

A+ Active Adults 2017 Spring Newsletter (July, August and September)

Programs



Book Discussion Group

The A+ Active Adults Book Discussion Group meets the **first Monday of each month at 10:00 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. No meeting in July or August. See you Monday, September 11, 2016 for our next meeting.

June 5, 2017 - *Ragtime* by E.L. Doctorow. This work of historical fiction is mainly set in the New York City area from 1902 until 1912, with brief scenes towards the end describing the United States entry into World War I in 1917. A unique adaptation of the historical narrative genre with a subversive 1970s slant, the novel blends fictional and historical figures into a framework that revolves around events, characters and ideas important in American history. In 1998, the Modern Library ranked *Ragtime* number 86 on its list of the 100 best English-language novels of the 20th century.

September 11, 2017 -- *Hillbilly Elogy: A Memoir of a Family and Culture in Crisis* by J.D. Vance. From a former marine and Yale Law School graduate, a powerful account of growing up in a poor Rust Belt town that offers a broader, probing look at the struggles of America's white working class. *Hillbilly Elogy* is a passionate and personal analysis of a culture in crisis—that of white working-class Americans. A deeply moving memoir with its share of humor and vividly colorful figures, *Hillbilly Elogy* is the story of how upward mobility really feels.

Exercise Classes



Ageless Yoga Join this popular class, designed for those with limited mobility. Modified classic yoga exercises with easy standing poses and low impact work in a chair allow students the chance to improve strength and flexibility in an approachable and fun way. **Fridays, 10:30 - 11:30am, June 2 - June 23, Members \$32; Guests \$42; July 7 - August 4, Members \$40; Guests \$50. Class resumes 9/15.**

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Sit and Get Fit Our instructor Gail will lead the class as we work on increasing range of motion, circulation, flexibility, balance and strength with easy-to-follow moves. We sometimes use light weights or toning bands to improve strength. **Mondays and Wednesdays 11:30am - 12:30pm.** Ongoing; purchase a 10-class punch card for \$70 (Members) \$85 (Guests).



Prime Time 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. **Tuesdays, Wednesdays and Thursdays 8:45-9:45 am.** Ongoing; purchase a 10-class punch card for \$60 (Members) \$80 (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 am. to 7 pm.). Rubber soled shoes are required. 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**



Gentlemen, if you love to sing and have a good ear for music, come join The Jolly Boys. We sing a wide variety of fun music, including numbers by Robert Shaw, John Rutter, Jerry Herman, Irving Berlin, Elvis Presley and Richard Carpenter. We practice Tuesday evenings at The Community House every two weeks each season. Our practices include extra time for socializing and general merriment. We provide a CD of the songs in your voice range so you can practice on your own between group practices. Public performances are in May, June and December. Annual dues are \$175. For more information call Frank Kobes at (708) 246-3163.

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Watercolor Painting Classes



Decrease your stress level by stepping into the wonderful world of watercolors. Learn about techniques, fixing mistakes, mixing colors and creating compositions. All supplies are furnished except a plastic container for water and a roll of paper towels that you will need to bring to each class.

Members \$100; Guests \$115, per session.

Beginners, Tuesdays,
10:00am - 12:00pm

No drawing or special skills needed.
Drawings provided by instructor who gives individual help.

5/30 - 6/27 (no class 6/6)

7/11 - 8/1

8/8 - 8/29

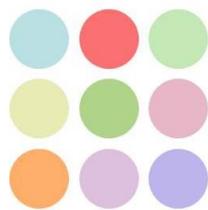
Intermediate, Thursdays,
10:00am - 12:00pm

This class is for those who understand values and have some proficiency in basic water color techniques.

6/1 - 6/29 (no class 6/8)

7/13 - 8/3

8/10 - 8/31



Encore Rocks ***Creativity for Older Adults***

Hinsdale Encore Chorale

This Summer, Encore Rocks! 10-week summer session of rehearsals and concerts. Encore is a fun, non-auditioned choir of (generally) older adults, mostly age 55 and up. We don't card! Ability to read music a plus but not required. Revisit the classic hits of the '50s and '60s with Encore Rocks! Repertoire includes timeless tunes such as "Rock Around the Clock," "It's My Party," "Blue Moon," "California Dreamin'," and more. Joining Encore Rocks for both performances will be a terrific 4-piece live band, The Unity Temple Players. Jonathan Miller conducts. Practices held Wednesday evenings, 6:30-8:00 pm, starting June 14. Performances Wednesday, August 16 at 7:00pm at The Community House; and Sunday, August 20th at 5:00pm Fourth Presbyterian Church in Downtown Chicago. For registration and information call 630-441-5157 or visit www.encoreillinois.org or email encoreillinois@gmail.com

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“Senior Jam Session”



Want to play the musical instrument you haven't picked up in ages? Join us at The Community House once a month, at no cost, to make music with others who enjoy playing. We'll meet on the **3rd Thursday of each month, from 2 - 4pm.** (July 20, August 17, and September 21) All instruments, including voice, are welcome! Music will be from the 1930 - 1950 era, “The Great American Songbook”. If you are of retirement age and can read lead sheets, then bring your instrument and come play with us. For more information, please contact Don Moritz (630-240-4453, donmoritz14@att.net)



AARP Driver Safety Program

Tuesday and Wednesday, July 18 & 19, and September 19 & 20, from 11:30 am - 3:30 pm at The Community House. Fee: \$15.00 for AARP members (you will need your AARP number) and \$20 for nonmembers. Payment is due the first day of class (Please make check payable to AARP.) These classes are for drivers over the age of 50 who 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.



Indian Prairie Computer Club

Meets the **2nd Wednesday of each month at 9:30 am.** This group offers periodic informational presentations by guest speakers or club members, as well as general question and answer sessions.



Card Groups

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>
Relaxed Bridge	Fridays	12:00 pm	Soliciting advice is permitted
Men's Bridge	Tuesdays	12:00 pm	Call Wes Whittington 708- 246-9279 for more info.
Women's Canasta	Wednesdays	1:00 pm	Fun and lively group
Mah Jongg	1 st and 3 rd (and 5 th) Tuesdays	12:30 pm	Enjoy American Mah Jongg with friends - call Shirley Gambill 630-323-3392 for more information.

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Stage Door Fine Arts presents their 2017 season of summer musicals at The Community House.

JAMES & THE GIANT PEACH
June 2nd-11th

See the magic unfold right before your eyes in a new musical version of the famous Roald Dahl novel. The show features an all new score by Pasek and Paul, this year's Golden Globe and Academy Award winners for original song in *La La Land* and 2-time Tony Award Nominees for best score.

9 TO 5

June 16th-18th

Get ready to toll on the floor laughing and jump to your feet and dance with the musical version of the hit Motion Picture. Featuring all the hilarious characters and all-new songs written for Broadway by the one and only Dolly Parton!

ELF

July 28th-30th

Celebrate Christmas in July! Don't miss this festive Holiday musical based on the hit Will Ferrell movie! Sure to bring some Holiday Cheer to your Hot Summer Months!

Special Interest Roundtable

The roundtable group invites you to hear a stimulating speaker on a subject of current or local interest. They meet **monthly on the 4th Wednesday, starting at 9:30 a.m.** for coffee and donuts. Fee: \$3.00 at the door.

<i>Date</i>	<i>Speaker</i>	<i>Topic</i>
June 28, 2017	Mr. Rick Dahl	Local artist and mosaic creator for a number of major sports arenas. Learn about his process and where his major works are located.
July 26, 2017	Dr. David Raske	A retired engineer from the Argonne National Laboratory will speak about Extraterrestrial contact and if and how it could ever take place on our Earth.
August 23, 2017	Ms. Sarah Blair	RTA Reduced Fare program -- accessibility features on buses/trains, trip planning and safety tips for traveling will all be discussed. Information will be provided on

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		RTA's one-on-one Travel Training program, Ventra, RTA's Ride Free and Reduced Fare Programs, and transportation options.
September 27, 2017	To be announced	To be announced.

The Investment group meets the 1st Wednesday of every month at 9:30 am. Finance Interest group meets the 3rd Wednesday of every month at 9:30 am. For more information, please call Kate Vogts at 630- 323-7500 ext. 225.

Movies



NOW SHOWING MOVIES TWICE A MONTH!! We show videos of current films on the 2nd and 4th Thursday of each month at 12:30 pm. in the “movie friendly” Active Adults Program Room. Coffee and popcorn too. All movies are \$1.00 per person.

<i>Date</i>	<i>Movie</i>	<i>Actors</i>	<i>Description</i>
<i>July 13, 2017</i>	<i>The Founder</i>	Michael Keaton, Nick Offerman, Linda Cardellini, Patrick Wilson, John Carroll Lynch (PG-13)	This biopic of businessman Ray Kroc (Michael Keaton) chronicles his work transforming McDonald's from a small burger chain in 1950s California to a global franchise. Along the way, he wrests control of the company from its actual founders, the McDonald brothers.
<i>July 27, 2017</i>	<i>Jackie</i>	Natalie Portman, Peter Sarsgaard, Greta Gerwig, Billy Crudup (R)	In the immediate aftermath of the assassination of President John F. Kennedy, his wife Jacqueline Kennedy (Natalie Portman) deals with her immense grief while making plans for his funeral procession. Confiding in her close friend and secretary Nancy Tuckerman, as well as her brother-in-law Robert Kennedy, Jackie tries to care for her young family as a bereaved nation watches on.

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<i>August 10, 2017</i>	<i>A Dog's Purpose</i>	Dennis Quaid, Peggy Lipton, Britt Robertson, Josh Gad (PG)	Lasse Hallström directed this adaptation of the best-selling novel of the same name by W. Bruce Cameron, which follows a dog (voiced by Josh Gad) as he is reincarnated as different breeds belonging to various owners. Over the course of multiple lifetimes, the canine's existence intersects with that of a young boy who rescued him in 1962.
<i>August 24, 2017</i>	<i>Lion</i>	Dev Patel, Rooney Mara, Nicole Kidman, David Wenham, Sunny Pawar (PG-13)	In this adaptation of the memoir A Long Way Home by Saroo Brierley, a five-year-old Indian boy is adopted by an Australian couple after he is lost in Calcutta. Years later, he struggles with his memories of his birth family, and decides to begin a search for them.
<i>September 14, 2017</i>	<i>Allied</i>	Brad Pitt, Marion Cotillard, Jared Harris, Simon McBurney, Lizzy Caplan (R)	In this WWII spy thriller, Canadian airman Max Vatan (Brad Pitt) and French Resistance operative Marianne Beauséjour (Marion Cotillard) pose as a married couple for a dangerous mission in Casablanca. Their cover story soon leads to an actual love affair and starting a family together, but Max's happiness is shattered when he's told that he must take part in an investigation to determine whether Marianne is really a double agent working for the Nazis.
<i>September 28, 2017</i>	<i>La La Land</i>	Ryan Gosling, Emma Stone, John Legend, Finn Wittrock, J.K. Simmons (PG-13)	Struggling actress Mia (Emma Stone) and aspiring jazz pianist Sebastian (Ryan Gosling) begin a whirlwind romance as they both pursue their dreams in Los Angeles. Their blossoming relationship is challenged when their careers pull them in different directions. Damien Chazelle wrote and directed this musical love story.

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Upcoming Trips and Events



Grant Park Music Festival – Tchaikovsky Violin Concerto

Carlos Kalmar and the Grant Park Orchestra open the festival’s 2017 season with one of the most enduring violin concertos of all time featuring Vadim Guzman. The evening gets started with Alfvén’s Festival Overture and a medley of the best-known music from Gershwin’s Porgy and Bess. We have reserved seating for the concert.

Day	Wednesday
Date	June 14, 2017
Time	5:00 – 9:30pm
Depart/Return (approx.)	The Community House
Fee	Members \$65; Guests \$75
Code	3049208-2
Includes	Reserved seating and coach transportation.



Lynden Sculpture Garden in Milwaukee and lunch

Enjoy a beautiful day outdoors as we tour the Lynden Sculpture Garden in Milwaukee. The Sculpture Garden provides a unique experience of art in nature through its collection of more than 50 monumental modern sculptures sited in 40 acres of park, lake and woodland. A docent will guide us through the Sculpture Garden’s collection of 20th-century outdoor sculpture which occupies the original 1928 12-acre Bradley estate. After our tour we’ll enjoy a delicious lunch at the Lake Park Bistro, overlooking Lake Michigan. This tour will be a lot of walking on uneven surfaces. Please wear walking shoes.

Day	Thursday
Date	June 29, 2017
Time	9:00am – 4:00pm
Depart/Return (approx.)	The Community House
Fee	Members \$105; Guests \$115
Code	3049208-11
Includes	Docent-led tour, lunch and coach transportation.

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Ravinia – CSO with Joshua Bell

Acclaimed violinist Joshua Bell will perform with the Chicago Symphony Orchestra. Selections that night will include Bruch’s Scottish Fantasy and Prokofiev’s selections from Romeo and Juliet. We will enjoy a catered dinner in a tent at Ravinia before the concert. We have reserved pavilion seats.

Day	Wednesday
Date	July 12, 2017
Time	4:45pm–11:00pm
Depart/Return	The Community House
Fee	Members \$122; Guests \$127
Code	3049208-8
Includes	Reserved pavilion seat, dinner, coach transportation



Cirque de Soleil – Luzia Big Top Show – United Center

Cirque de Soleil is known for its amazing acrobatic feats and death defying stunts. The newest show, Luzia has a cast of 44 artists from 15 different countries and is Cirque de Soleil’s 38th production since 1984. Inspired by the richness of the Mexican culture, the name Luzia fuses the sound of luz (light in Spanish) and iluvia (rain), two elements at the core of the show’s creation. Discover LUZIA where a waking dream transports you to an imaginary Mexico. You’ll be wowed by the incredible acts and sets.

Day	Friday
Date	July 28, 2017
Time	3:30 - 8:00pm
Depart/Return	The Community House
Fee	Members \$100; Guests \$110
Code	3049208-3
Includes	Show ticket, coach transportation

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An American in Paris – Oriental Theatre – Chicago

Don't miss this stunning Broadway hit. *An American in Paris* is the new Tony-Award-winning musical about an American soldier, a mysterious French girl, and an indomitable European city, each yearning for a new beginning in the aftermath of war. Acclaimed director/choreographer and 2015 Tony Award-winner Christopher Wheeldon brings the magic and romance of Paris into perfect harmony with unforgettable songs from George and Ira Gershwin in the show that earned more awards than any other musical in the 2015 season!

Day	Wednesday
Date	August 9, 2017
Time	12:45 – 6:00pm
Depart/Return (approx.)	The Community House
Fee	Members \$120; Guests \$130
Code	3049208-1
Includes	Main floor ticket, coach transportation



Chicago Architectural River Cruise and Lunch

On board Chicago's First Lady with a Chicago Architecture Foundation docent we'll enjoy a summer day while we learn about more than 50 buildings along the Chicago River. Find out how the city of Chicago grew from a small back-country outpost into one of the world's most important crossroads in less than 100 years. After our hour and a half tour, we'll have lunch at Quartino's.

Day	Tuesday
Date	August 22, 2017
Time	9:15am – 3:30pm
Depart/Return (approx.)	The Community House
Fee	Members \$130; Guests \$140
Code	3049208-12
Includes	Docent-led tour on river boat, lunch and coach transportation

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Our Great Tchaikovsky

By Hershey Felder at the Royal George Theatre

Tchaikovsky is Russia's most famous composer and one of the greatest of all time. The Nutcracker Ballet, Swan Lake and more have captured the world's imagination.

Nine days after he conducted the premiere of his "Symphony Pathetique" as a healthy 53 year old, he was dead. To this day how and why remains a mystery. We'll enjoy lunch before the show at Marcellos' Restaurant in Lincoln Park.

Day	Thursday
Date	September 14, 2017
Time	10:45am -5:30pm
Depart/Return (approx.)	The Community House
Fee	Members \$115; Guests \$125
Code	3049208-10
Includes	Lunch, theatre ticket, executive coach transportation



Jolly Boys Concert

Join us for this very special fundraising event for The Community House. Three great local groups will be featured: The Jolly Boys, singing Broadway, folk and patriotic songs of the 20th century; The Freenotes, a big band group, playing pop songs and instrumental music from the big band era and Cantata, a Hinsdale Women's singing group. Refreshments will be served after the concert. Come enjoy this fun-filled musical afternoon.

Day	Sunday
Date	September 10, 2017
Time	4:30 - 6:00pm
Where	The Community House
Fee	Members \$10; Guests \$13; Kids \$5
Code	3049604-1

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Life Line Screening at The Community House

Five Screenings will be offered that scan for potential health problems related to: blocked arteries, abdominal aortic aneurysms, hardening of the arteries in the legs, atrial fibrillation or irregular hear beat and a bone density screening. A wellness package includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60 - 90 minutes to complete.

Day	Tuesday
Date	September 26, 2017
Time	9:00am - 4:00pm
Where	The Community House
Pre-registration is Required	Call 1-888-653-6434 or email cdaniels@llsa.com

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 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.

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.