

*A+ Active Adults 2010 Spring Newsletter*  
(April, May and June)

**Programs**

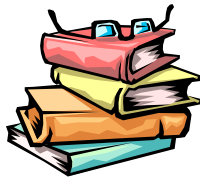
**Book Discussion Group**

The A+ Active Adults Book Discussion Group meets the **first Monday of each month at 10:30 a.m.** in the A+ room at The Community House. This is a small and friendly group that welcomes newcomers and reads some great selections! Please come by and join us for some interesting discussion.

**April 5, 2010 – *The Women*. By T. C. Boyle** A fictionalized portrait of Frank Lloyd Wright’s colorful and outlandish character. Boyle presents his account of Wright’s life through the experiences of the four women who loved him. Wright’s life was one lone howling struggle against the bonds of convention, whether aesthetic, social, moral or romantic.

**May 3, 2010 – *The Commoner*. By John Burnham Schwartz.** Based on the true life of Haruko, a young woman of good family, who married the Crown Prince of Japan in 1959, the story is told in Haruko’s voice, meticulously researched and superbly imagined. *The Commoner* is the mesmerizing recounting of a brutally rarefied and controlled existence.

**June 7, 2010 – *Supreme Courtship*. By Christopher Buckley.** *Supreme Courtship* opens with U.S. President Donald Vanderdamp furious at a grandstanding senator Dexter Mitchell, who keeps shooting down highly qualified Supreme Court nominees for absurd reasons. Vanderdamp finally chooses a “Judge Judy” type television lawyer. She wins approval and is mentored by an impressive lady justice, a dead ringer for Sandra Day O’Connor. Buckley is able to mock Washington yet convey a genuine admiration for many of its residents.



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**Prime Time Exercise Class**

**Tuesdays and Thursdays at 8:45-9:45 a.m. in the Field House.** This is an easy-to-follow class where you will enjoy a low-impact workout designed to improve your cardiovascular fitness, strength, balance and flexibility.

Sessions are on-going so you may register at any time during the class.

**Fee: \$40 Members for 10 classes attended; \$52 Guests**

**Teacher: Cathy McAndrews**



**Sit and Get Fit**

For older adults and individuals with physical challenges or injuries, traditional exercise programs can be difficult, intimidating and not so enjoyable. Sit and Get Fit is designed for people who want to stay active and mobile but want something gentle on the body and easy to do. We'll work on increasing range of motion, circulation, flexibility and strength all while seated comfortably in a chair! Afterwards we'll have some social time, a cup of coffee and a snack. Classes meet **Mondays and Wednesdays from 1:00 p.m. to 2:00 p.m. Purchase a 10-class punch card for \$50 Members, (\$63 Guests) or a 5-class punch card for \$25 for Members, (\$35 Guests)**

**Walking Track**

Don't forget as members of the Active Adult program you have **FREE** use of The Community House walking track on the upper level of the Field House (whenever the building is open, usually 8 a.m. to 7 p.m.). Rubber soled shoes are required. Locker room facilities are available. Non-members can use the walking track for a small fee. All track users must check in at the front desk.

**Be sure to check out our other exercise classes too!! For more information call Kate Vogts (630) 323-7500 ext. 225**



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**Computer Groups**

**Indian Prairie Computer Club** — Meets the **2<sup>nd</sup> Wednesday** of each month at **9:30 a.m.** This group offers periodic informational presentations by guest speakers or club members, as well as general question and answer sessions.

**Computer Users Group** — This group meets the **3<sup>rd</sup> Friday** of each month at **9:30 a.m.** The meeting is an open forum and everyone is welcome. Bring us your computer questions and someone will have an answer.

**Card Groups**



All card groups meet in the Active Adults Program room. Fee: \$1.00 per person for each group. **We are always looking for new players! Please come and join us. You don't need a partner and these are fun groups!!**

<i>Game</i>	<i>Day</i>	<i>Time</i>	<i>Description</i>
<b>Bridge</b>	Tuesdays	9:00 a.m.	Intermediate Level
<b>Relaxed Bridge</b>	Fridays	12:30 p.m.	Soliciting advice is permitted
<b>Men's Bridge</b>	Tuesdays	12:00 p.m.	Call Wes Whittington (708) 246-9279 for more info.
<b>Women's Canasta</b>	Wednesdays	1:00 p.m.	Fun and lively group



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**American Contract Bridge League**

**Heart Series – Play of the Hand** - Half of the hands you play in bridge will be on defense. Learn to improve this vital aspect of your game.

**Instructor:** Bob Meixner

**Location:** The Community House

<b>Code</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Fee</b>
2041205	3/29 –5/17	Mondays	9-11 am	\$68

**Retired Men’s Roundtable**

The roundtable is a group of retired business and professional men from Hinsdale and the surrounding communities. They meet **monthly on the 4<sup>th</sup> Wednesday, starting at 9:30 a.m.** for coffee and donuts and to hear a stimulating speaker on a subject of current or local interest. Fee: \$3.00 at the door.

<i>Date</i>	<i>Speaker</i>	<i>Topic</i>
<b>April 28, 2010</b>	<b>Dr. Neha Lyengar – from the Larson Eye Center, specializing in comprehensive ophthalmology and cataract surgery.</b>	Dr. Lyengar will be discussing the aging of the eye, including common diseases and management as we age.
<b>May 26, 2010</b>	<b>Mr. Ed Barrow – computer expert</b>	What can you do on your computer at 2:00 am? Twitter, YouTube, blogs and Hulu come find out!
<b>June 23, 2010</b>	<b>Mr. Brian Bushnell, Bank Director, Harris Private Bank Group</b>	How to negotiate with your bank and the ten things you should know before you sign a contract.

Roundtable Interest Group on Investments meets the 1<sup>st</sup> Wednesday of every month at 9:30 am. Finance Interest group meets the 3<sup>rd</sup> Wednesday of every month at 9:30 am. Computer Interest group meets the 3<sup>rd</sup> Friday of every month at 9:30 am. For further information, please call Kate Vogts at (630) 323-7500 ext. 225.



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### Movies



**NOW SHOWING MOVIES TWICE A MONTH!!** We show videos of current films on the **2<sup>nd</sup> and 4<sup>th</sup> Thursday** of each month at 12:30 p.m. in the “movie friendly” Active Adults Program Room. Come check out our new wall-mounted HDTV!! Coffee and popcorn too. **All movies are \$1.00 per person.**

<i>Date</i>	<i>Movie</i>	<i>Actors</i>	<i>Description</i>
<i>April 8, 2010</i>	<i>Up In the Air</i>	George Clooney, Vera Farmiga, Anna Kendrick, Jason Bateman (PG-13)	Clooney--a guy with no friends and no emotional connection to his own family--has what he considers the perfect job, jetting around the country firing people whose employers can't do it themselves. He enjoys his carefree bachelor life (especially all the frequent flier miles he accumulates) and along the way meets the equally no-strings Vera Farmiga. But when his company starts firing employees online instead of in-person and his job is grounded his outlook on life changes as well as his relationship with Farmiga.
<i>April 22, 2010</i>	<i>The Blind Side</i>	Sandra Bullock, Tim McGraw, Quinton Aaron (PG-13)	The story of Michael Oher, a homeless teen, who was taken in by a well-to-do family and offered a second chance at life. He became a star athlete, projected to be the first pick at the NFL draft in this sports-themed comedy drama inspired



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			by author Michael Lewis' best-seller <i>The Blind Side: Evolution of a Game</i> .
<b>May 13, 2010</b>	<b><i>Sherlock Holmes</i></b>	Robert Downey, Jr., Jude Law, Rachel McAdams, Mark Strong (PG-13)	Sir Arthur Conan Doyle's famous super-sleuth, Sherlock Holmes, gets an update with this adaptation of Lionel Wigram's comic book series by writer/director Guy Ritchie, starring Robert Downey Jr. as the titular detective, with Jude Law stepping into the shoes of his sidekick, Dr. Watson. Heading up the rest of the cast are Mark Strong as the film's villain, Blackwood, and Rachel McAdams portraying the love interest.
<b>May 27, 2010</b>	<b><i>An Education</i></b>	Peter Sarsgaard, Carey Mulligan, Alfred Molina (PG-13)	London, 1961: 16-year-old Jenny (Mulligan) is smart, attractive, and eager to start her adult life. She's grown tired of the familiar adolescent routine, so when urbane newcomer David (Sarsgaard) appears in town, Jenny senses a rare opportunity to shake things up. Quickly falling under David's spell, the impressionable Jenny begins accompanying her newfound beau to classical concerts, art auctions, and dinners that stretch into the small hours of the night. But Jenny is brighter than most kids her age, and her parents always dreamt of getting her into Oxford. Will David ultimately be her undoing, or the person who helps her realize her true potential?



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<b><i>June 10, 2010</i></b>	<b><i>The Young Victoria</i></b>	Emily Blunt, Rupert Friend, Paul Bettany (PG)	Director Jean-Marc Vallée takes the helm for this look at the turbulent early years of Queen Victoria (Emily Blunt), who was crowned at the age of 18, and whose ill-fated marriage to Prince Albert (Rupert Friend) would later prompt her into a life of mournful seclusion. Graham King and Martin Scorsese produce a film by Academy Award-winning screenwriter Julian Fellowes.
<b><i>June 24, 2010</i></b>	<b><i>It's Complicated</i></b>	Meryl Streep, Alec Baldwin, Steve Martin, John Krasinski (R)	An aged, divorced mother becomes "the other woman" in her ex-husband's life when the pair enters into an unexpected affair during an out-of-town trip. Jane (Streep) has been divorced from Jake (Baldwin) for a decade. The mother of three grown children, she owns a successful bakery/restaurant and maintains a friendly relationship with Jake, who has since remarried a much younger woman. An innocent meal between Jane and Jake turns into an all-out affair, and when architect Adam (Steve Martin) falls for Jane, he realizes he's been drawn into a most peculiar love triangle.



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**A+ Computing -- Computer Classes for Adults**

Session #40 will begin April 19, 2010. **Registration for Session #40 will be held Monday, April 5, 2010 from 9:00-11:00 a.m. at The Community House.** You'll enjoy working on our state-of-the-art laptop computers. Our classes are small and offer personalized attention. This session we'll be offering Computer for Beginners, Introduction to Computers, Internet, Word Processing, Email and Photoshop Elements classes. If you have any questions about the classes being offered or registration, please contact The Community House (630) 323-7500 extension 225. New volunteer coaches to help with classes are always welcome. Please call us if you can help out.



**AARP Driver Safety Program**

**April 7 & 8, 2010 (Wednesday and Thursday) and June 3 & 4, 2010 (Thursday and Friday) from 11:30 a.m. – 3:30 p.m. at The Community House.** Fee: \$12.00 for AARP members (you will need your AARP number) and \$14 for nonmembers. Payment is due the first day of class (Please make check payable to AARP.)

These classes are offered periodically at The Community House for drivers who are over the age of 50 and wish to update their driving skills. It is a classroom-only session. Many insurance companies offer a discount to drivers who have taken this program. Pre-registration is required, and you must attend both days. Call the Front Desk to Register. (630) 323-7500 ext. 0.



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630-323-7500



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**Prairie State Legal Service** DuPage County residents over age 60 may receive free legal advice from an attorney at The Community House on certain dates. The next scheduled dates at The Community House are **Thursday, April 29, 2010 and Thursday, June 24, 2010** from **1:30 – 3:30 p.m.** and are by scheduled appointment only. To schedule your appointment or for additional information please call (630) 690-2130.



**Blood Pressure** Come have your blood pressure taken the 2<sup>nd</sup> Friday of each month from 9:30 a.m. – 10:30 a.m. located outside Kettering Hall. No appointment necessary.

**AARP** Hinsdale Chapter #1835 meets the 2<sup>nd</sup> Friday of each month at 10:00 a.m. at The Community House. Please come and join them. Guests are always welcome!



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**Upcoming Trips/Events**

**HINSDALE AND BURR RIDGE AGING WELL ACTION TEAM**  
**PRESENT “ASK THE EXPERT”**

Join us for an informational morning with our panel of experts. Dr. Mohammad Siddique, a geriatric specialist from Adventist Midwest Geriatrics, will give older adults tips for safe living, including such things as fall prevention and overmedicating awareness. Joining him will be Sargent Erik Bernholt from the Hinsdale Police Department and Officer Angie Zucchero from the Burr Ridge Police Department to discuss common senior scams and how not to be a victim.

Lunch will be provided after the presentation.

<b>Day</b>	Tuesday
<b>Date</b>	April 20, 2010
<b>Time</b>	9:30 am – 12:30 pm
<b>Where</b>	The Community House
<b>Fee</b>	\$5 at the door, call 630-323-7500 ext 0 to reserve your place
<b>Includes</b>	Lunch and presentation

**LENORE COX PROJECT**

The Project’s goal is to educate active senior adults about the benefits of alternative medicine and complimentary therapies as a means to living vitally and independently. All events meet from 12:30 pm to 3:00 pm and are free to seniors 50 and older. **To register call Maureen at 630-452-4660**

Wednesday, March 24, 2010	Food demonstrations, heart healthy nutrition and dance movement therapy.
Wednesday, April 28, 2010	Immunity: how to neutralize toxins in our systems and chair yoga.
Tuesday, May 11, 2010	Spirituality/Empowerment: What do you want your later years to be like? What actions are you taking to remain independent and vital? Dance therapy.
Wednesday, June 23, 2010	Depression/Anxiety: helping you maintain balance in your thoughts and actions, without tipping onto the side of depression, anxiety, or anger. Dance therapy.



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**FLAVORS OF MILWAUKEE – My Kind of Town Tour**

Graced by a magnificent lakefront and a scenic river winding through it, Milwaukee offers amazing sights and a variety of experiences. We will visit Milwaukee’s City Hall – built in the 1890’s; a magnificent example of Flemish architecture reflecting the city’s German heritage, with exquisite stained glass windows. We’ll also tour the 15<sup>th</sup> century St. Joan of Arc Chapel on the campus of Marquette University, brought from the French countryside to an estate on Long Island, New York and reconstructed in Milwaukee. Of course we will also tour one of Milwaukee’s oldest breweries – going behind the scenes to view all the old time traditions and finishing with a special tasting. We’ll enjoy lunch in a charming Tea House café and finish our trip browsing old world Third Street – one of Milwaukee’s foremost German “neighborhood” streets – with sausage, spices, cheeses and other specialty stores. We’ll have a private docent on this trip.

<b>Day</b>	Tuesday
<b>Date</b>	April 27, 2010
<b>Time</b>	8:30 am – 5:30 pm
<b>Depart/Return (approx.)</b>	The Community House
<b>Fee</b>	Members \$75; Guests \$80
<b>Code</b>	3049392
<b>Includes</b>	Private docent, admission to all stops, transportation and lunch



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**THE HOLOCAUST MUSEUM in Skokie**

Visit one of the Chicago area's newest and most acclaimed museums. The museum's Exhibition tells the story of the Holocaust, from pre-war German life through ghetto life and concentration camps to eventual liberation and resettlement throughout the world. More than 500 artifacts, documents and photographs help illustrate the narrative of the Holocaust while testimonies from local survivors add personal detail. We'll also view a special exhibit, *The Wartime Escape: Margret and H.A. Rey's Journey from France*. Generations of Americans have grown up reading the stories of "Curious George." *The Wartime Escape* explores the lives of the creators of Curious George, Margret and H.A. Rey. The exhibit traces how the story of George himself spanned the wartime period.

<b>Day</b>	Tuesday
<b>Date</b>	May 18, 2010
<b>Time</b> <b>Depart/Return (approx.)</b>	12:00 pm – 4:00 pm The Community House
<b>Fee</b>	Members \$30; Guests \$35
<b>Code</b>	3049202
<b>Includes</b>	Transportation and entry to museum exhibits



**JOLLY BOYS MUSICAL CONCERT**



Join us for this very special fundraising event for The Community House. Two great local musical groups will be featured: The Jolly Boys, singing Broadway, folk and patriotic songs of the 20<sup>th</sup> century and The Freenotes, a big band group, playing pop songs and instrumental from the big band era. Come one come all for this fun-filled musical afternoon.

<b>Day</b>	Sunday
<b>Date</b>	June 6, 2010
<b>Time</b>	3:00 pm – 4:30 pm
<b>Where</b>	The Community House
<b>Fee</b>	Members \$10; Guests \$13; Kids \$5
<b>Code</b>	3049603



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**LIFELINE SCREENING**

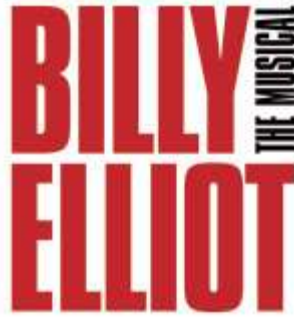
Lifeline Screening, the nation's leading provider of community-based preventive health screenings, will offer affordable, non-invasive, painless health screenings at The Community House. Screenings will be offered to scan for potential health problems related to: blocked arteries, a leading cause of stroke; abdominal aortic aneurysms, which can lead to a ruptured aorta; hardening of the arteries in the legs, a strong predictor of heart disease; and atrial fibrillation or irregular heartbeat, which is closely tied to stroke risk. Register for the Stroke, Vascular Disease and Heart Rhythm Package for \$139.

<b>Day</b>	Thursday
<b>Date</b>	June 10, 2010
<b>Time</b>	9:00 am – 5:00 pm
<b>Where</b>	The Community House
<b>Pre-registration is required</b>	Call 1-800-324-1851 for more information or to pre-register.



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**BILLY ELLIOTT AT THE FORD CENTER ORIENTAL THEATRE**

The international smash-hit musical has arrived in Chicago. One of the most celebrated musicals in history, Billy Elliott the Musical has captured hearts worldwide, delighted the critics and swept the awards – winning ten 2009 Tony Awards including BEST MUSICAL! Billy Elliott is a joyous, exciting and feel-good celebration of one boy following his heart and making his dreams come true. Full of life, laughter, astonishing dancing and unforgettable music, this uplifting experience will stay with you forever.

<b>Day</b>	Wednesday
<b>Date</b>	June 23, 2010
<b>Time</b>	1:00 p.m. – 5:30 p.m.
<b>Depart/Return (approx.)</b>	The Community House
<b>Fee</b>	Members \$110; Guests \$117
<b>Code</b>	3049304 - 2
<b>Includes</b>	Show ticket and transportation



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**A+ ACTIVE ADULTS MEMBERSHIP**

We do ask regular participants in our programs to become members, and we also welcome the support of anyone who values the existence of programs such as ours in the community.

Members receive newsletters and update flyers by mail. Prices for trips and events are discounted for members. In addition, you have **FREE** use of The Community House walking track.

Membership is \$45 for individuals, or \$65 for couples. To join, please come to The Community House and fill out a registration form or mail a slip of paper with your name, full address and phone number and send it with your check, indicating that it is for the A+ Active Adults membership. If you plan on using our walking track, please indicate that as well.

**Refund Policy**

- All refund requests will be charged a \$10 processing fee. In House credits and program transfers will be charged a \$5 administration fee.
- Refunds will not be given once a ticket to a performance or event has been purchased.
- Refunds will not be granted for withdrawals made three business days prior to the event/trip.
- Individuals who withdraw from a class, program, and event/trip less than five business days prior to the scheduled start date will be charged 75% of the total program fee.
- Refund requests must be approved by the Program Director.

