

JANUARY 2019

THE A+ QUARTERLY

The latest events and news for our Active Adults at
The Community House

WHAT THIS ISSUE CONTAINS:

January -April
Programs & Outings



Happy Holidays and a Happy New Year to everyone!

The new year is always a wonderful time to take stock and think about fresh starts. We are here whether you would like to join a fitness class, take an art class, play cards with us or come along on a trip. We'll see Shen Yun at the Rosemont Theatre in February and the critically acclaimed Broadway show *Dear Evan Hansen* at the Oriental Theatre. We'll be going to the Symphony in March and taking time to smell the roses at the Macy's Flower Show with lunch at the Walnut Room. For Hamilton Fans, you won't want to miss the special exhibit being held at Northerly Island in Chicago this Spring.

Check out the rest of the newsletter for all the details! As always, if you have any questions, please feel free to contact me at 630-323-7500 ext. 225

Fondly, Kate Vogts

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Trips and Events



Shen Yun – Rosemont Theatre

The culture of ancient China was divinely inspired. Shen Yun’s works reflect this rich spiritual heritage. Shen Yun invites you to travel back to the magical world of ancient China. Experience a lost culture through the breathtaking art of classical Chinese dance, and see legends come to life. Shen Yun pushes the boundaries of the performing arts to make this possible, with a unique blend of colorful costuming, high-tech backdrops, and live orchestra.

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| Day | Friday |
| Date | February 15, 2019 |
| Time | 12:45 – 5:30pm |
| Depart/Return (approx.) | The Community House |
| Fee | Fee \$135; Keyholder Fee \$125 |
| Code | ENR-SNR-1009-1 |
| Includes | Main floor show ticket, coach transportation |



Dear Evan Hansen – Oriental Theatre – Chicago

A letter that was never meant to be seen, a lie that was never meant to be told, a life he never dreamed he could have. Evan Hansen is about to get the one thing he’s always wanted: a chance to finally fit in. Both deeply personal and profoundly contemporary, **DEAR EVAN HANSEN** is a new American musical about life and the way we live it. We have main floor seats. Don’t miss the Broadway show that everyone is talking about! **2017 TONY AWARD® | 2018 GRAMMY AWARD®**

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| Day | Wednesday |
| Date | February 27, 2019 |
| Time | 12:30 – 6:00pm |
| Depart/Return (approx.) | The Community House |
| Fee | Fee \$150; Keyholder Fee \$140 |
| Code | ENR-SNR-1009-45 |
| Includes | Main floor show ticket, coach transportation |

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Chicago Symphony Orchestra – Muti Conducts Beethoven and Brahms

Riccardo Muti leads a wide-ranging program featuring music from Rossini’s witty comic opera *Il viaggio a Reims* and Wagner’s Overture to *Tannhäuser*. Also on the program are two virtuosic concertos—one baroque and one contemporary, Vivaldi and Benschhof —featuring CSO Piccolo Jennifer Gunn, and Beethoven’s cheerful Second Symphony.

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| Day | Friday |
| Date | March 15, 2019 |
| Time | 12:00 - 5:30pm |
| Depart/Return (approx.) | The Community House |
| Fee | Fee \$125; Keyholder Fee \$115 |
| Code | ENR-SNR-1009-2 |
| Includes | Main floor seats, coach transportation |



Macy’s Flower Show, History Tour and Lunch in the Walnut Room

Learn how Macy’s has grown to be America’s largest department store with over 600 locations from its humble beginnings, over 150 years ago. Originally Marshall Fields, Macy’s on State Street is an experience like no other. Tour highlights include the beautiful Tiffany vaulted ceiling and breathtaking floral arrangements placed throughout the store such as the historically renowned graceful Burnham fountain and the iconic Walnut Room restaurant. We’ll enjoy lunch in the Walnut Room before our tour.

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| Day | Tuesday |
| Date | March 26, 2019 |
| Time | 11:00am - 3:00pm |
| Depart/Return (approx.) | The Community House |
| Fee | Fee \$95; Keyholder Fee \$85 |
| Code | ENR-SNR-1009-5 |
| Includes | Docent-led tour, lunch in the Walnut Room and coach transportation |

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A Day in Evanston – Halim Glass and Time Museum and Toby Jug Museum



Let's spend the day in Evanston starting off with a visit to the Halim Glass and Time Museum which houses over 1100 time pieces and over 70 stained glass pieces of art. The timepieces include tower clocks, chronometers, automatons, pocket watches and tall case clocks, some over 300 years old. Beautifully restored and preserved, the collection is one of the finest in the world. The building is five stories tall and is filled with history, art and the study of time. The museum is an Egyptian immigrant's own collection purchased from all over the world. After our guided tour, we'll have lunch at Farmhouse in Evanston.



Our next stop will be the Toby Jug Museum also located in Evanston, housing over 8000 Toby and Character jugs; the largest collection of its kind in the world. The collection also contains the World's finest collection of French majolica pitchers, a superb collection of Royal Bayreuth German jugs, and the World's largest collection of more than 1500 Royal Doulton Character and Toby Jugs and Derivatives.

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| Day | Wednesday |
| Date | April 10, 2019 |
| Time | 8:45am - 4:30pm |
| Depart/Return (approx.) | The Community House |
| Fee | Fee \$95; Keyholder Fee \$85 |
| Code | ENR-SNR-1009-3 |
| Includes | Docent led tours at both museums, lunch and coach transportation |

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Alexander Hamilton Exhibit - Northerly Island, Chicago



Alexander Hamilton's remarkable story has inspired millions of Americans. Now, we can see it through his eyes in this 360-degree immersive exhibition inspired by the revolutionary musical. Featuring an audio tour narrated by Lin-Manuel Miranda, Hamilton: The Exhibition is designed to take us deeper into the life and times of Alexander Hamilton, while chronicling

the American Revolution and the creation of the United States of America. With a dynamic and interactive mix of lighting, sound, multimedia, music and historical artifacts, experience how it felt to write the way Hamilton wrote, fight the way Hamilton fought, and live the way Hamilton lived. We'll see Hamilton's desk and discover how his work as a trader in St. Croix gave him the skills to create our country's financial system. Gaze upon the streets of New York with detailed replicas of the city in 1776. Step into George Washington's war tent to learn how the Revolutionary Army planned their shocking victory in the Battle of Yorktown. Don't miss this fascinating historical experience. We'll enjoy lunch after the exhibit at The Gage restaurant.

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| Day | Tuesday |
| Date | April 30, 2019 |
| Time | 8:45am - 3:00pm |
| Depart/Return (approx.) | The Community House |
| Fee | Fee \$115; Keyholder Fee \$105 |
| Code | ENR-SNR-1009-4 |
| Includes | Tickets to exhibit, lunch and coach transportation |



West Side Story - Lyric Opera of Chicago

Leonard Bernstein's music and Stephen Sondheim's lyrics transplant Romeo and Juliet to the backstreets of New York, giving us this Broadway Musical masterpiece. Tony and Maria are two wide-eyed teenagers from opposing gangs who fall in love. As their friends and family battle with one another, Tony and Maria long for "a place for us...somewhere." Their songs illuminate every scene and permeate our culture, from the romance of "Maria" and "Tonight" to the exuberance of "America" and the humor of "Gee, Officer Krupke." Add to that the bold, sexy, iconic dances of Jerome Robbins that smolder and sizzle with energy, and you have a musical-theater experience you'll never forget.

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| Day | Wednesday |
| Date | May 15, 2019 |
| Time | 12:15 - 5:30pm |
| Depart/Return (approx.) | The Community House |
| Fee | Fee \$135; Keyholder Fee \$125 |
| Code | ENR-SNR-1009-39 |
| Includes | Main floor show ticket, coach transportation |

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Exercise Classes

Active Aging Unleashed between Pilates & the Barre

New Class!

Join us in the Fitness Room for the most useable training exercises to challenge your body. We'll stimulate your abilities to confidently handle what life throws at you every day. We will use equipment at the barre and on the floor which will vary from week to week. Move beyond your normal and live better! Must be able to move from a standing position to the floor. Please bring a mat. All other equipment is provided.

Mondays, 9:00 – 9:45am, January 14 – February 18 (Keyholder fee \$52; fee \$67)

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, January 11 – February 22, March 1 – April 12, April 19 – May 31 (Keyholder fee \$60; fee \$70)**

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 (Keyholder fee) \$85 (fee).**

Pilates

Toning, flexibility, better posture, increased core strength and the body/mind connection are achieved through our pilates classes. A variety of equipment adds interest so your workout is always different and exciting. **Mondays and Wednesdays 10:00 –11:00am and Tuesdays 7:00 – 8:00pm. Ongoing; purchase a 15-class punch card for \$128 (Keyholder fee) \$148 (fee)**

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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).

Gentle Yoga

A slower paced class for older adults using yoga poses to maintain health and slow down the effects of aging. Benefits of yoga include an increase in energy level and stamina, improved joint health and flexibility. This class is held at the KLM Lodge on County Line Rd. Please bring a mat and towel to class. **Thursdays, 10:30 - 11:30am, 1/3 -2/14, 2/21 - 4/4, 4/11 - 5/30. Fee \$80; Keyholder fee \$65.**



Walking Track

Don't forget, as Keyholders 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.



Interested in Pickleball or Table Tennis?? We've got those too. For more information call Kate Vogts (630) 323-7500 ext. 225

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Programs

Please visit www.thecommunityhouse.org for many new adult art programs, including water color, drawing and painting classes, Armchair Art History and Encore Chorale.

AARP Driver Safety Program



Thursday & Friday, February 7 & 8 and Thursday & Friday, April 4 & 5 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.

Bridge Lessons – Declarer Play



Do you sometimes wonder how you might have played a hand differently to make your contract? This course focuses on planning and play techniques that will help maximize your trick-taking potential. Bidding review topics are also covered. This class is appropriate for new players and intermediate players looking to improve their declarer skills. Each lesson includes exercises and a full hour of playing textbook hands with other students. **Mondays, April 1 – May 20, 9:00 – 11:00am at The Community House. Fee: \$79 (plus \$20 for textbook, payable to instructor) Instructor: Bob Meixner**

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.

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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. 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



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.



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 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. |
| Mah Jongg | 2 nd and 4 th Mondays | 12:30pm | Call Mary parsons for more information 630-920-1004. |

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Special Interest Roundtable

All are welcome to the Special Interest roundtable group. Come hear a stimulating speaker on a variety of subjects. 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> |
|-------------------|-----------------------|---|
| January 23, 2019 | Mr. Patrick F. Cannon | 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. |
| February 27, 2019 | Mr. Dave Tillinghast | Mr. Tillinghast will present a fascinating history, from his personal experience, of piggyback containerization on the railroad. |
| March 28, 2018 | 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

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> |
|------------------|-------------------------|---|---|
| January 10, 2019 | <i>Oceans 8</i> | Sandra Bullock, Cate Blanchett, Anne Hathaway, Helena Bonham Carter, Rihanna (PG-13) (1hr. 50 min.) | Danny Ocean's estranged sister Debbie attempts to pull off the heist of the century at New York City's star-studded annual Met Gala. Her first stop is to assemble the perfect all-female crew. |
| January 24, 2019 | <i>The Children Act</i> | Emma Thompson, Stanley Tucci (R) | As her marriage flounders, eminent High Court judge Fiona Maye has a life- |

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| | | (1 hr. 45 min.) | changing decision to make at work - should she force a teenage boy to have the blood transfusion that will save his life? Her unorthodox visit to his hospital bedside has a profound impact on them both. |
| February 14, 2019 | <i>Crazy Rich Asians</i> | Constance Wu, Henry Golding, Michelle Yeoh (PG-13) (2 hrs) | Rachel Chu, an American-born Chinese economics professor, travels to her boyfriend Nick's hometown of Singapore for a friend's wedding. She learns that Nick is from an impossibly wealthy family and he's perhaps the most eligible bachelor in Asia. Every woman in his ultra-rarefied social class is incredibly jealous of Rachel and wants to bring her down. |
| February 28, 2019 | <i>Puzzle</i> | Kelly Macdonald, Irrfan Khan, David Denman (R) (103 min.) | Agnes, taken for granted as a suburban mother, discovers a passion for solving jigsaw puzzles which unexpectedly draws her into a new world - where her life unfolds in ways she could never have imagined. |
| March 14, 2019 | <i>Pope Francis: A Man of His Word</i> | Pope Francis, Ignazio Oliva, Sister María Eufemia Goycochea, (PG) (1 hr. 36 min) | The movie is a personal journey with Pope Francis, rather than a biographical documentary about him. The pope's ideas and his message are central to this documentary, which sets out to present his work of reform and his answers to today's global questions. |
| March 28, 2019 | <i>A Star is Born</i> | Bradley Cooper, Lady Gaga, Sam Elliott (R) (2 hrs. 16min) | Seasoned musician Jackson Maine discovers-and falls in love with-struggling artist Ally. She has almost given up on her dream to make it big as a singer - until Jack coaxes her into the |

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| | | | spotlight. As Ally's career takes off, the personal side of their relationship is breaking down, and Jack fights his own internal demons. |
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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 January.

February 4, 2019 – *A Gentleman in Moscow*, by Arthur Towels. Sentenced to house arrest in Moscow's Metropol Hotel by a Bolshevik tribunal for writing a poem deemed to encourage revolt, Count Alexander Rostov nonetheless lives the fullest of lives, discovering the depths of his humanity.

March 4, 2019 – *March*, by Geraldine Brooks. A bold and provocative story centered on the “shadow” character of Louisa May Alcott's *Little Women*. Brooks has animated the character of the absent father, following March as he leaves behind his family to aid the Union cause in the Civil War. His experiences will utterly change his marriage and challenge his most ardently held beliefs.

April 1, 2019 – *Sisters First*, by Jenna Hager and Barbara Bush. Fraternal twins and philanthropists Jenna and Barbara fondly portray the peaks and valleys of life carrying the Bush surname. An enjoyably nostalgic scrapbook stocked full of memories from twins born into a political dynasty.

Don't miss ***Newsies – The Musical!*** Coming to The Community House **January 25 – February 3, 2019** – A Stage Door Production

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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.