

THE A+ POST

A news and events publication for our Active Adults

**JANUARY — APRIL
2020**

WELCOME 2020!

It's time to think about making some new year's resolutions to help make the year ahead the best it can be. We may already know it but it's important to remember that exercise, even in small amounts, can provide your body with many benefits. You don't have to be a marathon runner to reap the mental and physical benefits of moving your body. According to a recent article in *The New York Times*, "Regular exercise throughout adulthood may protect our muscles against age-related loss and damage later in life . . . the muscles of people who worked out looked like those of 25-year-olds and showed less of the inflammation that is tied to health problems as we age." As if that wasn't enough motivation for us to walk, dance, run, or ease into a downward dog at least a few times a week, there is evidence that our mental health also benefits from activity. People who do exercise are much less likely to develop clinical depression than sedentary people, even if you have inherited an elevated risk for the



condition, according to another article in the *New York Times*. The study found that almost any type of physical activity, whether strenuous or light, helped to offset people's genetic propensity for depression, though the benefits were greater when people exercised more often. The findings suggest that physical activity of many kinds seems to have beneficial effects for mental health.

And to help you on that quest for improved mental and physical health, at The Community House we offer many opportunities for you to move.

We offer Pickleball, Prime Time Fitness, Pilates classes, seated yoga and fitness classes. And new this year, Zumba classes if you really want to get moving! Perhaps you'd prefer to walk our indoor track – it's a nice way to get your steps in no matter the weather. Come take a free first class if you'd like and find yourself a good fit!

Sincerely,

Kate

Kate Vogts

Director, Active Adults



OUTINGS

Join us as we embark on new adventures this season (Eataly anyone?!) and embrace laughter and fun at Club Arcada in St. Charles!



MONET EXHIBIT AT THE ART INSTITUTE OF CHICAGO



Thursday, May 21, 10:00am – 4:30pm

Claude Monet, the “Father of Impressionism,” has long held a unique relationship with Chicago. During his lifetime, Chicago was the American city that most aggressively acquired his work, with enthusiastic collectors such as Bertha Honoré Palmer. Today the Art Institute is home to the largest collection of works by the artist outside of Paris. Among the more than 65 paintings—from the Art Institute’s exemplary holdings and esteemed Chicago-based collections—are beloved major works as well as rarely seen still life’s, figural scenes, sea and landscapes. On this trip, we’ll see a comprehensive view of Chicago’s relationship to the artist. Includes lunch at The Park Grill.

- **Standard Fee:** \$100 / **Key Holder Fee:** \$90
- **Registration Code:** ENR-SNR-1009-5

42ND STREET AT CHICAGO’S LYRIC OPERA



Wednesday, June 10, 12:15 – 5:30pm

You’ll love the Tony-winning song-and-dance spectacular 42ND Street, with the full power of members of the Lyric Orchestra and Chorus. The story of Peggy Sawyer, an aspiring actress from Allentown who gets her big break and rises from chorus girl to star status overnight, 42ND Street is filled with unforgettable tunes, tap numbers and memorable melodies! We have main floor seats.

- **Standard Fee:** \$150 / **Key Holder Fee:** \$140
- **Registration Code:** ENR-SNR-1009-6

LESLIE GODDARD PRESENTS GRACE KELLY: AMERICAN PRINCESS AT THE COMMUNITY HOUSE



Thursday, February 12, 12:00 – 2:00pm

Beautiful and successful in her movie career, she was swept off her feet by a real-life prince. Their fairytale wedding in 1956 made her a princess. In this historical portrayal, Leslie Goddard portrays the woman who transformed from a Hollywood superstar to royalty. Buffet lunch is included. Thank you to our event sponsor, Brookdale Senior Living.

- **Standard Fee:** \$25 / **Key Holder Fee:** \$23
- **Registration Code:** ENR-SNR-1011-1

LET’S VISIT EATALY



Tuesday, February 25, 10:00am – 3:30pm

Let’s visit EATALY, a bustling Italian marketplace with 65,000 square feet overflowing with an array of cafes, counters, restaurants, and a cooking school. We’ll receive a guided tour and then enjoy a delicious Italian lunch, with time afterwards to do some special grocery shopping.

- **Standard Fee:** \$115 / **Key Holder Fee:** \$100
- **Registration Code:** ENR-SNR-1009-1

CLUB ARCADA



Thursday, March 12, 11:00am – 3:30pm

We’re off to Club Arcada in St. Charles to see the Vito Zatto Show – you’ll love his hilarious stand up comedy, celebrity impersonations and incredible singing. There’s sure to be audience participation and lots of good times! We’ll enjoy a lunch of chicken vesuvio, roasted potatoes, a garden salad and cannoli before the show.

- **Standard Fee:** \$115 / **Key Holder Fee:** \$100
- **Registration Code:** ENR-SNR-1009-2

POLISH DAY TOUR



Tuesday, March 24, 10:00am – 3:30pm

You don’t have to be Polish to appreciate and enjoy this fun-filled day. We’ll start out with a visit to the The Ed Paschke Art Center, which commemorates one of Chicago’s most famous artists. We’ll eat at Red Apple Restaurant in Norwood Park, known for some of the best Polish food in the city, then we’ll head to St. Mary of Angels Church for a guided tour.

- **Standard Fee:** \$86 / **Key Holder Fee:** \$76
- **Registration Code:** ENR-SNR-1009-3

MY FAIR LADY AT THE CADILLAC PALACE THEATRE



Wednesday, April 8, 12:45 – 6:30pm

This glowing production of MY FAIR LADY is “thrilling, glorious and better than it ever was” (New York Times). Boasting such classic songs as “I Could Have Danced All Night,” “The Rain in Spain” and “Wouldn’t It Be Lovely” MY FAIR LADY tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a “proper lady.” But who is really being transformed? We have great main floor seats.

- **Standard Fee:** \$150 / **Key Holder Fee:** \$140
- **Registration Code:** ENR-SNR-1009-4



LIGHT WALKING

Short walking distances, no stairs



MIDLEVEL WALKING

Some walking, short periods of standing and some stairs



HEAVY WALKING

Extended periods of walking, standing and stairs

The Grace Kelly event is sponsored by:



HEALTH AND WELLNESS

Redefine your age, maintain or improve your health and have a great time while you're at it, with the help of your fellow Active Adults!



PRIME TIME A+

*Tuesdays, Wednesdays and Thursdays,
8:45 – 9:45am*

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.

- **Dates:** Ongoing; purchase a 10-class punch card for
- **Standard Fee:** \$80 / **Key Holder Fee:** \$60

AGELESS YOGA

Fridays, 10:30 – 11:30am

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.

- **Dates:** 1/10 – 2/21, 2/28 – 4/10, 4/17 – 5/29
- **Standard Fee:** \$80 / **Key Holder Fee:** \$70

GENTLE YOGA

Wednesdays, 10:30 – 11:30am

A slower paced class for older adults using yoga poses to maintain health and slow down the effects of aging. The gentle yoga poses and breathing promote wellness, flexibility, and strength. The benefits of yoga include an increase in energy level and stamina, improved joint health and flexibility.

- **Dates:** 1/8 – 2/26, 3/4 – 4/29 (No class 2/12, 4/8, 4/22)
- **Location:** 1/8 at Hinsdale Public Library; all others at KLM Lodge 2nd floor, County Line Rd., Hinsdale
- **Standard Fee:** \$80 / **Key Holder Fee:** \$65

SIT AND GET FIT

Mondays and Wednesdays, 11:30am – 12:30pm

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.

- **Dates:** Ongoing; purchase a 10-class punch card for
- **Standard Fee:** \$90 / **Key Holder Fee:** \$75

PILATES

*Mondays and Wednesdays, 10:00 – 11:00am
and Tuesdays, 7:00 – 8:00pm*

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

- **Dates:** Ongoing; purchase a 15-class punch card for
- **Standard Fee:** \$155 / **Key Holder Fee:** \$135

PICKLEBALL OPEN PLAY

*Tuesdays and Thursdays, 1:00 – 3:00pm
Fridays (advanced players), 8:30 – 11:00am*

All ages, genders and skill levels are welcome. Join pickleball players looking for friendly competition and camaraderie with fellow pickleball enthusiasts. Players will play games and rotate throughout the session. Designated courts for different levels of play.

- **10-Visit Standard Fee:** \$40 / **Key Holder Fee:** \$35
- **Individual Visit Standard Fee:** \$5 / **Key Holder Fee:** \$4

PICKLEBALL LESSONS & DRILLS

Tuesdays and Thursdays, 10:00 – 11:00am

Small Class Pickleball Learn to Play: Limited to 4 players. Learn the basic rules, strokes, scoring and strategy in a friendly small group setting. Dates below.

Small Class Pickleball Drills Workshop: Limited to 3 players. Take it up a level with an active, fun and purposeful drills workshop. We will match you with your skill level. Experienced tennis and paddle players welcome! Dates below.

- **Dates:** (Two-week sessions) 1/21 – 1/30, 2/4 – 2/13, 2/18 – 2/27, 3/3 – 3/12, 3/17 – 3/26, 3/31 – 4/9
- **Standard Fee:** \$90 / **Key Holder Fee:** \$80



MAKING THE CONNECTION

Staying connected to friends and meeting new people is the spice of life! At The Community House, you can spread your wings and do a thousand things you've never done before! Like joining us for a trip to the Cadillac Palace Theater to see "My Fair Lady" in April! You can also channel your inner Italian at Eataly in February and get a good ab work out in just from laughing at the hilarious Vito Zatto Show at Club Arcada in St. Charles.

WHAT, ME WORRY?

“DEMENTIA WORRY” – WHAT WE CAN DO ABOUT IT

by James K. Curto,
Chief Executive and Founder
of The Birches Assisted Living
in Clarendon Hills, Illinois

Some of us, of a certain age, remember the gap-toothed freckle-faced grin of Alfred E. Neuman, the perennial ‘mascot’ on the cover of the humor magazine, *Mad*. His motto was, “What, me worry?”

Yes, but how is Alfred E. Neuman connected to my regular topic of Alzheimer’s and other causes of dementia? The answer is ‘worry.’ As a society, we are worried about dementia. In fact, several recent studies suggest fear of dementia is the number one health concern, more worrisome than cancer, stroke or heart disease. In the later stages of dementia, we know that we may face loss of autonomy, dependence on family and others, and loss of dignity.

While I continue to strongly believe people living with dementia can live meaningful and enjoyable lives throughout the course of the disease, the authors of one article suggest that “dementia worry” (yes, it even has a name) can be beneficial. What? Yes, they say that if this worrying helps us adopt the kind of lifestyle changes

proven to postpone or prevent dementia, worry can be a good thing. Maybe that’s a bit of a stretch, but we do know that sleep, exercise, and low carbohydrate eating are key factors in keeping our minds healthy into old age. Science is increasingly supporting these claims.

Besides taking preventative steps to avoid or postpone dementia, another approach to dealing with this worry is the use of advance directives. These written instructions for a person’s future care are put into place when some situation occurs. Some people or their designated agents may state in writing that if they are found unresponsive, that they do not want attempts to revive them with cardio-pulmonary resuscitation, which may include electrical shocks to the heart, insertion of a plastic airway to allow breathing, etc. These ‘Do Not Resuscitate’ orders generally need approval by the person’s physician.

A generally healthy adult, with a good mind, may want attempts to ‘bring them back’ if found unresponsive, but

also think that if he or she loses decision-making ability in the late stages of dementia, they don’t want resuscitation. An advance directive can address this.

Another instruction or advance directive might be to ‘Do Not Hospitalize,’ meaning the person does not want to be sent to the hospital emergency department. I often give an example of an exception to this, such that a person would allow a trip to the E.R. to set a broken bone, but some people think that, for example, if they are very old and demented, they might just want to be kept comfortable and not be sent to the hospital if they get into another type of health crisis.

One more set of directions might be that a person does not want ‘tube feeding,’ when they cannot take food or drink by mouth, unless it is expected to be some sort of short-term situation. (A surgeon told me long ago that people who declare they never want to be fed through any sort of tube are crazy, because there several circumstances where tube feeding would be expected to be temporary.

A more controversial restriction is someone who wants to resolve current worries about living with dementia by stating their intention to not receive any help with eating or drinking unless they request it. Few memory care communities would accommodate this request, although some argue that in some circumstances this can be a humane thing.

So, help resolve your worry about ‘losing your mind’ by first taking preventive steps and then by laying out your wishes about how you want to be cared for in late stages of dementia – if this occurs.

Contact James K. Curto at 630-789-1135 or jkurto@birches.net or through www.birches.net.
Encore is The Birches’ award-winning memory-support neighborhood.



STAYING ON TRACK

Charles Dickens once said “The best way to lengthen our days is to walk steadily and with a purpose.” Here’s to all of our dedicated track walkers who are steadfast in their commitment to staying on track!

Katherine Riihimaki
John & Joyce Colliatie
Ellen Upstrom
Lorrayne Vaughn
Liz & Jim Talamonti

AGE IS NOTHING BUT A NUMBER

Some people may be offended by the question “How old are you?” At The Community House, age is only a number. Why? Because our services are designed to provide everyone, no matter their age, with an opportunity to come out and play. On any given day, a toddler is playing the drums in Tiny Toes, Music Together and a Mom is taking some well-deserved time for herself in a Watercolor Painting class in our LyArts Studio and an Active Adult is staying in shape and improving their overall wellness in the Fitness Studio (Zumba is back in 2020!).

Among all the people engaging in programs and services at The Community House, our Active Adults are always on the move! Whether boarding a coach bus to see a show or exhibit or learning something new in a Lunch & Learn, there is no stopping you from staying engaged and enthusiastic about living your best life.

Across our community, there are great resources for living a vibrant, active, engaged life. We were pleased to be asked



to participate in a Healthy Aging Task Force, lead by *The Hinsdalean* and Community Memorial Foundation. In partnership with ten organizations, we were astounded at the resources, services and programs across the community. To learn more about the work of the task force and all that our colleagues are doing, please check out the website: www.redefiningaging.org

To be alive is to be aging. We want to help navigate the path, dispel some myths, offer support and help you every step of the way.

PROGRAMS AND EVENTS

Cook up something new at The Community House or dust off your DSLR camera and learn how to compose a great picture on a Photo Safari! There are a myriad of ways to stay engaged while having fun, including classes in our LyArts Studio. Visit our websites for a comprehensive look at all of the LyArts classes offered for Active Adults.



FUNDAMENTALS OF DRAWING & PAINTING

Thursdays, 1:30 – 3:30pm

This class will begin with an introduction to the fundamentals of observational drawing using black and white media, including charcoal, graphite, and conte, and progress to using color. Basic concepts such as measuring and proportion, light and shadow, shading techniques and perspective will be covered. Students will consult with the instructor to choose a painting medium, such as acrylic, oil, pastel, or colored pencil. Supply list provided.

- **Dates:** 1/9 – 2/6, 2/13 – 3/12, 4/9 – 5/7
- **Standard Fee:** \$225 / **Key Holder Fee:** \$195
- **Registration Code:** AP-ADT-1003-1,2,3

AARP DRIVER SAFETY

February 11–12, 12:00 – 4:00pm

Drivers over the age of 50 can update their driving skills with this class! An added benefit is that some insurance companies provide a discount to drivers who take this class.

- **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.)
- **Call the Reception Desk to sign up:**
(630) 323-7500 Ext. 0

INDIAN PRAIRIE COMPUTER CLUB

Second Wednesday of each month, 9:30am

This group offers periodic informational presentations by guest speakers or club members, as well as general question and answer sessions.

WORLD CUISINE COOKING: INDIA

Tuesday, March 3, 6:00 – 8:00pm

From street food to traditional dishes, experience the people and the flavor profile of these rich cultures. All you need to bring is your curiosity and your appetite.

- **Standard Fee:** \$75 / **Key Holder Fee:** \$65
- **Registration Code:** AP-ADT-1015-1

PHOTO SAFARI

Sundays, April 19 & May 17, 1:00 – 5:00pm

Learn the basics of DSLR photography with either your own camera or ours. Spend an afternoon taking pics and improving your exposures and compositional skills.

- **Location:** Waterfall Glen (4/19), Graue Mill (5/17)
- **Standard Fee:** \$220 / **Key Holder Fee:** \$180
- **Registration Code:** AP-ADT-1008-1,2

WATERCOLOR PAINTING LEVEL 1

Mondays, 7:00 – 9:00pm

Explore the exciting media of transparent watercolor. Learn basic techniques and apply them to a variety of subject matter. Students will provide their own materials. A list will be available the first day of class.

- **Dates:** 4/6 – 6/8
- **Standard Fee:** \$207 / **Key Holder Fee:** \$180
- **Registration Code:** AP-ADT-1001-69-1

WATERCOLOR PAINTING LEVEL 2

Wednesdays, 10:00am – 12:00pm

Explore the exciting media of transparent watercolor. Learn basic techniques and apply them to a variety of subject matter. Students will provide their own materials. A list will be available the first day of class.

- **Dates:** 4/8 – 6/3
- **Standard Fee:** \$207 / **Key Holder Fee:** \$180
- **Registration Code:** AP-ADT-1001-69-2



ENTERTAINMENT

There is no need to stay inside during the winter months when there is so much to do at The Community House! Get up, get out and get moving and keep yourself entertained with all of the entertainment options we have to offer!



SPECIAL INTEREST ROUNDTABLE PRESENTATIONS

Coffee and donuts at 9:30am; Presentation begins at 10:00am. \$3 at the door, no advance registration.

Gloria Yorke, Author,

Medical Manslaughter

January 22

Gloria discusses her book, a fictional story, based on true events, that unveils doctor negligence, miscommunication among the medical staff, altered medical record cover-ups, and Nursing Home nightmares!

Speaker from BMO Harris Bank

February 26

A financial picture of the State of Illinois

SPECIAL INTEREST GROUPS

- **The Investment Group** meets the 1st Wednesday of every month at 9:30 am.
- **The Finance Group** meets the 3rd Wednesday of every month at 9:30 am.

MOVIES

Come see a movie at our house! Every 2nd and 4th Thursday in the A+ Room beginning at 12:30pm.

Popcorn and coffee included with the viewing all for \$1.00 per person!

Downton Abbey **January 9**

(PG); 2 hrs. 2 min.; Maggie Smith, Matthew Goode, Elizabeth McGovern

The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early 20th century.

Yesterday **January 23**

(PG-13); 1 hr. 56 min.; Himesh Patel, Lily James

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

Red Joan **February 13**

(R); 1 hr. 41min.; Judi Dench, Sophie Cookson

The story of Joan Stanley, who was exposed as the KGB's longest-serving British spy

The Peanut Butter Falcon **February 27**

(PG-13); 1 hr. 37 min.; Shia LaBeouf, Dakota Johnson

An adventure story set in the world of a modern Mark Twain that begins when Zak, a young man with Down

syndrome, runs away from the nursing home where he lives to chase his dream of becoming a professional wrestler.

The Farewell **March 12**

(PG); 1 hr. 40 min.; Zhao Shuzhen, Awkwafina

A headstrong Chinese-American woman returns to China when her beloved grandmother is diagnosed with terminal cancer. Billi struggles with her family's decision to keep grandma in the dark about her own illness as they all stage an impromptu wedding to see grandma one last time.

Linda Ronstadt **March 26**

(documentary); 1hr. 35 min.; Linda Ronstadt, Bonnie Raitt

With one of the most memorably stunning voices that has ever hit the airwaves, Linda Ronstadt burst onto the 1960s folk rock music scene in her early twenties.

CARD GROUPS

Only \$1 per game! Bring a friend or two and enjoy!

Relaxed Bridge **Fridays, 11:30am**

Soliciting advice is permitted.

Men's Bridge **Tuesdays, 12:00pm**

Call Byron Garoufalis 630-986-5796 for more information.

Women's Canasta **Wednesdays, 1:00pm**

Fun and lively group.

Mah Jongg **1st, 3rd & 5th Tuesdays, 12:30pm**

Enjoy American Mah Jongg with friends.

BOOK DISCUSSION GROUP

The A+ Active Adults Book Discussion Group meets the first Monday of each month at 10:00am in the A+ Room at The Community House. This is a small and friendly group that welcomes newcomers and reads some great selections! No book group in January.

Middlemarch by George Eliot **February 3**

A complex tale of idealism, disillusion, profligacy, loyalty and frustrated love. This penetrating analysis of the life of an English provincial town during the time of social unrest prior to the Reform Bill of 1832 is told through the lives of illuminating characters that highlight the condition of English life in the mid-nineteenth century.

Wide Sargasso Sea by Jean Rhys **March 2**

One of fiction's most fascinating characters: the madwoman in the attic from Charlotte Brontë's Jane Eyre is brought into light. This mesmerizing work introduces us to Antoinette Cosway, a sensual and protected young woman who is sold into marriage to the prideful Mr. Rochester.

Stoner by John Williams **April 6**

William Stoner is born at the end of the nineteenth century into a poor Missouri farming family. Sent to university to study agronomy, he instead falls in love with English literature and embraces a scholar's life, so different from the hardscrabble existence he has known. And yet as the years pass, Stoner encounters a succession of disappointments. Driven ever deeper within himself, Stoner rediscovers the stoic silence of his forebears and confronts an essential solitude.



THE COMMUNITY HOUSE

415 W. Eighth Street
Hinsdale, Illinois 60521

At The Community House, we ignite the promise of relationship; inspire your best self to come out and play; unite people across a diverse community; and provide a meaningful place to engage.

The Community House is a 501 (c) (3) nonprofit organization.

To make a donation please visit us online.

thecommunityhouse.org

630-323-7500



Unlock savings with Active Adults Key Holder Packages.

Discounted prices for trips and events,
newsletters and flyers by mail, and more.



Contact Kate Vogts at 630-323-7500 ext. 225 to learn more.