

2024 Winter/Spring Glance & Go Guide



THE
COMMUNITY
HOUSE

Active Adults

Keyholders Registration: 12/6/23 | General Registration: 12/13/23



Find your inner creativity!



Senior Jammers Club

Ages: 50 years old and up

We are back! Come perform with the Jammers for an afternoon of fun and instrumental music from the Great American Song Book and more. All Senior Musicians Welcome! If you are an intermediate to advanced instrumentalist, we would LOVE to have you. Bring your instruments and a folding music stand. Music will be provided! Club meets Jan. 11, Feb. 7, Mar. 8, Apr. 12, and May 10.

For more information or to sign up contact group leaders Bill at 815 529-6448 or Ray at 630 323-8483

Code	Day	Time
ENR-SNR-1004-3	W	2:00-4:00 PM
Location:The Community House		
Fee Free		

Introduction to Drawing

Ages: 13 years old and up

This class will provide opportunities for artistic growth in drawing and sketching techniques. Beginning students will focus on fundamental concepts such as measurement and proportion, shading and value. Students with previous experience will sharpen their observational skills and experiment with advanced materials and techniques to help develop your own unique style. Various subject matter will be explored including still life, portrait and figure drawing, and landscape.

Code	Day	Date	Time
AP-ADT-1013-1	Su	2/11-3/17	1:00-2:30 PM
AP-ADT-1013-2	Su	4/7-5/12	1:00-2:30 PM

Location:.....The Community House

Instructor:.....Gabrielle Tufano

Fee:.....\$175

Keyholder Fee:.....\$165

Watercolor Painting

Ages: 16 years & up

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. PLEASE NOTE: Level 1 and Level 2 classes run concurrently between 10:00-11:30am.

Level 1

Code	Day	Date	Time
AP-ADT-1001-1	W	1/31-3/20	9:30-11:30 AM
AP-ADT-1001-3	W	4/3-5/22	9:30-11:30 AM

Level 2

Code	Day	Date	Time
AP-ADT-1001-2	W	1/31-3/20	10:00 AM-12:00 PM
AP-ADT-1001-4	W	4/3-5/22	10:00 AM-12:00 PM

Location:.....The Community House

Instructor:.....Dr. Phyllis Kozlowski

Fee:.....\$230

Keyholder Fee:.....\$198

Studio Vino: Wine and Paint

Ages: 21 years old and up

Gather your friends for a wine and paint party steps from home. We'll supply the studio, canvas, paints, brushes and stemware. Even if you've never painted before, this is the perfect, relaxed atmosphere to try your hand. No pressure. All fun. Each evening will have uniquely themed project. The instructor will guide you through the materials and techniques. By the end of the night, you'll have a masterpiece to take home.

Code	Day	Date	Time
AP-ADT-1007-1	Th	1/11	7:00-9:00 PM
AP-ADT-1007-68	Th	3/7	7:00-9:00 PM
AP-ADT-1007-69	Th	5/9	7:00-9:00 PM

Location:.....The Community House

Instructor:.....Gabrielle Tufano

Fee:.....\$45

Keyholder Fee:.....\$40

Acrylic Painting

Ages: 16 years old and up

An introduction to the technical and expressive possibilities of working with Acrylic paints. The course will build a foundation in color mixing and the application of a variety of techniques applied to a variety of subject matter. Instructor will provide a list of materials.

Code	Day	Date	Time
AP-ADT-1013-3	Su	2/11-3/17	3:00-4:30 PM
AP-ADT-1013-4	Su	4/7-5/12	3:00-4:30 PM

Location:.....The Community House

Instructor:.....

Fee:.....\$175

Keyholder Fee:.....\$180

Figure Drawing with Live Model

Ages: 16 years old and up

Join us once a month for figure drawing with a live, draped model. Learn proportion, shading and how to capture movement in a subject. Supplies included. All skill levels welcome.

Code	Day	Date	Time
AP-ADT-1018-1	Th	1/25	6:30-9:00 PM
AP-ADT-1018-2	Th	2/22	6:30-9:00 PM
AP-ADT-1018-3	Th	3/21	6:30-9:00 PM
AP-ADT-1018-4	Th	4/25	6:30-9:00 PM
AP-ADT-1018-5	Th	5/23	6:30-8:30 PM

Location:.....The Community House

Instructor:.....Gabrielle Tufano

Fee:.....\$40

Keyholder Fee:.....\$30

Artist's Portfolio

Ages: 14 years old and up

This class is for passionate artists seeking some direction, as well as those looking to meet more artists in the community. Perfect for both students in the process of applying to art school and venerable artists alike. We will be meeting monthly to discuss your current portfolio in its entirety and offer guidance to those interested in building one. Artists may also bring in recently completed or works-in-progress for critique from the instructor and peer artists. Please bring in the physical artwork if possible or laptops/tablets for viewing. Showing work on cellphone screen is not recommended for purpose of this class.

Code	Day	Date	Time
AP-ADT-1027-2	Su	2/11	4:30-6:30 PM
AP-ADT-1027-3	Su	3/10	4:30-6:30 PM
AP-ADT-1027-4	Su	4/14	4:30-6:30 PM
AP-ADT-1027-5	Su	5/12	4:30-6:30 PM

Location:.....The Community House

Instructor:.....Gabrielle Tufano

Fee:.....\$25

Keyholder Fee:.....\$20

SAVE ON ALL 4 MEETINGS

Code:.....AP-ADT-1027-1

Fee:.....\$90

Keyholder Fee:.....\$70

ACTIVE ADULTS



Golden Brunch Club

Join us at our Monthly Golden Brunch Club! Each meeting's objective will be to provide helpful monthly workshops & seminars for seniors, those who are "senior adjacent", supporting, assisting or looking out for the seniors in their lives! Light refreshments, coffee, and tea will be provided.

These events are FREE; however, you MUST register to attend. Register online or at the front desk by the Friday afternoon before the event to attend.

Location:.....The Community House

Please call or check online for additional information regarding the January 8 event.

Cybersecurity Basics

Are you unsure of how to secure your technology? Do you not know how to identify online threats? Come learn about cybersecurity basics from a US Air Force Association certified Tech Caregiver! In this presentation, learn about how to safely navigate the internet, using your mobile device. Learn how to identify, prevent, and combat the most common internet threats such as identity theft, scams, and viruses. Bring your own device or come listen!



Code	Day	Date	Time
ENR-SNR-1004-3	M	2/12	10:00-11:00 AM

Senior Eating for Health and Vitality

This an introductory nutritional workshop led by Cathy McMahon. Cathy has studied health, fitness and nutrition for over 35 years and was a private health coach for 10 years. In this workshop you will explore the healthy eating options that can get you feeling your best in your senior years. Tips on food, exercise and self-care will be provided. This will be 45 minutes of fun and knowledge that can keep your senior years fun and exciting. Cathy will also be able to help with any related questions afterwards.

Code	Day	Date	Time
ENR-SNR-1004-1	M	3/11	10:00-11:00 AM

Understanding the Stages of Alzheimer's

Without question every person's Alzheimer's progression is unique. This program provides a useful frame of reference for what is typically seen. Knowing what to expect can help caregivers know what to anticipate, allow time to plan accordingly, and help reduce the stress of the unknown. This workshop is led by The Birches Assisted Living.

Code	Day	Date	Time
ENR-SNR-1004-2	M	4/8	10:00-11:00 AM

ADULT ENRICHMENT



New to open play games, have questions or would like to join a club meeting? Contact your individual group leader to ensure class is on and you are prepared! Class fees will be paid to group leader. Please do not arrive earlier than 15 minutes before your open play slot. Cost is \$2 per person for groups and clubs.

Open play games and clubs are located at The Community House

We are looking for casual group leaders to run a canasta group or a backgammon group. If interested, contact Jillian Spizzirri at jspizzirri@thecommunityhouse.org.

Men's Bridge

Please come and join us for this men's only gathering. You don't need a partner and this is a fun group! We are always looking for new players and this group meets weekly on Tuesdays. Contact group leader **Bill Baxter** at 630-247-0503 or email Baxbilster@comcast.net for more information.

Code	Day	Date	Time
ENR-SNR-1002-1	Tu	1/2-4/30*	12:00-3:00 PM
*No class 1/23, 4/16			

Relaxed Bridge

Please come and join us at the ongoing group. You don't need a partner and this is a fun group! We are always looking for new players! This group meets every Friday. Soliciting Advice is permitted. Contact **Susan Prichodko** at sprichod@aol.com or **Tony Kuzmmski** at ajkuzmin@gmail.com for more information.

Code	Day	Date	Time
ENR-SNR-1002-2	F	1/5-4/26	11:00 AM-2:00 PM

Competitive Mah Jongg

Enjoy American Mah Jongg with friends! This open group is for players who know the game. Walk-ins are welcome! Contact **Cheryl Wrzesinski** at 630-399-1524 or email sharedmemories@aol.com or **Gloria Javor** at 630-765-1735 or email gloriajavor@comcast.net for more information.

Code	Day	Date	Time
ENR-SNR-1001-2	Th	1/4-4/25	1:00-3:30 PM

Relaxed Mah Jongg

This Mah Jongg group is for players who want to play in a helpful and relaxed environment. Walk-ins are welcome! Contact **Pam Baldwin** at 331-280-1318 or email kbaldwin39@hotmail.com for more information.

Code	Day	Date	Time
ENR-SNR-1001-1	W	1/3-4/24	10:00 AM-12:00 PM

Indian Prairie Computer Club

This group offers periodic presentations by guest speakers, club members as well as general question and answer sessions. Meetings are the 2nd Wednesday of each month. Contact group leader, **Ron Scharping** at ipcc.ron@gmail.com for information. Please go to ipcc.eboard.com for the up to date schedule.

Code	Day	Date	Time
ENR-SNR-1003-1	W	1/10-4/10	9:00-11:00 AM

Investment & Finance Club

Join us for this engaging monthly group!! Meetings are the first Wednesday of every month! An informal group of men and women with an interest in investing meet for a discussion on a wide variety of financial topics sometimes including outside speakers. Bring your questions and recommendations for our annual best stock of the year contest! Contact group leader, **Dave Meagher** at 847-858-1799 or email dmeaghe@gmail.com for more information.

Code	Day	Date	Time
ENR-SNR-1004-10	W	1/3-4/3	9:30-11:00 AM



Book clubs on next page. →

CONNECT WITH US!



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More Clubs...

It's a Beautiful Book Club

Join us for our monthly book club led by retired teacher Margaret Gross. The book club meets Monthly the 2nd Thursday of each month. Walk-ins are welcome even if you have not read the book. Cost: \$2.00 per person - cash payable to group leader the day of. Once registered please look into renting the upcoming books to read for each month. Contact group leader, **Margaret Gross** at grossmarg84@gmail.com for more information.

Code	Day	Dates	Time
ENR-SNR-1004-11	Th	1/11-4/11	10:00-11:00 AM

Location:..... The Community House
**No Book Club meeting in December*



Claymoor Book Club

The Claymoor Book Club is a group of women who come together at The Community House to hear various guest presenters performing in character from books, history or the entertainment field. No book reading or preparation needed; just come for a delightful bit of entertainment, fun and learning. Meeting dates this season are Monday, April 8 and Monday May 13 at 9:30 am. Come a little early for light refreshments. For more information, call Dorothy Lux at 708-712-2893.

Code	Day	Dates	Time
ENR-SNR-1004-6	M	4/8 & 5/13	9:30 AM

Location:..... The Community House

Bridge Lessons for Beginners

Ages: 18 years old and up

Never played bridge, but interested in learning? This class is for beginners only! Join Ann McDermott as she will teach you the basics! Learn to play Bridge in a relaxed environment with friends! This game can prepare you to join our Relaxed Bridge games of Friday or to get you started playing personally with friends. Cards will be provided. Contact Group Leader Ann McDermott at ann.mcdermott14@gmail.com with any questions.

Code	Day	Date	Time
ENR-SNR-1008-7	Tu	4/9-5/14	3:30-5:30 PM

Location:..... The Community House
Fee:.....\$28
Keyholder Fee:.....\$25

Mah Jongg Lessons

Ages: 18 years old and up

Learn to play American Mah Jongg with friends! Mah Jongg is a game that has been sweeping the country. It is a stimulating game of both skill and luck. The American version of the game was brought from China in the 1920s and uses tiles much like other games use cards. The goal of the game is to match your tiles with one of many combinations of tiles listed on a card. This 4-week class is for the beginner or even someone who needs a refresher. Class is taught by two retired high school educators who have taught this remarkable game for more than 10 years. No supplies are needed.

Code	Day	Date	Time
ENR-SNR-1008-3	W	1/17-2/7	10:00 AM-12:00 PM
ENR-SNR-1008-4	W	3/6-3/27	10:00 AM-12:00 PM
ENR-SNR-1008-5	W	4/17-5/8	10:00 AM-12:00 PM

Location:..... The Community House
Fee:.....\$28
Keyholder Fee:.....\$25

AARP Driver Safety Course

Ages: 50 years old and up

These classes are offered at The Community House for drivers who are over the age of 50 and 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. You must attend both days of the session to receive your certificate. Plan to arrive 10 minutes early on the first day to sign-in with the instructor and pay for the course. Coffee is provided and you may also bring a beverage or snack, if desired. No fee is needed to register. Payment is due to AARP presenter on the DAY OF class. Fee: \$20 for AARP members and \$25 for Non-members payable to instructor day of class. Call or visit the front desk to register. **You must register to attend. Provide your name, phone number and email.**

Code	Day	Date	Time
ENR-SNR-1004-5	Tu/W	5/14-5/15	9:00 AM-1:00 PM

Location:..... Community House
AARP Member Fee:... \$20
Non-member Fee:..... \$25

ADULT ENRICHMENT

Bingo & Treats



Cozy up at The Community House and have a little fun in the dreary winter weather with some BINGO time! Bring your friends & play together. Each week we will enjoy coffee, tea, and a treat of the month! Guests are welcome to bring additional treats to share if they would like! Prizes will be awarded & treats

served. Bingo is led by Alison of Clemens Enterprises. You must register by the Friday before to attend. Register online or in-person at the front desk. Must have 5 or more registered.

Bingo Celebration Themes:

January: Strawberry Ice Cream Day; **February:** Chocolate Mint Day; **March:** Is the Month of the Irish - What's your favorite Irish treat?; **April:** Spring is in the air and it's time for a light & fruity treat!

Code	Day	Date	Time
ENR-SNR-1011-2	M	1/15	1:00-2:30 PM
ENR-SNR-1011-3	M	2/19	1:00-2:30 PM
ENR-SNR-1011-4	M	3/18	1:00-2:30 PM
ENR-SNR-1011-5	M	4/15	1:00-2:30 PM

Location:.....The Community House

Fee:.....\$6

Keyholder Fee:.....\$5

Creative Writing with Author Felicity Nicole

Ages: 55 years old and up

If you have ever wanted to add creative writing to your skill set and create your very own short story, but have no idea where to begin, this class is for you. Best-selling international author Felicity Nicole will walk you through the fundamentals of creating a fiction or non-fiction story in a fun, easy, and intuitive way. Each class will focus on one new skill to help you build your own fifteen-page story, to be shared with the class at the conclusion of the workshop. Felicity has a vibrant, fun personality and is creative herself, so expect to have a good time with this class! This workshop will not only teach you the basic tenets of creative writing, but will help you connect with yourself in an entirely new way, all while notching something off your bucket list! We can't wait to see you there!

Code	Day	Date	Time
ENR-SNR-1008-14	Tu	3/12-4/16	11:30 AM-12:30 PM

Location:.....The Community House

Fee:.....\$35

Keyholder Fee:.....\$25

Senior Service Day

Senior Resource Fair

Join us for an open house Senior Focused Resource Fair with a Breakfast Bar and refreshments. Walk-ins are welcome for the Resource Fair! Several local resources of all kinds will be available for information or assistance to seniors and those helping seniors! Information, such as home care, retirement, banking, health & fitness, as well as leaders in enrichment, social activities, and clubs seniors can attend. **No registration required.**

Code	Day	Date	Time
ENR-SNR-1011-6	Tu	4/16	9:00 AM-12:00 PM
Location:The Community House			
Fee:Free			

Lunch & Learn Panel

This Lunch & Learn event includes a Panel of experts who will empower you to make educated decisions for yourself or when assisting loved ones. This is an interactive discussion. Educating yourself about various topics will help you make decisions that can lead to a more positive retirement planning or future care needs. This event is open to Seniors and those helping them plan for future care!

Attendees MUST Register to attend this event. Register online or in person at the front desk!

Code	Day	Date	Time
ENR-SNR-1011-7	Tu	4/16	12:00-2:00 PM
Location:The Community House			
Fee:Free			

Coffee Cake & Conversation

This panel of experts will empower you to make educated decisions when assisting loved ones. This is an interactive discussion. Educating yourself about various topics will help you make decisions that can lead to more positive planning for future needs. This

event is open to Seniors and those helping the ones the care for! **Attendees MUST Register to attend this event. Register online or in person at the front desk!**

Code	Day	Date	Time
ENR-SNR-1011-8	Tu	4/16	4:00-5:15 PM
Location:The Community House			
Fee:Free			



Powerless to Empowered: Trauma Informed Self Defense

Ages: 13 years old and up

Did you know April was Sexual Assault Awareness Month? It's the perfect time to learn how to protect yourself! Join us in this workshop which provides a safe environment for survivors of trauma to express and process difficult emotions that are experienced during their recovery. Attendees can listen to discussion topics that explore how our brain controls our response during an undesirable or unexpected situation, how we recover from a traumatic experience, and why others play a critical role in the recovery process. We will also look at the benefits of responsive self-defense training; for those who have been through a traumatic experience prior to training. Attendees will practice basic striking on soft targets to feel the benefits of stress release and trauma release, which often occur during responsive self-defense training. Attendees will be able to present "what if" scenarios that concern them and learn options for defending against or escaping from the scenario. The purpose of the workshop is to rebuild self-esteem and boost confidence, by empowering attendees with the life skill of self-defense. Presented by Lindsey of Strictly Self Defense

13 years old and up

Code	Day	Date	Time
ENR-SNR-1008-15	Su	4/14	11:00 AM-1:00 PM
ENR-SNR-1008-16	M	4/15	7:00-9:00 PM

Location:.....The Community House

Fee:.....\$58

Keyholder Fee:.....\$50

Self Defense for Mental Health

Ages: 18 years old and up

Did you know May is Mental Health Awareness Month? Join us and learn how our brain controls our responses during a self-defense situation, how we recover from a traumatic experience, and why others play a critical role in the recovery process. We will also look at the benefits of preventative self-defense training; having the knowledge in advance of an unexpected/undesirable experience, as well as the benefits of responsive self-defense training; for those who have been through a traumatic experience. Regardless of timing, education is powerful and can benefit everyone. Attendees will practice basic striking on soft targets to feel the benefits of stress release and trauma release, which often occur during self-defense training. Attendees will learn escapes from common grabs. Presented by Lindsey of Strictly Self Defense

Code	Day	Date	Time
ENR-SNR-1008-17	Su	5/12	11:00 AM-1:00 PM
ENR-SNR-1008-18	M	5/13	7:00 PM-9:00 PM

Location:.....The Community House

Fee:.....\$58

Keyholder Fee:.....\$50

Self Defense for Dog Lovers

Ages: 18 years old and up

Dogs have natural/instinctual behaviors that seem normal for an animal but can be used by people too. Join Lindsey of Strictly Self Defense to learn how you can keep yourself safe when walking your dog and how to learn from your dog's behaviors. In this 2 hour session we will look at both the desirable behaviors that our dogs have, as well as some behaviors that we try to train out of our dogs. In addition to discussion, attendees will learn simple effective strikes and escapes. Please leave your dog at home; this class is for humans only. You do not have to be a dog owner to participate in this class.

Code	Day	Date	Time
ENR-SNR-1008-12	Th	3/21	4:00-6:00 PM
ENR-SNR-1008-13	Th	4/11	4:00-6:00 PM

Location:.....The Community House

Fee:.....\$58

Keyholder Fee:.....\$50

Self Defense for Seniors

Ages: 55 years old and up

Has your age or physical ability changed your thoughts about being able to confidently defend yourself? In this 2 hour training you will learn; you don't have to be strong or fast to be effective. Join Lindsey of Strictly Self Defense to rebuild your self-confidence by learning prevention strategies, along with simple, effective strikes and escapes. Those who are differently abled and use walking aids are welcome to attend. All techniques can be modified to be used effectively by each attendee.

Code	Day	Date	Time
ENR-SNR-1008-10	W	3/27	1:00-3:00 PM
ENR-SNR-1008-11	F	4/19	9:00-11:00 AM
ENR-SNR-1008-8	Th	1/25	1:00-3:00 PM
ENR-SNR-1008-9	M	2/19	9:00-11:00 AM

Location:.....The Community House

Fee:.....\$58

Keyholder Fee:.....\$50

Mindfulness Meditation Workshop

Ages: 18 years old and up

Train your mind the way you train your body for the perfect antidote to daily stress in this one of a kind 50 minute Workshop! Chopra Center certified meditation instructor Stephanie Frantz will teach you centuries-old meditation and breathing techniques to relieve stress and increase your overall sense of well-being. Register today—limited spots available!

Code	Day	Date	Time
ENR-SNR-1008-1	W	1/17	1:00-1:50 PM
ENR-SNR-1008-2	W	3/6	1:00-1:50 PM

Location:.....The Community House

Fee:.....\$54

Keyholder Fee:.....\$44

4-Week Workshop

Code	Day	Date	Time
ENR-SNR-1008-20	Th	5/2-5/23	1:00-1:50 PM

Fee:.....\$97

Keyholder Fee:.....\$85

ADULT EVENTS & TRIPS

FEB. International Museum of Surgical Science Guided Tour and Catered Lunch

The International Museum of Surgical Science was originally conceived as the ICS Hall of Fame, and as a repository for its growing collection of historically significant surgical instrumentation, artworks and manuscripts. Journey through time as we explore the development of anesthesia, germ theory, and anatomical knowledge. Experience a demonstration showing the process of a leg amputation from the mid-1800s, with no anesthesia and no sterilization. Upon returning at noon, a catered lunch will be served in reserved dining room at The Community House.



TRIP & TRAVEL DETAILS: Trip fee includes Coach bus transportation to and from The Community House. Entry, Tour and Catered Lunch at The Community House.

Departure Time: 9:00 AM
Approx. Return Time: 1:00 PM

Code	Day	Date	Time
ENR-SNR-1009-3	Th	2/8	9:00 AM-1:00 PM

Location:.....Departs and returns to The Community House

Fee:.....\$59
Keyholder Fee:.....\$52

Sweet Tasting & Tea with Lilett Candies & Ice Cream Shop



Life is sweet so why not enjoy it!? Karen Gula From Candies & Ice Cream Shop will lead us in a through a brief History of chocolate and The Lilett Shop. You will enjoy various flavors of chocolate, and additional tastings to educate your pallet! Compare and contrast with other

flavors like toffee & pecan clusters to understand how & why they complement each other. You'll have your own tasting notes and a special treat to take home. At The Lilett Shop you can enjoy Ice Cream and a variety of chocolates, however English Toffee has always been the heart of their candy making and that tradition is carried on at their retail location in La Grange.

TICKET INCLUDES: Guided and informative tastings of chocolates and other sweets, take home treats and tasting notes. A variety of teas, coffee, cozy conversation and a little sugar jolt to liven your late afternoon!

Departure Time: 2:00 PM
Approx. Return Time: 3:30 PM

Code	Day	Date	Time
ENR-SNR-1011-13	W	2/28	2:00-3:30 PM

Location:.....Departs and returns to The Community House

Fee:.....\$17.50
Keyholder Fee:.....\$15



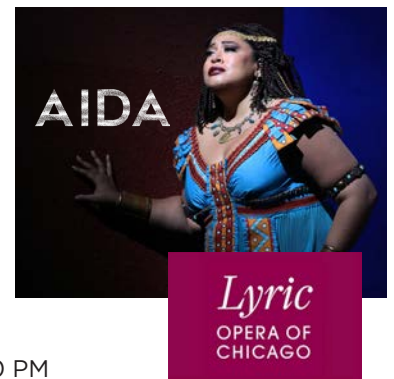



Meet adoptable pups! Movie starts at 6:15 PM.

Code	Day	Date	Time
ENR-SNR-1011-12	F	2/16	5:30 PM

MAR. Aida (Verdi) at Lyric Opera House

See Opera at its grandest! While *Aida* delights audiences with its visual splendor, it also captivates them with a score ranging from exquisitely intimate arias to deeply dramatic duets and trios, and the most thrilling choruses Verdi ever composed. *Aida* presents a riveting love triangle, which unfolds in an alluring Egyptian setting. At Lyric Opera of Chicago, each of the five principal artists boasts not only a sumptuously beautiful voice, but also the charismatic presence to bring these characters vividly to life. Conducting Francesca Zambello's striking production will be Music Director Enrique Mazzola, acknowledged internationally as an exceptionally authoritative Verdian. Language. Sung in Italian with projected English titles. Running Time: 3 hours, including 1 intermission.



Departure Time: 11:30 AM
Approx. Return Time: 4:30 PM

FEE INCLUDES: Round trip motor coach transportation to and from The Community House. Light snacks on bus.

Main Floor 1/2

Code	Day	Date	Time
ENR-SNR-1009-1	W	3/13	11:30 AM-4:30 PM

Location:.....Departs and returns to The Community House

Fee:.....\$210
Keyholder Fee:.....\$190

Main Floor 3

Code	Day	Date	Time
ENR-SNR-1009-2	W	3/13	11:30 AM-4:30 PM

Location:.....Departs and returns to The Community House

Fee:.....\$160
Keyholder Fee:.....\$140

CONNECT WITH US!



ADULT EVENTS & TRIPS

APR.

Spring Sip & Sing Celebrating Poetry & Jazz

Ages: 21 years old and up

Spring is one of the most amazing seasons! We feel a sort of rebirth to the freedoms of what can be a sometimes long, cold & grim winter! As April is National Jazz and Poetry month we plan to celebrate all of it in style! Enjoy a special living history presentation of Emily Dickinson portrayed by Paddy Lynn over Lunch. Discover what life was like for Emily growing up in Amherst, MA, and what inspired her to write her insightful poetry. Meet the important people in her life, and learn of the events that led to her desire to become a recluse. Paddy Lynn has worked with a professional theater company as a writer, director, and actor in over 100 productions. Emily Dickinson is followed by an equally sensational presentation as Amy Lowe gives a musical narrative of the Great Chicago Fire of 1871. Our curated program is full of songs and tales from the award-winning, engaging fast-paced, fact-based musical, "Fire in Boomtown." Enjoy poignant eyewitness narrative and vivid songs as Amy brings to life the before and after of a city that grew too fast with dangerously



little planning that led to the devastating Great Chicago Fire of 1871. Amy Lowe has a wonderful way of telling a story with music that reaches people of all ages. She is a talented musician with a powerful yet sweet voice that can sing a song or tell a story with passion, poignancy, and feeling." - Marshall Trimble - Arizona State Historian - Award-winning Author and Storyteller.

FEE INCLUDES: Performance, Catered Lunch, Coffee, Assorted Teas and other refreshments.

FEE INCLUDES: Performance, Catered Lunch, Coffee, Assorted Teas and other refreshments.

Code	Day	Date	Time
ENR-SNR-1011-10	F	4/5	11:30 AM-1:45 PM
Location:The Community House			
Fee:\$43			
Keyholder Fee:\$38			

MAY

Sounds Good! Choir Spring Concert

The Sounds Good! Choir is the area's largest choral-music organization for

older adults 55 years old and better! The Choir practices weekly at The Community House. The Hinsdale Sounds Good Choir presents a heartfelt program called *Feels Like Home*, featuring hits made popular by iconic artists such as Nat "King" Cole and Crosby, Stills and Nash; classical favorites by Aaron Copland and Antonin Dvorak; and new songs by Kyle Pederson and PinkZebra, among others! Led by professional conductors Daniel Segner and Jonathan Miller and accompanied by Richard Sladek, this free concert lasts an hour. The whole family is welcome. Sounds Good Choir is the Chicago area's largest choral-music organization for older adults age 55 "and better." A guaranteed good time! If you would like to register for your spot go to www.soundsgoodchoir.org or call 630-395-9542.

Code	Day	Date	Time
ENR-SNR-1011-1	Tu	5/7	7:00-8:00 PM
Location:The Community House			
Fee:Free			

Guys & Dolls at Drury Lane Theatre

Ages: 40 years old and up

Step into the dazzling lights of 1950s New York City with *Guys and Dolls*. This enduring tale of romance, risk, and unforgettable rhythm, follows the improbable love story of high-rolling gambler Sky Masterson and mission doll Sarah Brown, along with the comedic relationship of the ever-patient Miss Adelaide and craps game organizer Nathan Detroit. *Guys and Dolls* takes you into the golden age of Broadway with wit, charm, and plenty of heart with vibrant characters and unforgettable songs like "Luck Be a Lady" and "Sit Down, You're Rockin' the Boat." **Must have 15 or more registered for outing to take place.**



DRURY LANE

TRIP & TRAVEL DETAILS: This trip is a meet-up trip so plan to reserve your spot with a friend so you can drive together! Attendees will meet your group lead in the theatre lobby at 1:00pm. The show starts at 1:30pm. Theatre currently offers concessions before the show and during intermission. Free covered parking is available or Complimentary Valet parking at the theatre both are easily visible as you arrive. If you would like to attend, but need transportation please email jspizzirri@thecommunityhouse.org.

Code	Day	Date	Time
ENR-SNR-1009-40	W	5/8	1:00-4:00 PM
Location:Drury Lane Theatre 100 Drury Lane, Oakbrook Terrace			
Fee:\$58			
Keyholder Fee:\$51			

ADULT EVENTS & TRIPS



Unlock Savings
Become a Keyholder



Travel by Taste! Flavor Tasting Flight by Candytopia

Ages: 21 years old and up

May is Asian Pacific American Heritage Month! Enjoy an evening of sampling curated candies and chocolates with origins in the Far East, Southeast Asia, or the Indian Subcontinent, Native Hawaii and more. Sit back and relax while Candytopia takes you on a guided tour through some of their most loved candies! They will share their stories and discuss how each will pair with wines to taste. Light appetizers/ snacks will be served to go along with your tastings!



TICKET INCLUDES: Guided & informative tastings of chocolate and wine, appetizers/snacks, beer, wine, and good vibes!

Code	Day	Date	Time
ENR-SNR-1011-11	F	5/17	6:00-7:30 PM
Location:The Community House			
Fee:\$32			
Keyholder Fee:\$28			

JUN.

Murder On The Orient at Theatre of Western Springs

Join us at The Theatre of Western Springs as we see Agatha Christie's greatest detective's most thrilling case! A tycoon is murdered on the world's most luxurious train. Isolated with a killer in their midst, the passengers rely on Hercule Poirot to find the murderer before they strike again! If you are a local of the area who has not seen a show at TWS now is your chance to catch a show at this gem of a theatre that has run continuously for over 90 years!!! Founded in 1929 by Western Springs resident Mary Cattell, The Little Theatre of Western Springs created an immediate reputation for quality theatre in suburban Chicago. **Must have 6 or more registered for outing to take place.**

TRIP & TRAVEL DETAILS: This trip is a meet-up trip so plan to reserve your spot with a friend so you can drive together! Attendees will meet your Group Lead in the theatre lobby at 1:45pm. The show starts at 2:30pm and runs approx. 2.5 hours with a 15 minute intermission. Theatre has a concession area selling snacks, water, soda, beer and wine! They even have a special split the pot raffle you are welcome to join! Free Lot parking is available at the theatre directly out front of main doors. If you would like to attend, but need transportation please email jspizzirri@thecommunityhouse.org.



Code	Day	Date	Time
ENR-SNR-1009-41	Su	6/2	1:45-4:50 PM
Location:Theatre of Western Springs 4384 Hampton Ave., Western Springs			
Fee:\$28			
Keyholder Fee:\$25			

SIGN UP SOON!
Don't miss out on these fun & exciting events!



Don't wait until the last minute to register for a program or class. Some classes are cancelled because people wait until the day a program starts to sign-up. Some programs require "In Person" registration.

CONNECT WITH US!



11

ADULT ATHLETICS & FITNESS

Pickleball Open Play

Ages: 16 years old and up

Come play pickleball, the fastest growing sport in America and see what the fun is all about! Open to all genders and skill levels. Players will play games and rotate throughout the session. Open play is limited to a max of 12 players at a time. Please stop and sign in/pay at the front desk when you arrive. See monthly schedule online or at front desk for additional open play hours to be posted as available.

Mondays & Wednesdays meet weekly

M 12:30-2:30 PM | W 1:00-3:00 PM

Sundays meet 1/7, 1/14, 3/24, 4/7, 4/14, 4/21 Only

Su 8:30-10:30 AM

Code:.....AF-SNR-1002-1

Location:.....The Community House

10 PUNCH CARD FEES:

WALK-IN FEES:

Fee:.....\$60

Fee:.....\$8

Keyholder Fee:.....\$50

Keyholder Fee:.....\$7

Pickleball Workshop

Ages: 16 years old and up

Learn or Improve your Pickleball Game! In two 90-minute lessons we will review basic rules, strokes, scoring and strategy in a friendly small group setting. This workshop will teach you the basics of Pickleball, help you brush up on the fundamentals or just prepare you for playing with others during Open Play! Join us and become a part of the fastest growing sport in America! **Class is Limited to 8 players. Two 90 minute classes per session.**

Guidelines for players: Please wear shoes appropriate for court play. Safety glasses recommended. Paddles are not required but you can bring your own paddle if you like. All other pickleball equipment is provided.

Customers are responsible to attend the workshops they register for. Lessons are non-refundable. If the instructor agrees to re-schedule you in case of an emergency, or add you in to another workshop you may do so at your own liability. If a reschedule date can not be met, refunds will not be allowed but account credit will be considered.

Code	Day	Date	Time
AF-SNR-1001-1	M,Th	1/8-1/11	10:45 AM-12:15 PM
AF-SNR-1001-2	M,Th	1/15-1/18	10:45 AM-12:15 PM
AF-SNR-1001-3	M,Th	1/22-1/25	10:45 AM-12:15 PM
AF-SNR-1001-4	M,Th	1/29-2/1	10:45 AM-12:15 PM
AF-SNR-1001-5	M,Th	2/5-2/8	10:45 AM-12:15 PM
AF-SNR-1001-6	M,Th	2/12-2/15	10:45 AM-12:15 PM
AF-SNR-1001-7	M,Th	2/19-2/22	10:45 AM-12:15 PM
AF-SNR-1001-8	M,Th	2/26-2/29	10:45 AM-12:15 PM
AF-SNR-1001-9	M,Th	3/4-3/7	10:45 AM-12:15 PM
AF-SNR-1001-10	M,Th	3/11-3/14	10:45 AM-12:15 PM
AF-SNR-1001-11	M,Th	3/18-3/21	10:45 AM-12:15 PM
AF-SNR-1001-12	M,Th	3/25-3/28	10:45 AM-12:15 PM
AF-SNR-1001-13	M,Th	4/1-4/4	10:45 AM-12:15 PM
AF-SNR-1001-14	M,Th	4/8-4/11	10:45 AM-12:15 PM
AF-SNR-1001-15	M,Th	4/15-4/18	10:45 AM-12:15 PM
AF-SNR-1001-16	M,Th	4/22-4/25	10:45 AM-12:15 PM
AF-SNR-1001-17	M,Th	4/29-5/2	10:45 AM-12:15 PM

Location:.....The Community House

Fee:.....\$92

Keyholder Fee:.....\$80

Gentle Yoga

Ages: 18 years old and up

Join the wonderful Rebecca Lorkiewicz and take a slower paced class, ideal for all ages, beginners, and those recovering from illness or injury. Poses will focus on flexibility and strength and can be modified to make class suitable for everybody. Breathwork and poses will help increase relaxation and overall well-being. A chair will be used during class to allow for more support during balance postures and modification options. Please bring a mat and a towel.

Code	Day	Date	Time
AF-SNR-1006-1	W	1/10	10:30-11:30 AM
AF-SNR-1006-2	Th	1/11	10:30-11:30 AM
AF-SNR-1006-3	W	2/28	10:30-11:30 AM
AF-SNR-1006-4	Th	2/29	10:30-11:30 AM
AF-SNR-1006-5	W	4/24	10:30-11:30 AM
AF-SNR-1006-6	Th	4/25	10:30-11:30 AM

Location:.....KLM Lodge - 2nd floor,
County Line Rd, Hinsdale

Fee:.....\$90

Keyholder Fee:.....\$76

zoom Ageless Yoga

Ages: 18 years old and up

This is a virtual Zoom class with Rebecca Lorkiewicz. This class is designed primarily for those with limited mobility. By modifying classic yoga exercises to easy standing poses and low-impact work in a chair, students will have the chance to improve strength and flexibility in a way that is approachable and fun! No materials or prior experience required. Please register online or at The Community House. **GUIDELINES:** Once you are registered for a class session a link will be emailed to you no later than 3 days before class starts. Be sure to have your current email information listed to participate! **GET AHEAD AND REGISTER FOR ALL WINTER SESSIONS TODAY!**

Code	Day	Date	Time
AF-SNR-1005-1	F	2/16	10:30-11:30 AM
AF-SNR-1005-2	F	4/12	10:30-11:30 AM
AF-SNR-1005-3	F	5/31	10:30-11:30 AM

Location:.....Your House!

Fee:.....\$48

Keyholder Fee:.....\$38

SAFE (Supported Ageless Fitness Exercise)

Ages: 18 years old and up

Join us for a S.A.F.E. class, formally Sit & Get Fit. Staying mentally, socially, and physically active is the key to maintaining quality of life! This is a seat-based class that doesn't lack intensity or fun. S.A.F.E. is for participants of every ability. We stay active & mobile but remain gentle on the body! Work on increasing range of motion, circulation, flexibility, balance, and strength with easy-to-follow moves. We sometimes use light weights or toning bands! Class is Ongoing. 10-class punch card is required for this program.

Code	Day	Date	Time
AF-SNR-1004-1	M,W	1/3-4/29	11:30 AM-12:30 PM

Location:.....The Community House

Fee:.....\$92

Keyholder Fee:.....\$80

ADULT FITNESS



Prime Time A+

Ages: 50 years old and up

This is an easy to follow on-going class that welcomes new members. Enjoy a low-impact workout designed to improve your cardiovascular fitness, strength, balance and flexibility. We are dedicated to enhancing your fitness by promoting health and well-being through exercise. Class is Ongoing. 10-class punch card is required for this program.

Code	Day	Date	Time
AF-SNR-1008-1	Tu,Th	1/2-4/30	8:45-9:45 AM
Location:The Community House			
Fee:\$85			
Keyholder Fee:\$75			

Pilates & Barre Mash up

Ages: 18 years old and up

Toning, flexibility, better posture, increased core strength and the body/mind connection are achieved through our Mat Mash-Up work. A variety of equipment adds interest and “mashes-up” the workout so class is always different. Our classes blend the best of ballet, strength, yoga and Pilates, providing an exciting and effective class for all fitness levels. Hit the barre and see results! Please bring a mat to each class. Class is Ongoing. 15-class punch card is required for this program.

Code	Day	Date	Time
AF-SNR-1003-1	M/W	1/2-4/30	10:00-11:00 AM
	Tu		7:00-8:00 PM
Location:The Community House			
Fee:\$160			
Keyholder Fee:\$140			



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**Your trusted community
non-profit since 1941.**

Yoga for Strength & Stability

Ages: 18 years old and up

Y4SS is now running as a reoccurring 6-week class! Join

us as Certified Yoga Instructor Lisa Nicholas levels up the Yoga for you! This class

is designed to mind-fully build strength, flexibility, and balance to re-store healthy movement patterns in the body. Balancing longer held

yoga poses to build muscular endurance with an increased number of reps to build strength, this class cultivates

an adaptable yoga practice that supports your ability to participate more fully in your daily life. Props will be used to support and deepen your practice. Open to all levels. Modifications will be provided, and focus placed on advancing slowly and safely to support each individual's abilities. Please bring a yoga mat to each class. Classes will NOT be prorated or refunded.

Not ready to commit to a 6-week session? Try the single class as a walk-in for \$15. “WALK-INS” please call ahead to confirm class is being held. You must check in at the front desk before class.

Code	Day	Date	Time
AF-SNR-1007-3	Tu	1/30-3/5	8:30-9:30 AM
AF-SNR-1007-4	Tu	3/12-4/23*	8:30-9:30 AM
AF-SNR-1007-5	Tu	4/30-6/4	8:30-9:30 AM

Location:.....The Community House

Fee:.....\$80

Keyholder Fee:.....\$70

Walk-In Fee:.....\$15

**No class 3/26*



CONNECT WITH US!



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ADULT FITNESS

Tai Chi

Ages: 18 years old and up

Per Harvard Medical School, Tai Chi is often described as “meditation in motion,” but it might well be called “meditation in motion.” There is growing evidence that this mind-body practice has value in treating or preventing many health problems. Tai Chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. It’s a low-impact, slow-motion exercise, that doesn’t put any

pressure on the joints. It’s also slowly becoming therapeutic exercise for many chronic health conditions. Join Zuzana from Hummingbird Qigong in this beginners 6 weeks Tai Chi program to

improve your balance, coordination, and overall health. Classes will not be pro-rated and are non-refundable unless canceled by The Community House.



Session 1: 2/16, 2/23, 3/1, 3/15, 3/22, 4/5

Code	Day	Date	Time
AF-SNR-1007-1	F	2/16-4/5*	10:45-11:30 AM

Session 2: 4/12, 4/26, 5/3, 5/10, 5/17, 5/24

Code	Day	Date	Time
AF-SNR-1007-2	F	4/12-5/24**	10:45-11:30 AM

Location: The Community House

Fee:\$115

Keyholder Fee:.....\$100

*No class 3/8, 3/29

**No class 4/19

Burning Beats! Dance Fitness

Join us for Burning Beats with Dominique, a high-energy workout that’s equal parts fun and fitness! With a mix of upbeat music, contagious energy, and simple dance moves, you’ll be dancing your way to fitness in no time. You’ll experience the thrill of dancing to the beat of the latest and greatest music. From pop anthems to Latin grooves, you’ll be moving to a soundtrack that will keep you motivated and inspired. Whether you’re a seasoned dancer or a complete beginner, our experienced instructor will guide you through each step and make sure you’re getting the most out of your workout. So forget about the gym, put on your dancing shoes, and get ready to party! With every move you make, you’ll be toning your body and burning calories, all while having a blast. Come join the fun and get ready to dance your way to fitness! This class is guaranteed to be the highlight of your week. Please stop at the front desk to sign in, purchase a punch card or pay the walk-in fee!

Discounted rates listed below for a 10 class punch card, or you can try the single class as a walk-in for \$15.

CLASS TIMES: 1/9-4/30*

Day	Time	Day	Time
Su	9:30-10:30 AM	W	6:30-7:30 PM
Tu	10:00-11:00 AM	F	9:00-10:00 AM

Code:..... AF-SNR-1013-1 (Adult)
AF-SNR-1013-3 (Students)

Location:..... The Community House

ADULT RATE:

Fee:\$109

Keyholder Fee:.....\$95

Walk-In Fee:\$15

STUDENT/WALK-IN RATE:

Fee: \$5

UNLIMITED SESSION: January-April

You’re only paying \$5 per class when you buy the unlimited session.

Code:..... AF-SNR-1013-2

Fee:\$299

Keyholder Fee:.....\$259

*No class 1/2-1/7, 1/23, 3/6, 3/24-3/31

FITNESS SCHEDULE AT-A-GLANCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Burning Beats 9:30-10:30 AM	Pilates 10:00-11:00 AM	Yoga 4 Strength 8:30-9:30 AM	Stroller Strides 8:00-9:00 AM	Prime Time 8:45-9:45 AM	Burning Beats 9:00-10:00 AM	Body Boost 7:30-8:30 AM
	SAFE 11:30 AM-12:30 PM	Prime Time 8:45-9:45 AM	Pilates 10:00-11:00 AM	Gentle Yoga 10:30-11:30 AM @KLM Lodge	Stroller Strides 9:30-10:30 AM	Stroller Barre 8:45-9:45 AM
		Burning Beats 10:00-11:00 AM	Gentle Yoga 10:30-11:30 AM @KLM Lodge		Ageless Yoga 10:30-11:30 AM zoom	
			SAFE 11:30 AM-12:30 PM		Tai Chi 10:45-11:30 AM	
		Pilates 7:00-8:00 PM	Burning Beats 6:30-7:30 PM			



Stroller Barre® Intervals by F4M

Ages: 18 years old and up

Stroller Barre® is a 60-minute cardio and strength interval class designed to improve posture, stability, and mobility. The workout combines moves inspired by barre, ballet, Pilates and yoga to help you regain your posture and alignment and strengthen your body from the inside out! Stroller Barre will help you reconnect with your body, increase flexibility, and develop the core strength needed for motherhood.

Code	Day	Date	Time
AF-SNR-1009-2	Sa	1/6-4/27	8:45-9:45 AM

Location: The Community House
Fee: \$150 for 10 punch card

Stroller Strides® by F4M

Ages: 18 years old and up

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout consists of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful, and energized! No more mama guilt! This class is all about self-care in a supportive and encouraging environment.

Code	Day	Date	Time
AF-SNR-1009-3	F	1/5-4/26	9:30-10:30 AM

Location: The Community House
Fee: \$150 for 10 punch card

*No class 11/24

Body Boost® by (HIIT) F4M

Ages: 18 years old and up

Experience High-Intensity Interval Training (HIIT) total-body workouts that challenge even the elite athlete. Our safe and effective workouts address the body of the post-natal woman, whether she had her baby six months ago or 20 years ago. Combining cardio, strength, core, and meditation, Body Boost® is the perfect workout for mom's mental and physical health. Body Boost® is a Experience High-Intensity Interval Training (HIIT) total-body workouts that challenge even the elite athlete. Body Boost is the perfect workout for mom's mental and physical health. Body Boost is a 60-minute results-based, high-intensity interval training (HIIT) class designed to challenge, empower, and energize. Class is Ongoing.

Code	Day	Date	Time
AF-SNR-1009-1	Sa	1/6-4/27	7:30-8:30 AM

Location: The Community House
Fee: \$150 for 10 punch card



Register online:

downersgrove.fit4mom.com

See Fit4Mom website for the most up-to-date class times!



Call us to schedule a tour at (630) 789-1135 • 215 55th Street, Clarendon Hills

The English proverb “A house is not a home” resonates with me every time I hear the phrase “Aging in Place.” The concept of “Aging in Place” was introduced through multiple scholarly journals dating back to the 1980s. As often happens with language, over time this phrase has evolved into various misinterpretations of its original intent. Today, this concept is commonly used in conversations and marketing messages that an older adult wants to “age in place” in their brick-and-mortar home and to be “independent.” But what we really need to think about is how do you define “home” and “independence?”

Many of us have experienced changes in our lives where we adapt and change our environment to support our next chapter – or future needs – so we can live a happy and full life. Think about the nursery that was converted to a den, the formal living room that was the toy room until reclaimed after the children grew older, or the now empty bedroom converted to the long-desired art studio. Over the years we adjusted our space to meet our personal needs and interests. This doesn’t change when you are an older adult.

So, what does “home” mean to you? Is it the brick and mortar of your current environment? How might that definition change as you age? Will that “home” support your personal wellbeing with social support, intellectual and creative growth, spiritual fulfillment, and physical wellness? Is it located in an area that can provide local resources to meet those personal needs? Can it be adapted to remain as independent as possible, and meet your personal lifestyle to ensure you live a fulfilling life?

If a time comes that you are missing balance and engagement in your life, or your home provides more stress, negativity, safety concerns, isolation, etc., then perhaps it is best to see this as an opportunity to re-evaluate your definition of “home.”

To many of us, home is comfort, safety, support, choice, flexibility, purpose, and so much more. It’s a place to socialize and entertain, a place to let our hair down and just be ourselves, a place to enjoy our passions, hobbies and intellectual pursuits, and a place that brings us peace. Whether consciously or unconsciously, throughout our lives when we no longer feel “home” works for us, we re-evaluate and make a change to better meet

our lifestyle. Sometimes that may be living with an adult child, in an apartment or assisted living, or maybe even a cruise ship! It would help us all to make a point of purposely asking ourselves if we feel at “home.” We hope that the answer is always yes.

And all this brings us to the opportunity to properly define Aging in Place by stating “I want to Age in Place where I feel my best self” – which is the intended definition from the journals noted above.

We have one life to live. We don’t know what tomorrow brings or if life is going to throw us a curveball. But remember, humans are resilient. What we choose to do is all we can control. When the unexpected happens, we may have to modify our environment. We may need to ask for a little assistance. We may have to stop something we use to do in the past. That is okay. Be your own advocate, be protective of your passion, purpose, and the important parts of life that you enjoy. Changes you make in the environment you call “home” should enhance your lifestyle, not eliminate it.

The fact is, we are aging every moment of every day - forevermore. If we admit and mindfully embrace that we will be older tomorrow, we can then start being open to possibilities when it comes to aging. You can take control and choose how you live and plan your life.

There is no such number or research that shows that when you hit any specific age, it is “only downhill from here.” The MacArthur Foundation study proves that 70% of the way we age is due to lifestyle choices. With the right mindset, and intentionally focusing on what you can do, and surrounding yourself with the right support system and environment, you have the power to age happier and healthier every day.

Jacqueline Sander is the executive director & CEO of Birches Assisted Living & Memory Care in Clarendon Hills, the only certified Montessori Inspired Lifestyle senior living community in Illinois. The Birches is a locally owned-operated successful aging focused community, with quality care and long-tenured leadership, that has been supporting local families since 1999. For article requests, email the author at jsander@birches.net or via www.birches.net



VOLUNTEERS NEEDED

**VOLUNTEER
OPPORTUNITIES
EXIST WITHIN
THE COMMUNITY HOUSE.**

There are many opportunities to lend a hand, develop new skills and give back to your community today! We will match you with the opportunity that fits your interests and availability. Everyone is welcome to volunteer, including groups and individuals, professionals, retirees, stay-at-home parents, and families.

Students can become members of our Junior Board by contacting Alana Wett, Advancement Director at 630-323-7500 ext. 227.

**SIGN-UP
TODAY**

**Contact Kelci Bednar,
Program Director**

630-323-7500, EXT. 247.

CONNECT WITH US!



Registration Form

Register Today!



Today's Date: _____

Family Last Name: _____ Parent Name: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Emergency Contact: _____ Phone: _____

School	Grade
T-Shirt	Height
Travel Exp.	Yrs. Exp.

Does the participant have any allergies, medical conditions, medications or any other medical issue staff should be aware of? ☐ Yes ☐ No (if yes, please explain: _____)

ONLINE REGISTRATION! Join our online club and register anytime! www.thecommunityhouse.org

Login: _____ Security Question: _____

Password: _____ Security Answer: _____

**Save this information to register online. A valid email address is required for online registration.*

Program Information - Visit our website to join our membership program and receive 15% off programs and events.

Code	Class Name	Participant Name	DOB	Gender	Fee

Total Fees: \$ _____

☐ I would like to make an Annual Fund donation to support The Community House: **Donation: \$** _____

TOTAL PAYMENT: \$ _____

Method of Payment (please check one)

☐ Cash ☐ Credit Card ☐ Check #: _____ ☐ Other: _____ Staff Initials: _____

This section must be completed if you are using a credit card for payment: CVV/CVC: _____
(3 digit code)

Cardholder's Name: _____

Credit card Number: _____ Exp. Date: _____

Participant/Parent Signature: _____

The above agrees to indemnify and hold harmless The Community House, its directors, officers, board of trustees, employees and agents from any and all claims for injury from any cause whatsoever arising out of or in any way connected with the above programs. I give permission for The Community House to use photographs or videos of those involved in the above programs for promotional materials. I have read and understand the specific refund policy for the above.

Registration Information

Most programs offer online registration at www.thecommunityhouse.org, click the “**REGISTER**” button on the top right. Registration can also be accepted at the registration desk (see page 3 for location and hours).

Refund Policy

Refunds must be requested more than 3 business days prior to the activity start date. We are unable to offer refunds for classes within 3 days of the start or for classes that have already started. All refunds will be charged a \$10 processing fee per activity. Customers may have their refund processed as an in-house credit and use the credit for any program offered by The Community House. In house credits are charged a \$5 processing fee, are non-refundable and are available for use for up to one year after issue date. If The Community House cancels an individual class during a session, a make-up class will be scheduled. We are unable to offer refunds for Memberships purchased. Once approved, refunds are processed in the format of the original payment within 21 days. Events or programs that require a ticket purchase are not eligible for refunds. Summer Day Camp and Kiddie Camp participants must request a refund 48 business hours in advance of the start of the program taking place. These programs will not offer refunds for days that have already occurred. Transfers will not be granted for these programs but customers may request an in-house credit for use for the program of their choice. It may take up to 3 business days from the request for in-house credit for the credit to be available for use.

Transfer Policy

Participants in some classes may request to transfer from one class to another. Not all classes allow transfers. A \$5 transfer fee must be paid before the transfer is processed.

Photo/Video Policy

The Community House staff regularly photographs or videotapes participants in programs and at events. These photos are the property of The Community House and may be used in publications, brochures, flyers, website, video productions or other marketing outlets. The Community House will protect the identity of those used in our promotional materials.

Jordan Crist Scholarship Fund

The Community House strives to make all programs available to all people. Through the generous donations and efforts of family and friends, the Jordan Crist Scholarship Fund was created to provide assistance to those in need. Please stop by the front desk for a scholarship application. To make a donation to the J.C.S.F. call The Community House, 630-323-7500 ext. 247.

Programming

The Community House provides a wide variety of programming for a wide variety of ages. We welcome your input on our current programs and invite you to share your ideas for future programming. Email or call Kelci at kbednar@thecommunityhouse.org or 630-323-7500 ext. 247.



UNLOCK SAVINGS BECOME A KEYHOLDER!

Keys to The House provides key holders with 365 days of exclusive benefits and VIP access to every door at The Community House.

BENEFITS

- Early access to registration
- Discount on facility rentals
- 15% off program registration
- Exclusive programs for key holders

EVEN MORE BENEFITS!...

- Unlimited use of the walking track and open gym
- Spare keys - guest passes for the track and gym
- Waived registration fees for Before/After the Bell families
- Exclusive savings at area businesses

PACKAGES

Family*	\$180
Individual/Child	\$100
Active Adult Couple	\$65
Active Adult Individual	\$45

**With a contribution of \$1,000 or more to The Community House, you receive a complimentary set of keys for the whole family.*



thecommunityhouse.org



630-323-7500



415 West Eighth Street - Hinsdale

Keyholder status must be valid on the **start date** of the program to receive program benefits.

CONNECT WITH US!





THE COMMUNITY HOUSE

415 W. Eighth Street
Hinsdale, IL 60521

630-323-7500



THE COMMUNITY
PLAYERS PRESENT



ARTIFICIAL HINSTELLIGENCE COMMUNITY REVUE '24

Community Revue is back and funnier than ever! Get ready to laugh out loud as we lampoon, mock, and call-out all of the artificial intelligence in Hinsdale. Don't miss the chance to see this hilarious show - it's one you won't soon forget!



let's revue!



OPENING MARCH 2024
THE COMMUNITY HOUSE
DICK JOHNSON MEMORIAL STAGE