

The A+ Quarterly Summer 2019 (May, June & July)

Trips and Events

A Conversation with Mary Schmich - The Community House



Join us for “A Conversation with Mary Schmich”, featuring the Chicago tribune columnist and Pulitzer Prize winner. Ms. Schmich will be discussing topics from her most popular articles, including commentary on current events, personal stories such as her relationship with her aging mother, her writing process and more. We’ll enjoy a catered lunch before the presentation. The Speakers’ Series is co-sponsored by King-Bruwaert House and underwritten, in part, by the Anderson/Jones Speakers’ Series.

Day	Wednesday
Date	May 1, 2019
Time	11:30am - 2:00pm
Fee	Fee \$35; Keyholder Fee \$25
Code	ENR-SNR-1012
Where	The Community House



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.

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

The A+ Quarterly Summer 2019 (May, June & July)



Boomers and Beyond-- Mainstreet Senior Expo & Education

Join us for a fun, free morning of resources focused specifically on the needs and concerns of those aged 50+ and their families. **This event is FREE!** Visit with exhibitors during the Resource Fair and attend educational seminars. There will be multiple opportunities to win raffle prizes throughout the event.

This event is brought to you by the Mainstreet Organization of REALTORS® Senior Services Committee, Downers Grove Township, Friends of the Downers Grove Township Seniors, and The Community House!

Day	Tuesday
Date	May 21, 2019
Time	9:00am - 1:00pm
Where	The Community House
For details and to Register	https://seniorexpo Hinsdale 2019.eventbrite.com



Cirque Du Soleil - Volta - Soldier Field, Chicago, Under the Big Top

Energetic, urban and contemporary, VOLTA is a captivating voyage of discovery that showcases never-before-seen under the Big Top acrobatics in a visually striking world. Driven by a stirring melodic score and inspired in part by the adventurous spirit that fuels the culture of street sports, VOLTA is about finding yourself and unveiling your personal powers.

Day	Sunday
Date	June 9, 2019
Time	12:00 - 5:30pm
Depart/Return (approx.)	The Community House
Fee	Fee \$130; Keyholder Fee \$120
Code	ENR-SNR-1009-35
Includes	Show ticket, coach transportation

The A+ Quarterly Summer 2019 (May, June & July)



Pilsen Tour and Lagunitas Brewery Tour

Named one of the coolest neighborhoods in the world, you won't want to miss this walking tour of the Pilsen neighborhood. Docent Julia Bachrach, will talk about the area's unique architecture and murals. After our tour, we'll head over to the Lagunitas Brewery to sample some of their beer and for dinner.

Day	Saturday
Date	June 15, 2019
Time	1:00 - 7:00pm
Depart/Return (approx.)	The Community House
Fee	Fee \$105; Keyholder Fee \$102
Code	ENR-SNR-1009-36
Includes	Docent-led tour, beer tasting and dinner



Lunch and Learn - The 1940's - The Greatest Generation: Culture, Politics and Changes

We'll enjoy a delicious lunch with an entertaining and informative presentation about this decade from Jim Gibbons, Historian. Although the Great Depression had subsided, terror remained with the dictatorship of Adolf Hitler, the Holocaust, World War II, and the Red Scare.

New inventions appeared such as the microwave oven, the Jeep, and the most explosive invention, the Atomic Bomb. A drastic cut in manufacturing due to the war effort made rationing mandatory. We'll hear about the attack on Pearl Harbor and dealings with Russia leading to the Cold War as well as Harry Truman's presidency and his defeat of Thomas E. Dewey. New controversial music was established eventually ending the Swing Era and setting up a whole new decade of Rock and Roll. Come for some midday fun and learn something at lunch! This event partially underwritten by Independence4seniors!

Day	Thursday
Date	June 20, 2019
Time	12:00 - 2:00pm
Where	The Community House
Fee	Fee \$13; Keyholder Fee \$10
Code	ENR-SNR-1011-34

***The A+ Quarterly
Summer 2019 (May, June & July)***



The Music Man – The Goodman Theatre

Seventy-six trombones. One joyous musical masterpiece! He’s charming and charismatic – no wonder conman Harold Hill assumes he can easily fleece the citizens of River City, Iowa, with the grand promise of a marching band. But Harold learns a thing or two about moral responsibility and unexpectedly enriches the town with a love of music. One of the sunniest musicals ever! We have main floor seats.

Day	Thursday
Date	July 18, 2019
Time	12:30 – 6:00pm
Depart/Return (approx.)	The Community House
Fee	Fee \$128; Keyholder Fee \$118
Code	ENR-SNR-1009-34
Includes	Main floor seats, coach transportation

Sneak Peak!!!

The Band’s Visit – Cadillac Palace Theatre –Wednesday, September 4, 2019, 2:00pm matinee

The Band’s Visit -- one of the most celebrated musicals ever. It rejoices in the way music brings us to life, brings us to laughter, brings us to tears, and ultimately, brings us together.

In an Israeli desert town where every day feels the same, something different is suddenly in the air. Dina, the local café owner, had long resigned her desires for romance to daydreaming about exotic films and music from her youth. When a band of Egyptian musicians shows up lost at her café, she and her fellow locals take them in for the night. Under the spell of the night sky, their lives intertwine in unexpected ways, and this once sleepy town begins to wake up.

The A+ Quarterly Summer 2019 (May, June & July)



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. Call for sessions and pricing.

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 7 – July 12, Fee \$50; Keyholder fee \$40 and July 19 – August 23, Fee \$60; Keyholder fee \$50.**

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 \$85 Fee; \$70 Keyholder 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 \$148 Fee; \$128 Keyholder fee.**

The A+ Quarterly Summer 2019 (May, June & July)

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 Fee \$80; Keyholder Fee \$60

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, June 6 - July 11, July 25 - August 29, Fee \$56; Keyholder fee \$46.**



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

The A+ Quarterly
Summer 2019 (May, June & July)

Programs

Please visit www.thecommunityhouse.org for many new adult art programs, including water color, drawing and painting classes, and the Sounds Good! Choir.

AARP Driver Safety Program



Thursday & Friday, June 6 & 7 and Tuesday & Wednesday, August 27 & 28, 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.

The A+ Quarterly *Summer 2019 (May, June & July)*



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 Jan Edleson 630-974-6547 for more information.
Mah Jongg	2 nd and 4 th Mondays	12:30pm	Call Mary Parsons for more information 630-920-1004.

The A+ Quarterly

Summer 2019 (May, June & July)

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>
April 24, 2019	Mr. Larry Bergnach	Mr. Bergnach will present “Al Jolson, Judy Garland and Liberace” nostalgia program - the music and songs of three great entertainers of different generations.
May 22, 2019	TBD	
June 26, 2019	TBD	
July 24, 2019	Mr. Stan Mlynarczyk, President CTi Text Analytics	Mr. Mlynarczyk will discuss the Artificial Intelligence movement, including its current state, pervasiveness within our everyday lives, where current research is heading and what we can expect within the next few years. Also discussed will be approaches to machine learning, understanding human speech by computers and how some of the world's largest technology companies (such as Google, Amazon, Facebook) and governments are using these technologies for both our and (their) benefit through the collection and analysis of massive amounts of data.

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.

The A+ Quarterly *Summer 2019 (May, June & July)*



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>
April 11, 2019	<i>The Wife</i>	Glenn Close, Jonathan Pryce (R) (1 hr. 39 min.)	Joan Castleman has been the perfect devoted wife. She has spent forty years sacrificing her own talent, dreams and ambitions to fan the flames of her charismatic husband Joe and his skyrocketing literary career. On the eve of Joe's Nobel Prize for Literature, Joan confronts the biggest sacrifice of her life and secret of his career.
April 25, 2019	<i>Mary Queen of Scots</i>	Margot Robbie, Saoirse Ronan (R) (1 hr. 59 min.)	The story of Mary Queen of Scots, Queen of France at 16 and widowed at 18. Mary defies pressure to remarry and instead, returns to her native Scotland to reclaim her rightful throne. But Scotland and England fall under the rule of Elizabeth I. Mary asserts her claim to the English throne, threatening Elizabeth's sovereignty. Betrayal, rebellion, and conspiracies within each court imperil both thrones - and change the course of history.
May 9, 2019	<i>Green Book</i>	Viggo Mortensen, Mahershala Ali (PG-13) (2hrs. 10 min)	In 1962, Tony Vallelonga, a tough bouncer, becomes the driver for the African-American classical pianist Don Shirley for a concert tour into the Deep South states. They begin their trek armed with The Negro Motorist Green Book, a travel guide for safe travel through America's racial segregation. On the road, the two find a newfound respect for each other's talents, nurturing a friendship that changes both their lives.
May 23, 2019	<i>Mary Poppins Returns</i>	Lin Manuel Miranda, Emily Blunt (PG) (2hrs. 10 min.	Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives.
June 13, 2019	<i>Vice</i>	Christian Bale Amy Adams (R) (2 hrs. 12min)	The story of Dick Cheney, an unassuming bureaucratic Washington insider, who quietly wielded immense power as Vice President to George W. Bush,

***The A+ Quarterly
Summer 2019 (May, June & July)***

			reshaping the country and the globe in ways that we still feel today.
June 27, 2019	<i>On the Basis of Sex</i>	Felicity Jones, Armie Hammer, Justin Theroux, (PG) (2 hrs.)	The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice.



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 meetings in July and August.

May 6, 2019 – *Won for the Ages: How the Chicago Cubs Became the 2016 World Series Champions*, by The Chicago Tribune. It has been called the last great American sports story, a quest that has spanned more than a century and captivated millions of fans. In 2016, the Chicago Cubs were at last baseball’s champions, breaking the Curse of the Billy Goat and shedding the label of “lovable losers”. The Cubs brought the Fall Classic back to the ivy-covered confines of Wrigley Field for the first time since 1945 and won the franchise’s first championship since 1908.

June 3, 2019 – *Where the Red Fern Grows*, by Wilson Rawls. A beloved classic that captures the powerful bond between man and man’s best friend.

The A+ Quarterly *Summer 2019 (May, June & July)*

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.