Welcome

Welcome to our Fall 2017 catalog! Inside you will find over 200 exciting classes, activities and events. There are many new programs to explore that will educate, enrich, and entertain you. We hope to see you around the Center soon!

Registration begins on August 7 for members and August 14 for non-members

Remember to Register in Advance for Your Classes and Activities

Please register in advance of the start date for all your classes, activities and events to secure your spot and avoid the last minute rush that can result in you being late to class. You can register online, by phone, by mail, or visit the Lifelong Learning office. Full registration information on page 54.

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Around the Center

Illinois Secretary of State Mobile Unit
Friday, October 6 from 10am to 3pm

The Illinois Secretary of State Mobile Unit visits NSSC to provide services on-site. Services include state ID cards, license plate stickers, motor voter registration, and organ donor registration. Proper identification will be needed for the above services. Service is on a first come-first served basis throughout the day.

Introducing our “Lifestyle” Category of Programs!
We are expanding our “Enrich” category of programs to offer you Lifestyle classes, which bring you information and resources to help you enhance your lifestyle and make life easier in a number of practical ways. This fall, topics include your transportation options, how to appeal your property taxes, and making sense out of Medicare. See page 32 for details.

Expanded Fitness and Wellness Offerings
Introducing new fitness classes and health and wellness education! Try the new HIIT exercise class. High Intensity Interval Training (HIIT) improves your cardio vascular health and conditions your muscles by doing a short burst of high-intensity exercise followed by a brief low-intensity activity during a 30 minute class. Not sure the class is right for you? Try a free demonstration session on Friday, September 1 to help you decide. Stretch and Breathe for Better Health is a new gentle exercise class focusing on increasing flexibility and relaxation through breathing. Also, you will find more wellness classes to bring you the latest, up-to-date health information, meditation, sleep, osteoporosis, breathing, pain relief, and much more. See pages 34 for details.

New Instructors for Fall 2017
There are a number of new instructors this fall to bring you even more new and engaging programs.

Christine Benoodt, Art History Educator, Appraiser, and Master docent with the Loyola University Museum of Art, will bring her unique perspective with “Pinched, Pulled, and Puffed: 2000 Years of Changing Fashion Silhouettes.”

Christopher Johnson, Educator, Conservation Writer and Editor, will show us how forests touch all of us with “Climate Change and America’s Forests.”

John Nygro, Lecturer in the Arts, Actor, Musician, and Coach will examine our fascination with “Television Comedy Duos” and how they have influenced our viewing culture.

Timothy Wittman, Architectural historian and preservation specialist, Commission of Chicago Landmarks; Associate Professor, School of the Art Institute will present “Uniquely Chicago: The Rise and Fall of Mies van der Rohe.”

Enjoy these fun events this fall!
Enjoy two fun concerts this fall. First, on Friday, October 27 get your fingers snapping and your toes tapping at the Banjo Buddies Dixieland Trio Performance and enjoy a delicious luncheon event. Then on December 8, the Ron Surace Orchestra presents In Full Swing, a celebration of the best of swing jazz bands, including Glen Miller, Benny Goodman and Artie Shaw. See page 6 for details.
tuesdays

Every Tuesday morning at 10:30 a.m. the Men’s Club offers a one-hour presentation on a variety of interesting topics that are free and open to all men and women in our community. Program follows the 10:00 a.m. Men’s Club Business meeting.

Programs subject to change. Call 847.784.6030, or visit www.nssc.org for current information.

September 5
Muhammad Ali and the Making of the Greatest Biography of All Time
Jonathon Eig

Jonathon, the New York Times best-selling author of five books, relates the story of an author’s 5-year quest to capture one of the most iconic lives of the twentieth century.

September 12
Paradigm Shift: From Brain Disease to Brain Health
Dr. Demetrius Maraganore, North Shore Neurological Institute

Dr. Maraganore will discuss what he and his team develop as evidence based leading-edge and comprehensive approaches to determine an individual’s risk for developing brain disease.

September 19
Low Income Housing in the Chicago Suburbs
Richard Koenig, PhD, HODC

Dr. Koenig will discuss the need for affordable housing in Chicago’s northern suburbs and how our current housing proposals will create positive community assets.

September 26
Lerner & Loewe
Bob Schwartz, Broadway musical theater historian

Bob will talk about the team of lyricist and librettist Alan Jay Lerner and composer Frederick Loewe, and their long journey from a chance meeting in 1942 to the 2017 production of My Fair Lady at the Lyric Opera featuring a score with some of their most memorable songs. He will have with him a pianist along to render these numbers.

October 3
A Guided Tour of the Human Heart
Dr. Robert Bonow, Cardiology, Northwestern Medicine

Dr. Bonow returns to present a history of our understanding and care of the human heart.

October 10
Reflections and Thoughts about Our Architectural Practice
David Woodhouse, AIA

David Woodhouse, AIA, one of Chicagoland’s leading architects, will discuss many of his projects, and the reasoning behind them.

October 17
The New Media Landscape in the Age of Trump
Ravi Baichwal, news anchor and reporter at WLS-TV (ABC 7)

Ravi brings his experience as a correspondent, reporter, anchor, and producer to a discussion of possible changes in media.
October 24

Black South African Choral Music & the Struggle against HIV
*Mollie Stone, conductor at Chicago Children’s Choir*

Mollie tells how the black South Africans have adapted the powerful choral music of the anti-apartheid struggle to address the AIDS epidemic and educate, spread information, and address social stigmas. She will share examples of how the songs are used, and will introduce some of them.

October 31

Outside In, Inside Out
*Elissa Morgante and Fred Wilson, Morgante-Wilson Architects Ltd.*

Elissa and Fred will give a retrospective about the 30-year career of this husband and wife team. They will reveal how their individual and unique design approach to craft beautiful solutions from a process of “outside in, inside out.”

November 7

Northwestern University Student Music Performance

Students from the Bienen School of Music at Northwestern will again entertain us with an exciting program.

November 14

Veteran’s Program

A panel of veterans will relate some of their experiences during their time in the military service.

November 21

Northwestern University Student Music Performance

Another group of these highly skilled students from the Bienen School of Music will entertain us.

November 28

Goldenaires Performance

Enjoy a performance of our very own NSSC Goldenaires in performing a medley of holiday tunes as well as other “golden oldies.”

December 5

The Fed and the Economy
*David Oppedahl, Federal Reserve Bank of Chicago*

David will address the role of the Federal Reserve in the U.S. economy. He will also highlight key economic trends and the prospects for growth in the year ahead.

December 12

The Illinois Budget Crisis: State of Education, Human Services and Public Pensions
*Jerry Stermer, Adjunct Professor, Northwestern University*

Jerry draws on his experience in Illinois government to give us a picture of what is happening in the state.
programs

An array of programs—a wealth of opportunities for learning, excitement and growth.

Programs subject to change. Call 847.784.6030 or visit www.nssc.org for current information.

Daytrips

Extended Travel Presentation with Fancy Free Holidays

Elizabeth Killings, Fancy Free Holidays

The North Shore Senior Center offers travel opportunities to destinations across the United States in partnership with Fancy Free Holidays. Elizabeth Killings of Fancy Free Holidays will present an overview of the upcoming trips. Plan your travel by considering one of these great destinations:

- New York City – November 16, 2017
- Hilton Head – February 18, 2018
- Gulf Coast Spring Fling – March 19, 2018
- Branson Wine, Dine, and Cruise – April 30, 2018

Thu 9/7 1-2:30pm
No fee 6646

Architecture River Cruise

Marvel at the soaring towers of Chicago’s Loop while enjoying the sparkling river vistas and the ever changing skyline of our beautiful city. This Chicago Architecture Foundation cruise will be narrated by experienced docent Hy Speck, who will highlight over 50 historic and architecturally significant sites and offer a unique perspective on the city. Lunch will be at the South Water Kitchen in the Hotel Monaco where we can watch the hustle and bustle of the city while enjoying a delicious, leisurely lunch. Includes all fees, lunch and transportation.

Thu 9/14 8:30am-2:30pm
$109 member; $139 non-member 6639

Hamilton: An American Musical

“The best Broadway musical in years,” “This is ‘THE’ musical of the decade/century and more!” wrote reviewers about this current hit Pulitzer Prize winning musical that tells the story of Alexander Hamilton. The play faithfully follows the outline of Hamilton’s early life as an orphan in the Caribbean through the American revolution years and eventual death caused by a shot from Aaron Burr’s pistol during a duel. A commercial hit that is also an artistic watershed, this show satisfies everyone. The show’s magic is the score by Lin-Manuel Miranda, which incorporates jazz, R&B, hip hop, rap and even a classical riff or two. Fee includes theater ticket and transportation.

Wed 9/27 12-5:30pm
$239 member; $279 non-member 6642

Elmhurst Art Museum and Lizzadro Museum of Lapidary Art

Elmhurst Art Museum’s award-winning architecture of glass and steel is matched by its reputation for adventurous, high caliber exhibitions of contemporary art and design. The current major exhibition is by Chicago street artist, Hebru Brantlym, whose murals can be found around town. Also tour the McCormick House, adjacent to the museum and one of only three houses designed and built by pioneering architect, Mies von der Rohe. After lunch at Angelo’s Ristorante, visit the world famous Lizzadro Museum of Lapidary Art, located in beautiful Wilder Park. The museum holds displays of gemstone treasures, from antique to modern. The building itself is designed to resemble a jewel box in a park setting. Includes all fees, lunch and transportation.

Wed 10/11 10am-4:30pm
$89 member; $115 non-member 6640
The Harley Davidson Museum and The Grohmann Museum

Visit the Harley Davidson Museum near downtown Milwaukee, situated on a 20-acre museum campus along the riverfront with views of the city skyline. There are more than 450 motorcycles and artifacts dating back to Serial Number One, the oldest known Harley. Follow the history of the United States from 1903, when the first Harley was built, through two world wars, to the present. Enjoy lunch at the Motor Bar & Restaurant, a Levy restaurant right in the Harley Museum. Then, on to the Grohmann Museum to see over 1,000 paintings and sculptures representing the evolution of human work. The building itself features 3 floors of galleries, stained glass, a mosaic atrium floor, a ceiling mural, and a rooftop sculpture garden. Includes all fees, lunch, and transportation.

Fri 10/20 8:30am-5pm
$99 member; $139 non-member 6645

Churches, Churches, Churches: Stories of Sacred Spaces

Spend the day visiting historic churches, chosen for their individual stories and their unique décor. Learn about the history of these buildings and appreciate their art and architecture. Visit Old St. Patrick’s Church, Chicago’s oldest church, built in 1852, and a survivor of the Great Chicago Fire of 1871. Then, on to Second Presbyterian Church, a Chicago landmark built by the city’s elite of Prairie Avenue and containing Tiffany stained glass windows. Lunch at the Red Apple, which specializes in delicious Polish specialties. They offer something for everyone’s palate. The last church of the day is St. Hyacinth Church which recently enjoyed a $1 million restoration of its interior. It is in the heart of the Old Polish neighborhood and was designated a Basilica in 2003. Complete the day at a European Bakery and Café and enjoy coffee and a sample of delicacies. Includes, lunch, coffee, and transportation.

Thu 11/9 9am-5pm
$99 member; $129 non-member 6641

Key to Shoes Symbols for Travel:

- Minimal walking – to/from bus, theater or dining
- Moderate walking – outdoor tours with tram, small museum or attraction
- Extensive walking – large museum or attraction with tour

Ernest Hemingway’s Birthplace and Museum in Oak Park

The roots of Ernest Hemingway’s life and art can be found in Oak Park, where he lived his first twenty years and which prepared him for the rest of his life. The well-preserved house he was born in is a beautiful window into his family and into Victorian life in general during the early 1900s. At the museum, see photographs, writings, and memorabilia from his early years in Oak Park. Special exhibits highlight his love of nature and the arts. After lunch at Winberie’s, top off the visit to Oak Park with a tour of Pleasant Home. This historic 30-room, Prairie Style home was designed in 1897 by George W. Maher, a contemporary of Frank Lloyd Wright. Includes all fees, lunch, and transportation.

Wed 11/29 8:30am-4:30pm
$99 member; $129 non-member 6643

Holiday Tea at the Drake

Enjoy an elegant afternoon tea in the Palm Court of the beautiful Drake Hotel on Michigan Avenue. The grand dame of afternoon teas, this Gold Coast gem has been serving traditional high tea since the ‘20s. Imagine what life was like during Chicago’s gilded age while you enjoy your cucumber and watercress sandwich among other goodies, sip your tea, and listen to melodic music played on the harp. Over the years, this regal hotel has received royal visits from Queen Elizabeth, Princess Diana, and the Empress of Japan, as well as Hollywood royalty, including the entire cast of The Sound of Music. A lovely way to begin your holiday festivities. Includes afternoon tea and transportation.

Fri 12/15 11:30am-3pm
$99 member; $129 non-member 6644
Performances & Special Events

21st Annual Joan Golder Distinguished Senior Lecture
Featuring Mike Nussbaum
Mike Nussbaum has directed and acted in Chicago theaters for more than 50 years. He has appeared on film in House of Games, Fatal Attraction, Field of Dreams and Men in Black. His work has been honored with an Emmy and a Drama Desk Award, and by the Joseph Jefferson Committee, DePaul University, the Illinois Legend Award, the University Club of Chicago, the Sarah Siddons Society, Next Theater’s 2014 Award and the Spirit of Shakespeare Award from Chicago Shakespeare Theater. He will speak on his experiences and observations on life.

Tue 10/17 7-8:30pm
$12 member; $17 non-member 6663

Banjo Buddies Dixieland Trio
Performance and Luncheon
Enjoy a fall afternoon with a festive luncheon and concert featuring the Banjo Buddies Dixieland Trio! One of the most unique and exciting musical attractions around today, this eclectic group, led by the inimitable Ann Stewart, specializes in Dixieland jazz, music, and fun from the Roaring Twenties, the Swing era, and the Big Bands. Their enthusiasm will keep everyone’s toes tapping and fingers snapping. Come enjoy fun, lively music, and a delicious lunch from Pinstripes.

Fri 10/27 11:30am-2pm
$19 member; $25 non-member 6660

In Full Swing with the Ron Surace Orchestra
Swing and sway to the tune of Ron Surace and his award winning 17-piece orchestra. For your enjoyment, they will provide an afternoon of hits from the libraries of Glen Miller, Benny Goodman, Tommy Dorsey, and Artie Shaw. Reminisce and remember the days of the big bands. A lovely reception will follow the performance.

Fri 12/8 1-2pm
$15 member; $20 non-member 6657
Art & Architecture

Frank Lloyd Wright at 150: An Architectural Legacy
Jeff Mishur, Art Historian, Art Excursions

The year 2017 marks the 150th anniversary of Wright's birth. During a 20-year period living in Oak Park, Wright developed a style he referred to as organic architecture. Today his achievements are recognized internationally. Remarkably, this reputation is based in large part on residential homes in neighborhoods as opposed to high profile commercial or institutional projects. Jeff Mishur discusses examples of Wright's work in Oak Park as well as other projects including Fallingwater and the Guggenheim Museum in Manhattan.

Fri 10/20 1-2:30pm
$12 member; $17 non-member 6528

Uniquely Chicago: The Rise and Fall of Mies van der Rohe
Timothy Wittman, Associate Prof, School of the Art Institute, and Columbia College

Tim Wittman explores the life of preeminent architect Mies van der Rohe. An advocate for innovation in design, as the director of the Bauhaus in Germany he was blacklisted by the Nazi party for his dismissal of tradition. Van der Rohe later emigrated to Chicago, where he furthered his career by melding European Modernist aesthetics with American engineering excellence. The style he advocated was at first exciting, then taken for granted, and eventually abandoned. Tim discusses his meteoric rise, success, and fall from favor and how his work sowed some of the seeds of its own demise.

Wed 9/20 10-11:30am
$12 member; $17 non-member 6556

The Art Scene in Nazi-Occupied Paris
Tish Robinson, The Wonders of France

During Nazi-occupied Paris, France's artistic heritage was in constant danger. In a look back at this complicated, dark period of history, Tish Robinson documents the heroic efforts to protect the Louvre's treasures, the rampant looting of collections from the Jewish community of art dealers and collectors, and the vibrant will to continue producing and exhibiting art in besieged Paris. The compelling main characters include Hitler, Göring, Mona Lisa, Jacques Jaujard, Rose Valland, Paul Rosenberg, and Pablo Picasso.

Wed 10/18 10-11:30am
$12 member; $17 non-member 6558

American Impressionists in Monet's Giverny
Tish Robinson, The Wonders of France

Do you know the artists Theodore Robinson, Theodore Butler, Frederick Frieseke, or Lilla Cabot Perry? They were among the Americans drawn to Monet’s beloved Giverny in the late 19th and early 20th centuries, where the legendary grain stacks, poplars, the Seine, and quiet scenes of daily life in the village had been immortalized by Monet. These American Impressionists, whose works deserve to be better known, painted memorable glimpses of this village of singular importance in the history of art.

Wed 11/15 10-11:30am
$12 member; $17 non-member 6559
# Current Events

## African Politics and Current Events

*Ron Mantegna, Facilitator*

Enjoy a lively discussion on topical issues of the day: politics, the economy, international happenings, science, our diverse society, local issues, and more. In short, explore what’s making the news each week. Come to actively contribute to the moderator-led discussion as we cover a wide variety of topics, or come just to listen and learn from the opinions of others.

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## Foreign Policy Roundtable

*Gary Midkiff, College Professor*

Gary Midkiff leads this monthly discussion group exploring foreign policy issues of the day. Prior each session, he will email an agenda and reading list to participants to prepare for that meeting. During the class, Gary will discuss the issues on the agenda and allow participants the opportunity to compare and contrast their views and opinions about foreign policy issues.

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## U.S. Foreign Policy: Sense or Nonsense?

*Arthur Cyr, Ph.D., Director of the Clausen Center, Carthage College*

The 2016 presidential campaigns included relatively strong emphasis on foreign policy, including dangers of terrorism, intervention and interference of Russia in other countries, and nuclear weapons development in North Korea. Candidate Donald Trump promised drastic changes in U.S. policies regarding international trade, the military, and other matters. But has that really proven to be true for President Donald Trump?

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Major Supreme Court Decisions of the 2016-2017 Term
Julie Strauss, Ph.D., Political Scientist

Julie Strauss reviews several of the most notable U.S. Supreme Court decisions of the recent term. However, the most important development on the high court was the addition of Neil Gorsuch. She discusses his hearing and confirmation before turning to some of the most interesting cases of the term. Among those cases are legal questions about capital punishment, public education for students with disabilities, and the use of transgender bathrooms.

Mon 9/11 1-2:30pm
$12 member; $17 non-member 6547

Is Immigration Reform Possible in 2017?
Julie Strauss, Ph.D., Political Scientist

Immigration reform has been a key political issue for the past several elections. Yet previous Presidents and Congresses have failed to pass reforms. Most recently, the Senate passed a comprehensive reform in the spring of 2014, but it failed to pass the House of Representatives. There is now a new President who ran against immigration reform and supports deporting undocumented immigrants – positions which exit polls show galvanized many of his supporters. This new development has dramatically shifted the contours of the debate. Julie Strauss explores the political and policy repercussions of this multi-faceted issue.

Wed 11/15 1-2:30pm
$12 member; $17 non-member 6548

Catch Up: What’s Been Going on in Israel?
Moshe Pomerantz, Educator

Is it a two state solution or one? Is the Israeli right still celebrating the Trump victory? With Netanyahu’s corruption issues and the far right attacking him more than the left, Israel could be heading for elections. These issues and a lot more will be explored, along with a catch up on Israeli cinema. Moshe Pomerantz will bring you up to date on the major stories that did not make the headlines (but should have) about what is happening in Israel.

Wed 9/27 1-2:30pm
$10 member; $15 non-member 6542

Washington Update: What’s in Store for Social Security and Medicare?
John Wasik, Journalist, Speaker, Author

John Wasik reviews what’s going on in Congress, provides some background, and explores future policy changes on these issues. For example, there is a recent proposal to index Social Security payments to inflation, which could mean a cut in benefits. Since these topics change fairly quickly these days, John presents the latest developments from Washington on various proposals to reform Social Security and Medicare and analyzes their political viability.

Fri 11/3 10-11:30am
$12 member; $17 non-member 6555
**The Russia Challenge**  
*George Lungu, Professor, Political Science and International Relations*

Winston Churchill once referred to Russia as “a riddle wrapped in a mystery inside an enigma.” The recent attention on Russia triggered by its international assertiveness and interference in American politics, as well as Donald Trump’s interest in a reset, has failed to solve the riddle and deepened the mystery and the enigma. George Lungu explores Russia’s challenge and seeks answers to two questions: What does Russia want? What should America’s response be?  

Fri 12/15 1-2:30pm  
$12 member; $17 non-member 6561

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**Bannon’s Bible:**  
**The Fourth Turning**  
*Jim Kenney, Executive Director, Common Ground*

What drives the toxic ideology of Stephen K. Bannon, Donald Trump’s principal strategic advisor? It may well be *The Fourth Turning*. Bannon is known to be an adherent of the “generational” theory advanced by authors William Strauss and Neil Howe. Their core concept is that American history moves from crisis, through stages of awakening, to crisis. And the Fourth Turning model suggests that the next crisis is upon us. Bannon is an enthusiast. Jim explores the generational model and takes a closer look at Steve Bannon. It’s all about something we should all know. (Not about the Fourth Turning but about Bannon.)  

Tue 9/12-10/3 (4x) 1-2:30pm  
$49 member; $68 non-member 6567

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**Dystopias – Anti-Utopias: Imagining the Future**  
*Jim Kenney, Executive Director, Common Ground*

George Orwell did it so well that we now use the term “Orwellian” to name eras in which an ominous political malaise undermines civil society. Aldous Huxley brought a very different but no less chilling perspective to his epic *Brave New World*. More recently, Margaret Atwood has given us *The Handmaid’s Tale*, with extraordinary insights into the subjugation of women under a totalitarian theocracy. All three authors have something to help in our current struggle to make sense of the American present...and future. All three help us understand the difference between fear and hope.  

Tue 11/7-11/14 (2x) 1-2:30pm  
$25 member; $34 non-member 6569

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**The American Political Scene in Review**  
*Jim Kenney, Executive Director, Common Ground*

It has been an extraordinary, powerfully unsettling year in American politics. Jim Kenney’s workshop begins with the last weeks of the 2016 presidential election and continues to the inauguration of Donald J. Trump as the 45th President of the United States. He will examine Trump’s first 100 days in office, measured against his claim to have “done better than any previous president.” Jim also will attempt to review the rest of the first year of the first term. (It must be noted that this description is being written just as the first 100 days draw to a close. Many analysts have suggested that, for a variety of reasons, Trump is unlikely to finish his term. So the first question as this series begins will be “Who’s in the White House?” Jim is betting his initials are DJT.)  

Tue 11/28-12/12 (3x) 1-2:30pm  
$37 member; $51 non-member 6570

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**The Changing Middle East: Country Profiles**  
*Jim Kenney, Executive Director, Common Ground*

Where should our discussion start? Iran, Iraq, Syria, Israel, Saudi Arabia, Yemen, Turkey, and Egypt, of course. But you will also visit many other nations, ranging from the volatile to the very promising. Also visit some significant Muslim regions in Africa, and even touch on South East Asia. You will find complexity, variety, inconsistency, and volatility, but also creativity, openness, humor, and democracy.  

Thu 10/12-11/2 (4x) 10-11:30am  
$49 member; $68 non-member 6572
Looking Back, Looking Ahead
Barry Bradford, Historian

Historian Barry Bradford returns with his highly anticipated year end review. Barry will count down the top 10 news stories of 2017, and fearlessly predict what will be the top 10 news stories of 2018. This annual look into the future is always one of our members’ favorite presentations.

Thu 12/14 1-2:30pm
$12 member; $17 non-member 6585

The Glass Ceiling: Israeli Women of the Early 21st Century
Moshe Pomerantz, Educator

Israel was founded on the visions of the Kibbutz and socialist democracy. How much of the egalitarian dream has been fulfilled? Learn about the different sectors of Israeli society – the religious, the orthodox, the urban educated, the working mothers. Then there are the young women 18-21 who serve in the Israel Defense Forces and have a huge responsibility to fulfill. Moshe Pomerantz provides an up to date review of the state of the women in the State of Israel.

Fri 11/17 1-2:30pm
$10 member; $15 non-member 6536

Morality Police in the Islamic Republic: What is it Like to Be a Woman in Iran?
Jacqueline Saper, author, translator, educator

Women in Iran enjoy relatively more rights than their counterparts in surrounding countries, but they are still denied many fundamental rights that American women take for granted. For example, Iranian women are subjected to draconian rules regarding relationships and marriage, how to dress, and how to behave. They are also treated as second-class citizens when it comes to participating in cultural events, travel, politics, or the judicial system. Jacqueline Saper will provide an overview of women’s rights in the Iran of today.

Mon 10/2 1-2:30pm
$12 member; $17 non-member 6560

A Fresh Look at Cultural Evolution
Jim Kenney, Executive Director, Common Ground

For many years, Jim has been thinking, lecturing, and writing about the phenomenon of human cultural evolution. His book on the subject, <I>Thriving in the Crosscurrent: Clarity and Hope in a time of Cultural Sea Change</I>, poses the key question: “Do cultures evolve or do they merely change?” Answering in the affirmative, he introduces the concept of a “sea change,” a dramatic acceleration in the evolution of human cultural values toward a closer fit with reality. But is it still possible to believe, as Jim argues in the book, that ours is truly a time of “sea change”? Join him to find out why, despite the events that have unfolded over the past few years, the answer is still a resounding “Yes!”.

Thu 11/9-11/16 (2x)10-11:30am
$25 member; $34 non-member 6573

The Anti-Enlightenment: The Rise of the Uninformed?
Jim Kenney, Executive Director, Common Ground

The European Enlightenment, particularly in France and Scotland, gave rise to what is now fondly referred to as the Age of Reason. These days, it often seems that Americans have lost that precious foothold. This workshop examines the animating ideas of the Enlightenment in an effort to catalogue the “dumbing down” of American culture in our time. But you will also find reason to believe that the gains of the Enlightenment—reason, justice, human improvement, and the better society—are not lost and, really, cannot be.

Thu 11/30-12/14 (3x)10-11:30am
$37 member; $51 non-member 6574

Big Data and Dark Cyber: From Crime to Warfare
Jim Kenney, Executive Director, Common Ground

From Big Data to Big Dark, the U.S. has come a long way on a disturbing journey. From identity theft to corporate espionage to inter-governmental hacking...a newer, darker world has opened up. What are the implications for personal security, electoral integrity, and even global combat? Jim takes a look at Big Data and moves quickly into the intriguing, mystifying, Big Dark.

Thu 9/14-10/5 (3x – no class 9/21)10-11:30am
$37 member; $51 non-member 6571

Registration Form on Page 52
Dramatic Portrayals

Mystery of Living: Packing for Syria with Agatha Christie
Betsey Means, WomanLore: Performing Women in History

Agatha Christie (1890-1976) was a prolific English author of world renown, creating such famous detectives as Hercule Poirot and the eccentric Miss Jane Marple. Christie enjoyed a career that spanned over 50 years, and her works have now sold into the billions. They have been translated into dozens of languages, inspired numerous other authors’ works, and have been adapted to radio, the stage, and film. Betsey Means becomes Christie at her home in Devon.

Mon 9/25 1-2pm
$12 member; $17 non-member 6521

Sizzling Stories of Broadway
Martina Mathisen, Dramatist, Edu-tainment Living History

Is there really a broken heart for every light on Broadway? Find out with this back stage look at the many performances in New York’s Theater District. The stories of Broadway come to life with your own personal time traveling guide, Bella LaTour, as played by Martina Mathisen. Dazzling. Surprising. Sizzling. See you there!

Wed 10/18 1-2pm
$12 member; $17 non-member 6520

Thomas Edison: America’s Inventor
R. J. Lindsey, Living History Theater

R.J. Lindsey, as Thomas Edison, reveals stories of his youth as a 12 year old candy butcher on the railroad, a 16 year old itinerant telegrapher, and at 23 years earning $40,000 improving the stock ticker for Wall Street. Edison details the 1,000 attempts to perfect the practical light bulb, the catalyst for the phonograph, and the inspiration for the motion picture. And he addresses the really big question: How is a dachshund dog like electricity?

Fri 11/3 1-2pm
$12 member; $17 non-member 6562

Adventures of a Desert Queen: A Meeting with Gertrude Bell
Betsey Means, WomanLore: Performing Women in History

Meet Gertrude Bell, a lone woman in the male Muslim world of the Middle East, a famous author who wrote about the Arabs, an acknowledged archaeologist, and a courageous traveler who dressed in extravagant clothes and dined with china and crystal. Gertrude was the first woman to be taken into the British Imperial Service as Oriental Secretary and was the most powerful woman in the British Empire in the years after WW I. She achieved nothing less than a miracle by creating the modern state of Iraq.

Fri 11/10 1-2pm
$12 member; $17 non-member 6531

Golda Meir: The Journey Home
Jessica Michna, Dramatist

How does a girl born in the Ukraine and raised in Milwaukee, Wisconsin travel a path that will lead her to become Prime Minister of Israel? Jessica Michna portrays Golda Meir to explore that rather circuitous route. What roadblocks and detours were thrown in Golda’s way, and how did she overcome them? The journey is a fascinating one, filled with joy, sorrow, seriousness, and humor.

Mon 11/27 1-2pm
$12 member; $17 non-member 6523

The Future is Now: An Architectural Tour of the World
Martina Mathisen, Dramatist, Edu-tainment Living History

Buckle your seat belt and get ready for a surprising tour, right from your seat at North Shore Senior Center. The international traveler, Jasmine Blaze (as played by Martina Mathisen), takes you around the globe to discover the fantastic superstructures that have stunned the world and will leave you in awe.

Wed 12/13 1-2pm
$12 member; $17 non-member 6519

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Art and Artists in the Movies
Steve Frenzel, Film Teacher

Explore some of the greatest artists of all time in this feast for the eyes. Spend time with Vermeer, Camille Claudel, Van Gogh, Rembrandt, and many others as they create some of the most beautiful works of art in history. Witness art theft in *The Thomas Crown Affair* and visit the Art Institute of Chicago with Ferris Bueller. Experience the beauty of sculpture, painting, light, color, and perspective in this cinematic celebration of art.

Fri 10/6 10-11:30am
$12 member; $17 non-member 6456

Hail Caesar: Sid Caesar
Steve Frenzel, Film Teacher

Hail Caesar! The great sketch comedian, Sid Caesar, pioneered television comedy with some of the most brilliant comedy writers ever, such as Neil Simon and Mel Brooks, and some of the most gifted comic performers of all time like Imogene Coca and Carl Reiner. You will learn many wonderful things about the great Caesar and watch some of the funniest moments in television history.

Fri 11/10 10-11:30am
$12 member; $17 non-member 6457

Television Comedy Duos
John Nygro, Theatre Historian, Lecturer, Actor

There is something magical about a comedy duo: the clever banter of opposing personalities, an intimate relationship between partners, and the universal truths their comedy reveals. You will enjoy comedy sketches, series excerpts, and special examples of such duos as Andy Griffith and Don Knotts, Mike Nichols and Elaine May, and Lucille Ball and Vivian Vance.

Fri 10/13 1-2:30pm
$12 member; $17 non-member 6532
The Holocaust in Film: Casablanca
Jay Sorkin, Researcher & Educator in Holocaust Studies

You must remember this: the #1 love story in movie history with the #1 love song of all time. Casablanca is also filled with a cast and crew that fled the Nazis during their rise to power. The stories behind the story are as fascinating as the one on-screen. Join Jay Sorkin in celebrating the 75th anniversary of this timeless film. All the usual suspects are invited.

Wed 10/25 1-4pm
$10 member; $15 non-member 6543

The Holocaust in Film: Pastor Hall
Jay Sorkin, Researcher & Educator in Holocaust Studies

Based on the true story of German pastor Martin Niemoller (“they came for the Communists”), this British drama examines how the moral compass of one man can steer the conscience of so many and the lengths that others will go to silence it. So prescient in its foreshadowing of events to come from its 1940 point of view, it strips the political events of the time down to their spiritual essence.

Wed 11/29 1-4pm
$10 member; $15 non-member 6544

Tony Bennett: A Life of Art and Music
Hy Speck, Professor Emeritus, City College of Chicago

Of all the great pop singers from the mid-20th century, at 91 Tony Bennett is the only one still alive and still swinging. Trace the rise of this son of immigrant parents to the top of the charts in both music and art. A Kennedy Center Honoree, Tony has recorded over 80 albums, sold over 100 million records, and won eighteen Grammy awards. In addition, he is an accomplished artist, with his paintings selling for over $100,000.

Mon 11/6 1-2:30pm
$12 member; $17 non-member 6546

Instructor Spotlight

Charles Troy
Musical Theatre Historian

Charles Troy is a graphic designer and former theatre lyricist who has developed more than fifty multimedia presentations on musical theatre subjects. In addition to giving his presentations at the North Shore Senior Center and other Chicago area venues, he often takes his presentations on the road. He has appeared at the Cole Porter Festival for eight straight years, does a Florida tour every January, and has recently presented in San Francisco, Scottsdale, Ann Arbor, and New York City.

Often he gets personal reactions from the people who attend his presentations, such as “I saw this show when it first came to Chicago” or “I once had an encounter with….” Stirring up these kinds of memories plays a large part in making Charles Troy feel so good about what he does.

The Creation of The Wizard of Oz
Charles Troy, Musical Theatre Historian

This legendary 1939 film is the most watched movie of all time. It is so well-known that even its backstory is familiar. But there is a far more fascinating story behind the usual backstory...MGM studio intrigue, amazingly bad decisions reversed in the nick of time, and one brilliant, audacious choice early on by a man who received no screen credit that was critical in making The Wizard of Oz the beloved classic it became.

Fri 10/13 10-11:30am
$12 member; $17 non-member 6551

The Creation of Wicked
Charles Troy, Musical Theatre Historian

The Wizard of Oz inspired Gregory Maguire’s 1995 novel Wicked, which imagined the life of the Wicked Witch of the West before Dorothy. And that novel inspired Stephen Schwartz to write the score for his first successful musical in almost 30 years – one that made Broadway musicals exciting for a new generation of young girls (and their grandparents!).

Fri 12/1 10-11:30am
$12 member; $17 non-member 6552
The Artful, Inventive Musicals That Inspired La La Land

Reid Schultz, Filmmaker, Columbia College

Reid Schultz analyzes four musicals that inspired the 2016 movie musical phenomenon La La Land that grossed over $400 million at the box office. The film felt like a different kind of musical that was less about big budget production numbers and set more in a realistic and often challenging world. The combination of fantasy and reality seemed strange to some who were more used to musicals set in an upbeat, romanticized world, one lacking the ordinary trials and tribulations of real life. And where was the happy ending?

The Young Girls of Rochefort

In 1964, Filmmaker Jacques Demy’s The Umbrellas of Cherbourg, a pastel-colored, 100%-sung musical starring Catherine Deneuve, became an international success. It did so well that Demy and his composer, Michel Legrand, soon began to develop a companion piece. Their next film, The Young Girls of Rochefort, was more over-the-top glamorous with bigger, more complex musical numbers interspersed within its story of sisters looking for love. Deneuve again stars, this time joined by her real-life sister, actress Francoise Dorleac. Injecting further glamour into the film is American actor Gene Kelly in a supporting role. Directed by Jacques Demy, France, 1967, 120 min.

Wed 9/13 12:30-3:30pm
$12 member; $17 non-member 6563

All That Jazz

Bob Fosse’s semi-autobiographical film was based on aspects of his life and career as a dancer, choreographer, and director. The film was inspired by his manic effort to edit his film Lenny while simultaneously staging the 1975 Broadway musical Chicago. It borrows its title from the Kander and Ebb tune from that musical. From the dazzling opening production number that fully captures the energy of a Broadway cattle call to the surreal ending of a man dying on a Broadway stage, reality and fantasy converge into a personal musical about a man’s life of love, loss, triumph, and regret. The film won the Palme d’Or at the 1980 Cannes Film Festival and was nominated for nine Oscars, winning four. Directed by Bob Fosse, 1979, 120 min.

Wed 10/11 12:30-3:30pm
$12 member; $17 non-member 6564

Pennies from Heaven

Based on the critically acclaimed six-part British TV mini-series by Dennis Potter, MGM Studios produced dark and disturbing tale about a traveling sheet music salesman who escapes the daily drudgeries of his job and miserable married life through fantastic daydreams. Despite a grim storyline involving adultery, prostitution, homelessness, and murder, the film is an ambitious musical. Set during the Great Depression, the soundtrack is brimming over with tunes from that era. But probably the biggest risk of all was casting comedian Steve Martin in the lead role of the hapless salesman. A financial failure at the time, it did manage to score three Oscar nominations for Best Screenplay, Best Sound and Best Costume Design. Directed by Herbert Ross, 1981, 105 min.

Wed 11/8 12:30-3:30pm
$12 member; $17 non-member 6565

One from the Heart

The most ambitious filmmaker of the 1970s, Francis Ford Coppola had a string of critical and box-office successes throughout the decade before he achieved financial disaster with One from the Heart, his grand, personal folly that haunted him for years. The film helped bankrupt Coppola’s Zoetrope Studios on whose sound stages he extravagantly recreated an astonishingly surreal Las Vegas, the setting for a modest tale of the romance between a likable couple, played by Frederic Forrest and Teri Garr, who split up on July 4th due to a misunderstanding. Alternating between the banality of daily life and the opulence of a dream world, the film is a moody, heartfelt musical romance with stunningly bluesy songs written by Tom Waits and sung by Waits and country queen Crystal Gayle. Directed by Francis Ford Coppola, 1982, 105 min.

Wed 12/6 12:30-3:30pm
$12 member; $17 non-member 6566
Carol Burnett: Musical Comedienne  
*Susan Benjamin, Musical Biographer*

From an impoverished little girl who dreamed of being a movie star to a multi-talented Broadway, television, and movie star, Carol Burnett persevered her way to the top. Along the way she was married three times and became the mother to three daughters. With humorous and poignant examples, this program illustrates Carol's journey which includes surviving personal heartbreak and charting new entertainment territory.

**Mon 11/13-11/20 (2x) 10-11am**

$24 member; $32 non-member 6578

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“Kvetching” and “Jiving”: The Intersection of Jews and African-Americans in Popular Entertainment  
*David Chack, Professor, Theatre and Jewish Culture, DePaul Univ., Director, Writer*

The relationship between Jews and African-Americans has developed the American songbook, jazz, the American musical, comedy, and other forms of popular entertainment. David takes a detailed look at these forms, showing how the cultures blended into the most significant contribution of performing arts in the world. Artists to be explored include Al Jolson, Edna Ferber and Jerome Kern, Cab Calloway, Lena Horne, Gene Wilder, and Mel Brooks. And the list goes on.

**Wed 9/6 1-2:30pm**

$12 member; $17 non-member 6609

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People Who Make Us Laugh:
*BARRY BRADFORD, HISTORIAN*

Gracie Allen
Gracie was one of the most underrated comediness of all time, and her comic timing and delivery were among the best! Did you know that Grace danced well enough to do duets with Eleanor Powell and Fred Astaire? That she played a detective in a comic murder mystery written just for her? Or that when she ran for president she received over 40,000 votes? The life and career of the hilarious George and Gracie gloriously spring to life in this warm and affectionate biography.

**Thu 9/14 1-2:30pm**

$12 member; $17 non-member 6575

Betty White
Betty White has been called a national treasure, and rightly so! One of America’s most beloved entertainers, she was a pioneer in television when she became the first woman to produce her own show. This warm, charming, and funny presentation is loaded with hilarious video clips and great stories about the one and only Betty White.

**Thu 9/28 1-2:30pm**

$12 member; $17 non-member 6576

Milton Berle
He was the first great superstar of national television. “Uncle Miltie” was so popular that restaurants closed early on Tuesday nights because everyone wanted to go home and watch his show! In a career that spanned more than 60 years, Milton Berle left a hilarious and unforgettable mark on American popular culture.

**Thu 10/5 1-2:30pm**

$12 member; $17 non-member 6577
History

Here I Stand: The Life and Times of Martin Luther
Anette Isaacs, German Historian

This year marks the 500th anniversary of the beginning of the Reformation, which provides the perfect opportunity to take a closer look at this religious movement’s towering figure: the German monk turned rebel, Martin Luther. Rather than focusing on his theological philosophy, Anette will explore Luther’s colorful and riveting life story and provide captivating insights into daily life in the 16th century, thus painting a fascinating picture of this highly dramatic episode in the history of Humankind.

Wed 10/4 1-2:30pm
$12 member; $17 non-member 6467

Maps Tell the Tales of Chicago’s History
Dennis McClendon, Geographer & Historian, Chicago Tour Guide

Historic maps of Chicago tell all kinds of intriguing stories about the city’s origins and development: vanished creeks and woods, big projects never accomplished, forgotten ethnic groups and neighborhoods, mysterious subdivisions, abandoned industrial areas, vice districts and world’s fairs, ghosts of railroad stations and streetcar lines and freight tunnels, reminders of a constantly changing city. Learn about these interesting stories from various corners of dozens of maps from Chicago’s past.

Wed 9/27 10-11:30am
$12 member; $17 non-member 6522

The Presidency of John Kennedy
Gary Midkiff, College Professor

He was the youngest person ever elected President. He was the handsome orator who ruled over Camelot. He was the hero of the Cuban Missile Crisis. But he was much more, and much less, than those images. And it is the contrasts that make his tragically shortened Presidency so fascinating. Gary Midkiff analyzes Kennedy’s Presidency, including one of the finest inauguration speeches ever given.

Wed 11/1-11/8 (2x) 10-11:30am
$19 member; $28 non-member 6525

The Great Depression
Gary Midkiff, College Professor

Our country had never experienced anything like it. It was as if the economy had lurched into reverse, throwing people out of work, shuttering factories and banks, and worst of all destroying hope. The Federal government tried a few minor remedies and then stopped, hoping the business cycle would turn upward. Unfortunately, it did not. America voted for a new President in the hopes he would fix the problem. He began by addressing “fear.” Professor Gary Midkiff takes you through our greatest crisis since the Civil War as he examines the longest and most severe depression ever experienced by the industrialized Western world.

Wed 10/4-10/11 (2x) 10-11:30am
$19 member; $28 non-member 6526

Four Star History of Chicago
Donna Primas, Certified Chicago Tour Guide

Flags are deeply symbolic, and the Chicago flag is no exception. Learn about the history and controversy of this popular and photogenic municipal banner, as well as the modifications that have been made to it since its inauguration in 1917. Understand how Chicago’s geography and history lie behind the choices of color, pattern, and symbols used. Then dive deep into the influential historic events represented by the four red, six-pointed stars in this telling of the history of Chicago’s flag.

Thu 9/7 1-2:30pm
$12 member; $17 non-member 6557
The history of America’s presidential elections will unfold over five fascinating weeks. Barry Bradford will walk you through every election from 1790 through 2016. You will learn about the candidates, the issues, the changing nature of political elections, and how American history was shaped by the decisions that were made.

### 1790-1856: Washington to Buchanan

The very first presidential election in 1790 was not contested. By the eve of the Civil War, America was splitting in two and political factions ruled the day. Among the fascinating elections covered, Barry highlights the controversial election of Andrew Jackson and the election of the first Republican president.

**Thu 10/12**

1-2:30pm

$12 member; $17 non-member 6579

### 1860-1916: Lincoln to Wilson

The election of Abraham Lincoln in 1860 changed America in profound ways. Barry looks at that election and every election that followed through the tumultuous election of Woodrow Wilson, which would forever change American foreign policy and make the U.S. a world power.

**Thu 10/19**

1-2:30pm

$12 member; $17 non-member 6580

### 1920-1956: Harding to Eisenhower

Beginning in 1920 American politics went through two major revolutions. First, the election of three consecutive Republican presidents who slashed taxes, spending, and the military. When the depression hit, Franklin Roosevelt won four consecutive elections, and his hand-picked successor won the next one. In 1952/56 the election of President Eisenhower seemed to settle down American politics, but the 1960s were just around the corner!

**Thu 10/26**

1-2:30pm

$12 member; $17 non-member 6581

### 1960-1996: Kennedy to Clinton

The election of John F. Kennedy in the hotly contested election of 1960 had a memorable impact on every aspect of American politics. Barry examines how elections became less predictable and political swings became more dramatic as candidates as disparate as Richard Nixon, George Wallace, Jimmy Carter, Ronald Reagan, and Bill Clinton took center stage.

**Thu 11/2**

1-2:30pm

$12 member; $17 non-member 6582

### 2000-2016: Bush to Trump

Beginning with the controversial election of George W. Bush in an election decided by the Supreme Court, and concluding with the controversial election of Donald Trump, this final class addresses our more recent history in depth and with insight.

**Thu 11/9**

1-2:30pm

$12 member; $17 non-member 6583
The True Flag: Theodore Roosevelt, Mark Twain, and the Birth of American Empire
Jim Kenney, Executive Director, Common Ground

It can be argued that the real birth of American empire began with the first movement across the continent by the new United States, incorporating Florida, the Louisiana Purchase, the northern half of Mexican territory, and the lands of the native population. However, Stephen Kinzer’s illustrative new history, The True Flag, takes the reader back to the turn of the 20th century when the first acts of overseas empire were argued and acted on. The title highlights Roosevelt and Mark Twain as the prime protagonist/antagonist pair. The history itself presents a significant group on either side: McKinley, Hearst, Lodge, and Roosevelt promoting empire; Hoar, Carnegie, Bryan, and Twain opposing the annexation/conquest of overseas territories.

Tue 10/10-10/31 (4x) 1-2:30pm
$49 member; $68 non-member 6568

The American Revolution
Barry Bradford, Historian

Barry Bradford will make the events, personalities, and importance of the American Revolution spring to life with drama, wit, and insight. From the reasons behind the decision to separate the 13 colonies from England, to the bloody battles of Bunker Hill and Trenton, to the endurance of troops fighting over a seven year period, you will ultimately learn how the Continental Army outlasted and outfought the British.

Thu 11/16-12/7 (3x – no class 11/23) 1-2:30pm
$35 member; $47 non-member 6584

The Trail of Tears
Joyce Haworth, Historian, College of Lake County

In 1828, President Andrew Jackson changed U.S. policy toward the Native Americans and set out to evict them from their native lands. But he met his match in the Cherokee tribe, who sued the government in the Supreme Court for recognition and rights to their land. The battle that followed illustrates the limits of our constitutional system, the power of greed, and the suffering of a people.

Mon 10/23 1-2:30pm
$10 member; $15 non-member 6606

Speak Your Mind, Or Not: The History of Freedom of Speech
Joyce Haworth, Historian, College of Lake County

Free speech and a free press are cherished in the United States, but even under the Bill of Rights the word “free” does not always mean “say anything that you want.” Joyce Haworth traces the history of free speech and press in the English-speaking world from the 17th century to our modern understanding of these terms.

Mon 12/4 1-2:30pm
$10 member; $15 non-member 6607

Second Amendment: The Right to Bear Arms
Joyce Haworth, Historian, College of Lake County

“Let your gun therefore be the constant companion of your walks,” said Thomas Jefferson, but did he mean when you walk your kids to school or go to the grocery store? From a historical, nonpartisan view, Joyce examines the background of the Second Amendment, the intent of the Founders, and the laws they passed regulating guns in our nation’s earliest years.

Mon 12/11 1-2:30pm
$10 member; $15 non-member 6608
Get Your Life Story Down on Paper!
Carol Sadtler, Professional Writer & Marketing Consultant

Writing your life story can be energizing for you and empowering for future generations of your family. Jumpstart your writing process in this fun and friendly workshop. You will explore a life theme, such as family, love, or work. Then, write on the topic of your choice. Participants will share their experiences in class. Don’t worry about grammar or spelling. It is all about your stories.
Thu 9/28-11/2 (6x) 1-2:30pm
$49 member; $59 non-member 6635

Playreading with Vivian Mitchel
Vivian Mitchel, Facilitator

Perhaps you have dreamed of being an actor. Fulfill your passion by joining the North Shore Senior Center playreading group! Learn about the playwright and discuss the play. Read a new play with the group each week. The real fun begins when characters are assigned and the play is read aloud by participants who can “ham it up” in the company of other would-be thespians.
Wed 10/18-11/15 (5x) 12:30-3:30pm
$49 member; $59 non-member 6638

Poetry Sharing Circle
Marlene Mitchel, Facilitator

Do you enjoy poetry? Perhaps you dabble at writing poems. This small group reads poetry aloud, sharing poems each has written as well as published poems. Open to poets of all skill levels. Poetry leads to great discussions! Center membership required to participate.
Thu 9/7-12/14 (14x – no class 11/23) 1-2:30pm
No fee 6506

Reading for a Cozy Afternoon
Donette Jensen, Northfield Branch Librarian

Join Northfield Branch librarian, Donette Jensen, for a monthly book discussion exploring interesting fiction. The group meets the second Wednesday of the month. Contact Donette at the Northfield Library 847.446.5990 for more information and book selections. Books can be checked out at the Northfield Branch, 1785 Orchard Lane.
Wed 9/13, 10/11, 11/8 (3x) 1-2pm
No fee 6472
**The Iliad of Homer**  
*Donna Rosenberg, Author, Teacher*

Without question, one of the greatest Western literary works, *The Iliad* reveals how to live and how to die in a universe in which perfection does not exist. Discuss *The Iliad*’s unforgettable characters in their desperate situations, its great human interest, and Homer’s magnificent use of language, part by part in six sessions, along with related films.

**Wed** 9/13-11/1 (6x – no class 9/20, 10/11) 12:30-3:30pm  
$72 member; $85 non-member 6588

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**A Novel Experience**  
*Donna Rosenberg, Author, Teacher*

Using shared inquiry, discuss these stories that are too good to miss. Please read assigned stories before the first class. Book and reading assignments will appear in the confirmation letter.

**All the Light We Cannot See by Anthony Doerr**
We will discuss this hauntingly beautiful World War II novel about a French girl and a German boy. Doerr’s use of language is truly remarkable.

**Wed** 9/6 12:30-3:30pm  
$12 member; $17 non-member 6595

**Flight by Sherman Alexie**
Discuss this novel about an orphaned, Native American boy, which is both fierce and defiant, hilarious and tragic, and contemporary, but with historical roots. Alexie is always worth reading and discussing, and he is always a treat!

**Wed** 11/15 12:30-3:30pm  
$12 member; $17 non-member 6596

**Scenes From Village Life by Amos Oz**
Explore this unforgettable novel, written in the form of linked stories, which reveals the light and darkness, the song and sadness, and the exterior and interior of human life.

**Wed** 11/29-12/6 (2x) 12:30-3:30pm  
$24 member; $32 non-member 6598

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**Music Appreciation**

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**Goldenaires**  
*Jan Peterson, Choir Director*

Love to sing? Love the “golden oldies”? Then join the Goldenaires chorus! This group of men and women who sing harmony and perform monthly in local retirement communities, senior centers, and other venues in the afternoon. Prior singing experience is a plus, but is not mandatory. Practices are every Wednesday morning, and monthly performances are on a Wednesday afternoon.

**Wed** 9/6-12/13 (15x) 10:30am-12pm  
$60 member; $75 non-member 6480

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**Music of the American “War Between the States”: The Civil War**  
*Gregory Athnos, Emeritus Professor of Music, North Park University*

Nineteenth century America was a cultural backwater with few orchestras, no professional composers, and no classical musical language. It was a country trying to discover itself. Greg Athnos will trace the folk traditions, the music leading up to the “Brothers War,” the music of slavery, and the hope for the future. Stephen Foster and Abraham Lincoln are just two of the important figures included in this presentation.

**Mon** 9/11 10-11:30am  
$12 member; $17 non-member 6445

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**Early 19th Century Opera: From Divas to Dramas**  
*Gregory Athnos, Emeritus Professor of Music, North Park University*

In the 19th century, the unwashed of Europe, inspired by the French Revolution, wanted for themselves what had been the exclusive privilege of the ruling classes. From flamboyant virtuosic singing in Italy to historic dramas in France and dark legends in Germany, discover how opera became far more for the people, expressing more populist ideas.

**Mon** 10/9 1-2:30pm  
$12 member; $17 non-member 6446
Music Appreciation cont.

Giuseppe Verdi:
Giant of Italian Opera,
Genius of the Stage
Gregory Athnos, Emeritus Professor of Music,
North Park University

No opera house can survive without productions of Verdi’s monumental works, including the blockbuster Aida. What innovations did he bring to the genre? What makes his work different from his contemporary Wagner? Listen to magnificent and powerful voices while Greg Athnos explores the composer’s genius.

Mon 11/6 10-11:30am
$12 member; $17 non-member 6447

Giacomo Puccini: Verdi’s Successor
and the Creator of Verismo or Truth in Opera
Gregory Athnos, Emeritus Professor of Music,
North Park University

La Boheme, Madame Butterfly, Tosca…what would the world of opera be without these gems? Greg Athnos explores the story lines and how they are different from Verdi’s. Here are people you can identify with, whose lives in many ways are similar to yours, with the same emotions, loves, joys, and fears. Whether or not you like opera, you cannot help but be moved by the beautiful melodies.

Mon 12/4 10-11:30am
$12 member; $17 non-member 6448

The Orchestra Step by Step
Michael Vaughn, Ph.D., National Louis University professor

Michael Vaughn will examine the modern symphony orchestra and its history, traditions, make-up, and personnel. Take an in-depth look at this most impressive and complex musical ensemble as you learn about each section of the orchestra and the instruments contained therein.

Fri 10/20-10/27 (2x) 10-11:30am
$24 member; $32 non-member 6554

Mozart’s Clarinet Concerto:
Premiered on This Date in 1791!
Jim Kendros, Composer, Music Researcher, Educator

On October 16, 1791, Mozart’s friend and artistic associate Anton Stadler premiered the sublime Clarinet Concerto in Prague. Brimming with autumnal sweetness and gentle musings, this radiant work was to be Mozart’s final orchestral masterpiece. Jim Kendros explores the mysteries and expressive joys surrounding this highly melodious work. What instrument was this work originally written for? How does the modern clarinet differ from the instrument Stadler designed and played? And did Mozart foresee his own demise less than two months in the future?

Mon 10/16 1-2:30pm
$10 member; $15 non-member 6493

The Pastoral Symphony of Brahms: Symphony #2
Jim Kendros, Composer, Music Researcher, Educator

Often referred to as Brahms’ “Pastoral” Symphony, this work glitters with gentle, yet majestic, inspirations of nature. Described by one of Brahms’s close friends as being filled with radiant sunlight and deep blue skies, this work is one of the hallmarks of 19th century orchestral literature. Discover the role of the horn (one of Brahms’ favorite instruments) and how it opens this highly expressive work. Explore how Brahms used various structures to achieve the luminous effects in this music, and enjoy the movement which had to be repeated in the Vienna premiere!

Wed 11/29 10-11:30am
$10 member; $15 non-member 6496

Between Two Worlds:
Mendelssohn as Jew and Christian
Michael Vaughn, Ph.D., National Louis University professor

Though born into one of Europe’s most prominent Jewish families, Felix Mendelssohn was baptized a Lutheran at the age of seven. This duality of religions was to become one of the most important and troubling forces in the composer’s creative life, as he struggled to find a personal compromise between his Jewish heritage and Christian faith. Michael Vaughn explores these two fascinating sides of the musical prodigy.

Mon 9/25-10/2 (2x) 10-11:30am
$24 member; $32 non-member 6553
People, Places
and Culture

**A New England Autumn**
*Ralph Danielsen, Photographer, Traveler, History Enthusiast*

Meandering along the trails of the Atlantic northeast is a great way to relish a New England autumn. Amidst the rolling hills and valleys lie tiny steepled villages and charming towns, numerous covered bridges left from yesteryear, and enticing lakes and woodlands. Working your way east to the ocean, you can lunch on lobster, look in on art galleries, and enjoy the coastal villages, harbors, and lighthouses.

Mon 10/30 1-2:30pm
$10 member; $15 non-member 6452

**Magnificent Alaska**
*Ralph Danielsen, Photographer, Traveler, History Enthusiast*

While driving on every paved highway in the 49th state, you will see America's most awe-inspiring mountains, calving glaciers, unique wildlife, and coastal fishing towns. The only unpaved road you will drive on is the Alaska Marine Highway along the spectacular Inside Passage. Travel to the Arctic Circle and its unusual climate, see the effects of the midnight sun, witness native culture, and learn about the pipeline – an engineering marvel.

Mon 11/13 1-2:30pm
$10 member; $15 non-member 6453

**A Week in Portugal**
*Sara Drower, Artist*

Start your Portuguese adventure in Lisbon, with stops along the way to visit the Pena Palace in Sintra and the charming town of Obidos. Visit the Castelo de Sao Jorge for an overview of Lisbon and then the Alfama's twisting, narrow streets and the neighborhoods of Belem and Baixa. Many people associate the city of Porto with their famous wine, but the beautiful Portuguese azulejo tiles are not to be missed, along with the book store that is said to have inspired J.K. Rowling when she wrote her famous series of books.

Fri 10/6 1-2:30pm
$10 member; $15 non-member 6454

**Wake Up and Smell the Caffeine**
*Sara Drower, Artist*

From the first cup of coffee in the morning, refreshing cola at lunch, and afternoon tea, take a look at caffeine in our lives and how it affects our health. Sara surveys different kinds of tea and coffee, how they are produced and prepared, and the way those beverages have influenced world history. Look at other food and drinks that contain caffeine, such as chocolate, cola, and energy drinks, and evidence that caffeine was used in the Mississippi Valley 1,000 years ago.

Mon 11/20 1-2:30pm
$10 member; $15 non-member 6455

**Pinched, Pulled, and Puffed: 2000 Years of Changing Fashion Silhouettes**
*Christine Benoodt, Art History Educator, Appraiser*

Enjoy a romp through the history of undergarments and fashion trends that resulted in bizarre shapes and unwieldy heights. From the Greeks and Romans to today’s “Free the Nipple” movement, marvel at the sources of inspiration and creativity that shaped what women chose, and sometimes didn’t choose, to wear. Meet influential people such as Catherine de Medici and Coco Chanel. See how politics and technology formed taste.

Fri 9/8 1-2:30pm
$12 member; $17 non-member 6524

**China’s Border Regions: Fantastic Scenery and Distinctive Cultures**
*Norman Moline, Professor Emeritus of Geography, Augustana College*

Common images of China include modern cities with skyscrapers, crowded places, high speed rail, rice fields, tea plantations, and historic features. Yet its border regions have very different natural characteristics, uncrowded places, and distinctive ethnic groups. Drawing upon his many travels to and study about China’s border regions, Dr. Moline will describe the border areas near Myanmar, Nepal, Tajikistan, Kyrgyzstan, Mongolia, and North Korea which are visited by few Americans.

Mon 12/11 10-11:30am
$12 member; $17 non-member 6529
People, Places and Culture cont.

Inventions, Innovations, Imaginations by Recent Jewish Geniuses
Leah Polin, Former Executive Director, Institute for Jewish Learning

Leah looks at 20th century examples of creative ideas in all walks of life that changed the world we live in. From ball point pens to the Fontainebleau, from Waze and Facebook and Wi-Fi too, she will discuss the creativity unleashed by geniuses that changed our world for the better. Or not, as some believe.

Wed 9/13 10-11:30am
$12 member; $17 non-member 6535

Britain’s Great Women Rulers
Leslie Goddard, Ph.D. Historian, Actress

Great Britain has had three remarkably long-reigning female monarchs: Queen Elizabeth I, Queen Victoria, and Queen Elizabeth II. Each ascended the throne at a young age and reigned for at least 40 years. Each skillfully negotiated the challenges of female monarchy and influenced their country through smart political and strategic moves. In this series of three illustrated lectures, learn about each woman’s life, exploring why each has become symbolic of her era.

Queen Elizabeth I
Queen Elizabeth I reigned over England during a tumultuous era. Her cousin Mary, Queen of Scots, attempted to assume her throne, she guided England during a drawn-out war with Spain, and she faced the critical question of whether to marry or remain the “virgin queen.” Historian Leslie Goddard will explore Elizabeth I’s life, the challenges she faced as monarch, and the skillful ways she wielded power as a woman in a male-dominated age.

Mon 10/16 10:30-11:30am
$12 member; $17 non-member 6461

Victoria, Queen of Great Britain
Victoria, sovereign of an empire on which the sun never set, gave her name to a remarkable era of social and political change. In this illuminating overview of Victoria’s life and unprecedented 64-year reign, Leslie Goddard explores Victoria’s life and the particular challenges she faced as a female monarch. Learn how Victoria achieved such remarkable popularity in her late years and why her influence endures today.

Mon 10/23 10:30-11:30am
$12 member; $17 non-member 6462

Queen Elizabeth II
Great Britain’s longest reigning monarch has seen remarkable changes over the course of her 65-year reign. Leslie will take you through Elizabeth II’s life, exploring how she has skillfully guided the monarchy through wars, recessions, 12 prime ministers, and technological revolutions. As a constant and stable figure, she has not only strengthened and maintained the British monarchy, but crafted a powerful legacy for herself.

Mon 10/30 10:30-11:30am
$12 member; $17 non-member 6465

Chicago From the River
Hy Speck, Professor Emeritus, City College of Chicago

Chicago is to architecture, what Paris is to art. And many people believe that the water is the best vantage point for appreciating the city’s architecture. Hy Speck, a 21 year river docent, takes you down the Chicago River to view the buildings and the people that made Chicago the architecture capitol of the world.

Mon 9/18 1-2:30pm
$12 member; $17 non-member 6545

Humanities Treasures
Explore many aspects of life by using resources and media provided by a class leader. There is never a dull moment! Facilitated by classmates, these thought-provoking discussions may challenge, change, or strengthen your beliefs. Center membership required to participate.

Fri 9/1-12/15 (15x – no class 9/15, 11/24) 10am-12pm
No fee 6481
Science & Nature

Climate Change and America’s Forests
*Christopher Johnson, Writer, Editor, Educator*

When you plant a tree, you are doing something about climate change. Trees are our most efficient and least expensive ways to slow the heating of the earth’s atmosphere. Christopher Johnson explains how forests store carbon and why it is crucial that we have healthy forests in fighting climate change. What can we do to make sure that forests in the Midwest and throughout the country remain healthy? He will address not only this question but also examine how climate change is affecting national forests such as Glacier National Park and Sequoia National Park.

Mon 9/18 10-11:30am
$10 member; $15 non-member 6492

The Search for New Planets
*Michelle Nichols-Yehling, Educator & Astronomer, Adler Planetarium*

Astronomists have found thousands of planets around stars other than our sun. Most are bigger than Earth, and some are as big or bigger than Jupiter. Are any like Earth? Michelle Nichols will highlight the search for extra-solar planets, including the latest from spacecraft such as Kepler, Hubble, and others, and present the most recent findings of planets which could be just like your own home world. She will also describe how the new James Webb Space Telescope will allow you to learn even more about these amazing worlds and how you might be able to visit the closest of these within the next 30 years.

Mon 11/27 10-11:30am
$10 member; $15 non-member 6530

Extreme Forensics: Non-Human DNA Testing
*Hal Tinberg, Ph.D., Abbott Laboratories (ret.)*

Forensic DNA is only found at about five percent of crime scenes. However, close examination of the scene often reveals the presence of non-human biological material – for example, evidence from dogs, cats, and even trees can be found alongside many victims. Learn how forensic scientists, teaming up with persistent detectives, have linked this foreign DNA to potential suspects as Hal Tinberg discusses a number of case histories.

Fri 10/27 1-2:30pm
$10 member; $15 non-member 6549

Instructor Spotlight

**Hal Tinberg, Ph.D.**
**Forensic Sciences and History Instructor**

Hal Tinberg enjoyed a long career in biomedical research, including 17 years at Abbot Laboratories, which brought him from California to Chicago. (He still considers himself a product of the West Coast). After retiring in 2002, he taught Biology for several semesters at a local college. In 2007, he began a new retirement career as a lecturer for adult learners. Thanks to the success of such television series as CSI and NCIS, the topic, Forensic Sciences, has proven to be an interesting one for the public.

North Shore Senior Center continues to be a favorite venue of his for a number of reasons: the audiences at NSSC are engaged, they ask probing questions about the topic, showing a need to know more than is being delivered at the lecture, and above all, they choose to be there because they want to learn. Hal is always thrilled to see familiar faces at his lectures. When he looks out and sees smiling faces looking back, he cannot ask for anything more from the experience.

Forensic Detectives: Identifying America’s Fallen Heroes
*Hal Tinberg, Ph.D., Abbott Laboratories (ret.)*

There are more than 1600 MIAs still unaccounted for from the Vietnam War. DNA testing can provide closure for the families by identifying their loved ones. In the early days of the Vietnam conflict, America suffered its first casualty of this war, a man destined to be MIA. The story of the Unknown Vietnam Soldier is one filled with mystery, politics, and intrigue. Was he truly unknown? Learn how detective work and state of the art testing by the Armed Forces DNA Identification Laboratory were used to put names to the remains of these two American heroes.

Fri 12/1 1-2:30pm
$10 member; $15 non-member 6550
**Arts & Crafts**

**Artists Workshop: Working in Color**  
*Carl Kock, Artist & Arts Educator*

Explore color and different media using props, photographs, and one's own imagination! Students can work in pastel, oil, acrylic, watercolor, cray-pas, and colored pencils at their own pace, but need to supply their own art supplies to complete their individual projects. For the student who wants to work independently, the class can be used as a workshop. For the advanced student as well as beginners.

Tue 9/5-12/5 (14x) 10am-12pm  
$140 member; $160 non-member

New Perspectives Fine Art Studio

Looking for a studio? Make this your artistic home away from home. Start a new project, or work on those you have begun in a class. Find camaraderie with fellow artists and exhibition opportunities in our beautiful Atrium Gallery. Enjoy a wonderful facility with skylights, sinks, individual storage, a press, kiln, easels, light box – perfect for working in many artistic mediums. For more information, contact Lifelong Learning at 847.784.6030 or Mary Krebs Smyth at 847.784.6017. Center membership required to participate. (No class on 11/23)

Mon, Tue 9/5-12/21 12-4pm  
Thu 9 am-4pm  
$49 member  
$6688

**Bead Stringing and Knotting**  
*Carole Grove, Instructor*

If you have beads that need to be restrung, want to learn how to knot your beads, or would like to learn a new, easy technique for making a bracelet or necklace this is the class for you. Beading needles, thread, and findings will be provided but you need to bring your own beads. Instructor will have some beads available for purchase in class if needed.

Wed 10/11-10/18 (2x) 10am-12pm  
$19 member; $25 non-member  
$6637

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**Adventure**

Woodpecker Walk  
*Staff Lake County Forest Preserve, Experienced conservationists*

Woodpeckers are fascinating birds. Learn about the different species of woodpeckers that call Lake County home, then head along the trail and see how many you can find!  
Thur 9/7  
11am-12pm  
$12 member; $17 non-member  
6633

Fall Color Walk  
*Staff Lake County Forest Preserve, Experienced conservationists*

Fall is a beautiful time to enjoy the wonders of nature happening all around you! Join in on this fall color hike led by an expert Lake County Forest Preserve conservationist. You will learn basic tree identification, get a refresher on why leaves change color in autumn, and hear how critters adapt to the coming cold weather.

Wed 10/11  
11am-12pm  
$12 member; $17 non-member  
6690

**Bead Stringing and Knotting**  
*Carole Grove, Instructor*

If you have beads that need to be restrung, want to learn how to knot your beads, or would like to learn a new, easy technique for making a bracelet or necklace this is the class for you. Beading needles, thread, and findings will be provided but you need to bring your own beads. Instructor will have some beads available for purchase in class if needed.

Wed 10/11-10/18 (2x) 10am-12pm  
$19 member; $25 non-member  
6637
House of Welcome Adult Day Services
September 2017 • Featured on the library wall in the gallery

We are delighted to present an exhibit of original artwork created by people living with dementia who attend House of Welcome Adult Day Services Day (HOW) Day Program and Mind Matters Program. The art was created during art and art therapy activities. The exhibit will feature current artwork from the past year.

American Jewish Artists Club:
Members Mixed Media Exhibition
September 7-October 21, 2017

This club, founded in 1926 in Chicago, represents a group of painters, sculptors, photographers, printmakers and fiber artists who share an interest in Jewish culture and religion. They meet in a spirit of camaraderie, sharing concepts and personal views in the world of art and its placement in society. Their artistic works are of varied content and personal style and not of any religious/ethnic subject unless an artist chooses to do so. Their works can be found in private, national and international collections.

Wilmette Arts Guild:
Members Mixed Media Exhibition
November 2-December 21, 2017

The Wilmette Arts Guild is a highly inclusive, not-for-profit corporation founded in 1988. Their mission is: to bring together individuals and businesses interested in the charitable and educational fields of art; to provide a location for the arts to be produced, taught and exhibited in Wilmette and to create opportunities for community members to appreciate, participate in and contribute to art in Wilmette and the surrounding area. The artists in this guild create work in a wide variety of techniques and media. Monthly critiques are held in member’s homes to share new works and work in progress. They also publish and distribute at no charge The Arts Review Magazine to inform, stimulate and inspire everyone’s interest in the visual arts.

Stitchers
Irene Boldt, Facilitator

This group of needle crafters knit and crochet items for different charitable groups, such as homeless and women’s shelters and cancer patients. Providing a valuable service is a rewarding and fun opportunity while working with other caring people like yourself. If you are not an expert stitcher, the facilitator will help get you started with a project. Center membership required to participate.

Wed 9/6-12/20 (16x) 9am-12pm
No fee 6686

Quilting
Rose Carroll, NSSC Staff member

Take part in quilting with others who enjoy the craft. Teacher assistance is provided for those who need help with a personal project. Provide your own supplies. All levels of experience are welcome. Center membership required to participate.

Mon 9/11-12/18 (15x) 9am-12pm
No fee 6669

Sculpture Studio

Studio time is available for experienced sculptors to practice their craft and interact with other artists. Participation must be arranged through Rose Carroll at 847.784.6035. NOTE: Although the studio use is free, there is a fee for the clay. Center membership required to participate.

Fri 9/1-12/15 (15x – no class 11/24) 9am-12pm
No fee 6684

Interested in having your artwork exhibited in our Gallery?

If you have artwork that you would like to submit to hang in one of the gallery shows, fill out a “Request to Exhibit” form located in a folder on the bulletin board in the Fine Art Studio. Forms should be completed and submitted two weeks before the exhibition opens. Once completed, put the form in the folder that is labeled “Completed Forms” located in the Fine Arts Studio. Any work submitted must be framed or presented in such a way that it is ready to hang.
Arts & Crafts cont.

Sewing Bees
A congenial group of quilters, sewers, and knitters prepare craft items for sale in Mim’s Gift Shop. These generous volunteers not only help the Senior Center, they also become fast friends by working together year round. Bring a brown bag lunch. Center membership required to participate.
Fri 9/1-12/15 (15x – no class 11/24) 10am-2pm
No fee 6685

Share The Warmth Club
Share the Warmth Club makes comforting fleece and crocheted blankets for adults going through chemotherapy. Crochet experience is not needed as instruction is provided. Members can also cut fleece, wind yarn and match to fabric, crochet borders, sew labels, or deliver to hospitals. Bring a brown bag lunch and socialize with this warm, welcoming, and committed group. Center membership required to participate.
Fri 9/1-12/15 (15x – no class 11/24) 9am-12pm
No fee 6683

Weaving Studio
Looms are available to experienced weavers for work on personal projects. You must have basic weaving skills, as there is no instructor. Participation is limited by the number of looms available in studio. Contact Rose Carroll at 847.784.6035 in Lifelong Learning for information on availability. Center membership required to participate.
Tue 9/5-12/12 (15x) 9am-12pm
No fee 6670

Knitting Studio
Mary Staackmann, Facilitator
Join our weekly Knitting Studio where you can work on your projects, brush up on your skills, learn new techniques, or just spend an afternoon knitting with others. Mary Staackmann will be available to provide personalized instruction, answer any questions you may have about knitting, and share knitting tips. Bring your supplies or project in progress. Center membership required to participate.
Wed 9/6-12/20 (16x) 1:30-3:30pm
No fee 6671

Computers & Technology

Windows 10: Tips and Tricks
Lee Huber, Computer and Technology Instructor
There are a lot of new features in Windows 10. Learn how to tweak the top features to the way you use the computer. You will make the transition with a minimal learning curve. If you are new to or unfamiliar with Windows 10, it is recommended you take Windows 10: An Introduction prior to this class.
Mon 10/30 1-3pm
$19 member; $25 non-member 6626

Windows 10: An Introduction
Lee Huber, Computer and Technology Instructor
If you find Windows 10 challenging, you are not alone. Learn the basics of this system to help you get the most out of your computer, with less frustration.
Mon 9/18 1-3pm
$19 member; $25 non-member 6622

Technology for Your Home and Lifestyle
Lee Huber, Computer and Technology Instructor
Interested in how technology will influence your home and lifestyle in the years to come? Find out about L.E.D. lighting colors, wireless thermostats, heating vents, front door locks and much more. What is Smart TV and streaming videos through Netflix, Roku or Chromecast? Learn more about how to incorporate technology safely and at your own pace.
Thu 11/9 1-2:30pm
$19 member; $25 non-member 6625
Tech-Lovers Club
Stanley Schwab, Facilitator

Join us for this get-together of men and women who use computers and have questions and/or answers to share. Also, listen to presentations on a variety of informative computer subjects. The club meets the once per month. Center membership required to participate.
Fri 9/22, 10/20, 11/17 (3x) 1-3pm
No fee 6515

Become a Google Master
Michael Gershbein, Librarian, MLS,
Owner of Very Smart People

You love Google for searching the Internet, but did you now that it has all kinds of other gems available? Learn about making Google work for travel, mapping, news, and more.
Thu 12/7 1-3pm
$19 member; $25 non-member  6632

Facebook 101
Michael Gershbein, Librarian, MLS,
Owner of Very Smart People

Learn how to use one of the most popular social networking sites to stay in touch with family, friends, causes, businesses, or to promote your business or simply share your own interests with the world.
Thu 9/7 1-3pm
$19 member; $25 non-member  6627

Android Basics
Michael Gershbein, Librarian, MLS,
Owner of Very Smart People

Do you have an Android phone or tablet? Get more comfortable with them as you learn the fundamentals you need to know. Easily navigate, find apps, and customize your devices with the knowledge you will gain during this class discussion and demonstration.
Thu 10/26 10am-12pm
$19 member; $25 non-member  6631

Power Facebooking
Michael Gershbein, Librarian, MLS,
Owner of Very Smart People

There is more to Facebook than keeping up with the family! Facebook continues to offer more ways to customize your experience. Learn what you need to know about privacy, controlling news feeds, creating groups, and more.
Thu 11/16 10am-12pm
$19 member; $25 non-member  6624

Instructor Spotlight
Michael Gershbein, MLS
Technology Instructor
Michael Gershbein has been teaching technology classes at the North Shore Senior Center for two years since leaving his position as librarian at the Glencoe Public Library. After leaving the library he formed his business Very Smart People to offer technology training and troubleshooting experience to senior centers, libraries, and people’s homes. Michael loves teaching at the Center because the people who attend his classes recognize technology surrounds us all, usually enhances our lives, and can make everything more fun. People who want to learn the “how-to’s” should not be surprised if the conversations in class veers off into larger societal implications. Michael welcomes you to all his future classes and the upcoming transportation panel where he will be speaking about Uber and Lyft.

Technology Trends
Michael Gershbein, Librarian, MLS,
Owner of Very Smart People

Curious about the hottest tech trends and the coolest technologies? Discover what is happening now, what is coming around the corner, and hear about what the more distant future might hold in the vast world of personal technology.
Thu 10/12 10-11:30am
$19 member; $25 non-member  6623
Computers & Technology cont.

iPhone and iPad Basics
Michael Gershbein, Librarian, MLS,  
Owner of Very Smart People

Looking to get more comfortable with your iPhone and iPad? Michael Gershbein will show you all the basics of navigation, customization and app usage with an aim towards increasing overall familiarity and comfort with your device.

Thu 9/14 10am-12pm
$19 member; $25 non-member 6628

iPhone and iPad Advanced Tips
Michael Gershbein, Librarian, MLS,  
Owner of Very Smart People

Do you feel like you are not getting as much out of your iPhone as you should? Learn a variety of advanced tips, tricks, and settings that will allow you to maximize your use and become a power user.

Thu 11/2 1-3pm
$19 member; $25 non-member 6630

AARP Smart Driver Course
Earl Nicholas, AARP Trained Instructor

The AARP Smart Driver Course is designed as a driving refresher for motorists age 50 and older. The course includes information on safe driving habits, how to avoid driving hazards, changes in roadway conditions, safety equipment on your automobile, as well as a discussion of when to consider driver retirement. The class also covers much of the information needed to pass the Illinois State license exam and reviews the eyesight, hearing, and physical changes that drivers experience as they age. Completion of the two-day class may entitle the participant to a discount on his or her auto insurance. Please check with your insurance carrier for further details.

Tue, Thu 11/28-11/30 (2x) 8:30am-12:30pm
No fee 6458

Language

Intermediate French
Adrienne Lawrence, Instructor

Review and refine vocabulary and grammatical concepts with an emphasis on developing competence in speaking and listening, and explore cultural, current events and traditions. This class is designed for people who have already acquired basic skills in French.

Wed 9/6-10/18 (6x – no class 9/20) 10-11:30am
$69 member; $79 non-member 6483

Wed 10/25-12/20 (8x – no class 11/22) 10-11:30am
$69 member; $79 non-member 6484

computer & technology assistance

A group of volunteers is available every Wednesday and Friday morning to answer your computer, tablet, or smartphone questions or resolve your computer issues. Perhaps you have a question about something you learned in a class you have taken. Come in and ask our tech-volunteers! No registration required, assistance is on a first come, first-served basis.

Wednesdays & Fridays 10am-12pm
Read and Write Yiddish
Miriam Stein, Facilitator

Enjoy this Yiddish study group using an intermediate level text. Knowledge of the Hebrew alphabet, experience reading Yiddish stories, and writing Yiddish is required. Center membership required to participate.

Thu 9/7-12/14 1-2:30pm
(13x – no class 9/21, 11/23)
No fee 6512

Spanish Club
Join an eclectic group of non-native habladores de espanol. The group gathers for informal conversation, lots of laughs, interesting discussions, and some written homework. Que practiquemos con nostros. For those who have already acquired basic conversational skills in Spanish. Center membership required to participate.

Mon 9/11-12/11 (14x) 12:45-2pm
No fee 6514

Conversational Yiddish
For everyone who enjoys conversing in Yiddish with fellow Yiddish speakers. Come and join this peer-led class for Yiddish humor, stories, and music. Yiddish is the only language spoken. Center membership required to participate.

Fri 9/1-12/15 (14x – no class 9/22, 11/24) 1-2:30pm
No fee 6471

Yiddish Club on Monday
Ralph Bernstein, Facilitator

For everyone who loves to hear the Yiddish language and can speak “a bisl.” Come and join us for humor, stories, music, and conversation. Center membership required to participate.

Mon 9/11-12/11 (14x) 12:30-2pm
No fee 6518

Serving Seniors and Guiding Families

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Kerry R. Peck, Managing Partner

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Illinois Secretary of State Mobile Unit Visit
The Illinois Secretary of State Mobile Unit visits NSSC to provide services onsite including renewal or correction of drivers’ license for drivers less than 74-years of age. Get a new, renewal or corrected state ID, free to those 65 and over. Also, license plate stickers, and motor voter registration with renewal of license or ID and organ donor registration with renewal of drivers’ license or ID. Proper Identification will be needed for the above services. Service is on a first come-first served basis throughout the day.
Fri 10/6 10am-3pm
No fee 6634

Transportation Options in the North Shore
Panel of Local Transportation Experts
Need a ride? Many people do and public transportation can be intimidating. A panel of transportation experts will share important information on area transportation options. Panelists include Jim Ferneborg from Metra, Steven Andrews from Pace Suburban Bus, Kristen Salkas fo the RTA, and technology expert Michael Gershbein. They will explain their various services including how to ride, eligibility for special services and rates, registration, scheduling, and costs. In addition, Uber and Lyft car services will be demonstrated and explained. Time for questions after the presentations should be equally informative.
Mon 10/2 1-2:30pm
$10 member; $15 non-member 6636

The Cook County Tax Appeal Process and Senior Exemptions
Priscilla Zepeda, and Hector Dominguez, Cook County Assessor’s Office
Need property tax relief? Learn the latest information from representatives of the Cook County Assessor’s office. You will get details regarding the property tax appeal process and the Senior Citizen Exemption and Senior Freeze Exemption processes.
Thu 11/16 1-3pm
$10 member; $15 non-member 6647

Honoring Veterans throughout Life
Linda Rockwell, Midwest Palliative & Hospice CareCenter
America’s Veterans have done everything asked of them in their mission to serve our country, and we believe it is never to late to give them a hero’s welcome home. This program will explore the unique experiences and health concerns of Veteran’s based on their era of service, illuminate issues that can arise as Veterans age and review what resources are available. JourneyCare’s participation in the “We Honor Veterans” national initiative, which identifies supports and honors Veterans in hospice care, will be discussed. By recognizing their unique needs, we can learn how to accompany and guide America’s Veterans and their families through life stories toward a more peaceful ending.
Mon 10/23 1-2pm
No fee 6664

Making Sense of Medicare Open Enrollment
Melissa Versch, NSSC Health Insurance Program Coordinator
Making sense of Medicare, the government-run health insurance plan for people with disabilities and those 65 and older, is not easy. The options read like an alphabet soup, including Parts A and B (original Medicare), Part C (Medicare Advantage) and Part D (Drug coverage). Every year Medicare beneficiaries have a chance to change their coverage during Medicare Annual Enrollment period, which ends on December 7. Come and learn how to understand your options, how to choose a plan, why it’s important to compare and how to read a Plan Finder.
Mon 9/25 1-2pm
No fee 6665
Money Matters

Profits and Pitfalls Investment Club
Put your focus on stock investments! For a $500 initial investment in the Profits and Pitfalls portfolio and a $40 monthly fee, you may join our lively group as we analyze different companies and make decisions on what to buy and what to sell. Investors meet once a month: a mandatory, formal meeting on the third Wednesday of each month from 9 to 11am, followed by an informal, non-mandatory meeting from 11am to 12pm. New members are required to join us for two business meetings scheduled on the third Wednesday before making a decision to join. If you have questions, please contact John Breen at 847.729.2920. Center membership required to participate.

Wed 9/20, 10/18, 11/15 (3x) 9am-12pm
No fee 6510

Guardianship: The How’s and Why’s
Kerry Peck, Managing Partner of Peck Ritchey, LLC
Guardianship is a legal process, utilized when a person can no longer make or communicate safe or sound decisions about his/her person and/or property or has become susceptible to fraud or undue influence. Kerry Peck will discuss how to identify when guardianship may be necessary for your loved one, who may serve as a guardian and the roles and responsibilities he or she has, and the legal process of appointing a guardian.

Sat 10/21 10-11:30am
$12 member; $17 non-member 6673

Top Financial Challenges: Rising Healthcare Costs
Heather Lantry, General Manager and Owner of Right at Home
The past several years, healthcare costs have continued to rise, sometimes almost at an alarmingly astronomical rate. Heather Lantry will discuss how to address effectively the rising cost of healthcare services and to develop appropriate strategies that include wellness, long-term care planning, and self-advocacy in a shifting healthcare landscape. Continental breakfast provided.

Wed 10/25 11:30am-1:30pm
$12 member; $17 non-member 6672

CareOptions

CareOptions is a care management service that helps older adults and their families find targeted solutions to the unique challenges they face. Our professional staff offers a continuum of personalized services focusing on meeting Immediate Needs, providing Ongoing Support or offering guidance for Future Care Planning.

We can:
- make recommendations for support services, including in-home help
- provide regular well-being visits and 24/7 emergency support
- conduct a detailed home safety assessment
- act as a liaison to family members living far away
- provide Daily Money Management

Imagine...
Care solutions delivered with compassion and experience.

Connect With Us:
www.nssc.org

north shore senior center
For more information, please call 847.242.6270.
Brain Fitness Exercise & Dance

**HIIT – High Intensity Interval Training**  
*Danny Meyer, NSSC Fitness Center staff*

High-intensity interval training (HIIT) is a very effective way to improve your cardiovascular health and provide strength and conditioning of your muscles. During a HIIT class you do a short burst of high-intensity exercise followed by a brief low-intensity activity to give you a chance to recover before the next burst of activity. This 30 minute class is guaranteed to boost your energy level while providing a full body workout. Not sure the class is right for you? Try a free demonstration session on Friday, September 1 to help you decide.

**Fri**  
9/1 (Trial session) 1-1:30pm  
No Fee 6698

**Fri**  
9/8-10/27 1-1:30pm  
$59 member; $69 non-member 8x 6699

**Stretch and Breathe for Better Health**  
*Katie Morgan, NSSC Fitness Center staff*

Regular stretching benefits you by increasing flexibility and relieving arthritis pain. Deep breathing relaxes the body and lowers stress levels. This gentle exercise class is designed to give you the benefits of both stretching and deep breathing. You will feel refreshed and relaxed.

**Tue, Thu**  
9/5-10/31 (17x) 11:30am-12pm  
$59 member; $69 non-member 6656

**Tue, Thu**  
11/2-12/14 (12x – no class 11/23) 11:30am-12pm  
$59 member; $69 non-member 6658

**Sit and Get Fit**  
*Fitness Center Staff, Trained Fitness Specialists*

Move your feet and get fit while in your seat! Join this multi-level class suitable for those with limitations who are seeking to improve muscle tone, strength, and stamina. Standing exercises that improve lower body strength and balance will be incorporated for those participants willing and able.

**Mon, Wed**  
9/6-10/30 (16x) 11-11:45am  
$59 member; $69 non-member 6648

**Mon, Wed**  
11/1-12/13 (13x) 11-11:45am  
$59 member; $69 non-member 6649

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**Boost Your Brain Power**  
*Jackie Pilossoph, Mind Fit Series Instructor*

Just like the body, your brain benefits from lifestyle changes too. You can make practical changes that will keep your mind sharper longer. Discover proactive ways to enhance cognitive functioning in this class that features mental exercises such as social reminiscence, trivia games, pictionary, scrambled sentence games, letter counting, entangled figure games, visual puzzles, and even creative healthy snacks.

**Mon**  
9/11-10/16 (6x) 10-11am  
$59 member; $69 non-member 6662

NSSC recommends that you consult with your physician before beginning an exercise program.
Fitness Center

Our Mission is to improve the health and wellness of the adult community by providing the highest quality facilities, professional team members and programs in a uniquely supportive environment.

Fitness Center Membership Includes:
• Alliance Rehabilitation Exercise Specialists
• Fitness Assessment (following physician clearance)
• Orientation and personalized exercise program
• Cardiovascular training equipment
• Nautilus Strength Training
• Exclusive access to Small Group classes
• Discounts on Personal Training fees
• Locker rooms, towel service, and shower amenities
• Keycard access to Fitness Center after hours and on weekends

Fitness Center Hours

Sunday .............................................. 10am-2pm
Monday-Thursday ............................ 6:30am-7pm
Friday .............................................. 6:30am-6pm
Saturday ........................................... 8am-2pm

Phone: 847-784-6003

Fitness Center Small Group Classes

Fitness Center members enjoy exclusive access to great small group classes taught by our trained fitness instructors!

Bone Builders
Fitness Center Staff, Trained Fitness Specialists

Protect the bones and strengthen the muscular support system as a Fitness Specialist guides you through low impact cardio and muscle strengthening so you can achieve better stability as well as stronger bones. Whether you have osteoporosis or just want to maintain the strength of your bones, this workout will keep you healthy for life.

Thu, Tue 11/2-12/14 (12x – no class 11/23) 1-1:30pm
$49 FC member 6659

Strong and Steady
Fitness Center Staff, Trained Fitness Specialists

This small group class is designed to help those living with a neurological condition. Research shows that a regular exercise program improves walking ability, balance, tremors, flexibility, grip strength, and motor coordination. You will be in a safe environment as you do cardiovascular and strengthening exercises with an emphasis on balance. All levels of fitness ability are welcome!

Wed, Mon 9/6-10/30 (16x) 10-10:30am
$49 FC member 6661

Fitness Center Membership Fees

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<th>Membership Type</th>
<th>Basic Price</th>
<th>NSSC Member Price</th>
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*There is a one-time $50 enrollment fee for new members

Personal Training

60 minute session

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30 minute session

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<tr>
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*Fitness Center members receive a 10% discount off applicable Personal Training fee

Prices effective September 1, 2017
Tai Chi  
*Nancy Tobias, Instructor*  
Practice the ancient, healing art of Tai Chi, which is the practice of controlled, relaxed body movements. Increase your understanding of the mind-body connection, breathing techniques, flexibility and all other healthy benefits of Tai Chi. Wear loose clothing.  
**Thu**  
9/7-10/19 (7x) 9-10am  
$75 member; $89 non-member 6508  
10/26-12/21 (8x – no class 11/23) 9-10am  
$75 member; $89 non-member 6509

Advanced Low-Impact Ballet  
*Pamela Grout, Instructor*  
Re-experience the joy you once had in class with the beauty of ballet movement to classical music. Improve your memory, balance, posture, flexibility, grace, coordination, and body strength. This class is for the student with previous ballet training. It moves at a faster pace than the Intermediate Low-Impact Ballet class and the combinations are more challenging. Students are expected to be familiar with basic classical ballet technique and vocabulary. There are no leaps, jumps, turns or grand plies to put stress on your joints. Wear leotard, tights and ballet skirt, yoga clothes or slim slacks and ballet shoes.  
**Thu**  
9/14-10/19 (6x) 5-6:15pm  
$105 member; $119 non-member 6459  
10/26-12/14 5-6:15pm (6x – no class 11/9, 11/23)  
$105 member; $119 non-member 6460

Intermediate Low-Impact Ballet  
*Pamela Grout, Instructor*  
Come and re-experience the joy you once had in class with the beauty of ballet movement to classical music. Improve your memory, balance, posture, flexibility, grace, coordination, and body strength. This class is not for beginners but for the student with previous ballet training who needs a slower paced class than the Advanced Low-Impact Ballet or those who would like to brush up on their past ballet experience. Students are expected to be able to perform classical ballet techniques. There are no leaps, jumps, turns or grand plies to put stress on your joints. Wear leotard, tights and ballet skirt, yoga clothes or slim slacks and ballet shoes.  
**Tue**  
9/12-10/17 (6x) 3:30-4:30pm  
$79 member; $93 non-member 6485  
10/24-12/12 (7x – no class 11/7) 3:30-4:30pm  
$89 member; $103 non-member 6486

**Muscle Movers: Total Fitness**  
*Carole Loescher, Exercise Physiologist*  
Experience total fitness and enhance your strength, flexibility, and balance, with an emphasis on posture, in this upbeat class. Carole Loescher leads you in calisthenics, hand weights, and isometric exercises set to music that will surely keep you motivated. A light cardio component promotes coordination, dynamic balance, and fun.  
**Mon, Wed, Fri**  
9/6-9/29 (11x) 9-10am  
$60 member; $70 non-member 6494  
10/2-10/30 (13x) 9-10am  
$60 member; $70 non-member 6495  
11/1-11/29 (12x – no class 11/24) 9-10am  
$60 member; $70 non-member 6497  
12/1-12/15 (7x) 9-10am  
$40 member; $50 non-member 6498  
9/6-9/29 (11x) 10:15-11:15am  
$60 member; $70 non-member 6499  
10/2-10/30 (13x) 10:15-11:15am  
$60 member; $70 non-member 6500  
11/1-11/29 (12x – no class 11/24) 10:15-11:15am  
$60 member; $70 non-member 6501  
12/1-12/15 (7x) 10:15-11:15am  
$40 member; $50 non-member 6502
Better Balance  
*Katie Morgan, NSSC Fitness Center staff*

Balance and stability training can directly improve all aspects of daily living. This class is designed to enhance core strength, balance, coordination, stability, and flexibility. Moderate intensity class.

- **Tue, Thu** 9/5-10/31 (17x) 10:30-11:15am  
  $59 member; $69 non-member 6650
- **Tue, Thu** 11/2-12/14 (12x – no class 11/23) 10:30-11:15am  
  $59 member; $69 non-member 6651
- **Mon, Wed** 9/6-10/30 (16x) 1-1:45pm  
  $59 member; $69 non-member 6652
- **Mon, Wed** 11/1-12/13 (13x) 1-1:45pm  
  $59 member; $69 non-member 6653

Gentle Balance  
*Michael Ferren, NSSC Fitness Center staff*

Enhance your core strength, balance, coordination, stability, and flexibility with low intensity, gentle exercises that may be done seated or standing. This class is great for those with mobility, stamina, or balance limitations, and is suitable for participants using canes, walkers and wheelchairs.

- **Tue, Thu** 9/5-10/31 (17x) 1-1:45pm  
  $59 member; $69 non-member 6654
- **Tue, Thu** 11/2-12/14 (12x – no class 11/23) 1-1:45pm  
  $59 member; $69 non-member 6655

Yoga for the Rest of Us  
*Areta Kohout, Certified Yoga Instructor*

Anyone can enjoy the many benefits of yoga, including increased strength, balance, flexibility and mobility. This class is uniquely designed for individuals of all fitness levels to relax and unwind. Our certified yoga instructor accommodates individual needs through the use of chairs, blocks, bolsters, and other props to help you develop a more mindful awareness of your body and a sense of overall well-being.

- **Tue** 9/5-10/24 (8x) 9-10am  
  $75 member; $89 non-member 6473
- **Tue** 10/31-12/12 (7x) 9-10am  
  $75 member; $89 non-member 6474

Walking Club  
*Fitness Center Staff, Trained Fitness Specialists*

Enjoy an invigorating walk on the North Branch Trail of the Cook County Forest Preserves while you enjoy the beautiful outdoors on our local nature trails. Our Fitness Center staff leads you on an energizing walk for an enjoyable way to stay fit. Center membership is required to participate.

- **Fri** 9/1-10/27 (9x) 11-11:45am  
  No fee 6517
Health & Wellness Education

Movement and Pain: Know When to Stop and When to Push Through
Joven Cerdenia, PT, MHLthSc, CGS, NCS, Shirley Ryan AbilityLab, Northshore Outpatient Clinic

“No pain, no gain” is no way to approach your exercise or physical therapy routine. Instead, use new concepts that help you determine whether or not it is safe to keep exercising, or even just moving. Understand what to do when a flare-up happens and know when you should go to a healthcare provider because of a painful condition.

Mon 11/27 1-2:30pm
$10 member; $15 non-member

The Facts on Osteoporosis
Chinyoung Park, MD, Illinois Bone and Joint Institute

It is considered a “silent disease” because you can remain symptom-free for years, until you experience a fracture or major break. Hip fractures occur easily and could result in loss of function resulting in nursing home care. Learn what the reasons are and the habits and medications that may contribute to the condition. How important is current bone stock? How can you increase your bone strength? You can battle back with awareness of preventions and treatments.

Mon 9/18 1-2:30pm
$10 member; $15 non-member

Breath of Fresh Air: Improved Breathing with Exercise
Fitness Center Staff, Trained Fitness Specialists

Living with breathing difficulties can be draining. There are safe exercises that can be done even if you have COPD, asthma, or chronic bronchitis. In fact, these difficulties may even be improved through a regular exercise routine. This discussion will provide tips for exercising safely, as well as cover deep breathing exercises and relaxation techniques.

Mon 10/9 1-2:30pm
$10 member; $15 non-member

The Importance of Strong Bodies as You Age
Marty Biondi, PT, DPT, CSCS, Therapeutic and Wellness Specialists

It is vitally important to maintain the strength we have. Know the reasons why you need to stay strong, what happens if you do not, as well as key factors to be considered for all workout programs. Several strength evaluations will be demonstrated. In addition, steps to maintain strength will be described as well as other crucial tools to use to incorporate strength training into your daily routine.

Mon 10/16 1-2:30pm
$10 member; $15 non-member

Mindfulness Meditation Workshop
Robin Lake, MA, LCSW, Family Service Center

Want to reduce stress while increasing curiosity and compassion? Learn how Mindfulness Meditation helps with everyday stress and enhances our relationships. Understand the benefits of formal and informal practices, and mindfulness principles. Additionally, you will learn how to begin and maintain your own practice. Prior experience is not necessary.

Thu 10/26 1-2:30pm
$10 member; $15 non-member

Podiatrist Services
Dr. Yelena Barsky, podiatrist will be available at North Shore Senior Center on the fourth Friday of every other month to provide podiatric services for you. Dates vary. To make an appointment, call Dr. Barsky directly at 847.392.8080. Fees for service are due at the appointment when services are rendered.

Blood Pressure Screening
Blood pressure screenings are available in our Fitness Center from 10am-2pm on the second Wednesday of every month. Call 847.784.6003 to make your appointment.
Ten Things to Know about Hip and Knee Pain
David Kaufman, MD, Northwestern Medicine

If hip or knee pain is a daily concern, find out from an expert the various causes of this type of joint pain and the non-operative treatments for arthritis. Learn about the advances in hip and knee replacement surgery, as well as what to expect from new surgical techniques and advances in pain control and rehabilitation.

Mon 10/30 1-2:30pm
$10 member; $15 non-member 6666

If Only I Could Sleep!
Good Sleep Habits for a Restful Night
Venu Gopalakrishan, MD, and Mary Snediker, APN, Presence Health Rehabilitation

Good sleep is vital to your health, and if you have the same lament of, “If only I could sleep,” you will want to get the latest information on sleep medicine. Learn about the symptoms, disorders, treatments, and get sound advice on good sleep habits that will help you get a good night’s sleep.

Mon 11/6 1-2:30pm
$10 member; $15 non-member 6679

Engaged and Active Forever
Fitness Center Staff, Trained Fitness Specialists

Maintain and enhance your independence with knowledge of the Wellness Continuum, which shows that wellness is a process. Focus will be on how to improve your balance and core strength, become more active in your daily life, and learn techniques for deep breathing and basic meditation.

Mon 11/13 1-2:30pm
$10 member; $15 non-member 6682

Best Nutrition for Diabetes Care
Monica Joyce, Nutritionist, Northwestern Medicine

Healthy eating is a key component in managing diabetes. New ideas and concepts are announced almost daily. Find out firsthand what the latest nutrition principles and recommendations are to improve your health and control your numbers. Whether implementing a personalized meal plan, utilizing new recipes or simply watching your portions, you will be motivated to put new healthy habits into practice.

Mon 11/20 1-2:30pm
$10 member; $15 non-member 6668

Medical Cannabis: The Risks, Benefits and Reality
Joseph Friedman, RPH MBA and COO of PDI Medical

When patients face a chronic, debilitating illness, their biggest fear is losing control of their health. They will see bodily functions and cognitive abilities decline, and will no longer be able to care for themselves. They fear becoming dependent. Medical cannabis can address this fear. Medical cannabis can be used when a patient wants, how the patient wants, and in a dose and frequency that works. Its benefits date back thousands of years. There are currently 41 qualifying conditions for medical cannabis in Illinois. There has not been a single incident of “trouble” since the program began in Illinois.

Sat 11/11 10-11:30am
$12 member; $17 non-member 6674

Vascular Health and Preventative Measures
Tadaki Tomita, MD, Vascular Surgeon, Northwestern Medicine

Get the most up-to-date information on vascular health and other related issues. This discussion provides an overview of the many effective preventative measures one can take as well as the different treatment options available for vascular disease.

Mon 12/4 1-2:30pm
$10 member; $15 non-member 6667

Maintain Emotional Health During the Holidays
Christine Somervill, PhD, NAMI

The holidays are a time when individuals can struggle to maintain an emotional balance. Gain insights and strategies for handling sadness, expectations, difficult social and family gatherings, and conversation “stoppers.”

Thu 12/7 10-11:30am
$10 member; $15 non-member 6675
Support Groups

memory loss support and education

Alzheimer’s Family Support Group
Professionally facilitated support group, for family members of persons with Alzheimer’s disease and other dementias, meets the second Tuesday of every month from 1–2:30pm. Registration is not required and there is no fee. For information, call 847.242.6250.

Early Memory Loss Programs
Mind Matters is a group program for persons with early memory loss emphasizing socialization, stimulation and support, meets Tuesdays and Thursdays from 10am–3pm. Registration is required, including a $55 application fee. The daily fee of $55 includes supplies. The Mind Matters Family Support Group is offered monthly to family members of Mind Matters participants. For information, call 847.242.6250.

Caregiver Support Group
Are you caring for an older adult: your spouse, partner, mom, or dad? Join others on a similar journey to discuss caregiving issues and concerns. Because the focus of a caregiver support group is the caregiver, caregivers can openly discuss their own difficulties in a caring, non-judgmental atmosphere. For more information contact Lauretta Hart at 847-424-5661 or lhart@nssc.org. Two group meetings to choose from: Skokie Village Hall, 5127 Oakton St., Skokie Fourth Wednesday of each month 10-11:30am Levy Center, 300 Dodge St., Evanston First Wednesday of each month 3-4:30pm

Parkinson’s Disease Support Groups
This weekly support program provides information and encouragement in dealing with common concerns and issues. People with Parkinson’s disease and their families meet in separate groups at the start of each session. Then, all the participants come together for light refreshments and conversation. Group meets every Wednesday from 2-3:30pm. Suggested monthly donation of $20 per family.

Hearing loss support groups
Contact Mary Blumer-Reed at 847.784.6000 ext. 6907 for more information on any of the Hearing Loss groups.

Speech Reading
This unique class teaches individuals who experience some hearing loss how to read lips. Learn how to use visual awareness, listening strategies and communication strategies to make communication easier. This group meets every Monday (except the second Monday of the month) from 10am to 11am, and is followed by Sound Off.

Sound Off: Hearing Loss Support Group
Share solutions and successes with others who are dealing with hearing loss. Express the frustrations of hearing loss. Learn ideas about how to accommodate changes in your lives, and for activities that work for hearing-impaired people. Discuss coping and stress-reducing strategies, assertiveness and self-advocacy, and about new assistive technologies. This group meets every Monday (except the second Monday of the month) from 11 am to noon.

Hearing Loss Association of America meeting
Hearing Loss Association of America, or HLAA, provides a monthly educational presentation for anyone experiencing or interested in learning about hearing loss. HLAA opens the world of communication to people with hearing loss. Meetings are the second Monday of the month at 10am. There is a requested donation of $15 per year.
Clubs & Social Groups

Eating Out Group:
Join others for delicious dining and a pleasant outing at local restaurants. Sign up in Lifelong Learning or call 847.784.6030 to register. Payment is made at the restaurant. Transportation to the restaurant is on your own. Center membership required to participate.

Golden Chef
600 S Milwaukee Ave., Wheeling
Mon 9/25 5:30-7pm

Allgauer’s at the Hilton Chicago, Northbrook
2555 Milwaukee Ave., Northbrook
Mon 10/23 5-7pm

Boston Blackies
405 Lake Cook Rd., Deerfield
Mon 11/27 5:30-7pm

Friendship Circle
Rose Carroll, NSSC Staff member
Friendship Circle provides an opportunity for older individuals to regularly come together for structured activities that foster socializing, support, and mental stimulation. This is a co-ed group for seniors who are less independent because they no longer drive or have physical restrictions, but may benefit from interaction with their peers. The program enriches the lives of its participants by enlisting their help in service projects for the Center, and participating in Sit and Get Fit exercise to help maintain flexibility and full range of motion. This is a co-ed group for seniors who are less independent because they no longer drive or have physical restrictions, but may benefit from interaction with their peers. The program enriches the lives of its participants by enlisting their help in service projects for the Center, and participating in Sit and Get Fit exercise to help maintain flexibility and full range of motion. Center membership required to participate. Members wishing to participate in Friendship Circle must meet with Rose Carroll in Lifelong Learning at 847.784.6035 for a prescreening.
Mon, Wed 9/6-12/20 (31x) 10am-2pm
$65 member

Photography Club
For those at all skill levels who have a mutual love of photography. The group shares constructive feedback on each other’s work, idea sharing, and tips on how to capture the best possible image so that less time will be required for editing. Other activities include club and small group photo field trips and periodic group exhibitions. The group meets on the second and fourth Friday of each month, however the schedule may vary, so please call Lifelong Learning at 847.784.6030 for information. Center membership required to participate. Members wishing to participate in the Photography Club must meet with Rose Carroll in Lifelong Learning at 847.784.6035 for a prescreening.
Group meets second and fourth Friday of each month.
Friday 9/8-12/8 (7x) 1:30-3pm
No fee

Laff-In
With comedy and laughter, this peer-led group looks at the brighter side of life while promoting close friendships and mutual support. Members take turns leading the group each week. Center membership required to participate.
Thu 9/7-12/14 (14x – no class 11/23) 11am-12pm
No fee

Gone Fishin’
A co-ed group meets several times a month, with the goal of catching the “big one.” Guest speakers come to teach different aspects of fishing, such as making lures, cooking a fish properly and locating good fishing spots. Fishing trips and competitions are part of the club’s off-site activities. Schedule varies through summer. Call Lifelong Learning at 847.784.6030 for more information and club schedule. Center membership required to participate. Schedule varies. Call Lifelong Learning for details.
No fee

Jazz Forum
This peer-led group listens to CDs of jazz greats, watches videos of jazz performances, and occasionally invites a guest performer for a lecture or demonstration. Participants take turns planning the weekly programs. Center membership required to participate.
Tue 9/5-12/12 (15x) 1-2pm
No fee

"registration form on page 52"
Games

Best Bridge Ever!
Patricia Braun, Instructor

Learn to play the best bridge of your life with Silver Life Master Patricia Braun. This class is designed to informally review bidding, play of hand, and defense techniques for those who already know the basics of Standard American Bridge. The format goes up to an eight hand, pre-dealt game. Each hand is discussed to examine the potential to play the best hand possible. Take home records are available each class. This supervised play allows you to catch mistakes and learn from them immediately.

Thu 9/7-10/19 (7x) 9-11am
$69 member; $85 non-member 6466
Thu 10/26-12/14 (7x – no class 11/23) 9-11am
$69 member; $85 non-member 6468

Bridge: Bidding
Al Glick, Instructor

Learn bridge from the beginning! This class teaches you how to play bridge, including the current bridge bidding techniques and the modern methods of communicating with your partner. If you are new to bridge, it is recommended that you take this course first in the series.

Mon 10/30-12/11 (7x) 1-3pm
$79 member; $89 non-member 6538

Bridge: Conventions
Al Glick, Instructor

For those who know the basics, learn some of the advanced bidding techniques including Stayman, Jacoby Transfers, Weak Two Bids, Strong 2 Clubs, Blackwood, Gerber, Michael Cue Bid, unusual No Trump, and more. If you are new to bridge, it is recommended that you take the Bridge: Bidding course prior to taking this course.

Mon 9/11-10/23 (7x) 1-3pm
$79 member; $89 non-member 6537

Bridge: Supervised Play
Al Glick, Instructor

Supervised play is for any level of player who wants to continue learning by playing with a variety of players under the guidance of a master bridge teacher.

Mon 9/11-10/23 (7x) 9:30-11:30am
$79 member; $89 non-member 6540
Mon 10/30-12/11 (7x) 9:30-11:30am
$79 member; $89 non-member 6541
Duplicate Bridge
*Al Glick, Instructor*

Join us for a friendly game of duplicate bridge. Basic knowledge of the game is required. No master points are given but winners receive small prizes. Members will be paired with other single players. A $7.00 fee is required each time you play. Center membership required to participate.

Thu  9/14-12/14 (13x – no class 11/23) 12:30-3:30pm
No fee  6539

Men’s Club Bridge

If you love to play, join our guys every Tuesday morning for a stimulating game, great conversation, and a hot cup of coffee. Play for a shorter period of time and attend the Men’s Club weekly program, or play straight through to 1 pm. Center membership required to participate.

Tue  9/5-12/12 (15x) 8:30am-12:30pm
No fee  6490

Q & N Friday Bridge

Another opportunity for members of the Men’s Club to play bridge. Center membership required to participate.

Fri  9/1-12/15 (15x – no class 9/15, 11/24) 8:30am-12:30pm
No fee  6511

Intermediate Canasta
*Terri Argentar, Instructor*

Build on your beginning Canasta skills and learn more of the concepts of the game, rules, and strategies. Terri guides you as you practice and learn to strengthen your game.

Wed  11/1-11/22 (4x) 9-11am
$39 member; $50 non-member  6482

Poker Club

Enjoy a friendly game of poker! Games are dealer’s choice, so join us to learn a new game or to teach one! Center membership required to participate.

Tue  9/5-12/12 (15x) 12-3pm
No fee  6507

Intermediate Mah Jongg
*Shirley Merar, Instructor*

Build upon your beginning Mah Jongg skills in this class to help you become a better player.

Mon  10/2-10/30 (5x) 9:30-11:30am
$49 member; $59 non-member  6487

Scrabble

Come for an afternoon of fun, and challenge your mind as well! One of the best ways to exercise your mind and keep it young and viable is to play Scrabble. Spelling and creating words by juggling the alphabet to suit the board requires thought, skill, and persistence. Center membership required to participate.

Thu  9/7-12/14 (14x – no class 11/23) 1-3pm
No fee  6513

Game Time

Come for an afternoon of fun and play cards, Mah Jongg or any other games that you wish to play with your friends. Center membership required to participate. Schedule may change.

MTuWF  9/1-12/15 12:30-4pm
(59x – no class 9/4, 9/15, 11/24)
No fee  6479
Merchandise Donations Welcome!
If you are downsizing or clearing out some clutter, please think of donating items to Mim’s Shop at the Center! Donations are accepted year-round to stock The Shop at the Center. Items we accept include jewelry, glassware, crystal, china, pottery, figurines, small furniture, and collectibles. Clothing and electronics not accepted. Items may be dropped off in Lifelong Learning on weekdays. Donors are provided with a donation slip that can be used for tax purposes. For more information, contact Rose Carroll in the Lifelong Learning office at 847.784.6035.

Jewelry Repair: A New Service Available
Our bead instructor, Carol Grove, will repair/re-string and knot bracelets, earrings or necklaces. She can also change clasps that you find difficult to use, replacing with an easy to use magnetic clasp. Carol donates the fee to the Senior Center so you get your jewelry repaired and the Center benefits as well. She cannot do repairs that involve soldering. Carol has many years’ experience at doing jewelry repair, restringing and knotting beads. If you have items you want repaired, drop them in Lifelong Learning Office; please do not take them to the gift shop. Make certain your name and phone number are with the pieces and indicate what repair you want. Carol will contact you with an estimate before doing any work on the piece.
Sports & Leisure

**Men's Golf League Luncheon**
The 2017 annual awards luncheon for the Men's Golf League will be held on Thursday, October 12, at 11:30 am at Hackney's on Lake St., Glenview. We hope all our league members can attend and the majority of the members will be entitled to some kind of award. There will be a great lunch and door prizes for everyone! Register in advance in Lifelong Learning.

**Thu 10/12**
11:30am-1pm
$25 member; $25 non-member

Pickleball
Join us for one of the fastest growing new sports in the area! Pickleball is like playing tennis with a ping-pong paddle on a badminton court. It provides fun and exercise in a fast paced, easy-to-learn sport. No experience is necessary, but be prepared for laughter and meeting new friends. Wear tennis shoes and comfortable clothing. Takes place every Wednesday and Friday in the North Shore Senior Center Gym. You may purchase a 10-play punch card or a single-play.

**Wed, Fri 9/1-12/15 (30x – no class 11/24) 2-4pm**
10-Play Punch Card
$60 member; $80 non-member

Single Play
$9 member; $14 non-member

Tennis Club
All NSSC men and women are invited to play tennis indoors at Glenbrook Racquet Club in Northbrook. Moderate court fees apply. Level of play varies from intermediate to good. And, games are played for fun, exercise, and a good time. For more information, call Ken Griesemer at 847.559.7691 or Lifelong Learning at 847.784.6030. Center membership required to participate.

**Fri, Mon 9/1-12/15**
2-3:30pm
(29x – no class 9/4, 11/24)
No fee

**Bowling League**
Take part in a bowling league for men and women at Brunswick Zone Bowling Lanes in Deerfield, and enjoy the company of other North Shore Senior Center men and women. Group meets Mondays from 1 to 3 p.m. at the Lanes. Game charge is $8.00 for three games each afternoon you play. Shoe rental and bowling balls are available at the Lanes. For information contact Ray Newgard at 847.272.7204 or Ken Hamel at 847.677.6259.

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**Oktoberfest**
Join us at 6:00 p.m.
Thursday, October 26
$30/person or $50/couple

Enjoy craft beer, appetizers and good company while supporting our Grandparents Raising Grandchildren program.

For more information or to RSVP, contact
Caroline Maddalozzo at 847.784.6060 or rsvp@nsscc.org. Event takes place at Smylie Brothers: 1615 Oak Ave. Evanston, IL

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REGISTRATION FORM ON PAGE 52
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td>Quilting</td>
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<td>Hearing Loss Group</td>
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<td>Game Time</td>
<td>Sit and Get Fit</td>
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<td>Muscle Movers</td>
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<td>Sit and Get Fit</td>
<td>Jazz Forum</td>
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Center Closed

Fitness Center Open Daily
### Monday
- **9:00** Quilting
- **9:00** Muscle Movers
- **10:00** Hearing Loss Group
- **10:00** Friendship Circle
- **10:15** Muscle Movers
- **11:00** Sit and Get Fit
- **12:30** Yiddish • Game Time
- **12:45** Spanish Club
- **1:00** Fine Art • Bet. Balance
- **2:00** Tennis Club

### Tuesday
- **8:30** Men’s Club Bridge
- **9:00** Men’s Club Meeting
- **10:00** Better Balance
- **10:30** Tuesday Program
- **12:00** Poker Club
- **12:30** Game Time
- **1:00** Fine Art Studio
- **1:00** Jazz Forum
- **1:00** Gentle Balance

### Wednesday
- **9:00** Yoga for the Rest of Us
- **9:00** Artists Workshop: Working in Color
- **10:30** A Guided Tour of the Human Heart
- **11:30** Stretch and Breathe
- **1:00** The True Flag
- **3:30** Int. Low-Impact Ballet
- **9:00** Yoga for the Rest of Us
- **10:00** Artists Workshop: Working in Color
- **10:30** Reflections about Architectural Practice
- **11:30** Stretch and Breathe
- **1:00** The True Flag
- **3:30** Int. Low-Impact Ballet

### Thursday
- **9:00** Intermediate French
- **10:00** The Great Depression
- **12:30** The Iliad of Homer
- **1:00** The Life and Times of Martin Luther
- **9:00** Profits and Pitfalls
- **10:00** Investment Club
- **10:30** The New Media Landscape
- **11:30** Stretch and Breathe
- **12:30** Playing with Vivian Mitchell
- **1:30** The Iliad of Homer
- **1:30** Sizzling Stories of Broadway

### Friday
- **9:00** Fine Art Studio
- **10:30** Better Balance
- **11:00** Laff-In
- **12:30** Duplicate Bridge
- **1:00** Scrabble
- **1:00** Poetry Sharing Circle
- **1:00** Read and Write
- **10:00** Art and Artists in the Movies
- **10:00** Illinois Secretary of State Mobile Unit
- **11:00** Walking Club
- **1:00** Frankfurt at 150
- **1:00** Tech-Lovers Club
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**Wednesday**

- **9:00** Intermediate Canasta
- **9:00** Intermediate French
- **9:00** The Presidency of John Kennedy
- **10:00** Playreading with Vivian Mitchel
- **12:30** The Iliad of Homer
- **12:30** Germany: A Post-Election Review
- **10:00** Intermediate Canasta
- **10:00** Intermediate French
- **10:00** The Presidency of John Kennedy
- **12:30** Playreading with Vivian Mitchel
- **12:30** Pennies from Heaven
- **1:00** Internet Safety
- **1:00** Reading for a Cozy Afternoon
- **9:00** Yoga for the Rest of Us
- **10:00** Artists Workshop: Working in Color
- **10:30** Northwestern University Music Performance
- **11:30** Stretch and Breathe
- **1:00** Gentle Balance
- **3:30** Int. Low-Impact Ballet
- **9:00** Yoga for the Rest of Us
- **10:00** Artists Workshop: Working in Color
- **10:30** Veteran's Program
- **11:30** Stretch and Breathe
- **1:00** Gentle Balance
- **3:30** Int. Low-Impact Ballet
- **9:00** Intermediate Canasta
- **10:00** Intermediate French
- **10:00** The Presidency of John Kennedy
- **12:30** Playreading with Vivian Mitchel
- **12:30** Pennies from Heaven
- **1:00** Internet Safety
- **1:00** Reading for a Cozy Afternoon

**Thursday**

- **9:00** Intermediate Canasta
- **9:00** Intermediate French
- **9:00** The Presidency of John Kennedy
- **12:30** Playreading with Vivian Mitchel
- **12:30** Pennies from Heaven
- **1:00** Internet Safety
- **1:00** Reading for a Cozy Afternoon
- **10:00** Stories of Sacred Spaces
- **10:00** A Fresh Look at Cultural Evolution
- **11:30** Stretch and Breathe
- **1:00** 2000-2016: Bush to Trump
- **1:00** Technology for Your Home and Lifestyle
- **10:00** Hail Caesar: Sid Caesar
- **1:00** Adventures of a Desert Queen
- **1:00** Movies, Theaters, Museums
- **1:30** Photography Club
- **9:00** American Politics and Current Events
- **9:30** Bridge: Supervised Play
- **10:00** Carol Burnett: Musical Comedienne
- **1:00** Bridge: Bidding
- **1:00** Engaged and Active Forever
- **1:00** Magnificent Alaska
- **9:00** Yoga for the Rest of Us
- **10:00** Artists Workshop: Working in Color
- **10:30** Veteran's Program
- **11:30** Stretch and Breathe
- **1:00** Gentle Balance
- **3:30** Int. Low-Impact Ballet
- **9:00** American Politics and Current Events
- **9:30** Bridge: Supervised Play
- **10:00** Carol Burnett: Musical Comedienne
- **10:00** Gone Fishin’
- **1:00** Diabetes Care • Wake Up & Smell the Caffeine
- **1:00** Bridge: Bidding
- **9:00** Yoga for the Rest of Us
- **10:00** Artists Workshop: Working in Color
- **10:30** The Goldenaires Performance
- **11:30** Stretch and Breathe
- **1:00** Dogs in the Movies
- **3:30** Int. Low-Impact Ballet
- **9:00** American Politics and Current Events
- **9:30** Bridge: Supervised Play
- **10:00** The Search for New Planets
- **1:00** Bridge: Bidding
- **1:00** Golda Meir: The Journey Home
- **5:30** Eating Out: Boston Blackies
- **8:30** AARP Smart Driver Course
- **9:00** Yoga for the Rest of Us
- **10:00** Artists Workshop: Working in Color
- **10:30** NJ Music Performance
- **11:30** Stretch and Breathe
- **1:00** The American Political Scene in Review
- **3:30** Int. Low-Impact Ballet
- **8:30** AARP Smart Driver Course
- **10:00** The Anti-Enlightenment
- **11:30** Stretch and Breathe
- **1:00** The American Revolution
- **5:00** Advanced Low-Impact Ballet

**Friday**

- **9:00** American Politics and Current Events
- **9:30** Bridge: Supervised Play
- **10:00** Carol Burnett: Musical Comedienne
- **10:00** Gone Fishin’
- **1:00** Diabetes Care • Wake Up & Smell the Caffeine
- **1:00** Bridge: Bidding
- **9:00** Yoga for the Rest of Us
- **10:00** Artists Workshop: Working in Color
- **10:30** Veteran’s Program
- **11:30** Stretch and Breathe
- **1:00** Gentle Balance
- **3:30** Int. Low-Impact Ballet
- **9:00** American Politics and Current Events
- **9:30** Bridge: Supervised Play
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- **10:00** Gone Fishin’
- **1:00** Diabetes Care • Wake Up & Smell the Caffeine
- **1:00** Bridge: Bidding
- **9:00** Yoga for the Rest of Us
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- **11:30** Stretch and Breathe
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- **9:00** American Politics and Current Events
- **9:30** Bridge: Supervised Play
- **10:00** Carol Burnett: Musical Comedienne
- **10:00** Gone Fishin’
- **1:00** Diabetes Care • Wake Up & Smell the Caffeine
- **1:00** Bridge: Bidding

**Medical Cannabis: Risks, Benefits & Reality Saturday, Nov. 11 10:00am**
<table>
<thead>
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<th>Monday</th>
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<tr>
<td>9:00 Quilting</td>
<td>9:00 Yoga for the Rest of Us</td>
<td>9:00 Fiddler on the Roof</td>
<td>9:00 Fine Art Studio</td>
<td>8:30 Q &amp; N Friday Bridge</td>
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<tr>
<td>9:00 Muscle Movers</td>
<td>10:00 Artists Workshop: Working in Color</td>
<td>10:00 Intermediate French</td>
<td>10:00 Emotional Health During the Holidays</td>
<td>9:00 Sculpture Studio</td>
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<tr>
<td>9:30 Bridge: Supervised Play</td>
<td>10:30 The Fed and the Economy</td>
<td>12:30 Scenes From Village Life by Amos Oz</td>
<td>11:00 The Anti-Enlightenment</td>
<td>9:00 &amp; 10:15 Muscle Movers</td>
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<tr>
<td>10:00 Giacomo Puccini</td>
<td>11:30 Stretch and Breathe</td>
<td>12:30 One from the Heart</td>
<td>12:30 Duplicate Bridge</td>
<td>9:00 Share the Warmth Club</td>
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<tr>
<td>1:00 Bridge: Bidding</td>
<td>1:00 American Political Scene in Review</td>
<td>1:00 Fiddler on the Roof</td>
<td>1:00 Become a Google Master</td>
<td>10:00 Computer/Tech Help</td>
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<td>1:00 The History of Freedom of Speech</td>
<td>2:00 Int. Low-Impact Ballet</td>
<td>1:00 An Architectural Tour of the World</td>
<td>1:00 The American Revolution</td>
<td>1:00 Humanities Treasures</td>
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<td>1:00 Vascular Health</td>
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<td>1:30 Conversation Yiddish</td>
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<td>2:00 Pickle Ball • Tennis Club</td>
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<td>2:00 Tennis Club</td>
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<td>9:00 American Politics and Current Events</td>
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<td>10:00 Artists Workshop: Working in Color</td>
<td>10:00 Intermediate French</td>
<td>10:00 Emotional Health During the Holidays</td>
<td>9:00 Sculpture Studio</td>
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<td>10:00 China’s Border Regions</td>
<td>10:30 Illinois Budget Crisis</td>
<td>12:30 Scenes From Village Life by Amos Oz</td>
<td>11:00 The Anti-Enlightenment</td>
<td>9:00 &amp; 10:15 Muscle Movers</td>
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<td>1:00 Bridge: Bidding</td>
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<td>1:00 Second Amendment</td>
<td>1:00 American Political Scene in Review</td>
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**December at a glance**

- Fitness center open daily
- December 25, 26, 27, 28: Center Open
- December 18, 21: No Activities
- December 19, 22, 29: Center Closed

**Registration Form on Page 52**
Membership Form

☐ New Membership  ☐ Renewal  Today’s Date ___ / ___ / _______

Last Name ___________________________________________  First Name ___________________________________________

Address ___________________________________________________________________________________________

City ___________________________________________________________  State ______  Zip _______________

E-mail ____________________________________________________  Phone ___________________________________

Birth Date ____ / ____ / _______  Gender  ☐ Male  ☐ Female

Membership Benefits
• Discounts on all our classes, activities, daytrips, and events at any locations
• Participation in members-only groups and activities
• Discounted Fitness Center membership fees

• Use of the Lending Library, Technology Learning Center, and Art Studios
• Early registration privileges
• Invitations to special events and presentations

One-Year Membership Options  (choose one)
☐ Individual: $80  ☐ Couple: $150  *Price effective Sept. 1, 2017

If purchasing a Couple Membership, please complete the following information for the second member:

Last Name ___________________________________________  First Name ___________________________________________

E-mail ____________________________________________________  Phone ___________________________________

Birth Date ____ / ____ / _______  Gender  ☐ Male  ☐ Female

PAYMENT INFORMATION
If you would like to make a donation in addition to your membership purchase, please note it below.
Memberships are non-returnable and non-transferable.

☐ Cash
☐ Check # _______________ (Payable to North Shore Senior Center)
☐ Credit Card: (Circle One)  Visa  Mastercard

Card # ___________________________ ___________________________ ___________________________

Exp. Date _______ / _______ / _______  V-Code ____________
(Last 3 numbers on back)

Signature ____________________________________________________________

Please send completed Membership Form and payment to:
Lifelong Learning at North Shore Senior Center, 161 Northfield Road, Northfield, IL 60093
North Shore Senior Center is the area’s premier organization dedicated to enhancing the lives of older adults through engaging programs, exciting activities, wellness opportunities, current information, and access to resources. Join this group of active adults from across the northern suburbs who want to take part in opportunities to live longer, happier, healthier lives.

When you become a member, you can enjoy all that North Shore Senior Center has to offer, and receive the benefits of membership.

Benefits of Membership
• $80 individual; $150 household of two
• Discounts on all our classes, activities, daytrips, and events at all of our locations
• Participation in members-only groups and activities at all our locations
• Discounted Fitness Center membership and service fees
• Use of the Library, Computer Center, and Art Studios
• Early registration privileges

How to Join the North Shore Senior Center
To become a member, simply complete the Membership Enrollment Form in this catalog, and return it with your payment for the annual dues to:

North Shore Senior Center Membership
Arthur C. Nielsen Jr. Campus
161 Northfield Road
Northfield, IL 60093

You will receive a Membership Card and information about the Center.

Memberships are non-returnable and non-transferable.

No one is excluded because of inability to pay. Scholarships are available for qualified individuals. Please contact Lifelong Learning at 847.784.6030 for more information about our scholarship program.
Lifelong Learning Registration Form

Date____/____/____  New Member____  Membership Expiration Date_____/_____/_____

Name (First, Last) ___________________________________________________________________________________________________________________________________

Address _________________________________________________ Apt. No. ________ City ________________________________________________  State____ Zip_______

Phone # (                   ) _____________________________________________________ E-mail Address __________________________________________________________

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Please note – this form is not a confirmation of registration. You will receive a confirmation once your registration has been processed by the Lifelong Learning staff.

**Waiver of Liability:** I hereby release the North Shore Senior Center, its officers, directors, board members, employees and volunteers from any and all liability with respect to NSSC program activity and the arrangements for classes, trips, and other enrichment opportunities.

**Cancellation & Refund Policy:** NSSC gives a full refund when the Center cancels a program. An electronic voucher in the full amount will be issued. No refunds are given to a request made on or after program start date.

**Payment Information (Method of Payment):**

- Cash Paid $__________
- Check #__________
- Payable to North Shore Senior Center

Credit Card □ Visa □ MasterCard

Acct. # ___________ – ___________ – ___________ – ___________

Expiration Date _______/_______  V-Code (_______)

PRINT NAME AS IT APPEARS ON CARD

SIGNATURE (PAYMENT, WAIVER, AND ACCEPTANCE OF REFUND POLICY)

For Office Use Only  Rec’d___________  Processed___________  Date Processed___________
# Lifelong Learning Registration Form

**Date** / / **New Member**  **Membership Expiration Date** / /  **phone:** 847.784.6030

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Credit Card  [ ] Visa  [ ] MasterCard

Acct. # ———— ———— ———— ————

Expiration Date / V-Code (________)

PRINT NAME AS IT APPEARS ON CARD

SIGNATURE (PAYMENT, WAIVER, AND ACCEPTANCE OF REFUND POLICY)

For Office Use Only  Rec’d Processed Date Processed
Registration Information

Registration Policy
Registration is required for all programs, classes, trips, special interest groups, clubs, and events, with the only exception of Men’s Club program and Duplicate Bridge. Registrations are processed on a first come, first served basis, beginning when registration opens for a term. Payment is due at the time of registration. Registrations are non-transferable. Participants are encouraged to register in advance of a program start date to secure their spot in a program, and/or ensure sufficient enrollment.

How to register

Mail a completed registration form with payment to North Shore Senior Center. One form for each individual registering.

Online at www.nssc.org

Telephone Lifelong Learning at 847.784.6030 between 9 a.m. and 4 p.m., Monday through Friday.

Walk in to register in Lifelong Learning from 9 a.m. to 4 p.m. Monday through Friday.

Wait Lists
When a class reaches its maximum limit, a Wait List is started. If there is a cancellation and a vacancy becomes available, calls will be placed to those on the Wait List in the order in which they were received. On the day of the program, walk-ins will not be admitted to the program if there is a Wait List.

Confirmations
Confirmation receipts are sent via email once the registration form is processed. If we do not have your email on file, your confirmation will be sent USPS.

Cancellation Policy
Courses cancelled by North Shore Senior Center due to low enrollment, inclement weather, or other conditions will be refunded automatically and in full.

Class Refund Policy
You may cancel your enrollment in a class, activity, or event prior to the program’s start date and request a refund. Registrations are non-transferable. An electronic voucher will be issued for the full registration amount to be used toward program fees, valid for 12 months after issued. If you prefer to receive your money back, the registration fee minus a $5 processing fee will be issued in the form you originally paid. Registration fees are nonrefundable on or after a program start date. North Shore Senior Center cannot refund fees requested on or after start date of a program, or for sessions missed due to personal illness or other personal situations.

Day Trips Cancellation & Refund Policy
Request for refund when cancelling a day trip registration must be done 6 weeks prior to the day of the trip. A full refund in the form of an electronic voucher will be issued to be used toward program fees, valid for 12 months after issued. If you prefer to receive your money back, a refund minus a $10 processing fee will be issued. North Shore Senior Center cannot issue refunds for requests made after 6 weeks prior, unless your spot is filled by another registration.

Skills-Based Classes
Participation in skills-based classes may be dependent upon a participant’s skills level, as determined at the discretion of the instructor or any noted prerequisites.

Standards of Behavior
In order to provide a safe, supportive, and enjoyable environment for our members, volunteers, guests, and staff, North Shore Senior Center has adopted Standards of Behavior. The Standards of Behavior are available in Lifelong Learning.
Lifelong Learning Staff

Meet the Lifelong Learning Staff, here to help you!

Mary Staackmann
Director
847.784.6030
mstaackmann@nssc.org

Registration and Operations Staff

Glenna Stanley
Registrar
847.784.6031
gstanely@nssc.org

Volunteers

Many, many dedicated volunteers that help in the office and with our programs!

Mission

The mission of the North Shore Senior Center is to foster the independence and well-being of older adults, enhance their dignity and self-respect, and promote their participation in and contribution toward all aspects of community life.

In serving that mission, the Lifelong Learning department offers a variety of educational, social, recreational, wellness, and enrichment opportunities for you to enjoy!

Program Staff

Rose Carroll
Associate Director,
Arts & Crafts programs
847.784.6035
rcarroll@nssc.org

Teri Ruiz
Program Manager,
Enrichment & Wellness
847.784.6034
truiiz@nssc.org

Vivian Mitchel
Program Manager,
Travel & Enrichment
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vmitchel@nssc.org

Joan Waxman
Program Manager,
Education programs
847.784.6002
jwaxman@nssc.org

North Shore Senior Center

Lifelong Learning
847.784.6030
LifelongLearning@nssc.org
www.nssc.org

Program Location:

Arthur C. Nielsen, Jr. Campus
161 Northfield Road
Northfield, IL 60093
847.784.6000

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north shore senior center

Try our new Fitness Classes!

High Intensity Interval Training

Stretch and Breathe

For details, see page 34.