

# *A+ Active Adults 2018 Fall Newsletter* (September, October, November & December)

## 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.

**September 10, 2018 – *Leonardo da Vinci*, by Walter Isaacson.** The author of the acclaimed bestsellers *Steve Jobs*, *Einstein* and *Benjamin Franklin* brings Leonardo da Vinci to life in this exciting new biography. Based on thousands of pages from Leonardo's astonishing notebooks and new discoveries about his life and work, Walter Isaacson weaves a narrative that connects his art to his science.

**October 8, 2018 – *The Chicago Picasso A Point of Departure*, by Patricia Stratton.** The Chicago Picasso made its debut in downtown Chicago in August 1967 and was immediately recognized as a supreme achievement in monumental sculpture and civic art. Art historian, Patricia Stratton tells the inside story of the sculpture for the first time in this book, published to coincide with the 50<sup>th</sup> anniversary celebration of the famous unveiling.

**November 12, 2018 – *The Path Between the Seas*, by David McCullough.** The National Book Award-winning epic chronicle of the creation of the Panama Canal, a first-rate drama of the bold and brilliant engineering feat that was filled with both tragedy and triumph, told by master historian David McCullough. In *The Path Between the Seas*, acclaimed historian David McCullough delivers a first-rate drama of the sweeping human undertaking that led to the creation of this grand enterprise.

**December 3, 2018 – *Hunt for Red October*, by Tom Clancy.** The #1 *New York Times* bestseller that launched the phenomenal career of Tom Clancy—a gripping military thriller that introduced the world to his unforgettable hero, Jack Ryan—nominated as one of America's best-loved novels by PBS's *The Great American Read*. Somewhere under the freezing Atlantic, a Soviet sub commander has just made a fateful decision. The *Red October* is heading west. The Americans want her. The Russians want her back. The chase for the highly advanced nuclear submarine is on—and there's only one man who can find her.

# *A+ Active Adults 2018 Fall Newsletter*

*(September, October, November & December)*

## 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, September 7 – October 12 (Key holder fee \$50; fee \$60), October 19 – December 21 (Key holder fee \$75; fee \$85)**

**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 (Key holder fee) \$85 (fee).**



**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. **Tuesdays, Wednesdays and Thursdays 8:45-9:45 am. Ongoing; purchase a 10-class punch card for \$60 (Keyholder fee) \$80 (fee).**



## **Walking Track**

Don't forget, as Key Holders in 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. Guests 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**

## ***A+ Active Adults 2018 Fall Newsletter*** ***(September, October, November & December)***



### **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 3<sup>rd</sup> Thursday of each month from 2 - 4pm. All instruments, including voice, are welcome! Music is 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 at 630-240-4453 or [donmoritz14@att.net](mailto:donmoritz14@att.net).



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.

### **AARP Driver Safety Program**



**Wednesday and Thursday, September 12 & 13 and Tuesday and Wednesday, November 6 & 7 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.

## *A+ Active Adults 2018 Fall Newsletter* (September, October, November & December)

### Beginning Bridge Lessons



Come and learn the exciting game of Bridge! This course is appropriate for both new players who wish to learn to play bridge and players with some experience who want to improve their bidding and play skills. Each lesson includes exercises and a full hour of playing textbook hands with other students. **Mondays, September 10 – October 29, 9:00 – 11:00am at The Community House. Fee: \$79 (plus \$20 for textbook, payable to instructor) Instructor: Bob Meixner**

Please visit [www.thecommunityhouse.org](http://www.thecommunityhouse.org) for many new adult art programs, including water color, drawing and painting classes.



### 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 Byron Garoufalis 630- 986-5796 for more info.
Women's Canasta	Wednesdays	1:00 pm	Fun and lively group
Mah Jongg	1 <sup>st</sup> and 3 <sup>rd</sup> (and 5 <sup>th</sup> ) Tuesdays	12:30 pm	Enjoy American Mah Jongg with friends – call Shirley Gambill 630-323-3392 for more information.
Mah Jongg	2 <sup>d</sup> and 4 <sup>th</sup> Mondays	12:30pm	Call Mary Parsons for more information 630-920-1004.

### Indian Prairie Computer Club



Meets the **2<sup>nd</sup> 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.

# *A+ Active Adults 2018 Fall Newsletter*

## *(September, October, November & December)*

### Special Interest Roundtable

All are welcome to the Special Interest roundtable group. Come hear a stimulating speaker on a subject of current or local interest. They meet **monthly on the 4<sup>th</sup> 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>
<b>September 26, 2018</b>	<b>Mr. Steve Cox</b>	Mr. Cox will share an interesting slide presentation about his passion for his mission work in the Philippines which includes visiting multiple Orphanages, the National Childrens' Hospital of the Philippines and Medical Missions (Medical Surgical Mission of Texas) all while playing Santa.
<b>October 24, 2018</b>	<b>Mr. Patrick F. Cannon</b>	The Space Within: Inside Great Chicago Buildings: Oak Park author Patrick F. Cannon discusses the architecture, architect and place in history of Chicago's finest buildings. We'll view inside several design masterpieces through stunning original photographs by James Caulfield.
<b>November 28, 2018</b>	<b>Mr. Randy Mosher</b>	History of Beer in America - We'll walk through a timeline starting from colonial America through Prohibition and then the effects of changing demographics, advertising and finally the revolution of craft beer. This continuing evolution is loaded with many fascinating stories and facts.

The Investment group 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. For more information, please call Kate Vogts at 630- 323-7500 ext. 225.

# A+ Active Adults 2018 Fall Newsletter

(September, October, November & December)

## 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 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>
September 13, 2018	<i>Chappaquiddick</i>	Jason Clarke, Ed Helms, Jim Gaffigan, Kate Mara (PG-13) (106 min.)	On July 18, 1969, Sen. Ted Kennedy drove his car off of a bridge on Massachusetts’ Chappaquiddick Island. The accident resulted in the death of passenger Mary Jo Kopechne, a 28-year-old campaign strategist who worked for Kennedy. The investigation into the mysterious and scandalous events forever altered his political legacy – and ultimately changed the course of presidential history.
September 27, 2018	<i>Bombshell: The Hedy Lamarr Story</i>	Nino Amareno, Charles Amirkhanian, Jeanine Basinger (documentary) (88 min.)	Austrian actress Hedy Lamarr fled an oppressive marriage to create a name for herself as one of Hollywood’s top leading ladies in the 1940’s. Behind the glamour and sex appeal, though, was a talented and inquisitive inventor who created a radio system that is now considered the basis of Bluetooth technology.
October 11, 2018	<i>The Rider</i>	Brady Jandreau, Tim Jandreau, Lilly Jandreau, Lane Scott, Cat Clifford (R) (104 min.)	Based on a true story, THE RIDER stars breakout Brady Jandreau as a once rising star of the rodeo circuit warned that his competition days are over after a tragic riding accident. Back home, Brady finds himself wondering what he has to live for

***A+ Active Adults 2018 Fall Newsletter***  
***(September, October, November & December)***

			when he can no longer do what gives him a sense of purpose: to ride and compete. In an attempt to regain control of his fate, Brady undertakes a search for new identity and tries to redefine his idea of what it means to be a man in the heartland of America.
October 25, 2018	<i>Won't You Be My Neighbor</i>	Documentary (PG-13) (94 min.)	Won't You Be My Neighbor? takes an intimate look at America's favorite neighbor: Mister Fred Rogers. A portrait of a man whom we all think we know, this emotional and moving film takes us beyond the zip-up cardigans and the land of make-believe, and into the heart of a creative genius who inspired generations of children with compassion and limitless imagination.
November 8, 2018	<i>Three Identical Strangers</i>	Silvi Alzetta-Reali, Eddy Galland, Ron Guttman (PG-13) (96 min)	Three strangers are reunited by astonishing coincidence after being born identical triplets, separated at birth, and adopted by three different families. Their jaw-dropping, feel-good story instantly becomes a global sensation complete with fame and celebrity, however, the fairy-tale reunion sets in motion a series of events that unearth an unimaginable secret -- a secret with radical repercussions for us all.
December 13, 2018	<i>The Last Movie Star</i>	Burt Reynolds, Ariel Winter, Chevy Chase, Ellar Coltrane (R) (104 min.)	An aging movie star (Burt Reynolds) accepts an invitation to receive a lifetime achievement award at a film festival, but the ceremonies are far from the

***A+ Active Adults 2018 Fall Newsletter***  
*(September, October, November & December)*

			glamour he anticipated. The former star reflects on his life while accompanied by a brash millennial chauffeur (Ariel Winter) in this dramedy written and directed by Adam Rifkin.
December 27, 2018	<i>RBG</i>	Documentary featuring Ruth Bader Ginsburg, Bill Clinton (PG) (98 min.)	At the age of 84, U.S. Supreme Court Justice Ruth Bader Ginsburg has developed a breathtaking legal legacy while becoming an unexpected pop culture icon. But without a definitive Ginsburg biography, the unique personal journey of this diminutive, quiet warrior's rise to the nation's highest court has been largely unknown, even to some of her biggest fans - until now. RBG is a revelatory documentary exploring Ginsburg's exceptional life and career.

***A+ Active Adults 2018 Fall Newsletter***  
*(September, October, November & December)*

**Trips and Events**



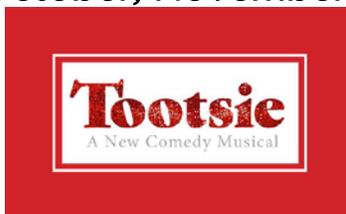
**Houses of Worship - Northside Tour**

One of our favorite docents, Al Walavich, will lead us on our tour of churches in the Edgewater area. Our first stop will be The Church of the Atonement, built in 1889. The architect was the prominent Henry Ives Cobb and whose work includes the Newberry Library and the original University of Chicago buildings. This Church has long been recognized as one of the Diocese of Chicago's leading Anglo-Catholic parishes. The church and its dedicated congregation and clergy have served a changing community and The Church has become an important anchor in a diverse neighborhood.

Also in Edgewater we'll visit St. Andrew's Greek Orthodox Church. In 1953, the parish purchased the corner lot on Hollywood and Sheridan Road and in 1955 the cornerstone laying ceremonies took place. In 1961 decoration of the interior of the church proper began, resulting in the magnificent mosaic of the Virgin Mary, the Pantocrator on the dome, and the delicate designs on the walls and on the column capitals. We'll have lunch at Francesca's on Bryn Mawr before visiting our third church, a north side Catholic Church.

<b>Day</b>	<b>Thursday</b>
<b>Date</b>	<b>September 13, 2018</b>
<b>Time</b>	<b>8:45am - 4:30pm</b>
<b>Depart/Return (approx.)</b>	<b>The Community House</b>
<b>Fee</b>	Key Holder \$90; Guests \$100
<b>Code</b>	ENR-SNR-1009-44
<b>Includes</b>	Docent-led tour, lunch and coach transportation

## *A+ Active Adults 2018 Fall Newsletter* (September, October, November & December)



### **Tootsie at the Cadillac Palace Theatre**

The world premiere comedy musical, TOOTSIE, tells the story of a talented but difficult actor who struggles to find work until an audacious, desperate stunt lands him the role of a lifetime. This pre-Broadway engagement will star Tony Award nominee SANTINO FONTANA as struggling actor Michael Dorsey and features an original score by Tony Award nominee David Yazbek. TOOTSIE will head to Broadway in spring 2019. Based upon the movie by the same name.

<b>Day</b>	<b>Wednesday</b>
<b>Date</b>	<b>September 26, 2018</b>
<b>Time</b>	<b>12:45- 5:30pm</b>
<b>Depart/Return (approx.)</b>	<b>The Community House</b>
<b>Fee</b>	Key Holder \$140; Guests \$150
<b>Code</b>	ENR-SNR-1009-41
<b>Includes</b>	Main floor tickets, coach transportation



### **Car Care Safety & CarFit Clinic**

Come for this important free event. Find out if your car is safe with free multiple point safety inspection, checking of fluids, belts, hoses, tire condition, light and more! Receive free coupons from local auto service centers. Also make sure you “Fit” your car. We’ll check mirrors to minimize blind spots, assess seat position and proximity to steering wheel, and check foot positioning on gas and brake pedals.

We’ll also have free morning refreshments!

<b>Day</b>	<b>Saturday</b>
<b>Date</b>	<b>September 29, 2018</b>
<b>Time</b>	<b>8:00- 11:00am</b>
<b>Where</b>	<b>Westmont Fire Station 6015 South Cass Ave.</b>
<b>Fee</b>	No charge

# A+ Active Adults 2018 Fall Newsletter

(September, October, November & December)



**Chicago Symphony Orchestra - Muti Conducts Beethoven and Brahms**  
 Brahms' lively Hungarian Dances are paired with Hindemith's symphony *Mathis der Maler* (Matthias the Painter), a work that explores the role of an artist in society.  
 David Fray performs Beethoven's dramatic Third Piano Concerto.

<b>Day</b>	<b>Friday</b>
<b>Date</b>	<b>October 5, 2018</b>
<b>Time</b>	<b>12:00 - 5:00pm</b>
<b>Depart/Return(approx.)</b>	<b>The Community House</b>
<b>Fee</b>	Key Holder \$115; Guests \$125
<b>Code</b>	ENR-SNR-1009-68
<b>Includes</b>	Main floor concert seating and coach transportation



## Lifeline Screening - 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 heart beat and a bone density screening. All five screenings take 60 - 90 minutes to complete. A wellness package includes 4 vascular test and osteoporosis screening from \$149.

<b>Day</b>	<b>Wednesday</b>
<b>Date</b>	<b>November 7, 2018</b>
<b>Time</b>	<b>9:00am - 5:00pm</b>
<b>Where</b>	<b>The Community House</b>
<b>Pre-registration is required</b>	Call 1-800-897-9177 ext. 11387 or email <a href="mailto:Candice.daniels@llsa.com">Candice.daniels@llsa.com</a> to schedule your appointment.



## Veteran's Day Celebration

Join Veterans and service personnel of every age for a delicious breakfast celebrating the dedication and selflessness of all who have served our country in times of need. We'll hear a very special program in honor of our veterans, following breakfast.

<b>Day</b>	<b>Friday</b>
<b>Date</b>	<b>November 9, 2018</b>
<b>Time</b>	<b>10:00am - 12:00pm</b>
<b>Where</b>	<b>The Community House</b>
<b>Fee</b>	Vets FREE; Guests \$10
<b>Code</b>	ENR-SNR-1011-69

# A+ Active Adults 2018 Fall Newsletter

(September, October, November & December)



## Lunch and Learn

Enjoy a delicious lunch while we view a film presentation about Here's Johnny: Carson the Magnificent. Steven Frenzel from Marquee Film Talks, will show film clips while talking to us about the successful career of Johnny Carson, entertainer and television personality. Come for some midday fun and learn something at lunch! This event partially underwritten by Independence4seniors!

Day	Thursday
Date	November 15, 2018
Time	12:00 - 2:00pm
Where	The Community House
Fee	Key Holder \$10; Guests \$13
Code	ENR-SNR-1011-70



## Active Adult Holiday Party

Join us for a wonderful holiday tradition at The Community House. This year's entertainment will be The Bree Gordon Trio. They'll wow you with their musical talent and we'll enjoy a variety of holiday music to put us in the spirit of the season. We'll also enjoy a special holiday luncheon. So don't miss this memorable afternoon at our house!! This event partially underwritten by The Birches.



Day	Tuesday
Date	December 11, 2018
Time	12:00 - 2:00pm
Where	The Community House
Fee	Key Holder \$23; Guests \$25
Code	ENR-SNR-1011-68
Includes	Buffet Lunch and musical entertainment

## *A+ Active Adults 2018 Fall Newsletter* (September, October, November & December)



### Handel's Messiah – Chicago Symphony Center

Since its premiere in 1741, Handel's *Messiah* has brought audiences to their feet with its triumphant choruses and dazzling arias. Witness this glorious oratorio—performed by the combined forces of the Chicago Symphony Orchestra and Chorus and an exceptional cast of soloists—as part of a stirring holiday celebration. We'll take in the holiday lights downtown as we enjoy a snack on the bus after the concert.

<b>Day</b>	<b>Friday</b>
<b>Date</b>	<b>December 21, 2018</b>
<b>Time</b>	<b>12:00—5:30pm</b>
<b>Depart/Return (approx.)</b>	<b>The Community House</b>
<b>Fee</b>	Key Holder \$130; Guests \$140
<b>Code</b>	ENR-SNR-1009-69
<b>Includes</b>	Main floor concert ticket, snacks and coach transportation.

## ***A+ Active Adults 2018 Fall Newsletter*** ***(September, October, November & December)***



### **EXTENDED TRAVEL**

Here is a wonderful opportunity to experience a first-class, all-inclusive travel in a relaxing, enjoyable, worry-free environment. Transportation, lodging, meals and entertainment will be provided. Trips also include at home pick-up and return. All you need to do is sit back and enjoy this fully-planned travel opportunity. This trip is operated by American Classic Tours, who have been providing life-enriching experiences for mature adults for nearly 30 years.

### **Door County in the Fall – October 10-12, 2018**

With its picturesque lakeside villages, extensive shoreline and rolling woodland, Door County is known as the “Cape Cod of the Midwest”. This tour features a two night stay at the beautiful Stone Harbor Resort on the Sturgeon Bay waterfront. A guided tour of Door County will highlight the charming communities of Sister Bay, Ephraim, Bailey’s Harbor, Ellison Bay, Egg Harbor, Fills Rock, Fish Creek and Northport. Special visits will be made to Al Johnson’s Swedish Restaurant, Bjorklunden Norwegian Chapel, Cave Point, Seaquist Farm Orchard, Door Peninsula Winery and the Door County Maritime Museum. Also included is a cruise on the sparkling waters of Sturgeon Bay and the legendary fish boil. You’ll enjoy the colors of autumn on this 3-day getaway! COST: Double occupancy is \$1,098.00 PP and Single occupancy is \$1,259.00 PP. For more information call Kate Vogts at 630-323-7500 ext. 225.

# *A+ Active Adults 2018 Fall Newsletter*

## *(September, October, November & December)*

### ACTIVE ADULTS KEY HOLDER PACKAGES

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

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

Key Holders Fees are \$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 Key Holder program.

#### 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.