8/7 10:30 a.m. - 5:15 p.m.
 \$119 Member; \$145 Non-member 11800

Daytrips (continued)



Frank Lloyd Wright's
Laurent House

Two Rockford Treasures:



Anderson Japanese Gardens and Laurent House

Visit North America's top-ranked Japanese garden and be awestruck by the natural beauty and serenity of this 12-acre treasure. Enjoy a guided tour with breathtaking views of plunging waterfalls, flowing streams, and distinctive architecture in addition to outstanding flowers, shrubs, and trees. Since the groundbreaking in 1978, the placement of every rock, alignment of every tree, and layout of each path has been made with careful consideration. After the tour, enjoy a delicious Japanese grill-side lunch at JMK Nippon Restaurant in Rockford. Then on to Laurent House, the only home designed by Frank Lloyd Wright for a person with disabilities. Wright lovingly called this more simplified and affordable Usonian style house, "My Little Gem." Includes lunch, tours, and transportation.

Thu 8/22 8:45 a.m. - 5 p.m.
\$139 Member; \$165 Non-member 11799

Extended Travel Presentation with Legacy Tour and Travel (Hybrid)

June Anderson, Tour Planner, Legacy Tour and Travel

June Anderson of Legacy Tour and Travel will discuss exciting upcoming travel opportunities for 2024 and 2025. Whether you travel the world or the USA, you can experience a once-in-a-lifetime travel experience aboard luxury motor coaches offering the best in service. With a commitment to education, Legacy Tour and Travel hopes you will take away an enriching and entertaining experience. Make sure to mention "North Shore Senior Center" when you sign up for your trip!

Thu 5/16 1 - 2 p.m.
No Fee 11599

Films on Friday

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

Amsterdam

Directed and written by David O. Russell and starring Christian Bale, Margot Robbie, and John David Washington. Three friends in the 1930s witness a murder, are framed for it, and uncover one of the most outrageous plots in American history. (2022, R, 2h 14m)

Fri 5/3 1:30 - 4 p.m.
\$5 Member; \$7 Non-member 11610

Secrets and Lies

Following the death of her adoptive parents, a successful young black optometrist establishes contact with her biological mother who is a lonely white factory worker living in poverty in East London. Written and directed by Mike Leigh, this comedy drama stars Timothy Spall, Brenda Blethyn, and Phyllis Logan. (1996, R, 2h 16m)

Fri 6/7 1:30 - 4 p.m.
\$5 Member; \$7 Non-member 11611

Maestro

Written, directed by, and starring Bradley Cooper along with Carey Mulligan, this love story chronicles the lifelong relationship of conductor-composer Leonard Bernstein and actress Felicia Montealegre Cohn Bernstein. (2023, R, 2h 9m)

Fri 7/5 1:30 - 4 p.m.
\$5 Member;
\$7 Non-member
11612



Blackberry

Directed by Matt Johnson, watch the story of the meteoric rise and catastrophic demise of the world's first smartphone. (2023, R, 2h)

Fri 8/2 1:30 - 4 p.m.
\$5 Member; \$7 Non-member 11613

Adventure

Explore Historic Skokie

Emily England, Museum Manager, Skokie Heritage Museum

Explore downtown Skokie during this guided tour featuring stops at historical sites of interest. Learn about Skokie's rich history and visit early European settler sites, Village Hall, the Skokie Theatre, the historic engine house and log cabin at the Skokie Heritage Museum, and more. This will be a casually paced walk of about ½ mile. Optional lunch after the walk at Village Inn Pizzeria, Skokie. Order off the menu at your own expense. Meet at the log cabin in the parking lot adjacent to the Skokie Heritage Museum.

Thu 5/23 10:30 - 11:30 a.m.
\$15 Member; \$19 Non-member 11741

Summer Flower Walk at Heller Nature Center

Meghan Meredith, Program Manager of Heller Nature Center and Rosewood Interpretive Center

Heller Nature Center is home to 97 acres of beautiful oak-hickory forest, tallgrass prairie, oak savanna, and natural wetlands on ADA accommodating trails. Enjoy a quiet escape to the woods led by a Heller staff member for a leisurely walk to see Illinois' summer wildflowers in bloom. Listen to the birds and walk through the shady forest and blooming prairie on the first day of summer. Meet at Heller Nature Center in Highland Park.

Thu 6/20 1 - 2 p.m.
\$12 Member; \$17 Non-member 11739



Skokie Lagoon Canoe and Kayak Excursion

Liam Durnan, Chicago River Paddle

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

Fri 7/19 1 - 2:15 p.m.
\$30 Member; \$35 Non-member 11618



Walk in the Woods: Guided Forest Therapy

Kristy Belton, Certified Forest Therapy Guide

Kristy A. Belton leads an exploration of nature on this gentle, guided walk in Salt Creek Preserve. Time spent in nature has myriad health benefits from lowering cortisol levels to improving immune function. This introductory session will provide you the opportunity to enjoy these benefits. Meet at Salt Creek Preserve in Wood Dale.

Thu 8/15 9 - 10:15 a.m.
\$30 Member; \$35 Non-member 11749

Instructor Spotlight

KRISTY A. BELTON

Writer, Forest Therapy Guide, Nature Lover



When she is not writing or making collage art, you can find Kristy outdoors gardening, offering yoga and forest therapy, volunteering at the forest preserves, and guiding people on Writing W.I.L.D. journeys. Kristy enjoys hosting events where people connect to their inner nature through experiences in outer nature. She holds a Ph.D. in Political Science, is an Illinois Master Naturalist and an avid reader.

Learn

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

Art & Architecture

Michelangelo: Political Activist, Spiritualist, and Modernist (Hybrid)

Laura Johnson, Professor Art History, Educator, Travel Guide

This year marks 460 years since the death of Michelangelo at the age of 88. Art historian Laura Johnson discusses this perplexing and amazing man who was not only an extraordinary artist, but also a forger and a wanted man. Learn how he used discarded marble to sculpt the *David* statue of Florence as a political, anti-Medici statement, and about the Moses statue, related to the Protestant Reformation. *The Last Judgment* in the Sistine Chapel reveals Michelangelo's self-portrait and his heretical religious beliefs, with the artwork on the Council of Trent's censored list.

Wed 8/21 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11652

Castles: From Fortress to Fantasy (Hybrid)

Lisa Kent, Art Historian, Researcher

Castles bring up images of knights in armor, but that was only a small part of their history. Beginning in the 9th century as fortified strongholds, castles grew into large residences with thick stone walls, moats, and gates. When times changed, so did the castles, becoming less for defense and more for show and opulence. Castles eventually turned into the wild fantasies of eccentric nobles or nostalgia for an idealized past. Lisa Kent will discuss the history of the castle, from a fortress for defense against invading enemies to fun and fanciful mansions, all of them fascinating and worth a look.

Tue 7/2 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11574

The Elgin Marbles: The Never-Ending Dispute (Hybrid)

Ruth Nelson, Art Historian, Adjunct Faculty, College of DuPage

The dispute over ownership of the famous Elgin Marbles, which once graced the Parthenon and now reside at the British Museum, continues with no end in sight. Ruth Nelson will take a closer look at the Parthenon and its sculptural program, and how the British came to claim these sculptures as their own. She will also examine how these works set western art standards for generations. The question remains, was Lord Elgin rescuing the sculptures, or was he stealing them? As pressure mounts for repatriation, learn why time is not on Britain's side.

Fri 6/14 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11586



**Norman Rockwell:
A Mirror on American
Life (Hybrid)**

*Ruth Nelson, Art Historian,
Adjunct Faculty, College
of DuPage*

Norman Rockwell is the Rodney Dangerfield of 20th century art, “he got no respect.” Rockwell was one of America’s most beloved and successful artists, yet has been mostly ignored by the art world *cognoscenti*.

His affectionate depictions of American everyday life for the *Saturday Evening Post* magazine reflected the country’s culture, but his own personal life was one of strife. Ruth Nelson will give you a glimpse of both.

Fri 8/9 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11585

**Curious to See: The Rise of America’s
Art Museums (Hybrid)**

Paul Neumann, Sculpture and Mixed Media Educator

Learn how American art museums, through good timing, good luck, and a substantial amount of money, became international leaders of the world’s best art collections. Paul Neumann explains how museums grew to become America’s cultural guardians. Inspired by Euro-centric traditions, museums amassed significant collections, and acquired the global respect they deserve.

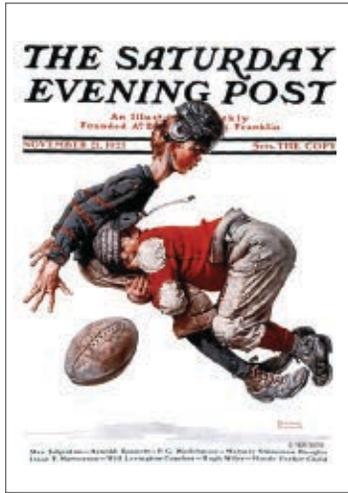
Fri 7/12 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11588

**Chinatown: Chicago’s Most Architecturally
Expressive Community (Hybrid)**

Tim Wittman, Associate Professor, School of the Art Institute

Chicago is a city of many ethnic communities. While we typically think of these groups by nationality, the majority of immigrants came from specific regions of their native lands. Chicago’s Chinese-Americans predominantly trace their roots to Guangdong, near Hong Kong. None of Chicago’s immigrants have defined their neighborhood through architecture as definitively as have the Chinese. Tim Wittman will investigate the unique architectural environment of Chicago’s Chinatown, the ways it expresses the unique traditions of southern China, and its role in creating a welcoming environment that builds a bridge to connect with the many communities of the city.

Tue 7/16 - 7/23 (2X) 1 - 2:30 p.m.
\$27 Member; \$35 Non-member 11661



Artist Alfonso Iannelli: Multi-Media Maestro (Hybrid)

Joseph Madda, Architect, Art Historian

Alfonso Iannelli emigrated from Italy to America in 1898, and over the next seven decades this sculptor, artist, and designer achieved unique artistic accomplishments. Some of his works include theatrical posters in Los Angeles, Sprite sculptures for Frank Lloyd Wright’s Midway Gardens in Chicago, works for the 1933 Chicago World’s Fair, and other collaborations with noted artists and architects. In 1919, he opened Iannelli Studios in Park Ridge where he created beautiful works of art until his passing in 1965. Joseph Madda explores his creative process and the diversity of his aesthetic works of art.

Fri 6/21 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11606

The Art of Georgia O’Keeffe (Online)

Jeff Mishur, Art Historian, Art Excursions

Georgia O’Keeffe is one of the most popular American artists of the 20th century. O’Keeffe painted, drew, and sculpted an incredible array of subjects over her long career. Art historian Jeff Mishur will discuss the works that put O’Keeffe at the forefront of abstraction, as well as works that expressed her passion for unique American places such as New York City, the plains of Texas, and the mountains of New Mexico.

Fri 5/10 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11669

Learn

Instructor Spotlight

JEFF MISHUR
Art Historian



In 1998, Jeff Mishur and his wife Dr. Michelle Paluch-Mishur established Art Excursions, offering art, architecture, culture, and travel lectures, private guiding, and small group tours. Praised by *The Wall Street Journal* as “experts armed with advanced degrees,” Jeff holds a B.A. and M.A. in the History of Art from Northern Illinois University. He is a member of the Illinois Humanities Council’s “Road Scholars” and teaches university-level art courses. Art Excursions, a member of the Chicago Tour Professionals Association, serves corporate and institutional clients worldwide, including The Art Institute of Chicago, and The MacArthur Foundation. Jeff’s extensive travel across the globe to study art, architecture, culture, and natural wonders enrich his programs.

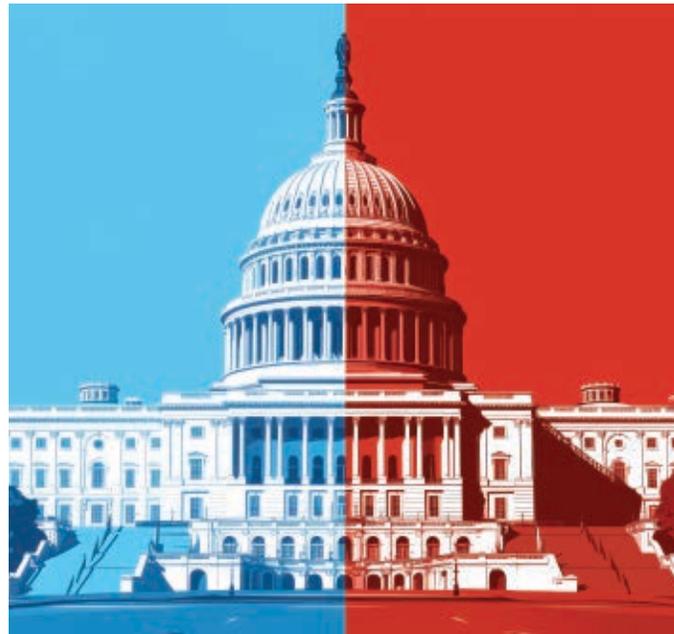
Current Events

Democracy vs. Autocracy (Hybrid)

Julie Strauss, Ph.D., Political Scientist

During this political season, the terms “democracy” and “autocracy” are mentioned quite often. Julie Strauss discusses the meaning of these terms and how they relate to the current election year. She will compare how key institutions are used in both autocratic and democratic societies such as the media, law enforcement, courts, and the electoral system. This is an important topic that may lay the groundwork for political decisions.

Wed 5/29 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11600



The 2024 Congressional Elections (Hybrid)

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

William Adler will examine the 2024 congressional elections, which are sure to be some of the closest and most contentious in American history. Both houses of Congress are up for grabs as Republicans and Democrats fight for power. The outcome could have significant ramifications for control of the presidency as well. He will analyze past cycles of electoral behavior to see what trends might tell us about who will control Congress next time around and take a deep dive into specific races that may be representative of larger patterns.

Fri 7/19 - 7/26 (2X) 10 - 11:30 a.m.
\$27 Member; \$35 Non-member 11633

How the Global Order of Nations Has Changed (Hybrid)

Michael Weissman, Attorney, Author, Law Professor

Michael Weissman will discuss the lessening dominance of the United States in the global order of nations. He will focus on the emergence of Asian powers, China and India, European powers, Russia and its allies, and Arab powers, such as Saudi Arabia and the United Arab Emirates. These are all key players on the world scene. Can the United States, together with its allies, remain the world’s most powerful bloc of nations? Will it be able to cope with the countries ready to challenge it?

Wed 5/15 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11607



Recent Decisions of the United States Supreme Court (Hybrid)

Julie Strauss, Ph.D., Political Scientist

Julie Strauss discusses major decisions handed down by the Supreme Court in the 2023-2024 term. The Supreme Court docket includes questions surrounding domestic violence and gun ownership, possible racial gerrymandering in South Carolina, and potentially blocking the bankruptcy settlement concerning opioid manufacturers. They may approach the abortion issue with a possible decision concerning the accessibility of medical abortions through the use of mifepristone. Julie delves into the reasoning behind many of these major cases.

Mon 7/22 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11601

Brave New World Order (Hybrid)

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

“There are decades where nothing happens; and there are weeks where decades happen,” Lenin once quipped. The decade ending in February 2024 has been a very eventful one, rivaled only by the 1979-1989 decade that culminated in the end of the Cold War. During the current decade, we have witnessed the rapid transition to a post-American, post-Western world order. The rules-based international order of the early 2000s, which itself replaced the one based on international law, has collapsed mainly as a result of American and Western self-defeating policies as well as the rise of “the Rest.” George Lungu examines this brave new non-Western world order and discusses its likely consequences.

Fri 6/14 - 6/21 (2X) 1 - 2:30 p.m.
\$27 Member; \$35 Non-member 11646

Updates on the Wars: Ukraine and The Mideast (Hybrid)

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

At an enormous cost to the United States, the armed conflict in two important regions continues. The terrorist attacks by Hamas last October against the population of Israel has resulted in severe retaliation. Israel’s government has declared that Hamas will be destroyed. Meanwhile, the war that began with Russia’s invasion of Ukraine in February 2022 continues, currently in a stalemate with great losses on both sides. Arthur Cyr will examine how these conflicts are likely to end, or will they? What are our interests, and what should be the policies of the United States?

Mon 6/17 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11643



Mediation and Litigation: Understanding the Rules (Hybrid)

Katheryn Dutenhaver, Professor, Attorney, Mediator

Attorney Katheryn Dutenhaver will explore the dynamic field of Mediation in our country today. She will compare the results attainable through the mediation process with those available in an arbitration hearing or courtroom proceeding. What is unique about the mediation process is that it encourages parties to search for their best business or family solutions. Through her case study approach you will gain new understanding of this important procedure.

Tue 6/11 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11659



The Great Climate Change Migration Has Begun (Hybrid)

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

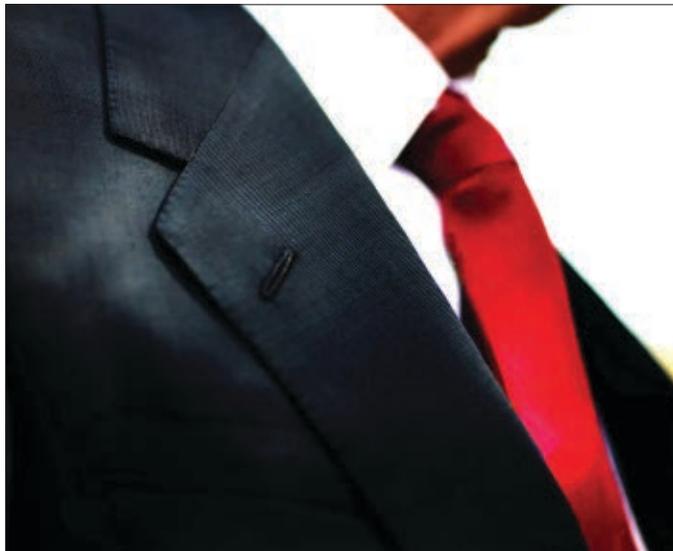
It is widely acknowledged that rising sea levels, melting glaciers, and changing weather patterns produced by human-induced climate change will lead unprecedented numbers of people in the global south to flee their homes and move to safer areas. This great climate change migration, which is expected to involve over one billion people in the coming decades, has already begun. Peter Hudis will discuss the massive increase currently underway in the number of people fleeing Southeast Asia, Central America, and parts of Africa in response to climate change.

Fri 8/2 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11724

Learn

Current Events

(continued)



The Trials of Trump: An Update (Hybrid)

Barry Bradford, Historian

Presidential historian Barry Bradford offers an all new update on the latest in the multiple indictments and trials of former President Donald Trump. He will re-examine the numerous legal problems, and address the venues, remaining charges, and likelihood of conviction in each. Most importantly will be the impact of Trump's legal issues on the upcoming 2024 election.

Thu 8/22 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11804

What Just Happened? (Hybrid)

Barry Bradford, Historian

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

Thu 5/30 - 7/25 (3X) 1 - 2:30 p.m.
\$40 Member; \$50 Non-member 11805

Foreign Policy Roundtable (Online)

Gary Midkiff, Historian, College Professor

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

Fri 5/3 - 7/5 (3X) 9:30 - 11:30 a.m.
\$40 Member; \$50 Non-member 11687

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 5/6 - 6/24 (7X - no class 5/27) 9:30 - 11 a.m.
\$24 Member; \$29 Non-member 11702

Mon 7/1 - 8/19 (8X) 9:30 - 11 a.m.
\$24 Member; \$29 Non-member 11703



Defining the 21st Century

Jim Kenney, Co-founder Common Ground, Author

One could argue that the 20th century was shaped significantly by war, by the struggle between communism and capitalism, and by an often-bewildering landscape of cultural transformation. These four classes offer four different windows through which to glimpse some of the most likely features of the unfolding 21st century.



2023: The Year the Climate Crisis Got Real (Online)

Scientists have been steadily sounding the alarm about the likelihood that human-caused global climate change is a growing threat to our planet, to human civilization, and to all life. Tragically, the combined forces of politics for profit and a growing distrust of science have made it almost impossible to generate the response the crisis demands. But 2023 may be the year that denialism came face-to-face with reality. Jim Kenney will explore that possibility and the real hope it might offer.

Thu 5/9 - 5/23 (3X) 10 - 11:30 a.m.
\$40 Member; \$50 Non-member 11634

The Tyranny of the Minority: The Ultra-Wealthy, the Populists, and the Demagogues (Online)

Populism purports to be the authentic expression of the will of a majority of the people. It is anything but. You will see how populist movements, especially in our own time, usually represent the wishes of minorities, factions that tend toward tyranny when they achieve social and/or political power. Often surreptitiously enabled by libertarian wealth, these movements almost always end up in thrall to one or another authoritarian demagogue. Jim Kenney's focus will be on the emergence of xenophobic, science-denying, conspiracist populism as the principal weapon of right-wing political minorities in the U.S. and Europe.

Thu 5/30 - 6/13 (3X) 10 - 11:30 a.m.
\$40 Member; \$50 Non-member 11635

The Middle East: Glimmers of Hope in the Deepening Gloom (Online)

The October 2023 Hamas-led terrorist attack on Israel was savage in the extreme. It was clearly designed to provoke a response by the Netanyahu government that would discredit Israel in the eyes of the world. The resulting conflict between the two bitter enemies has wrought catastrophic destruction and loss of life. Predictably the global response has been starkly divided along political, religious, and cultural lines. But surprisingly some observers have suggested that peace is still possible if Hamas is finally neutralized. Jim Kenney will present a timely overview of the changing situation in the Middle East, with a broad sampling of expert opinion, from the pessimistic to the cautiously hopeful.

Thu 6/20 - 7/11 (3X - no class 7/4) 10 - 11:30 a.m.
\$40 Member; \$50 Non-member 11636

Artificial Intelligence: The Promise and the Threat (Online)

Launched in November 2022, the ChatGPT app quickly became the fastest-growing consumer software application in history. Since then, the floodgates of interest in and use of artificial intelligence seem to have opened in business, technology, medicine, and everyday life. But what is artificial intelligence? What's an "intelligent machine" and "machine learning"? What's real and what is, thus far, mostly hype? Artificial Intelligence is today's story. It is the Second Coming and the Apocalypse at the same time. It demands nothing less than a searching re-examination of mind, thought, intelligence, ethics, and what it means to be human.

Thu 7/18 - 8/1 (3X) 10 - 11:30 a.m.
\$40 Member; \$50 Non-member 11637

Learn

Instructor Spotlight

JIM KENNEY, M.A.

Author, Educator

Jim Kenney has been teaching for North Shore Senior Center since he was in graduate school in the Department of the History and Literature of the World's Religions. At that time, NSSC was meeting in the Winnetka Community House. Later, when on the faculty of Barat College and Lake Forest College, Jim also served for eight years as Global Director of the Parliament of the World's Religions. Jim loves his classes in history, politics, religions, and culture at NSSC!



Dramatic Portrayals

Women in History (Hybrid)

Martina Mathisen, Dramatist, Edu-tainment Living History

Martina Mathisen takes a fascinating look at dynamic women who impacted our lives. They were doing big things, secret things, even dangerous things. Some were well known, others not so well known, but they all expressed themselves and their passions. Meet these inspirational women from history as they travel through time to tell their stories.

Tue 6/4 1 - 2 p.m.
\$14 Member; \$19 Non-member 11653

The Wheel of Life: A Conversation About Life and Death (Hybrid)

Betsey Means, WomanLore: Performing Women in History

Elisabeth Kübler-Ross, M.D. transformed the way the world thinks about death and dying. Beginning with the groundbreaking publication of the classic psychological study *On Death and Dying* and continuing through her many books and years working with terminally ill children, AIDS patients, and the elderly, Kübler-Ross has brought comfort and understanding to millions coping with their own deaths or the deaths of loved ones. Betsey Means portrays this medical doctor, psychiatrist, and internationally renowned thanatologist, whose story is an adventure of the heart-powerful, controversial, and inspirational.

Fri 6/7 1 - 2 p.m.
\$14 Member; \$19 Non-member 11591

A Morning with Carol Burnett: From Broadway to Hollywood, Laughter Through the Decades (Hybrid)

Michelle Gibbons, Historical Presenter, Journalist

Carol Burnett, portrayed by historical presenter Michelle Gibbons, will light up the room with smiles and laughter as she discusses her most famous movie and television roles, Miss Hannigan in *Annie* and Eunice Higgins in *Mama's Family*. Carol will explain how she became one of the first women to host her own comedy show, *The Carol Burnett Show*, which aired on CBS for over 11 years. You will also learn of her major success in the Broadway production of *Once Upon a Mattress* for which she was nominated for a Tony Award.

Mon 7/22 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11656



Zelda Fitzgerald: This Side of Paradise (Hybrid)

Lynn Rymarz, Author, Storyteller

Lynn Rymarz steps into the shoes of Zelda Fitzgerald, the wife of F. Scott Fitzgerald, author of such bestselling novels as *The Great Gatsby* and *This Side of Paradise*. Hear about their love story, how they rubbed shoulders with the rich and famous, and how she haunted her husband's famous fiction. Discover how Zelda found her own passion in dancing and was called "The First Flapper," and how she became an accomplished writer and painter. The Fitzgeralds had it all, living the American dream until their paradise began to crumble and their beautiful world fell apart.

Tue 7/30 1 - 2 p.m.
\$14 Member; \$19 Non-member 11598

Lady Bird Johnson (Hybrid)

Leslie Goddard, Ph.D. Historian, Actress

It is 1969 and Lady Bird Johnson has just returned to Texas at the end of her husband's presidency. As she welcomes visitors to her home, she reminisces about her years in Washington, the life-changing experiences that brought her to the White House, and how she forged her own path as First Lady as an advocate for the environment, civil rights, and her beloved husband. In this humorous, poignant, and insightful historical portrayal, Leslie Goddard brings the gracious Lady Bird to life.

Wed 8/14 1 - 2 p.m.
\$14 Member; \$19 Non-member 11807



Helen Keller: A Life Nearly Lost (Hybrid)

Jessica Michna, Dramatist

In the late 19th century a little girl struggled out of the depths of fear. At the age of two, Helen experienced a life-threatening illness that plunged her into a dark, silent world. Anne Sullivan, a determined young teacher, would find the key to unlock Helen's prison. Through Anne's diligence and perseverance, Helen would become a world renowned speaker and advocate for the disabled. Jessica Michna portrays Helen Keller as she delivers her speech to the 1925 Lion's Club International Convention, and then shares stories about Helen's life and accomplishments.

Mon 8/5 1 - 2 p.m.
\$14 Member; \$19 Non-member 11722

Film, Theater & TV

Movie Music Romance II (Hybrid)

John LeGear, *Film Producer and Historian*

Whether you appreciate the genuine creative genius of Hollywood's most popular performers, composers, and lyricists, or simply can't get enough of the most sensational songs and dances from the past 100 years, film buff John LeGear presents the most creatively conceived movie scenes, love songs, and dance pairings ever captured for the silver screen. Little-known insights and behind-the-scenes stories make these memorable film clips appear as if you're seeing them for the first time. Look for familiar faces, including Gene Kelly, Cyd Charisse, Marilyn Monroe, Audrey Hepburn, Rex Harrison, Bette Midler, and more.

Tue 5/21 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11589



Movie Music Romance III (Hybrid)

John LeGear, *Film Producer and Historian*

John LeGear takes another magical stroll down memory lane as he showcases some of the most beautifully crafted performances ever captured on film. Behind-the-scenes stories will only enhance your appreciation of the creative geniuses who have marshalled their talents to bring us the most magnificent art form of the movies. You will be entertained by the likes of Charlie Chaplin, Gene Kelly, Leslie Caron, Fred Astaire, Kristin Chenoweth, Allan Cumming, and rising stars Anya Taylor-Joy, Himesh Patel, Lily James, and Ariana DeBose.

Tue 8/6 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11590

BROADWAY IN CHICAGO

Best of Broadway in Chicago (Hybrid)

Barry Bradford, *Historian*

Every year, Barry Bradford offers an exciting overview of all of the Broadway musicals and plays that will be appearing in Chicago this year. He will show you clips and discuss reviews of the major theater offerings for 2024. Included will be what Marriott Lincolnshire, Drury Lane, Broadway In Chicago, the Goodman Theatre, and some of the popular, smaller venues have scheduled during the coming year.

Thu 6/6 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11699

The Origins of American Popular Culture: Movies, Radio, and Music (Hybrid)

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

Popular culture is one of America's greatest exports. Hollywood movies are popular around the world, American radio and its fast-talking deejays became a model for other countries to emulate, and music from Jazz to Country and Blues to Gospel have their roots in the USA. Historian John Lyons examines the origins of American popular culture in the first half of the twentieth century. Rising affluence, technological innovations, and global alterations brought about by World War I ushered in one of the most exciting eras in American history. Through the use of music, video, and photographs from the interwar period, John Lyons brings to life the origins of American popular culture.

Fri 5/10 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11584



Learn

Film, Theater & TV

(continued)

Harry Belafonte: Calypso King (Hybrid)

Susan Benjamin, Musical Biographer

Born into poverty in Harlem and shuttled between Jamaica and the United States as a child, Harry Belafonte rose to become one of our nation's most respected entertainers. But the focus of his life's work went far beyond entertaining. In several ways he was a leader of the civil rights movement. Susan Benjamin demonstrates how Harry Belafonte's sharing of his talents led to his becoming politically involved and effecting social change.

Wed 7/31 1 - 2 p.m.
\$14 Member; \$19 Non-member 11593

Anti-Semitism in Film

Jay Sorkin, Researcher and Educator in Holocaust Studies



Focus (Hybrid)

Focus is a parable about Lawrence Newman, a meek office manager who has not had a day of trouble in his life until he gets a new pair of glasses and everyone, even his own mother, decides he "looks Jewish." In Brooklyn in 1944, even during a war against Nazism, anti-Semitism runs deep, and help-wanted ads specify "Christians only." When Newman and his new wife are mistakenly identified as Jewish, they find themselves victims of religious and racial persecution. (2001, PG-13, 106 minutes in English)

Wed 6/5 1 - 4 p.m.
\$14 Member; \$19 Non-member 11604

The City Without Jews (Hybrid)

In the Republic of Utopia, the Jews are made the scapegoats for the economic and social ills affecting the population. Therefore, the government decides to expel them. Once the Jews are gone and conditions do not improve the townspeople continue to blame the Jews for the ongoing downturn in business. One Jew returns in disguise and tries to show the society the wrongness of their anti-Semitic prejudice. (1924, 80 minutes, silent film with intertitles in English)

Wed 8/7 1 - 4 p.m.
\$14 Member; \$19 Non-member 11605

One Hundred Years of Columbia's Motion Pictures (Hybrid)

Susan Gibberman, Librarian, Author, Researcher

Columbia Pictures was considered one of the "Little Three" among the Hollywood film studios. Their initial releases were moderate-budget films along with short subjects and cartoons. But when *It Happened One Night* swept the Oscars, Columbia began its rise as a major competitor. Film historian Susan Gibberman will reminisce about the studio's 100-year history and show clips you may recognize from their most famous films.

Fri 8/16 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11644



The Face is Familiar: Some of the Great Character Actors (Hybrid)

Susan Gibberman, Librarian, Author, Researcher

When you watch classic films, you may be very familiar with the stars that made those films great. But behind each leading actor or actress is a character actor whose name is way down on the list of credits. Often, they play a wide range of characters who are unique, offbeat, and colorful. Film historian Susan Gibberman will highlight some of those veteran character actors and show scenes from their popular films. Now you can finally attach a name to the face.

Mon 7/8 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11645

The Golden Age Rediscovered: Classic Films of the 1950s (Hybrid)

Valerie Gugala, Film Historian, Lecturer

Valerie Gugala takes a journey back to the enchanting world of the 1950s, a decade that produced some of the most beloved and iconic films in the long history of cinema. From sweeping epics to intimate dramas and groundbreaking innovations, the 1950s marked a golden age of filmmaking.

Tue 6/25 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11658

Cohan!

Charles Troy, *Musical Theatre Historian*

The immortal 1942 film *Yankee Doodle Dandy* only hinted at the complexity of George M. Cohan, the first great figure of the American musical. Charles Troy will examine the truth of Cohan's life by deconstructing the movie while showing clips of its greatest numbers. Then he will follow the dramatic tale of how the movie got made, a story so gripping and amazing that it could be made into its own movie!

Wed 6/26 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11660

Seriously Funny (Hybrid)

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

As a tradition of commentary as well as entertainment, stand-up comedians are social commentators, philosophers, satirists, and some would even say prophets. David Chack will look at some of the comic performers of today, including Lewis Black, Amy Schumer, Ali Wong, Gary Gulman, and more to show how they are seriously funny, but also have a lot to say about the current state of affairs in our country.

Mon 6/3 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11674

The Evolution of Music in Film (Hybrid)

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

Music has been a part of cinema almost from the very beginning. Used as accompaniment during the silent era, music has evolved over the years into an essential component of every film. Its impact includes defining the place and time of the story, maintaining its pace, shaping its emotional content, and creating dramatic effects. Film historian Zbigniew Banas will provide a historical overview of the use of music in the films you enjoy, and also discuss the contributions of some of the best-known film score composers.

Wed 6/12 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11678



Funniest Seniors in the Movies (Online)

Steve Frenzel, *Film Researcher, Instructor*

For too many years, Hollywood has ignored its greatest resource, senior citizens. You will laugh along with great artists such as Judi Dench, Morgan Freeman, Bill Nighy, Marjorie Main, Katharine Hepburn, Walter

Matthau, and many more, enjoying some of the funniest scenes in movie history! Youth may be wasted on the wrong people, but Steve Frenzel will highlight these seniors and show everyone how it is done with class, dignity, and a lot of humor!

Wed 5/29 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11733

Brian Stokes Mitchell: Broadway Star and Humanitarian (Hybrid)

Barry Bradford, *Historian*

You may not know the name of Brian Stokes Mitchell, but as you will see, he is a fabulous Tony award-winning Broadway actor and singer. He is also a great humanitarian with a legendary heart for helping others. His beautiful singing voice is only enhanced by his inspiring story.

Thu 6/13 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11700

The Great Female Film Directors (Hybrid)

Barry Bradford, *Historian*

Barry will highlight some outstanding films directed by amazing women, some who are well-known and others who are newcomers to the screen. Among the films that Barry Bradford will consider are *Barbie* by Greta Gerwig, *Big* by Penny Marshall, *Lost In Translation* by Sofia Coppola, *Promising Young Woman* by Emerald Fennell, and many more.

Thu 7/11 - 7/18 (2X) 1 - 2:30 p.m.
\$27 Member; \$35 Non-member 11701

Classic Political Movies (Hybrid)

Barry Bradford, *Historian*

Barry Bradford combines two of his favorite topics — politics and the movies — in this fascinating class. Using numerous video clips covering the history of films, Barry will introduce you to his personal list of the best movies ever made about elections. Some are serious, others are comedies. Although some of his choices are perennial favorites, you will discover some obscure gems that offer great insight into politics and the movies.

Thu 8/1 - 8/8 (2X) 1 - 2:30 p.m.
\$27 Member; \$35 Non-member 11787

History

The Moral Breakthrough to Capitalism (Hybrid)

Joseph Harrington, Educator, Writer, Researcher

The movie character Gordon Gecko famously said “Greed . . . is good.” Whether greed is good or not, Joseph Harrington will describe how the Western world came to accept that the pursuit of self-interest could be beneficial to society in general. From Bernard Mandeville’s *Fable of the Bees* to Adam Smith’s “invisible hand,” 18th century thinkers upended the idea that the only good life was one spent striving for glory or salvation.

Wed 6/26 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11602

Risking It All: The Signers of the Declaration of Independence (Hybrid)

Joyce Haworth, Historian, College of Lake County

In 1776, signing the Declaration of Independence was not an act of patriotism. It was an act of treason against Great Britain by her subject colonials. Who were these 56 men who risked it all to make the strike for independence? Some of their names are familiar, like Benjamin Franklin and John Adams. Others, like Button Gwynett, are not. Joyce Haworth has their stories and will share who they were, what role they played in independence, and what consequences they suffered after they signed the Declaration.

Mon 7/1 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11582

Instructor Spotlight

JOYCE HAWORTH, M.A.

Historian

For twenty years, Joyce Haworth has brought history alive for seniors. Raised in the Pacific Northwest, she came to the Midwest for college, earning degrees in history at Northwestern University and the University of Chicago. Currently she lectures regularly at Oakton College and College of DuPage, as well as a plethora of senior centers, community groups, and independent living communities. She enjoys the knowledge and perspective that many seniors bring to her programs. Joyce has four grown children. She and her husband live in the northwest suburbs.



The Presidents Adams: John and John Quincy (Hybrid)

Gary Midkiff, Historian, College Professor

Both John Adams and John Quincy had glittering political resumes filled with significant accomplishments. Both stepped into their Presidencies from important positions. John had been Vice President under Washington and John Quincy had been Secretary of State under Monroe. However, both of their Presidencies were disappointments and both failed to be elected to a second term. What was their fatal flaw and how did that flaw undermine their administrations?

Wed 7/3 - 7/10 (2X) 10 - 11:30 a.m.
\$27 Member; \$35 Non-member 11640

Andrew Johnson: Accidental President (Hybrid)

Joyce Haworth, Historian, College of Lake County

If Abraham Lincoln’s assassin, John Wilkes Booth, had his way, Andrew Johnson, Lincoln’s vice-president, would have been murdered on the same night as Lincoln. But Johnson survived, and the task of guiding the nation through the difficult years after the Civil War fell on him. But he was not prepared for the issues before him concerning race and union, and so Reconstruction went from a time of hope to one of political crisis. Joyce Haworth tells the tale of the nation’s first impeachment of a president.

Mon 5/13 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11583



Reconstruction (Hybrid)

Gary Midkiff, Historian, College Professor

The United States Civil War ended in 1865, but fighting in various forms continued in the south until 1877. During this 12-year period there were constitutional amendments, presidential vetoes, a presidential impeachment, white supremacists, the Freedmen’s Bureau, military occupation, carpetbaggers, Scalawags, Redeemers, The Panic of 1873, and under-the-table political deals. Historian Gary Midkiff will review this tumultuous period.

Wed 5/1 - 5/8 (2X) 10 - 11:30 a.m.
\$27 Member; \$35 Non-member 11639

Presidential Elections: Past and Present (Hybrid)

Gary Midkiff, *Historian, College Professor*

Gary Midkiff will discuss the Electoral College and why we are the only nation in the world that has one, how it functions, and what happens if no candidate receives a majority of votes in it. You will discover how it has impacted the most pivotal elections in our history, including 1800, 1824, 1860, 1876, 1912, 1960, and 1968. He will look at the candidates in the 2024 election and compare their suggested domestic and foreign policies.

Wed 8/7 - 8/14 (2X) 10 - 11:30 a.m.
\$27 Member; \$35 Non-member 11641

They Also Ran: The Best Losing Presidential Candidates (Hybrid)

Barry Bradford, *Historian*

Who were the best Presidential candidates who did not win their election? What if Stephen Douglas had defeated Abraham Lincoln? How would American life have been different if Al Gore had beaten George W. Bush? There are so many unknowns in our country's course of history and its policy development if presidential elections had gone in the other direction. Historian Barry Bradford offers a unique look at the "what if" side of history.

Thu 8/15 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11803



Murder, Mayhem, and the Mob: Beer Wars of the Twenties and After Al (Hybrid)

Clarence Goodman, *Historian, Musician*

Who was Al Capone? One hundred years after the fact, and the world is still fascinated by him. And why has the Chicago Mob garnered its international

reputation? The secret lies not only in the man himself, but also in the arena of his legendary activities. Clarence Goodman examines the colorful characters, savage brutality, and the true story of the St. Valentine's Day Massacre. With the 1930s, the world changes, and so must the Chicago Mob pivot from the boom of the Roaring Twenties and the craziness of prohibition. But is the Mob ready for life without Capone, and is the world ready for a new Chicago Mob as it moves into the modern era?

Wed 7/17 - 7/24 (2X) 1 - 2:30 p.m.
\$27 Member; \$35 Non-member 11587



1893 World's Columbian Exposition, Chicago. Photograph by Frances Benjamin Johnston.

Big Ideas and the Rise of Chicago (Hybrid)

Krista August, *Author, Tour Guide*

Over a period of just 60 years, the frontier land of sand dunes and swamp was re-imagined into a modern, cutting-edge metropolis. The area also became the center of the whole world for six months of 1893 during the World's Columbian Exposition. Krista August will explain how Chicago's total transformation is considered in terms of the remarkable ideas that were realized. All this occurred in spite of obstacles and setbacks along the way.

Mon 6/10 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11647

Made in Chicago: The Golden Age of Manufacturing in Chicagoland (Hybrid)

Barbara Barrett, *History Educator*

For a century from 1872-1972, Chicagoland was the manufacturing capital of the world. More appliances, bicycles, candy, clothing, electronics, furniture, musical instruments, office equipment, pinball machines, toys, tools, tractors, watches, and more were mass-produced in this area than anywhere else on the planet. Barbara Barrett will explore and celebrate Chicagoland's proud industrial history and many of its famous companies, such as International Harvester, Pullman, Schwinn, Lyon and Healy, Sunbeam, Western Electric, and Motorola.

Fri 5/17 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11657

History (continued)



The Great Football Experiment: Chicago Bears vs College All-Stars (Hybrid)

Joe Ziemba, Football Historian, Author

In the early years of the National Football League, teams enjoyed little monetary success, poor attendance, and meager respect. College football was the star attraction. The two would never meet until the brilliant sports editor of the *Chicago Tribune*, Arch Ward, created the College Football All-Star game in 1934. For the first time, the greatest college players would meet the defending NFL champions in a contest that would finally determine whether the pros or their college counterparts were the better players. Pro football author Joe Ziemba traces the roots, the personalities, and the experiences of the All-Star game which ultimately proved to be a tremendous success through its 42-year run in Chicago.

Tue 8/20 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11712

George Halas' Last Hurrah: The 1963 World Champion Chicago Bears (Hybrid)

Charles Billington, Sports Historian, Author

Author Charles Billington provides an in-depth discussion of the Chicago Bears during the team's last period of success in the pre-Super Bowl era. He will analyze the economic, legal, social, and human interest backdrop of this critical time in professional football's history. Included will be an unbiased review of Halas' last hurrah and the tragic circumstances that brought it to a close.

Fri 8/9 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11798

A Death in Italy: The Yara Gambirasio Murder (Hybrid)

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

In November 2010, Yara Gambirasio, 13, disappeared from her small town in the north of Italy. Finding her killer would involve the work of a tenacious prosecutor, the forensic services of much of the country, detectives, and genealogists. To find the elusive murderer, investigators delved deep into family secrets and tested the DNA of over 20,000 people, the largest DNA manhunt in history. Hal Tinberg describes how old-fashioned police work, persistence, and forensic science combined to catch the person responsible for this horrific crime.

Mon 5/6 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11577

The Vatican and World War II (Hybrid)

Joseph Harrington, Educator, Writer, Researcher

The actions of Pope Pius XII and the Catholic hierarchy of Europe during World War II have been hotly debated over the years. Without judging the pontiff or the episcopate, Joseph Harrington will describe the challenges and choices the Church faced as it sought to preserve its position on a continent rent by hostile ideologies and total war.

Mon 5/20 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11603

The Vatican, Rome



**The Germans and their Führer:
Insights into a Mutual Obsession (Online)**

Anette Isaacs, German Historian

Addressing a huge and adoring audience at the Party Convention in Nuremberg in 1936, Adolf Hitler stated, “That you have found me among so many millions is the miracle of our time! And the fact that I found you — that is Germany’s good fortune!” German historian Anette Isaacs explores how this consummate symbiosis of Volk and Führer (People and Leader) came into existence and how it changed and evolved during the course, and especially the demise, of the Third Reich.

Tue 6/18 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11649

**Between Normality and Terror: Everyday Life
in Nazi Germany (Online)**

Anette Isaacs, German Historian

Most of today’s research on Nazi Germany is focused on its system of terror that ultimately led to the death and destruction of millions of people. While Anette Isaacs will discuss the role of governmental surveillance and brutality, she will first and foremost explore what daily life was like for ordinary citizens in 1930s Germany. By looking at various societal paradigms, such as education, employment, and cultural expression, you will gain insights into how the German people were oscillating between normality and terror and how the Nazis were able to turn Germany into a brutal and horrific dictatorship.

Mon 8/12 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11650

Learn



RELAX. ENJOY. SIMPLIFY.

A BOUTIQUE TWIST ON SENIOR LIVING



Modern apartments and maintenance-free living.
Connection and community. Delight in boutique rental living that is uniquely Mather, in the heart of the North Shore.



For features, floor plans, and photos, visit
matherplacewilmette.com

(847) 999.4966
2801 Old Glenview Road, Wilmette



The Years of Richard Nixon

Barry Bradford, Historian

Barry's popular series following the lives and careers of the Presidents continues with a fascinating look at the complex story of President Richard Nixon.

Nixon: His Biography (Hybrid)

Richard Nixon had one of the most unique upbringings of any American president. Born to a dysfunctional family in California, he rose to the highest levels of power. Barry Bradford examines how his early life impacted his journey to the presidency.

Thu 5/2 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11691

The Election and His Presidency (Hybrid)

The election of 1968 and the presidency of Richard Nixon had some major successes. He created the Environmental Protection Agency and greatly enhanced our foreign relations by opening trade with China. All this was balanced against his controversial record concerning Vietnam.

Thu 5/9 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11693

Watergate (Hybrid)

Learn about the background, planning, and motivation for the Watergate break-in. Barry will explain how some very tenacious reporters, members of Congress, and a dogged judge shed light on the criminal behavior that led to Nixon's downfall and eventual resignation.

Thu 5/16 - 5/23 (2X) 1 - 2:30 p.m.
\$27 Member; \$35 Non-member 11696



History (continued)

What Will Henry Kissinger's Legacy Be? (Hybrid)

Michael Weissman, Attorney, Author, Law Professor

Henry Kissinger, a German refugee, arrived in the United States at the age of 15. In the eyes of some people, he rose to become an outstanding leader in the formulation and implementation of American foreign policy. Yet in the eyes of others, his policies often violated human rights and international law. Michael Weissman will examine his greatest achievements, and discuss how he will be remembered.

Wed 7/17 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11654



Americans of the 101st Engineers near Wiltz, Luxembourg, January 1945

The Forgotten Heroes: The Battle of the Bulge (Hybrid)

Robert Mueller, Military History Enthusiast

With the Second World War being lost on the Eastern Front, Hitler planned a bold offensive to split the British and American forces in the west. He surreptitiously collected 24 divisions and launched a powerful offensive against only three U.S. divisions in the wooded hills of the Ardennes Forest. The German Ardennes Offensive relied upon surprise and overwhelming firepower, yet the German assault was contained and slowly driven back. The real heroes were the men of small frontline units who held their ground against overwhelming firepower. Author Robert Mueller relates the stories of those forgotten men who resisted Hitler's last desperate gamble to stave off total defeat.

Thu 8/8 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11670

Chicago: Shaping the Airline Industry (Hybrid)

Michael Haupt, *Aviation Historian*

Discover Chicago's long-overlooked role nurturing fledgling flyers into America's full-blown aviation industry. In the period around WWI, Chicago held the largest airshow, had the busiest airport, planted the seeds of military aviation, and was the hub for both barnstorming and airmail. Today, Chicago is best known for being a hub through which countless passengers endure excruciating plane changes as well as O'Hare's ability to completely disrupt nationwide air service. Michael Haupt, author of *Aviation Chicago Timeline* uncovers the critical role Chicago played in forming the airline industry not just for the United States but worldwide.

Mon 6/3 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11679

When the White Sox Were Really Good: The 1959 "Go-Go" Sox

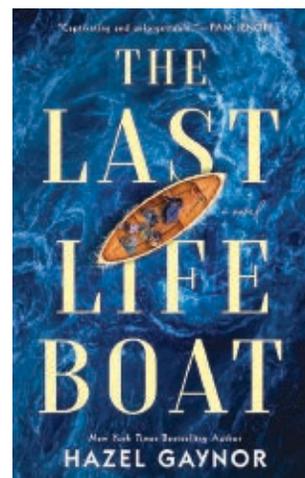
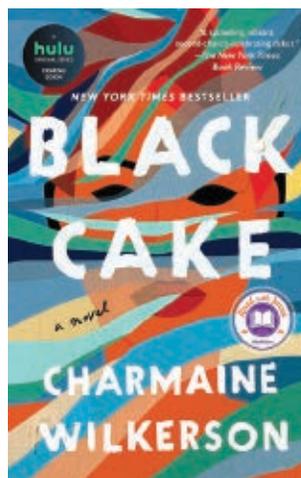
Charles Billington, *Sports Historian, Author*

Sports historian Charles Billington has examined and researched the history of Chicago's favorite southside team. In his book *Comiskey Park's Last World Series*, he views the team from an economic, legal, and social perspective and analyzes the team's activities on the field. The bitter family feuding and conflicts between new and old ownership are also explained. Unfortunately, this has impacted the team's current problems.

Wed 5/15 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11680



Literature



Reading for a Cozy Afternoon (Hybrid)

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

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

May 8 *Black Cake* by Charmaine Wilkerson

June 5 *The Last Lifeboat* by Hazel Gaynor

Wed 5/8 - 6/5 (2X) 1 - 2 p.m.
No Fee 11563

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

May 20 *The Housemaid's Secret* by Freida McFadden

June 24 *Everyone in My Family Has Killed Someone*
by Benjamin Stevenson

Mon 5/20 - 6/24 (2X) 1 - 2 p.m.
No Fee 11573

Music Appreciation

Old-Time Radio and the Great American Songbook (Hybrid)

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

Radio historian Steve Darnall will examine the role radio played in shaping the body of work known as “The Great American Songbook” by offering songwriters unprecedented national exposure. He will feature audio clips from some of America’s most famous songwriters including Johnny Mercer, Cole Porter, Irving Berlin, and a rare 1934 performance from George Gershwin.

Wed 7/10 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11578

Concert and Commentary with Jim Kendros

Jim Kendros, Composer, Music Researcher, Educator

Enjoy a live piano concert and musical education all in one exciting class. Jim Kendros will perform selections of Bach, Haydn, Beethoven, Chopin, and others, and also provide dynamic commentary for each piece.

Fri 6/7 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11676

A Symphonic Trinity: Haydn, Mozart, Beethoven, and the Development of the Symphony (Hybrid)

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

The symphony developed rapidly during the 18th century, quickly taking its place as the preeminent musical form of its day. Even in the 21st century, the symphony sits atop the pinnacle of instrumental compositions. From humble beginnings, the genre was embraced and standardized by Haydn, perfected by Mozart, and stretched to its formal and expressive limits by Beethoven. Michael Vaughn will trace the fascinating evolution of this staple of the concert hall.

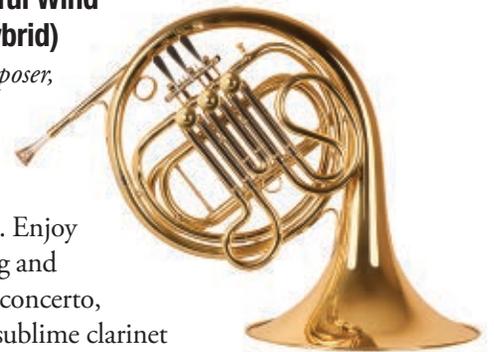
Wed 6/5 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11675

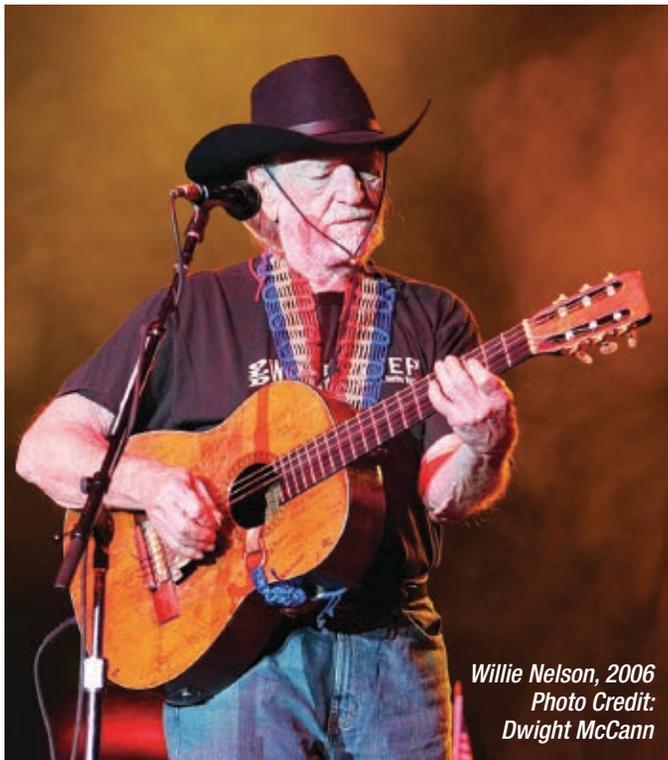
Mozart’s Beautiful Wind Instruments (Hybrid)

Jim Kendros, Composer, Music Researcher, Educator

Mozart loved wind instruments. Enjoy Mozart’s charming and youthful bassoon concerto, be moved by the sublime clarinet concert, and relish the wonderfully robust music composed for horn and orchestra. You will also hear delightful chamber music for oboe and strings. Learn how wind instruments changed from Mozart’s time to the present, and why Mozart loved them so much.

Fri 8/2 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11677





Willie Nelson, 2006
Photo Credit:
Dwight McCann

The History of Willie Nelson (Hybrid)

Gary Wenstrup, Instructor, Triton College and College of DuPage

Willie is the face, the heart, and the soul of country music. He released his 74th album in 2023 at age 91, and he's still going strong! Using interview and performance clips, Gary Wenstrup will trace the arch of Willie's career from his humble beginnings in small town Texas to his shift to Outlaw Country, to his now legendary status touching on all the hits including "Crazy," "Blue Eyes Crying In The Rain," "On The Road Again," and "Always On My Mind."

Mon 5/20 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11581

Neil Diamond: Hitman (Hybrid)

Susan Benjamin, Musical Biographer

With more than 130 million albums sold, as composer and performer, Neil Diamond is one of the biggest hitmakers of the past several decades. His songs range from melancholy to exhilarating. How did he become one of the most popular musical artists of the century? What forces in his personal life created Neil Diamond? Susan Benjamin combines personal stories, professional challenges and triumphs, as well as performance highlights of the ultimate hitman, music icon Neil Diamond.

Tue 5/7 1 - 2 p.m.
\$14 Member; \$19 Non-member 11592

People, Places & Culture

The Rule of Rum (Hybrid)

Cynthia Clampitt, Author; Speaker, Food Historian

Food historian Cynthia Clampitt shares the reason rum arose where and when it did, and how pirates got involved. Who really said "yo, ho, ho" (not the pirates). You will also discover how rum helped unite the 13 Colonies and why the rum trade was one of the issues that led to the American Revolution. A revolt followed in Australia and then the Caribbean. Cynthia explains how it eventually affected culture and history around the world.



Mon 7/15 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11576

An Anthology of Circus Stories: Tales From the Pitch (Hybrid)

William Pack, Storyteller, Magician

Through a collection of captivating stories, William Pack explores the history, culture, and intricacies of the circus, uncovering the behind-the-scenes tales that have brought the circus to life for generations. He shares in-depth revelations about some of the circus' greatest performers and its worst tragedies. Whether you have a lifelong love for the circus or are simply curious about its magic, his stories will leave you amazed and entertained.

Mon 6/10 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11596

Inventing the Florida Vacation: Mid-century Tourism in the Sunshine State (Hybrid)

Leslie Goddard, Ph.D., Historian, Actress

Florida has always attracted vacationers. But in the 20th century, tourism exploded as places like Weeki Wachee Springs and Busch Gardens opened. Pop culture historian Leslie Goddard explores the rich history of Florida tourism from the 1940s up to 1971. She looks at the amusing and quirky attractions that helped the sunshine state become America's favorite vacation destination. From waterskiers at Cypress Gardens to the alligators at Gatorland, these tourist diversions amazed and enchanted vacationers in mid-century Florida.

Mon 6/24 1 - 2 p.m.
\$14 Member; \$19 Non-member 11597

People, Places & Culture (continued)



Israel's Minorities: They Too Are Israeli (Hybrid)

Moshe Pomerantz, Educator

Moshe Pomerantz introduces you to some Israelis who even most Israelis don't know are their countrymen. These are people who contribute so much to life in this country. Explore the vast cultural diversity of this nation and in the process take an entertaining and close look at a "tale of two Lucys." You will surely get an update on the latest events in Israel.

Fri 7/12 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11648

Why Are Jews So Secular? (Hybrid)

Rabbi Adam Chalom, Kol Hadash Congregation

We think of Judaism as one of the three great monotheistic religions, and being Jewish as a religious identity. Yet Jewish people are less likely to attend religious services or believe in God than any other American religious or ethnic group. Chances are you know Jewish people who are not members of synagogues, or who are not religious people by practice or belief. That might even describe you! How did American Jews become so secularized? And what does that say about Jewish identity today, and tomorrow?

Wed 5/22 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11575

The Mosaic Landscape of Southern Africa (Hybrid)

Norman Moline, Professor Emeritus of Geography, Augustana College

Natural features and cultures of Botswana, Namibia, South Africa, and Zimbabwe yield a fascinating landscape. Mountains, Victoria Falls, the red Namibian dunes, cliffed shorelines, gold and diamond mines, and nature reserves are interwoven with modern cities, squatter settlements, and prosperous and poor agricultural areas. The gap between rich and poor is great, and the residuals of apartheid remain. Norm Moline will discuss his recent travel experiences to this mosaic of Southern African countries.

Mon 7/15 10 - 11:30 a.m.
\$14 Member; \$19 Non-member 11663



Fisher-Price Toys Remembered (Hybrid)

Cheryl Brown, Chicago Historian, Business Professor, Oakton College

Discover the history of the Fisher-Price Toy Company that began in 1931 and is still one of the most popular toy companies. Remember Slinky Dog, Snoopy Sniffer, cash register, phonograph, and the Little People, and more. Chicago historian Cheryl Brown explains how the business evolved to stay so successful. You will learn how to tell the age, the rarity, and the current value of Fisher-Price toys in your attic.

Mon 8/19 1 - 2:30 p.m.
\$14 Member; \$19 Non-member 11734

Science & Nature

From the Abacus to Super Computers: The Story of Calculating (Hybrid)

Richard Wilders,
Professor Emeritus,
North Central College



For centuries humans calculated by hand or by using an abacus. In 1610, logarithms were invented. Just 10 years later the slide rule was born and the development of the modern computer began. Rich Wilders will trace the history of computation from early mechanical devices to the modern day wonders you can buy for fifteen dollars.

Wed 5/8

\$14 Member; \$19 Non-member

1 - 2:30 p.m.

11638

The Real Lion Kings: Predators of Africa (Hybrid)

John David Ulferts, School
Administrator, Author



Lions, cheetahs, leopards, hyenas, and jackals are discussed in-depth as John David Ulferts looks at their behavior, social structure, threats to them, and the efforts being made to save them. Discover what it is like to have a lion visit your tent at night. He will share the too close for comfort encounter he and his wife had with the most feared animal in all of Africa. Take a journey to Kora, where Born Free's George Adamson made his last stand in his fight against poachers.

Tue 8/13

\$14 Member; \$19 Non-member

1 - 2:30 p.m.

11642

Learn



Enjoy the Elegant and Easygoing Lifestyle Offered by Tamarisk NorthShore

An independent living rental community for adults 65 and better.

Call today to make an appointment for a private tour and reserve your exclusive move-in package!

847.597.8772

Lisa Stanton, Director of Sales & Marketing
1627 Lake Cook Road, Deerfield IL
TamariskNorthShore.com • info@tamarisknorthshore.com



1245.1.2024



Tamarisk
NorthShore

A CJE SeniorLife Managed Community

Inquire

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

Culture & Society

Philosophy: *Question Everything* (Hybrid)

Lynne Donoghue, Ellen Grabow, and Mick Jackson, Coordinators

As disinformation in the public sphere runs rampant, our rights are challenged, and our ethics doubted. A volume of 101 *New York Times* essays from contemporary philosophers prompts our questions and suggests answers: What does it mean to be human? Is democracy possible any longer? How viable are our institutions and what is the new meaning of patriotism? Is this the end of the world, and if so, now what? The timeless struggle: What is happiness, and does life have meaning? *Question Everything*, Peter Catapano and Simon Critchley. Participants take turns leading class. Personal anecdotes related to topic allowed.

Wed 5/1 - 8/14 (14X - no class 6/19, 7/3) 1 - 3 p.m.
\$79 Member; \$95 Non-member 11721

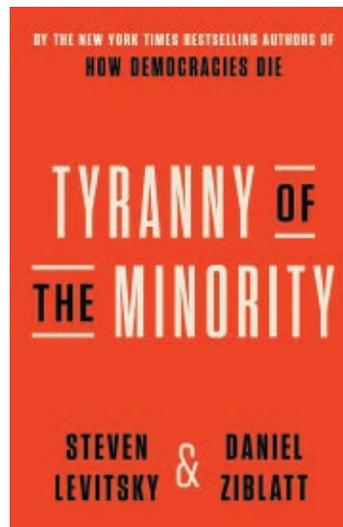
Song of the Cell (Hybrid)

Rich Koomjian and Linda Spring, Coordinators

The discovery of cells and the reframing of the human body as a cellular ecosystem announced the birth of a new kind of medicine based on the therapeutic manipulations of cells. A hip fracture, cardiac arrest, Alzheimer's, AIDS, lung cancer, kidney failure, and arthritis all could be viewed as the results of cells functioning abnormally. In *Song of the Cell*, Mukherjee tells the story of how scientists discovered cells, began to understand them, and are now using that knowledge to create new humans. He seduces readers with writing so vivid, lucid, and suspenseful that complex science becomes thrilling. The *Song of the Cell* is both panoramic and intimate ... a masterpiece. *Song of the Cell*, Siddhartha Mukherjee. Participants take turns leading class. Discussion of class material only. No personal anecdotes.

Mon 5/6 - 8/12 (14X - no class 5/27) 1 - 3 p.m.
\$79 Member; \$95 Non-member 11730

Current Issues



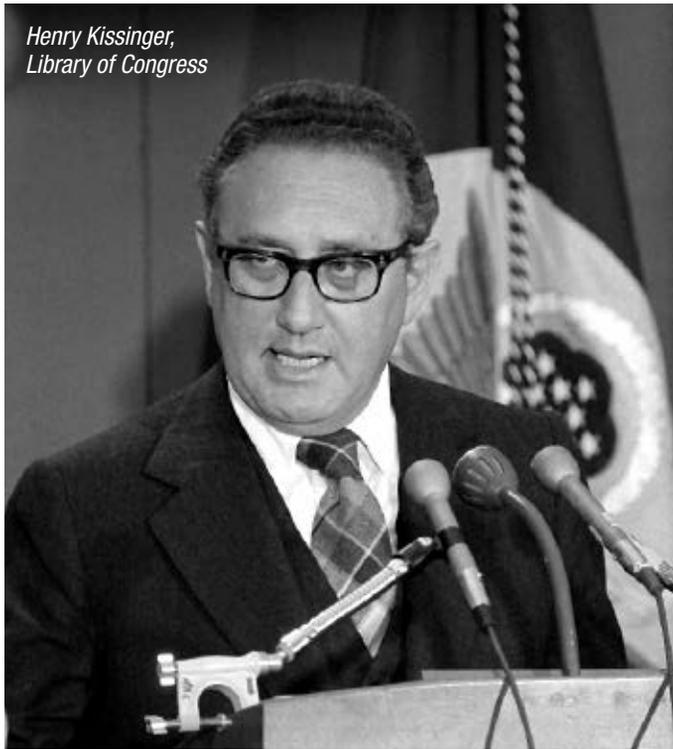
The Tyranny of the Minority (Hybrid)

Ron Futterman and Mick Jackson, Coordinators

America is undergoing a massive experiment. In fits and starts, it is moving toward a multiracial democracy, something few societies have ever done. The prospect of change has sparked an authoritarian backlash that threatens the very foundations of our political system.

Why is democracy under assault here, and not in other wealthy nations? The authors show how our Constitution makes us uniquely vulnerable to attacks from within, since it is an enabler of minority rule. What can we do to save it? *The Tyranny of the Minority* by Steven Levitsky and Daniel Ziblatt, 2023. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

Tue 5/7 - 6/25 (8X) 1 - 3 p.m.
\$49 Member; \$59 Non-member 11720



Henry Kissinger,
Library of Congress

Kissinger: The Controversy (Hybrid)

Bob Holstein and Mike Kramer, Coordinators

Henry Kissinger is one of the most controversial figures of our time. He was a master negotiator and diplomat, and winner of the Nobel Peace Prize. He was also responsible for death and mayhem. Some would consider him a war criminal. We will examine both sides of this issue using Greg Grandin's book *Kissinger's Shadow* and supplemental articles. *Kissinger's Shadow* by Greg Grandin. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

Wed 6/5 - 8/14 (10X - no class 6/19) 9:30 - 11:30 a.m.
\$59 Member; \$71 Non-member 11729

Point of View (Online)

Reva Schneider, Coordinator

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

Mon 5/6 - 8/26 (16X - no class 5/27) 1 - 3 p.m.
\$89 Member; \$109 Non-member 11713

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. Participants may volunteer to lead a discussion each week on a talk they select. We will watch the talk as a group in class. TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks that are 18 minutes or less. Participants take turns leading class. Related topics/expertise allowed. Personal anecdotes related to topic allowed.

Tue 5/7 - 7/9 (10X) 11:30 a.m. - 12:30 p.m.
\$59 Member; \$71 Non-member 11716



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, class participants select any topic that interests them and lead an hour discussion. The class is inquisitive, open to lively dialogue and, at all times, respectful of divergent opinions. Our discussions are cordial and everyone is invited to join it. Help is provided by the coordinators in selecting a topic and questions, especially for new members. Print or online subscription to the *NYT*, including weekdays and weekends. Participants take turns leading class. Personal anecdotes related to topic allowed.

Thu 5/2 - 7/25 (12X - no class on 7/4) 9:30 - 11:30 a.m.
\$69 Member; \$83 Non-member 11711

Film, Theater & TV

Documentary Films (Hybrid)

Israel Friedman, Coordinator

View and discuss a wide selection of contemporary, informative documentary films chosen by class participants from a provided list. Class members lead a discussion about the film to exchange ideas, thoughts, and commentary. Class discussion will be aided by the provided evaluation and resource guides, which contain some background information. This is an opportunity to expand your appreciation of film technique and point of view. Participants take turns leading class. Discussion of class material only. Personal anecdotes related to topic allowed.

Thu 5/2 - 7/25 (12X - no class 7/4) 1 - 3:30 p.m.
\$69 Member; \$83 Non-member 11717

Favorite Films (Hybrid)

Bob Holstein and Richard Rosen, Coordinators

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

Wed 5/29 - 8/21 (12X - no class 6/19) 1 - 2:30 p.m.
\$69 Member; \$83 Non-member 11710

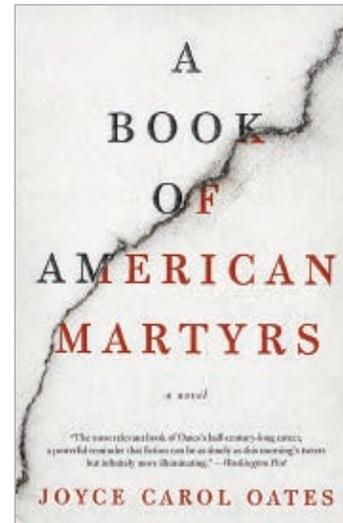


Literature

Women's Room (Online)

Cheryl Port and Sybil Virshbo, Coordinators

Explore literature created by women authors of various ethnicities and times in history. Participants read only fictional selections emphasizing their format and themes and discussing their relevance to issues impacting women. Enjoy the lively discussions with all participants asking and



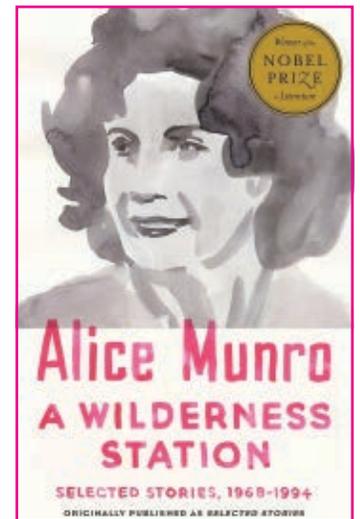
answering questions. *A Book of American Martyrs* by Joyce Carol Oates. Coordinator facilitated. Discussion of class material only. Personal anecdotes related to topic allowed.

Fri 5/3 - 6/28 (9X) 10 a.m. - 12 p.m.
\$59 Member; \$71 Non-member 11718

Contemporary Short Stories (Online)

Meredith Hellestrae and Susan Siebers, Coordinators

Alice Munro is considered one of our greatest living writers. Among her many honors, this Canadian writer was awarded the Nobel Prize for Literature in 2013 for being the "master of the contemporary short story." We will be reading and discussing stories from an anthology



that contains 28 of the stories she wrote between 1968 and 1994. *A Wilderness Station: Selected Stories, 1968-1994* by Alice Munro. Participants take turns leading class. Discussion of class material only. No personal anecdotes.

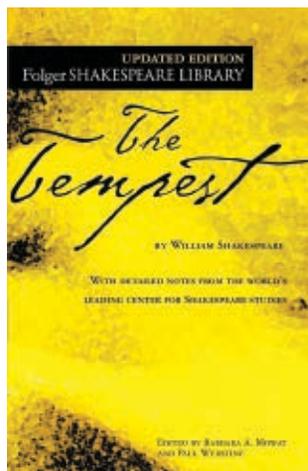
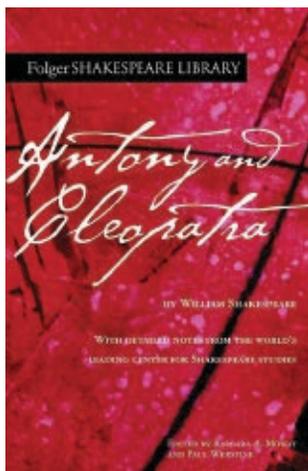
Thu 5/16 - 8/22 (14X - no class 7/4) 9:30 - 11:30 a.m.
\$79 Member; \$95 Non-member 11715

Prize Winning World Literature (Hybrid)

Carole Einhorn, Coordinator

Love to delve into a good piece of literature and enjoy in-depth interactive discussions? Read and discuss *The Wind Up Bird Chronicle* by Haruki Murakami. This gripping and prophetic book is suffused with comedy and menace. Set in Tokyo, this book is a tour de force. *The Windup Bird Chronicle* by Haruki Murakami, published 1994. Participants take turns leading class. Personal anecdotes related to topic allowed.

Wed 5/1 - 8/7 (14X - no class 6/19) 9:30 - 11:30 a.m.
\$79 Member; \$95 Non-member 11719



Summer Shakespeare (Online)

Robert Grannick and Paul Phillips, Coordinators

In *Antony and Cleopatra*, Octavius Caesar defeats Mark Antony for power over the known world. But for this, Octavius must sacrifice his conviviality and emotion. Antony lives large and loves Cleopatra, about whom it's said "Age cannot wither her, nor custom stale her infinite variety." Whom would you rather be? In *The Tempest*, Prospero masters magic but neglects his dukedom. Usurping brother Antonio sets Prospero and his motherless daughter adrift! Reaching an island, Prospero's tempest shipwrecks his enemies, and he plots revenge. Intrigue, drama, suspense, but also love, romance, poetry — and nobody dies! William Shakespeare *Antony and Cleopatra* and *The Tempest* Folger editions. Participants take turns leading class. Personal anecdotes related to topic allowed.

Thu 5/2 - 8/15
(15X - no class 7/4)
1 - 3 p.m.
\$89 Member;
\$109 Non-member
11714

Science Fiction: *The Binti Trilogy* (Online)

Joel Michael and Linda Spring, Coordinators

Author Nnedi Okorafor introduces us to Binti, a young Himba girl with the chance of a lifetime: to attend the prestigious Oomza University. Despite her family's concerns, Binti's talent for mathematics and her aptitude with astrolabes make her a prime candidate to undertake

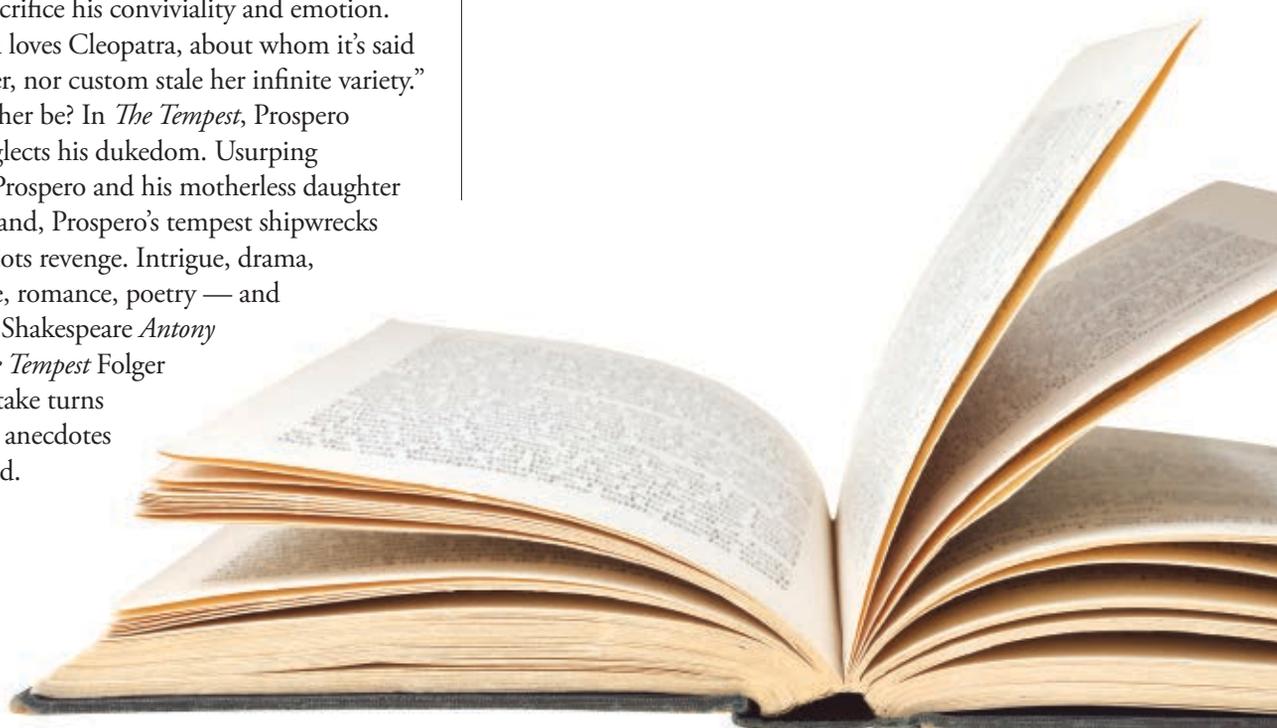
this interstellar journey. But everything changes when the jellyfish-like Medusae attack Binti's spaceship, leaving her the only survivor. Now, Binti must fend for herself, alone on a ship full of the beings who murdered her crew. If Binti is to survive this voyage and save the inhabitants of the unsuspecting planet that houses Oomza Uni, it will take all of her knowledge and talents to broker the peace. Participants take turns leading class. Personal anecdotes related to topic allowed. *Binti: The Complete Trilogy* by Nnedi Okorafor.

Tue 5/7 - 7/23 (12X)
\$69 Member; \$83 Non-member

9:30 - 11:30 a.m.
11709



Inquire



Enrich



Arts & Crafts

Creating Art with Metal Tooling

Peggy Goldman, Artist and Instructor

Create an embossed image on a thin sheet of aluminum using specialized tools. Called “repoussé” and “metal embossing,” the method is a type of low-relief sculpture in which tools are used to create a design on metal. This is a fun and creative process where you will craft a beautiful art piece uniquely yours. All supplies provided.

Wed 6/5 10 a.m. - 12 p.m.
\$25 Member; \$30 Non-member 11672

Designing with Suminagashi

Ingrid Albrecht, Instructor, Artist, Studio Owner.

Suminagashi involves floating various inks on water to allow you to create unique designs and patterns to then print. Learn tips and techniques to make beautiful prints and create your own personalized greeting card.

Tue 8/6 - 8/27 (4X) 1 - 3 p.m.
\$149 Member; \$179 Non-member 11728



Dorset Button Making Level I

Lisa Ornstein, Crochet and Beading Artist/Teacher

Learn to make beautiful, artistic thread buttons in the Dorset style, as flat buttons were originally made. These can be used on clothing or as embellishment on your art projects. Experience doing the basic stitches involved in the thread button-making process, and then have time to make a contemporary variation in style and color. There are elements of weaving and embroidery involved in the process. While working at your own pace, you will make a basic cartwheel button and a second button using additional stitches, multiple colors for stripes, and textured yarn for variation. All supplies are included. Never heard of Dorset Buttons? Check them out on the internet or stop into Lifelong Learning and Rose Carroll can show you samples of what will be taught.

Mon 6/10 - 6/24 (3X) 1 - 3 p.m.
\$49 Member; \$59 Non-member 11666

Dorset Button Level II

Lisa Ornstein, Crochet and Beading Artist/Teacher

Review the basics of Dorset Button making as you cover two button rings. Make those buttons uniquely your own as you learn to use a variety of stitches and colorful materials to embellish the base with a bouquet of flowers. Then learn how to create a pictorial shape on a second button. Basic supplies and a mix of materials will be provided. Additional materials will be available for sale from the instructor if you want to expand your images.

Tue 7/9 - 7/23 (3X) 1 - 3 p.m.
\$49 Member; \$59 Non-member 11726

Exploring Watercolor Level I

Ingrid Albrecht, Instructor, Artist, Studio Owner.

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

Tue 5/14 - 6/11 (5X) 1 - 3 p.m.
\$199 Member; \$239 Non-member 11806

Art Workshop

Ralph Greenhow, Professional Artist and Teacher

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

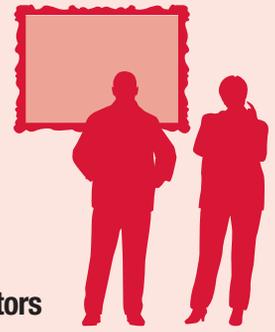
Tue 5/7 - 6/25 (8X) 10 a.m. - 12 p.m.
\$139 Member; \$169 Non-member 11662
Tue 7/2 - 8/20 (8X) 10 a.m. - 12 p.m.
\$139 Member; \$169 Non-member 11664

New Perspectives Fine Art Studio

Looking for a studio? Make this your artistic home away from home. Start a new project, or work on those you have begun in a class. Find camaraderie with fellow artists and exhibition opportunities in our beautiful Atrium Gallery. Enjoy a wonderful facility with skylights, sinks, individual storage, kiln, easels, light box — perfect for working in many artistic mediums. For more information, contact Lifelong Learning at 847.784.6030 or Rose Carroll at 847.784.6035. Center membership required to participate.

Mon, Tue 5/1 - 8/29 (no class 5/27, 6/19, 7/4, 8/28) 12 - 4 p.m.
Wed, Thu 9 a.m. - 4 p.m.
\$79 NSSC Members Only 11665

NSSC Art Gallery



The Creative Works of our Art Workshop Participants and Facilitators

May 3 - June 21, 2024

Experience the splendor and artistic endeavors created during our Tuesday morning Art Workshop. Delight in an array of creations across diverse mediums, skillfully crafted by both participants and the adept group facilitators. Should you find yourself captivated, drop into the Art Studio on Tuesday morning to meet the artists and facilitators. Consider joining us in this encouraging and supportive environment as we make art.

NSSC Studio Members Multi-Media Exhibit

July 1 - August 23, 2024

Embark on a visual journey as you explore the captivating and imaginative artwork created within our studio space. Delight in the talents of our skilled artists, from the intricate 3-dimensional masterpieces crafted by our sculptors to the vibrant canvases painted with oils, acrylics, watercolors, pastels, and a myriad of other artistic expressions. This exhibit promises to be a feast for your eyes, showcasing the diverse and beautiful creations born from the artistic endeavors of our talented members.

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 5/6 - 8/26 (16X - no class 5/27) 9 a.m. - 12 p.m.
No Fee 11622

Sculpture Studio

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

Fri 5/3 - 8/30 (18X) 9 a.m. - 12 p.m.
No Fee 11626

Arts & Crafts (continued)

Sewing Bees

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

Fri 5/3 - 8/30 (18X) 10 a.m. - 1 p.m.
No Fee 11627

Share The Warmth Club

Share the Warmth Club makes comforting fleece and crocheted blankets for adults going through chemotherapy. Crochet experience is not needed as instruction is provided. Members can also cut fleece, wind yarn, coordinate it with fabric, crochet borders, sew labels, or deliver to hospitals. Bring a brown bag lunch and socialize with this warm, welcoming, and committed group. Center membership required to participate.

Wed, Fri 5/1 - 8/30 (34X - no class 6/19, 8/28) 9 a.m. - 12 p.m.
No Fee 11625

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 5/7 - 8/27 (17X) 9 a.m. - 12 p.m.
No Fee 11623

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 5/1 - 8/28 (16X - no class 6/19, 8/28) 1 - 3 p.m.
No Fee 11624

Computers & Technology



AI: ChatGPT and Beyond

Michael Gershbein, MLS, Very Smart People, LLC

You have heard the buzz about ChatGPT and other artificial intelligence products. Perhaps the most exciting part is that AI is both useful and readily available. Mike Gershbein will be here to show you the most talked about image generation and large language models as well as to give you a glimpse of the potential future implications of AI on the workplace and society.

Thu 6/27 1 - 2:30 p.m.
\$19 Member; \$25 Non-member 11756

Keep Your Password Safe

Michael Gershbein, MLS, Very Smart People, LLC

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

Thu 7/25 1 - 2:30 p.m.
\$19 Member; \$25 Non-member 11569

Apple iPhone and iPad Basics

Michael Gershbein, MLS, Very Smart People, LLC

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

Thu 5/30 1 - 2:30 p.m.
\$19 Member; \$25 Non-member 11568

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 8/15 **1 - 2:30 p.m.**
\$19 Member; \$25 Non-member 11570

What's New in iPad and iPhone iOS 17

Lee Huber, *Computer and Technology Instructor*

Elevate your iPad and iPhone experience with the latest iOS 17. This new operating system not only retains the beloved features of its predecessors but also introduces innovative enhancements that redefine user experience with over 300 feature additions and changes. With any new software, there are bound to be questions around what has changed and what has stayed the same. Lee Huber will guide you through the key updates.

Mon 5/6 **1 - 2:30 p.m.**
\$19 Member; \$25 Non-member 11736

Learn How To Use Your Apple Watch

Lee Huber, *Computer and Technology Instructor*

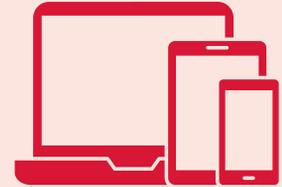
Experience how Apple Watch will enhance your daily life. The activity rings can help you stay healthy, and the sleep tracker can improve your sleep. Learn more about silent mode, the Notification Center, and managing Notifications. This smart watch has built-in apps that can sync to your iPhone and send text messages, take phone calls, stream music, talk to Siri, and much more.

Mon 8/19 **1 - 2:30 p.m.**
\$19 Member; \$25 Non-member 11735



Computer & Technology Assistance

Fridays
10 a.m - 12 p.m.



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

Camera and Photos App for iPhone and iPad

Lee Huber, *Computer and Technology Instructor*

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

Mon 6/17 **1 - 2:30 p.m.**
\$19 Member; \$25 Non-member 11737



The Settings App for iPhone and iPad

Lee Huber, *Computer and Technology Instructor*

The settings app is the lifeblood of your iPhone or iPad. If you do not know how to use it, you are not really in control of your technology. Take a deep dive with Lee Huber into the configuration of your device and how to change it to do what you want it to do. Learn how to control your privacy, manage passwords and the keychain, control sound, set your Do Not Disturb, administer Screen Time, and so much more.

Mon 7/15 **1 - 2:30 p.m.**
\$19 Member; \$25 Non-member 11738



Language

Intermediate French (Hybrid)

Adrienne Lawrence, Instructor

Review and refine vocabulary and grammatical concepts with an emphasis on developing competence in speaking and listening, and explore French culture, current events, and traditions. This class is designed for people who have already acquired basic skills in French.

Wed 5/1 - 7/3 (8X - no class 6/5, 6/19) 10 - 11:30 a.m.
\$89 Member; \$99 Non-member 11564

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 5/6 - 8/26 (16X - no class 5/27) 1 - 2:30 p.m.
No Fee 11614

Spanish Club

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 5/6 - 8/26 (16X - no class 5/27) 10:45 - 11:45 a.m.
No Fee 11620



Lifestyle



Social Isolation and Loneliness: What's the Difference and What Can Help (Hybrid)

Sarah Jackson and Terri McHugh, Licensed Clinical Social Workers

Do you feel lonely in a crowded room? Has it become difficult to leave home despite wanting to be more connected? You are not alone. The rates of social isolation and loneliness among older adults have increased since the pandemic began. This has significantly impacted well-being. Licensed Clinical Social Workers Sarah Jackson and Terri McHugh will discuss factors that lead to isolation, barriers to alleviating the problem, and what can be done to help.

Wed 5/15 1 - 2:30 p.m.
\$10 Member; \$15 Non-member 11671

Senior Sex: Understanding Physical and Psychological Changes (Hybrid)

Karen Lee Fontaine, Certified Diplomate of Sex Therapy, presents a thoughtful, sensitive, and frank discussion about celebrating sexuality in later life. The sexual scripts that most of us learned as children are often inadequate for our lives as older adults. Life changes such as loss of a spouse/partner or illness/disability, require us to develop new behavior in our sexual lives. Discussion will also focus on strategies for having a life-long, satisfying sexual life. CEUs available for LPC/LCPC or LSW/LCSW for \$10.

Thu 5/23 3 - 4 p.m.
No Fee 11708

Electronics Recycling and Document Shredding Day

Reduce your clutter and protect the environment by ensuring that your used belongings are disposed of in an environmentally responsible manner. Bring your computers, household electronics, batteries, and sensitive documents to NSSC. Northfield Township Road District and Paper Tiger will be here to accept your items. Further details about what items can be accepted will be available in Lifelong Learning or on the Northfield Township Road District website. Items can only be accepted during this event. No early drop offs will be accepted before the event.

Wed 7/24 9 a.m. - 1 p.m.
No Fee 11673

Profits and Pitfalls Investment Club (Online)

Put your focus on stock investments! For a \$500 initial investment in the Profits and Pitfalls portfolio and a \$50 monthly investment, you may join this lively group as they analyze different companies and make decisions on what to buy and what to sell. New members are required to attend two business meetings before making a decision to join. For more information, contact John Breen at 847.624.9835. Center membership required to participate. Please note: Profits and Pitfalls will meet offsite on June 19 at a local restaurant. Facilitator John Breen will give more details.

Wed 5/15 - 8/21 (3X - no class 6/19) 9 - 11 a.m.
No Fee 11567

AARP Smart Driver Course

Michael Fitzgerald, AARP Instructor

The AARP Smart Driver class is a driving refresher for motorists aged 45 and older. Review information on safe driving habits, how to avoid driving hazards, changes in roadway conditions, safety equipment on your automobile, as well as discuss when to consider driver retirement. Michael Fitzgerald will cover much of the information needed to pass the Illinois State license exam and review the eyesight, hearing, and physical changes that drivers experience as they age. Completion of the two-day class may entitle you to a discount on your auto insurance. Check with your insurance carrier for further details. Please bring cash or check made out to AARP for \$20 for AARP members with valid membership card, or \$25 for non-AARP members, due at the first class meeting.

Fri 7/12 - 7/19 (2X) 9 a.m. - 1 p.m.
No Fee 11566

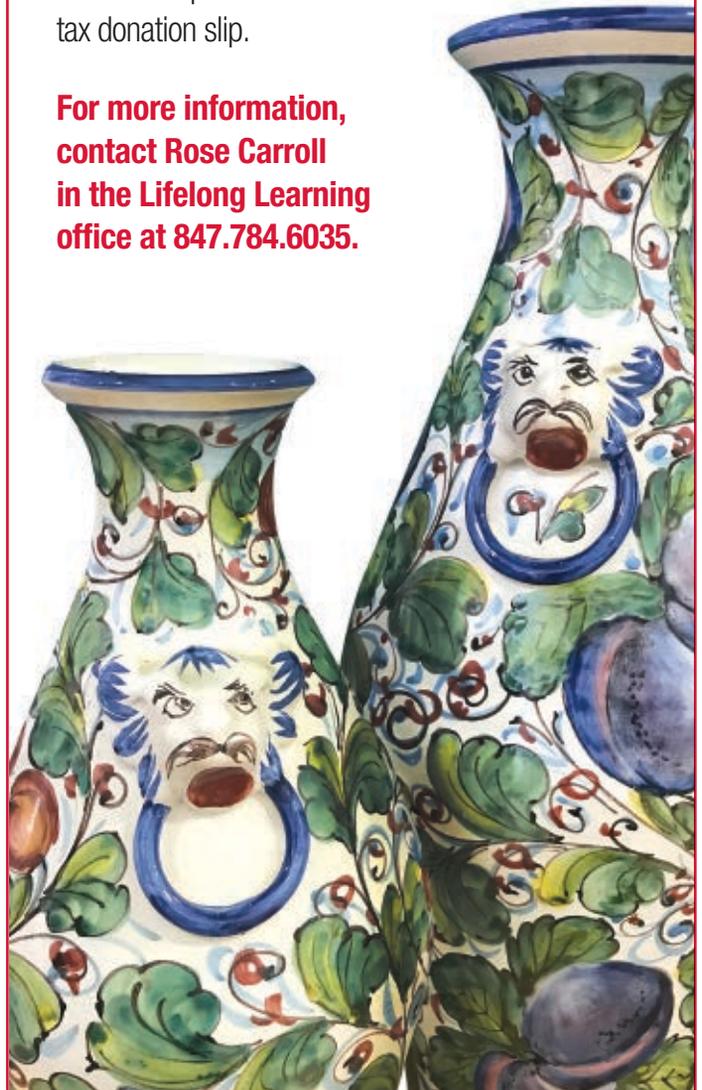
The Shop

AT THE CENTER

Accepting Merchandise Donations

Downsizing or clearing out clutter? Please consider donating items to The Shop at the Center! We accept items such as jewelry, designer homegoods, china, ceramics, figurines, collectibles, and puzzles. Items may be dropped off in Lifelong Learning on weekdays and are accepted year-round. Donors are provided with a tax donation slip.

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



Live

Exercise & Dance



Tai Chi

Bobbie Adams, Certified Tai Chi Instructor

new

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

Thu	5/2 - 6/27 (9X)	2:30 - 3:15 p.m.
	\$79 Member; \$95 Non-member	11783
Thu	7/11 - 8/29 (8X)	2:30 - 3:15 p.m.
	\$79 Member; \$95 Non-member	11784

Better Balance

Naoko Jennings, NSSC Fitness and Wellness Manager

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

Mon, Wed	5/1 - 7/3	10 - 10:45 a.m.
	(15X - no class 5/6, 5/8, 5/27, 6/19)	
	\$79 Member; \$95 Non-member	11770
Mon, Wed	7/8 - 8/26	10 - 10:45 a.m.
	(14X - no class 8/12)	
	\$79 Member; \$95 Non-member	11771

Sit and Get Fit

Naoko Jennings, NSSC Fitness and Wellness Manager

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

Mon, Wed	5/1 - 7/3	11 - 11:45 a.m.
	(15X - no class 5/6, 5/8, 5/27, 6/19)	
	\$79 Member; \$95 Non-member	11775
Mon, Wed	7/8 - 8/26	11 - 11:45 a.m.
	(14X - no class 8/12)	
	\$79 Member; \$95 Non-member	11782

Fit and Active

Naoko Jennings, NSSC Fitness and Wellness Manager

Experience total fitness and enhance your strength, flexibility, and balance, with an emphasis on posture, in this upbeat class. Naoko Jennings leads you through calisthenics, hand weights, and isometric exercises set to music that will surely keep you motivated. A low impact cardio component is also incorporated to promote coordination, dynamic balance, and fun!

Tue, Thu	5/9 - 6/27	10:30 - 11:15 a.m.
	(15X - no class 5/2, 5/7)	
	\$79 Member; \$95 Non-member	11778
Tue, Thu	7/2 - 8/29	10:30 - 11:15 a.m.
	(15X - no class 7/4, 8/8, 8/13)	
	\$79 Member; \$95 Non-member	11779



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



Mixed Movement Dance

Kate Wagner, Instructor and Choreographer

A body and brain engaging class featuring a mix of dance styles. Instructor Kate Wagner will guide you through Ballet, Modern, and Jazz dance styles ensuring that you will get a fun and energetic workout while also learning new skills. Beginners and dancers with experience are encouraged to participate.

Mon	5/13 - 6/24 (6X - no class 5/27)	1 - 2 p.m.
	\$59 Member; \$69 Non-member	11774
Mon	7/1 - 8/26 (7X - no class 7/8, 8/5)	1 - 2 p.m.
	\$59 Member; \$69 Non-member	11781

Chair Yoga

Pamela Tokowitz, Instructor

Have you always wanted to try yoga but are unsure if your fitness level will match the class? Try Chair Yoga, it is the perfect place to get started! Pam Tokowitz will lead you through a comprehensive routine designed to strengthen and lengthen your muscles. This class is safe for all fitness level and abilities.

Tue	5/7 - 6/25 (8X)	1 - 2 p.m.
	\$79 Member; \$95 Non-member	11772
Tue	7/2 - 8/27 (9X)	1 - 2 p.m.
	\$79 Member; \$95 Non-member	11773

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

Debbie Fogel, Certified Fitness Instructor

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

Tue, Thu	5/2 - 6/27 (17X)	10:30 - 11:15 a.m.
	\$85 Member; \$99 Non-member	11801
Tue, Thu	7/2 - 8/29 (17X - no class 7/4)	10:30 - 11:15 a.m.
	\$85 Member; \$99 Non-member	11802

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. Rise and Shine with Debbie Fogel leads you through a series of strength and flexibility moves designed to get you ready to greet the day! Low to moderate intensity, low impact.

Mon, Wed, Fri	5/1 - 6/28 (24X - no class 5/27, 6/19)	8:30 - 9 a.m.
	\$95 Member; \$109 Non-member	11785
Mon, Wed, Fri	7/1 - 8/30 (26X - no class 8/28)	8:30 - 9 a.m.
	\$95 Member; \$109 Non-member	11780



LIVE

Pop-Up Fitness Classes

Meditation for Beginners

Ellen MacGran, *iRest Meditation Instructor*

For centuries meditation has been proven to provide a sense of peace, joy, and happiness to its practitioners. With regular practice, meditation is also a cornerstone treatment for alleviating anxiety and depression. Ellen MacGran, certified iRest® meditation instructor, will introduce you to a unique form of meditation to help guide you toward your highest sense of wellbeing. A workbook will be provided to you by e-mail, please bring it with you to class. Pre-recorded meditation guides will be provided by the instructor for practice outside of class.



Fri 5/3 - 5/24 (4X) 10 - 11 a.m.
\$49 Member; \$59 Non-member 11793

HIIT Fusion: Energizing Cardio, Weights & Core

Naoko Jennings, *NSSC Fitness and Wellness Manager*

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

Fri 6/7 - 6/28 (4X) 10 - 10:30 a.m.
\$49 Member; \$59 Non-member 11794

Strong Core

Naoko Jennings, *NSSC Fitness and Wellness Manager*

Embark on a 30-minute journey to vitality, prioritizing core exercises to boost strength and flexibility. Open to all fitness levels, this class features floor exercises for enhanced functional fitness. Enjoy this invigorating class, embracing the journey to improved strength and flexibility through core exercises. Some exercises will be done on the floor.

Fri 7/12 - 8/2 (4X) 10 - 10:30 a.m.
\$49 Member; \$59 Non-member 11795

Exercise & Dance

(continued)

Yoga for the Rest of Us (Hybrid)

Ellen Fogarty, *Registered Yoga Teacher*

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

Tue 5/7 - 6/18 (7X) 9 - 10 a.m.
\$79 Member; \$95 Non-member 11776

Tue 7/2 - 8/20 (8X) 9 - 10 a.m.
\$79 Member; \$95 Non-member 11777

Ballet

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

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



Tue 5/7 - 6/25 (8X) 3 - 4 p.m.
\$85 Member; \$99 Non-member 11765

Tue 7/2 - 7/30 (5X) 3 - 4 p.m.
\$69 Member; \$79 Non-member 11766

Walking Club

Ron Hadsall and Israel Friedman, *Coordinators*

Take invigorating walks on the North Branch Trail of the Cook County Forest Preserves as you enjoy the beautiful outdoors on our local nature trails. Center membership is required to participate.

Fri 5/3 - 8/30 (18X) 10 - 11 a.m.
No Fee 11562

Fitness Center

Our mission is to improve the health and wellness of the adult community by providing the highest quality facilities, professional team members, and programs in a uniquely supportive environment.

Fitness Center Membership Includes:

- NSSC Exercise Specialists
- Fitness Assessment
- Orientation and personalized exercise program
- Cardiovascular training equipment
- Discounts on Personal Training fees
- Locker rooms, towel service, and shower amenities
- Keycard access to Fitness Center after hours and on weekends

Fitness Center Information

Monday through Friday. 8 a.m. – 4 p.m.

Saturday. 8 a.m. – 1 p.m.

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

Fitness Center Membership Fees

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

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

Personal Training Rates

60 Minute Session	Basic	Member
1 session	\$100	\$85
5 sessions	\$430	\$380
10 sessions	\$825	\$740

30 Minute Session	Basic	Member
1 session	\$70	\$55
5 sessions	\$300	\$250
10 sessions	\$580	\$485

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



Live

Health & Wellness Education

Navigating the Grocery Store

Alexandria Fuller, Registered Dietician

Navigating the grocery store can feel like a daunting task. It can be a real challenge to figure out how to shop healthfully and stretch your budget. Registered Dietician Alexandria Fuller is an expert at navigating the grocery store. She will teach you how to take advantage of everything your grocery store has to offer while giving you tips on how to get the most for your money.

Thu 5/9 1 - 2 p.m.
\$15 Member; \$19 Non-member 11786

CPR and AED Training

Titan CPR Associates, CPR/AED Training

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

Thu 6/13 1 - 3 p.m.
\$49 Member; \$59 Non-member 11731



Beyond the Spin: Understanding and Managing Dizziness

Tracy Murphy, Audiologist

At some point in your life you have probably felt dizzy and off balance. Dizziness occurs for various reasons, including inner ear issues, hearing loss, and vertigo. Tracy Murphy, Audiologist, will define the signs and symptoms to look out for, and will discuss treatment options to help with vertigo. Tracy will also include a brief discussion on how hearing loss affects balance.

Thu 7/11 1 - 2 p.m.
\$15 Member; \$19 Non-member 11792

Fix My Posture

R.J. Zamar, Doctor of Physical Therapy

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

Thu 8/8 1 - 2 p.m.
\$15 Member; \$19 Non-member 11732

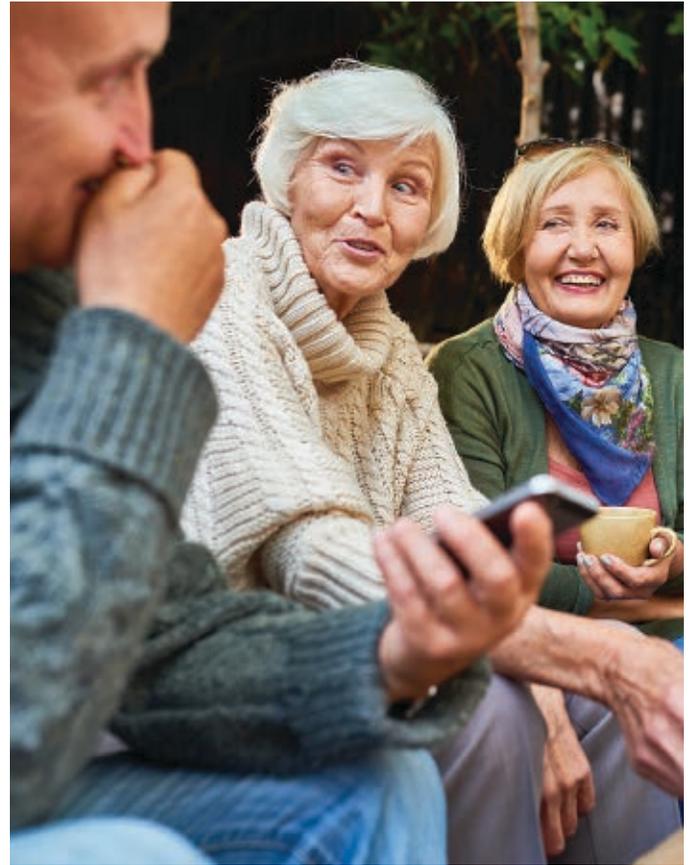
Play

Clubs & Social Groups

Photography Club (Online)

For those at all skill levels who have a mutual love of photography. The group meets on Zoom to share constructive feedback on each other's work, ideas, and tips on how to capture the best possible image so that less time will be required for editing. Other activities include club and small group photo field trips and periodic group exhibitions. The group meets on the second and fourth Friday of each month, however the schedule may vary, so please call Lifelong Learning at 847.784.6030 for information. Center membership required to participate.

Fri 5/10 - 8/24 (8X) 1:30 - 3 p.m.
No Fee 11553



NSSC Tuesday Club (Hybrid)

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

Tue 5/7 - 8/27 (17X) 10 - 10:30 a.m.
No Fee 11554

Sports Talk

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

Wed 5/1 - 8/28 (16X - no class 6/19, 8/28) 10 - 11 a.m.
No Fee 11555

Games

Beginning Canasta

Terri Argentar, Instructor

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

Wed 5/8 - 6/12 (6X) 9:30 - 11:30 a.m.
\$75 Member; \$89 Non-member 11571

Intermediate Canasta

Terri Argentar, Instructor

Build on your beginning Canasta skills and learn more of the concepts of the game, rules, and strategies. Terri guides you as you practice and learn to strengthen your game.

Wed 6/26 - 7/17 (4X) 9:30 - 11:30 a.m.
\$55 Member; \$69 Non-member 11572

Beginning Mah Jongg

Sylvia Taflove, Mah Jongg Instructor

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

Wed 5/15 - 6/12 (5X) 1 - 3 p.m.
\$79 Member; \$95 Non-member 11608

Building Your Mah Jongg Skills

Sylvia Taflove, Mah Jongg Instructor

If you know the game and how to play, but want to upgrade your defense, this is the class for you. You will learn more about reading the card to its full advantage, and how to change hands when the hand you are playing "goes dead." Learn advanced techniques to bring more enjoyment to your game.

Wed 6/26 - 7/24 (5X) 1 - 3 p.m.
\$65 Member; \$79 Non-member 11609

Beginning Bridge I

*Phyllis Bartlett, American Contract Bridge League (ACBL)
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 will focus 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 5/6 - 6/24 (7X - no class 5/27) 9:30 - 11:30 a.m.
\$108 Member; \$132 Non-member 11580

Advancing Bridge

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

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

Mon 5/6 - 6/24 (7X - no class 5/27) 1 - 3 p.m.
\$108 Member; \$132 Non-member 11579

Best Bridge Ever!

Patricia Braun, Instructor

Learn to play the best bridge of your life with Gold Life Master Patricia Braun as she informally reviews bidding, play of hand, and defense techniques for those who already know the basics of Standard American Bridge. The format goes up to an eight hand, pre-dealt game. Each hand is discussed to examine the potential to play the best hand possible. Take-home records are available each class. This supervised play allows you to catch mistakes and learn from them immediately.

Thu 5/9 - 6/27 (8X) 9 - 11 a.m.
\$79 Member; \$95 Non-member 11616

Thu 7/11 - 8/29 (8X) 9 - 11 a.m.
\$79 Member; \$95 Non-member 11617

Duplicate Bridge

Bob Alps, Bridge Facilitator

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

Thu 5/2 - 8/29 (17X - no class 7/4) 12:30 - 3:30 p.m.
No Fee 11556



Scrabble

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

Thu 5/2 - 8/29 (17X - no class 7/4) 1 - 3 p.m.
No Fee 11558

Poker Club

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

Tue 5/7 - 8/27 (17X) 12 - 3 p.m.
No Fee 11557

Game Time

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

Tue 5/2 - 8/30 (no class 7/4) 9 a.m. - 4 p.m.
Thu 12:30 - 4 p.m.
Fri 9 a.m. - 12 p.m.
No Fee 11559

Ping Pong Club

Dan Mah, Ping Pong Club Facilitator

Whether you're a Ping Pong enthusiast or looking to try something new, Ping Pong is a great way to have fun and get a good workout while you play! Paddles and balls available. Center membership required to play.

Wed, Fri 5/1 - 8/30 (34X- no class 6/19, 8/28) 1 - 3 p.m.
No Fee 11560

Sports

Tennis Club

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

Mon/Fri 5/3 - 8/30 (34X - no class 5/27) 1 - 2:30 p.m.
No Fee 11561

NSSC Golf League

All NSSC men and women are invited to join the Golf League. Play began in April and continues through summer, and you may join the League any time during the season. Golf League plays at Weber Park in Skokie on Mondays and at Northbrook's Anetsberger Golf Course on Thursdays. Both courses are par three. For more information contact Joe Hayes, Golf League chairperson, at 847.274.5326 or Lifelong Learning at 847.784.6030. Center membership and registration required to participate.



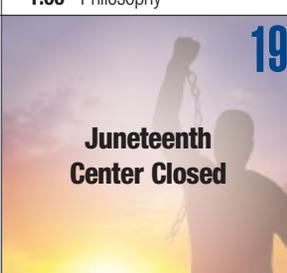
May at a glance

Every Week

	Monday	Tuesday	Wednesday	Thursday	Friday
	7:30 Golf League 8:30 Rise & Shine Exercise 9:00 Quilting 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 1:00 Yiddish Club 1:00 Fine Art Studio 1:00 Tennis Club	9:00 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Fit & Active 10:30 Stay Fit at Home 12:00 Poker 1:00 Fine Art Studio 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	7:30 Golf League 9:00 Fine Art Studio 9:00 Tai Chi 10:30 Fit & Active 10:30 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble	8:30 Rise & Shine Exercise 9:00 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Walking Club 10:00 Sewing Bees 1:00 Ping Pong Club 1:00 Tennis Club
			9:30 Prize Winning World Literature 1 10:00 Intermediate French 10:00 Reconstruction 1:00 Philosophy	9:30 <i>The New York Times</i> 2 1:00 Documentary Films 1:00 Summer Shakespeare 1:00 The Years of Richard Nixon	9:30 Foreign Policy Roundtable 3 10:00 Meditation for Beginners 10:00 Women's Room 1:30 Films on Friday: <i>Amsterdam</i>
	9:30 American Politics 6 9:30 Beginning Bridge I 1:00 A Death in Italy 1:00 Advancing Bridge 1:00 Point of View 1:00 Song of the Cell 1:00 What's New in iPad & iPhone iOS 17	9:30 Science Fiction 7 10:00 Art Workshop 10:30 Travels Around South America in the 1960s 11:30 TED Talks 12:00 Poker Club 1:00 Neil Diamond 1:00 Chair Yoga 1:00 <i>The Tyranny of the Minority</i>	9:30 Beginning Canasta 8 9:30 Prize Winning World Literature 10:00 Intermediate French 10:00 Reconstruction 12:00 Solo Seniors Social Group 1:00 From the Abacus to Super Computers 1:00 Philosophy 1:00 Reading for a Cozy Afternoon	9:00 Best Bridge Ever! 9 9:30 <i>The New York Times</i> 10:00 2023: Climate Crisis Got Real 1:00 Documentary Films 1:00 Navigating the Grocery Store 1:00 Summer Shakespeare 1:00 The Years of Richard Nixon	10:00 Meditation for Beginners 10 10:00 Women's Room 10:00 The Art of Georgia O'Keeffe 1:00 The Origins of American Popular Culture 1:30 Photography Club
	9:30 American Politics 13 9:30 Beginning Bridge I 1:00 Advancing Bridge 1:00 Andrew Johnson 1:00 Mixed Movement Dance 1:00 Point of View 1:00 Song of the Cell	9:30 Science Fiction 14 10:00 Art Workshop 10:30 Together We Fight Hate for Good 11:30 TED Talks 12:00 Our World Today: Civil Rights 12:00 Poker Club 1:00 Chair Yoga 1:00 Exploring Watercolor Level I 1:00 <i>The Tyranny of the Minority</i>	9:00 Profits & Pitfalls 15 9:30 Beginning Canasta 9:30 Prize Winning World Lit 10:00 How the Global Order of Nations Has Changed 10:00 Intermediate French 1:00 Beginning Mah Jongg 1:00 Philosophy 1:00 Social Isolation & Loneliness 1:00 When the White Sox Were Really Good	9:00 Best Bridge Ever! 16 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 2023: Climate Crisis Got Real 1:00 Documentary Films 1:00 Extended Travel Presentation 1:00 Summer Shakespeare 1:00 The Years of Richard Nixon	10:00 Made in Chicago 17 10:00 Meditation for Beginners 10:00 Women's Room 10:15 Chicago Symphony Daytrip
	9:30 American Politics 20 9:30 Beginning Bridge I 10:00 The Vatican & World War II 1:00 Advancing Bridge 1:00 Mixed Movement Dance 1:00 Mystery Book Club 1:00 Point of View 1:00 Song of the Cell 1:00 The History of Willie Nelson	9:30 Science Fiction 21 10:00 Art Workshop 10:30 Theater & Dining Around Chicagoland 11:30 TED Talks 12:00 Poker Club 1:00 Chair Yoga 1:00 Exploring Watercolor Level I 1:00 Movie Music Romance II 1:00 <i>The Tyranny of the Minority</i>	9:30 Beginning Canasta 22 9:30 Prize Winning World Literature 10:00 Intermediate French 10:00 Why Are Jews So Secular? 1:00 Beginning Mah Jongg 1:00 Philosophy	9:00 Best Bridge Ever! 23 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 2023: Climate Crisis Got Real 10:30 Explore Historic Skokie 1:00 Documentary Films 1:00 Summer Shakespeare 1:00 The Years of Richard Nixon 3:00 Senior Sex	10:00 Meditation for Beginners 24 10:00 Women's Room 12:00 WWII Radio Hour 1:30 Photography Club
 27 Memorial Day Center Closed	9:30 Science Fiction 28 10:00 Art Workshop 10:30 The Great Lakes Navy Band 11:30 TED Talks 12:00 Poker Club 1:00 Chair Yoga 1:00 Exploring Watercolor Level I 1:00 <i>The Tyranny of the Minority</i>	9:30 Beginning Canasta 29 9:30 Prize Winning World Literature 10:00 Funniest Seniors in the Movies 10:00 Intermediate French 1:00 Beginning Mah Jongg 1:00 Democracy vs. Autocracy 1:00 Favorite Films 1:00 Philosophy	9:00 Best Bridge Ever! 30 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Tyranny of the Minority with Jim Kenney 1:00 Apple iPhone & iPad Basics 1:00 Documentary Films 1:00 Summer Shakespeare 1:00 What Just Happened?	10:00 <i>50 Paintings at the Milwaukee Art Museum</i> 31 10:00 Women's Room	

June at a glance

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

Monday	Tuesday	Wednesday	Thursday	Friday	Every Week
7:30 Golf League 8:30 Rise & Shine Exercise 9:00 Quilting 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 1:00 Yiddish Club 1:00 Fine Art Studio 1:00 Tennis Club	9:00 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Fit & Active 10:30 Stay Fit at Home 12:00 Poker 1:00 Fine Art Studio 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	7:30 Golf League 9:00 Fine Art Studio 9:00 Tai Chi 10:30 Fit & Active 10:30 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble	8:30 Rise & Shine Exercise 9:00 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Walking Club 10:00 Sewing Bees 1:00 Ping Pong Club 1:00 Tennis Club	
9:30 American Politics 9:30 Beginning Bridge I 10:00 Chicago: Shaping the Airline Industry 1:00 Advancing Bridge 1:00 Mixed Movement Dance 1:00 Point of View 1:00 Seriously Funny 1:00 Song of the Cell	9:30 Science Fiction 10:00 Art Workshop 10:30 Aging in Place 11:30 TED Talks 12:00 Poker Club 1:00 Chair Yoga 1:00 Exploring Watercolor Level I 1:00 <i>The Tyranny of the Minority</i> 1:00 Women in History	9:30 Beginning Canasta 9:30 Kissinger 9:30 Prize Winning World Lit 10:00 A Symphonic Trinity 10:00 Creating Art with Metal Tooling 1:00 Anti-Semitism in Film 1:00 Beginning Mah Jongg 1:00 Favorite Films 1:00 Philosophy 1:00 Reading for a Cozy Afternoon	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Tyranny of the Minority with Jim Kenney 1:00 Best of Broadway in Chicago 1:00 Documentary Films 1:00 Summer Shakespeare 3:30 Wayne Messmer & Friends	9:30 Foreign Policy Roundtable 10:00 Concert & Commentary with Jim Kendros 10:00 HIIT Fusion 10:00 Women's Room 1:00 The Wheel of Life 1:30 Films on Friday: <i>Secrets and Lies</i>	
9:30 American Politics 9:30 Beginning Bridge I 10:00 An Anthology of Circus Stories 1:00 Advancing Bridge 1:00 Big Ideas...Rise of Chicago 1:00 Dorset Button Level I 1:00 Mixed Movement Dance 1:00 Point of View 1:00 Song of the Cell	9:30 Science Fiction 10:00 Art Workshop 10:30 Taken By The Wind 11:30 TED Talks 12:00 Poker Club 1:00 Chair Yoga 1:00 Exploring Watercolor Level I 1:00 Mediation & Litigation 1:00 <i>The Tyranny of the Minority</i>	9:00 Kenosha & Racine 9:30 Beginning Canasta 9:30 Kissinger 9:30 Prize Winning World Literature 10:00 Intermediate French 1:00 The Evolution of Music in Film 1:00 Beginning Mah Jongg 1:00 Favorite Films 1:00 Philosophy	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Tyranny of the Minority with Jim Kenney 1:00 Brian Stokes Mitchell 1:00 CPR and AED Training 1:00 Documentary Films 1:00 Summer Shakespeare	10:00 HIIT Fusion 10:00 The Elgin Marbles 10:00 Women's Room 1:00 Brave New World Order 1:30 Photography Club	
9:30 American Politics 9:30 Beginning Bridge I 10:00 Updates on the Wars 1:00 Advancing Bridge 1:00 Camera & Photos App for iPhone & iPad 1:00 Dorset Button Level I 1:00 Mixed Movement Dance 1:00 Point of View 1:00 Song of the Cell	9:30 Science Fiction 10:00 Art Workshop 10:30 <i>Getting Wiser</i> 11:30 TED Talks 12:00 Poker Club 1:00 Chair Yoga 1:00 The Germans & Their Führer 1:00 <i>The Tyranny of the Minority</i>	<div style="text-align: center;">  <p>Juneteenth Center Closed</p> </div>	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Middle East 1:00 Documentary Films 1:00 Summer Flower Walk at Heller Nature Center 1:00 Summer Shakespeare	10:00 Artist Alfonso Iannelli 10:00 HIIT Fusion 10:00 Women's Room 1:00 Brave New World Order	
9:30 American Politics 9:30 Beginning Bridge I 1:00 Advancing Bridge 1:00 Dorset Button Level I 1:00 Inventing the Florida Vacation 1:00 Mixed Movement Dance 1:00 Mystery Book Club 1:00 Point of View 1:00 Song of the Cell	9:30 Science Fiction 10:00 Art Workshop 10:30 History of the Chicago Marathon 11:30 TED Talks 12:00 Poker Club 1:00 Chair Yoga 1:00 The Golden Age Rediscovered 1:00 <i>The Tyranny of the Minority</i>	9:30 Intermediate Canasta 9:30 Kissinger 9:30 Prize Winning World Lit 10:00 Intermediate French 10:00 The Moral Breakthrough to Capitalism 1:00 Building Your Mah Jongg Skills 1:00 Cohan! 1:00 Favorite Films 1:00 Philosophy	9:00 Best Bridge Ever! 9:00 Explore Chinatown with Tim Wittman 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Middle East 1:00 AI: ChatGPT & Beyond 1:00 Documentary Films 1:00 Summer Shakespeare 1:00 What Just Happened?	10:00 HIIT Fusion 10:00 Women's Room 12:00 Cool Jazz on a Hot Afternoon 1:30 Photography Club	

July at a glance

Every Week

	Monday	Tuesday	Wednesday	Thursday	Friday
	7:30 Golf League 8:30 Rise & Shine Exercise 9:00 Quilting 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 1:00 Yiddish Club 1:00 Fine Art Studio 1:00 Tennis Club	9:00 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Fit & Active 10:30 Stay Fit at Home 12:00 Poker 1:00 Fine Art Studio 3:00 Ballet	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	7:30 Golf League 9:00 Fine Art Studio 9:00 Tai Chi 10:30 Fit & Active 10:30 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble	8:30 Rise & Shine Exercise 9:00 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Walking Club 10:00 Sewing Bees 1:00 Ping Pong Club 1:00 Tennis Club
	9:30 American Politics 1:00 Mixed Movement Dance 1:00 Point of View 1:00 Risking It All 1:00 Song of the Cell	9:30 Science Fiction 10:00 Art Workshop 10:30 The Hummers & Strummers 11:30 TED Talks 12:00 Poker Club 1:00 Castles 1:00 Chair Yoga	9:30 Intermediate Canasta 9:30 Kissinger 9:30 Prize Winning World Lit 10:00 Intermediate French 10:00 The Presidents Adams 1:00 Building Your Mah Jongg Skills 1:00 Favorite Films	 <p>4th of July Center Closed</p>	9:30 Foreign Policy Roundtable 1:30 Films on Friday: <i>Maestro</i>
	9:30 American Politics 1:00 Point of View 1:00 Song of the Cell 1:00 The Face is Familiar	9:30 Science Fiction 10:00 Art Workshop 10:30 Court Systems in Illinois 11:30 TED Talks 12:00 Our World Today: Sustainable Living 12:00 Poker Club 1:00 Chair Yoga 1:00 Dorset Button Level II	9:30 Intermediate Canasta 9:30 Kissinger 9:30 Prize Winning World Lit 10:00 The Presidents Adams 1:00 Building Your Mah Jongg Skills 1:00 Favorite Films 1:00 Old-Time Radio & the Great American Songbook 1:00 Philosophy	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 The Middle East 10:45 Chicago Architectural River Cruise 1:00 Beyond the Spin 1:00 Documentary Films 1:00 Summer Shakespeare 1:00 Great Female Film Directors	9:00 AARP Smart Driver Course 10:00 Curious to See 10:00 Strong Core 1:00 Israel's Minorities 1:30 Photography Club
	9:30 American Politics 10:00 Mosaic Landscape of Southern Africa 1:00 Mixed Movement Dance 1:00 Point of View 1:00 Song of the Cell 1:00 The Rule of Rum 1:00 The Settings App for iPhone & iPad	9:30 Science Fiction 10:00 Art Workshop 10:30 Title IX and How It Became a Law 12:00 Poker Club 1:00 Chair Yoga 1:00 Chinatown 1:00 Dorset Button Level II	9:00 Profits & Pitfalls 9:30 Intermediate Canasta 9:30 Kissinger 9:30 Prize Winning World Lit 10:00 What Will Henry Kissinger's Legacy Be? 1:00 Building Your Mah Jongg Skills 1:00 Favorite Films 1:00 Murder, Mayhem, & the Mob 1:00 Philosophy	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Artificial Intelligence 1:00 Documentary Films 1:00 Summer Shakespeare 1:00 Great Female Film Directors	9:00 AARP Smart Driver Course 10:00 Strong Core 10:00 The 2024 Congressional Elections 1:00 Skokie Lagoon Canoe & Kayak Excursion
	9:30 American Politics 10:00 A Morning with Carol Burnett 1:00 Mixed Movement Dance 1:00 Point of View 1:00 Recent Decisions of the U.S. Supreme Court 1:00 Song of the Cell	9:30 Science Fiction 10:00 Art Workshop 10:30 Safety for Seniors 12:00 Poker Club 1:00 Chair Yoga 1:00 Chinatown 1:00 Dorset Button Level II	9:00 Electronics Recycling & Shredding Day 9:30 Kissinger 9:30 Prize Winning World Lit 1:00 Building Your Mah Jongg Skills 1:00 Favorite Films 1:00 Murder, Mayhem, & the Mob 1:00 Philosophy	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 9:30 <i>The New York Times</i> 10:00 Artificial Intelligence 10:30 <i>Midnight in the Garden of Good and Evil</i> Daytrip 1:00 Documentary Films 1:00 Keep Your Password Safe 1:00 Summer Shakespeare 1:00 What Just Happened?	10:00 Strong Core 10:00 The 2024 Congressional Elections 12:00 HERstory 1:30 Photography Club
	9:30 American Politics 1:00 Mixed Movement Dance 1:00 Point of View 1:00 Song of the Cell	10:00 Art Workshop 10:30 The Ongoing Battle for Abortion Rights 12:00 Poker Club 1:00 Chair Yoga 1:00 Zelda Fitzgerald	9:30 Kissinger 9:30 Prize Winning World Literature 1:00 Favorite Films 1:00 Harry Belafonte 1:00 Philosophy		

August at a glance

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

Monday	Tuesday	Wednesday	Thursday	Friday	Every Week
7:30 Golf League 8:30 Rise & Shine Exercise 9:00 Quilting 10:00 Better Balance 10:45 Spanish Club 11:00 Sit & Get Fit 1:00 Yiddish Club 1:00 Fine Art Studio 1:00 Tennis Club	9:00 Game Time 9:00 Yoga for the Rest of Us 9:00 Weaving Studio 9:00 The Warm Up Coffee 10:00 Tuesday Club Meeting 10:30 Fit & Active 10:30 Stay Fit at Home 12:00 Poker 1:00 Fine Art Studio	8:30 Rise & Shine Exercise 9:00 Share the Warmth Club 9:00 Fine Art Studio 10:00 Sports Talk 10:00 Better Balance 11:00 Sit & Get Fit 1:00 Ping Pong Club 1:00 Knitting Studio	7:30 Golf League 9:00 Fine Art Studio 9:00 Tai Chi 10:30 Fit & Active 10:30 Stay Fit at Home 12:30 Game Time 12:30 Duplicate Bridge 1:00 Scrabble	8:30 Rise & Shine Exercise 9:00 Game Time 9:00 Sculpture Studio 9:00 Share the Warmth Club 10:00 Walking Club 10:00 Sewing Bees 1:00 Ping Pong Club 1:00 Tennis Club	
 <p>Tuesday Club Annual Picnic Tuesday, August 13 9 a.m. - 2 p.m.</p>			9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 10:00 Artificial Intelligence 1:00 Classic Political Movies 1:00 Summer Shakespeare	10:00 Mozart's Beautiful Wind Instruments 10:00 Strong Core 1:00 The Great Climate Change Migration Has Begun 1:30 Films on Friday <i>Blackberry</i>	
9:30 American Politics 1:00 Helen Keller 1:00 Point of View 1:00 Song of the Cell	10:00 Art Workshop 10:30 The Michael Lerich Jazz Ensemble Presents Arlen & Mercer 12:00 Poker Club 1:00 Chair Yoga 1:00 Designing with Suminagashi 1:00 Movie Music Romance III	9:30 Kissinger 9:30 Prize Winning World Lit 10:00 Presidential Elections 10:30 Tour the Magnificent Sanfilippo Estate in Barrington 1:00 Anti-Semitism in Film 1:00 Favorite Films 1:00 Philosophy	9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 10:00 The Forgotten Heroes 1:00 Fix My Posture 1:00 Classic Political Movies 1:00 Summer Shakespeare 3:30 The North Shore Harmonizers	10:00 Norman Rockwell 1:00 George Halas' Last Hurrah 1:30 Photography Club	
9:30 American Politics 1:00 Between Normality & Terror 1:00 Mixed Movement Dance 1:00 Point of View 1:00 Song of the Cell	9:00 Tuesday Club Annual Picnic 10:00 Art Workshop 12:00 Poker Club 1:00 Chair Yoga 1:00 Designing with Suminagashi 1:00 The Real Lion Kings	9:30 Kissinger 10:00 Presidential Elections 1:00 Favorite Films 1:00 Lady Bird Johnson 1:00 Philosophy	9:00 A Walk in the Woods 9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 1:00 Apple iPhone & iPad Advanced Tips & Tricks 1:00 Summer Shakespeare 1:00 They Also Ran	1:00 100 Years of Columbia's Motion Pictures	
9:30 American Politics 1:00 Fisher-Price Toys Remembered 1:00 Learn How To Use Your Apple Watch 1:00 Mixed Movement Dance 1:00 Point of View	10:00 Art Workshop 10:30 Home Safety, Home Security, Home Automation 12:00 Poker Club 1:00 Chair Yoga 1:00 Designing with Suminagashi 1:00 The Great Football Experiment	9:00 Profits & Pitfalls 1:00 Favorite Films 1:00 Michelangelo	8:45 Two Rockford Treasures 9:00 Best Bridge Ever! 9:30 Contemporary Short Stories 1:00 The Trials of Trump	12:00 This Music Has Survived the Test of Time with the Jammers 1:30 Photography Club	
1:00 Mixed Movement Dance 1:00 Point of View	10:30 Local News is Vital 12:00 Poker Club 1:00 Chair Yoga 1:00 Designing with Suminagashi	28 Staff Appreciation Day Center Closed	9:00 Best Bridge Ever!	30	

NSSC Membership Form

New Membership Renewal

Today's Date ____/____/____

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____ Phone _____

Birth Date ____/____/____ Male Female

One-Year Membership Options (choose one):

Individual: \$80 Couple: \$150

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

Last Name _____

First Name _____

E-mail _____

Phone _____

Birth Date ____/____/____ Male Female

Payment Information

If you would like to make a donation in addition to your membership purchase, please note it below. Memberships are non-refundable and non-transferable.

Cash Paid \$ _____

Check # _____ (Payable to North Shore Senior Center) Credit Card: (Circle One) Visa Mastercard

Cardholder Name _____ Security Code _____ Exp. Date ____/____

Card # _____ Signature _____

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

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

Membership Benefits

- Discounts on all our classes, activities, daytrips, and events at any location
- Participation in members-only groups and activities
- Discounted Fitness Center membership fees
- Use of the Lending Library, Technology Learning Center, and Art Studios
- Early registration privileges
- Invitations to special events and presentations

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

=====

Membership Information

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

Membership Dues and Benefits

- \$80 individual; \$150 household of two
- Discounts on all our classes, activities, daytrips, and events at all of our locations
- Participation in members-only groups and activities at all our locations
- Discounted Fitness Center membership fees
- Use of the Library, Computer Center, and Art Studios
- Early registration privileges
- Invitations to special events and presentations on ways to live longer, happier, and healthier

How to Join North Shore Senior Center

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

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

You will receive a Membership Card and information about the Center.

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

Memberships are non-refundable and non-transferable.

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



Registration Information

Registration Policy

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

How to Register



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



Online at www.nssc.org



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



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

Skills-Based Classes

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

Wait Lists

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

Confirmations

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

Cancellation Policy

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

Disclaimer

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

Program Format Key

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



Class Refund Policy

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

Daytrip Cancellation and Refund Policy

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

Standards of Behavior

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

Photo Release Statement

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

Lifelong Learning Program Index

2023: The Year the Climate Crisis Got Real	29	Dorset Button Level II	48	Neil Diamond: Hitman	41
50 Paintings at the Milwaukee Art Museum	20	Dorset Button Making Level I	48	New Perspectives Fine Art Studio	49
A Death in Italy: The Yara Gambirasio Murder	36	Duplicate Bridge	60	Norman Rockwell: A Mirror on American Life	25
A Morning with Carol Burnett:	30	Electronics Recycling & Document Shredding Day	53	NSSC Golf League	61
A Symphonic Trinity: Haydn, Mozart, Beethoven	40	Explore Chinatown with Tim Wittman	21	NSSC Tuesday Club	59
AARP Smart Driver Course	53	Explore Historic Skokie	23	Old-Time Radio & the Great American Songbook	40
Advancing Bridge	60	Exploring Watercolor Level I	49	One Hundred Years of Columbia's Motion Pictures	32
Aging in Place: Growing Older at Home	16	Extended Travel Presentation	22	Our World Today: Civil Rights in Housing	19
AI: ChatGPT and Beyond	50	Favorite Films	46	Our World Today: Sustainable Living	19
American Politics & Current Events	28	Fisher-Price Toys Remembered	42	Philosophy: <i>Question Everything</i>	44
<i>Amsterdam</i>	22	Fit & Active	54	Photography Club	59
An Anthology of Circus Stories	41	Fitness Center	57	Ping Pong Club	61
Andrew Johnson: Accidental President	34	Fix My Posture	58	Point of View	45
Anti-Semitism in Film: <i>Focus</i>	32	Foreign Policy Roundtable	28	Poker Club	61
Anti-Semitism in Film: <i>The City Without Jews</i>	32	From the Abacus to Super Computers: The Story of Calculating	43	Presidential Elections: Past & Present	35
Apple iPhone & iPad Advanced Tips & Tricks	51	Funniest Seniors in the Movies	33	Prize Winning World Literature	47
Apple iPhone & iPad Basics	50	Game Time	61	Profits & Pitfalls Investment Club	53
Art Workshop	49	George Halas' Last Hurrah: The 1963 ... Chicago Bears	36	Quilting	49
Artificial Intelligence: The Promise & the Threat	29	<i>Getting Wiser</i>	16	Reading for a Cozy Afternoon	39
Artist Alfonso Iannelli: Multi-Media Maestro	25	Harry Belafonte: Calypso King	32	Recent Decisions of the U.S. Supreme Court	26
Ballet	56	Helen Keller: A Life Nearly Lost	30	Reconstruction	34
Beginning Bridge I	60	Helmchen Plays Beethoven	20	Rise & Shine Exercise	55
Beginning Canasta	60	HERstory: A Century of Songwriting Sisters	19	Risking It All: The Signers of the Declaration of Independence	34
Beginning Mah Jongg	60	HIT Fusion: Energizing Cardio, Weights & Core	56	Safety for Seniors	17
Best Bridge Ever!	60	History of the Chicago Marathon	17	Science Fiction: <i>The Binti Trilogy</i>	47
Best of Broadway in Chicago	31	Home Safety, Home Security, Home Automation	17	Scrabble	61
Better Balance	54	How the Global Order of Nations Has Changed	26	Sculpture Studio	49
Between Normality & Terror: Everyday Life in Nazi Germany	37	Intermediate Canasta	60	<i>Secrets and Lies</i>	22
Beyond the Spin: Understanding & Managing Dizziness	58	Intermediate French	52	Senior Sex: Understanding Physical & Psychological Changes	52
Big Ideas & the Rise of Chicago	35	Inventing the Florida Vacation	41	Seriously Funny	33
<i>Blackberry</i>	22	Israel's Minorities: They Too Are Israeli	42	Sewing Bees	50
Brave New World Order	27	Keep Your Password Safe	50	Share the Warmth Club	50
Brian Stokes Mitchell: Broadway Star	33	Kenosha & Racine: Neighbors to the North	20	Sit & Get Fit	54
Building Your Mah Jongg Skills	60	Kissinger: The Controversy	45	Skokie Lagoon Canoe & Kayak Excursion	23
Camera & Photos App for iPhone & iPad	51	Knitting Studio	50	Social Isolation & Loneliness	52
Castles: From Fortress to Fantasy	24	Lady Bird Johnson	30	Solo Seniors Social Group Informational Lunch	19
Chair Yoga	55	Learn How To Use Your Apple Watch	51	<i>Song of the Cell</i>	44
Chicago Architectural River Cruise	21	Local News is Vital	17	Spanish Club	52
Chicago: Shaping the Airline Industry	39	Made in Chicago: The Golden Age of Manufacturing	35	Sports Talk	59
Chinatown: Chicago's Most Architecturally Expressive Community	25	<i>Maestro</i>	22	Stay Fit at Home: Balance, Strength, & Stretch	55
Classic Political Movies	33	Mediation & Litigation	27	Strong Core	56
Cohan!	33	Meditation for Beginners	56	Summer Flower Walk at Heller Nature Center	23
Concert & Commentary with Jim Kendros	40	Michelangelo: Political Activist, Spiritualist, & Modernist	24	Summer Shakespeare	47
Contemporary Short Stories	46	<i>Midnight in the Garden of Good & Evil</i> Daytrip	21	Tai Chi	54
Cool Jazz on a Hot Afternoon	18	Mixed Movement Dance	55	Taken By The Wind	16
Court Systems in Illinois	17	Movie Music Romance II	31	TED Talks	45
CPR and AED Training	58	Movie Music Romance III	31	Tennis Club	61
Creating Art with Metal Tooling	48	Mozart's Beautiful Wind Instruments	40	The 2024 Congressional Elections	26
Curious to See: The Rise of America's Art Museums	25	Murder, Mayhem, and the Mob: Beer Wars	35	The Art of Georgia O'Keeffe	25
Democracy vs. Autocracy	26	Mystery Book Club	39	The Elgin Marbles: The Never-Ending Dispute	24
Designing with Suminagashi	48	Navigating the Grocery Store	58	The Evolution of Music in Film	33
Documentary Films	46			The Face is Familiar: Great Character Actors	32

The Forgotten Heroes: The Battle of the Bulge . . .38
 The Germans & Their Führer37
 The Golden Age Rediscovered:
 Classic Films of the 1950s.32
 The Great Climate Change Migration.27
 The Great Female Film Directors33
 The Great Football Experiment:
 Chicago Bears vs College All-Stars36
 The Great Lakes Navy Band16
 The History of Willie Nelson41
 The Hummers & Strummers17
 The Michael Lerich Jazz Ensemble17
 The Middle East: Glimmers of Hope.29
 The Moral Breakthrough to Capitalism34
 The Mosaic Landscape of Southern Africa42
The New York Times45
 The North Shore Harmonizers18
 The Ongoing Battle for Abortion Rights17
 The Origins of American Popular Culture31
 The Presidents Adams: John & John Quincy . . .34

The Real Lion Kings: Predators of Africa43
 The Rule of Rum41
 The Settings App for iPhone & iPad51
 The Trials of Trump: An Update28
The Tyranny of the Minority.44
 The Tyranny of the Minority with Jim Kenney . .29
 The Vatican & World War II.36
 The Wheel of Life:
 A Conversation About Life & Death30
 The Years of Richard Nixon: His Biography . . .38
 The Years of Richard Nixon:
 The Election & His Presidency38
 The Years of Richard Nixon: Watergate38
 Theater & Dining Around Chicagoland.16
 They Also Ran: The Best Losing
 Presidential Candidates35
 This Music Has Survived the Test of Time19
 Title IX and How It Became a Law.17
 Together We Fight Hate for Good.16
 Tour the Magnificent Sanfilippo Estate21

Travels Around South America in the 1960's . . .16
 Tuesday Club Annual Picnic17
 Two Rockford Treasures.22
 Updates on the Wars: Ukraine & The Mideast . .27
 Walk in the Woods: Guided Forest Therapy . . .23
 Walking Club56
 Wayne Messmer & Friends18
 Weaving Studio50
 What Just Happened?28
 What Will Henry Kissinger's Legacy Be?38
 What's New in iPad & iPhone iOS 17.51
 When the White Sox Were Really Good39
 Why Are Jews So Secular?42
 Women in History30
 Women's Room46
 WWII Radio Hour18
 Yiddish Club on Monday52
 Yoga for the Rest of Us56
 Zelda Fitzgerald: This Side of Paradise30

Locations & Contact Information

Main Location & Programs

Arthur C. Nielsen, Jr. Campus

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

Lifelong Learning

847.784.6030
 LifelongLearning@nssc.org

Other Locations

House of Welcome Adult Day Services

1779 Winnetka Rd.
 Northfield, IL 60093
 847.242.6250

Niles Senior & Family Services Office

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

Glenview Village Hall

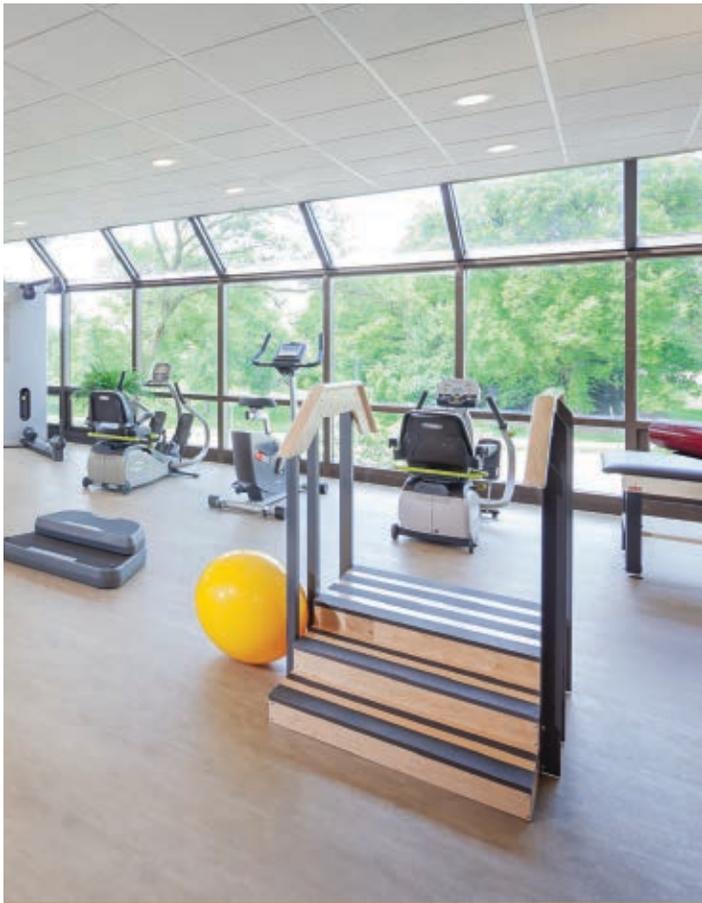
2500 E. Lake Ave.
 Glenview, IL 60026
 847.904.4366



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



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



50 YEARS OF PREMIER HEALTHCARE IN THE NORTH SHORE

Trust Whitehall of Deerfield to help you safely and quickly return to your life after a hospital stay - just as thousands in the North Shore had for half a century (and counting).

50



WHITEHALL
OF DEERFIELD



U.S. News 2024 Best Nursing Homes -
Short-term Rehabilitation

America's Best Nursing Homes 2024 -
Newsweek

300 WAUKEGAN ROAD | DEERFIELD, IL 60015 | 847.945.4600 | WHITEHALLOFDEERFIELD.COM

Annual GOLF OUTING



Save the Date

MONDAY,
SEPTEMBER 16, 2024

SKOKIE COUNTRY CLUB
500 Washington Avenue, Glencoe

For more information,
contact Debra Mell at dmell@nssc.org
or 847.784.6037.

Proceeds will support the needs of
older adults in our community

north shore senior center

north shore senior center

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

Nonprofit Org.
U.S. Postage

PAID

Permit No. 5377
Denver, CO

Connect with us!



www.nssc.org

The Shop

AT THE CENTER



A unique shop to find one-of-a-kind gifts, jewelry, art pieces, collectibles, handcrafted baby sweaters, accessories, and more.

All merchandise is donated to The Shop and proceeds benefit those we serve, so please consider us when spring cleaning or clearing out clutter.

Monday - Friday
9 a.m. - 3:30 p.m.
847.784.6030