

A+ Active Adults 2010 Summer Newsletter
(July, August and September)

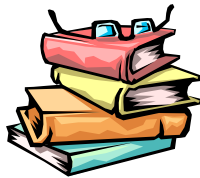
Programs

Book Discussion Group

The A+ Active Adults Book Discussion Group meets the **first Monday of each month at 10:30 a.m.** in the A+ room at The Community House. This is a small and friendly group that welcomes newcomers and reads some great selections! Please come by and join us for some interesting discussion.

No Meetings in July or August but come see us in September.

September 7, 2010 – (This is a Tuesday, because of Labor Day Monday)
Alexander Hamilton. By Ron Chernow. A grand-scale biography at its best – thorough, insightful, consistently fair and superbly written. It clears away more than a few shopworn misconceptions about Hamilton, gives credit where credit is due and is both clear-eyed and understanding about its very human subject. (Allow time this book is 731 pages.)



Prime Time Exercise Class

Tuesdays and Thursdays at 8:45-9:45 a.m. in the Field House. This is an easy-to-follow class where you will enjoy a low-impact workout designed to improve your cardiovascular fitness, strength, balance and flexibility.

Sessions are on-going so you may register at any time during the class.

Fee: \$40 Members for 10 classes attended; \$52 Guests

Teacher: Cathy McAndrews



A+ Active Adults 2010 Summer Newsletter

(July, August and September)



Sit and Get Fit

For older adults and individuals with physical challenges or injuries, traditional exercise programs can be difficult, intimidating and not so enjoyable. Sit and Get Fit is designed for people who want to stay active and mobile but want something gentle on the body and easy to do. We'll work on increasing range of motion, circulation, flexibility and strength all while seated comfortably in a chair! Afterwards we'll have some social time, a cup of coffee and a snack. Classes meet **Mondays and Wednesdays from 1:00 p.m. to 2:00 p.m. Purchase a 10-class punch card for \$50 Members, (\$63 Guests).**

Walking Track

Don't forget as members of the Active Adult program you have **FREE** use of The Community House walking track on the upper level of the Field House (whenever the building is open, usually 8 a.m. to 7 p.m.). Rubber soled shoes are required. Locker room facilities are available. Non-members can use the walking track for a small fee. All track users must check in at the front desk.

Be sure to check out our other exercise classes too!! For more information call Kate Vogts (630) 323-7500 ext. 225



Computer Groups



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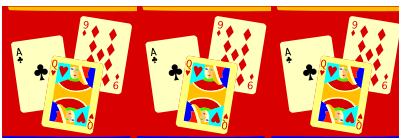
A+ Active Adults 2010 Summer Newsletter

(July, August and September)

Indian Prairie Computer Club — Meets the **2nd Wednesday** of each month at **9:30 a.m.** This group offers periodic informational presentations by guest speakers or club members, as well as general question and answer sessions.

Computer Users Group — This group meets the **3rd Friday** of each month at **9:30 a.m.** The meeting is an open forum and everyone is welcome. Bring us your computer questions and someone will have an answer.

Card Groups



All card groups meet in the Active Adults Program room. Fee: \$1.00 per person for each group. **We are always looking for new players! Please come and join us. You don't need a partner and these are fun groups!!**

<i>Game</i>	<i>Day</i>	<i>Time</i>	<i>Description</i>
Bridge	Tuesdays	9:00 a.m.	Intermediate Level
Relaxed Bridge	Fridays	12:30 p.m.	Soliciting advice is permitted
Men's Bridge	Tuesdays	12:00 p.m.	Call Wes Whittington (708) 246-9279 for more info.
Women's Canasta	Wednesdays	1:00 p.m.	Fun and lively group

Retired Men's Roundtable

The roundtable is a group of retired business and professional men from Hinsdale and the surrounding communities. They meet **monthly on the 4th Wednesday, starting at 9:30 a.m.** for coffee and donuts and to hear a stimulating speaker on a subject of current or local interest. Fee: \$3.00 at the door.

<i>Date</i>	<i>Speaker</i>	<i>Topic</i>
July 28, 2010	Mr. Tom Cauley – President of Village of Hinsdale	What's going on in the Village of Hinsdale? President Cauley will give us an insider's view of our village's economic and overall health.



415 W. Eighth St. Hinsdale, IL 60521
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A+ Active Adults 2010 Summer Newsletter

(July, August and September)

August 25, 2010	Dr. Lawrence LaPalio	Dr. LaPalio, a Hinsdale gerontologist, will share stories of his many sailing adventures to far away places.
September 22, 2010	Mr. Terry O'Malley	Putnam Energy is one of the largest producers of natural gas in the Midwest. Its owner, Mr. O'Malley, will speak to us about developing natural gas from shale and coal in the Midwest, using clean technologies.

Roundtable Interest Group on Investments meets the 1st Wednesday of every month at 9:30 am. Finance Interest group meets the 3rd Wednesday of every month at 9:30 am. Computer Interest group meets the 3rd Friday of every month at 9:30 am. For further information, please call Kate Vogts at (630) 323-7500 ext. 225.

Movies



NOW SHOWING MOVIES TWICE A MONTH!! We show videos of current films on the **2nd and 4th Thursday** of each month at 12:30 p.m. in the “movie friendly” Active Adults Program Room. Come check out our new wall-mounted HDTV!! Coffee and popcorn too. **All movies are \$1.00 per person.**

Date	Movie	Actors	Description
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415 W. Eighth St. Hinsdale, IL 60521
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A+ Active Adults 2010 Summer Newsletter

(July, August and September)

<i>July 8, 2010</i>	<i>Everybody's Fine</i>	Robert DeNiro, Kate Beckinsale, Drew Barrymore (PG-13)	Frank Goode has been a widower for about a year and one of the hardest adjustments has been maintaining his relationships with his four adult children. Frank's wife was the glue who held the family together, and when all of his kids cancel a planned visit home, he decides to take a trip around the country, visiting each of his children. But their relationships aren't as simple as they once seemed, and Frank's intuition tells him that his sons and daughters are hiding something from him - and if the Goodes want to become the family they once were, the truth will have to come out before Frank returns home.
<i>July 22, 2010</i>	<i>Dear John</i>	Channing Tatum, Amanda Seyfried, Richard Jenkins, Henry Thomas (PG-13)	John is a handsome, soldier visiting his father in South Carolina while on leave. Savannah is a beautiful, college student home for spring break. Through a chance encounter they meet and are immediately attracted to each other. Their whirlwind courtship quickly deepens into an all-consuming love. When John returns to his deployment and Savannah to college, the couple promises to write each other. Over time, they are only able to see each other sporadically and they struggle to keep their commitment firm. But a tragedy at home and John's return forces the couple to discover if their love can truly survive.
<i>August 12, 2010</i>	<i>The Ghost Writer</i>	Pierce Brosnan, Ewan McGregor, Kim Catrall (PG-13)	Convinced by his agent that he's been granted a once-in-a-lifetime opportunity, talented British screenwriter "The Ghost" (Ewan



A+ Active Adults 2010 Summer Newsletter
(July, August and September)

			McGregor) agrees to aid British prime minister Adam Lang (Pierce Brosnan) in completing his memoirs after the leader's former aid dies under mysterious circumstances. The Ghost soon comes to the terrifying conclusion that his predecessor died because he discovered a link between Prime Minister Lang and the CIA. The more information The Ghost uncovers, the more convinced he becomes that his life could be in danger as well.
August 26, 2010	Avatar	Sam Worthington, Zoe Saldana, Sigourney Weaver, Stephen Lang (PG-13)	Jake Sully (Sam Worthington), a war veteran is called to the depths of space to pick up the job of his slain twin brother for the scientific arm of a megacorporation looking to mine the planet of Pandora for a valued ore. Unfortunately the largest deposit of the prized ore lies underneath the home of the Na'vi, a ten-foot-tall, blue-skinned native tribe who have been at war with the company. As Jake becomes one with the tribe and begins to understand the secrets of Pandora, his conscience is torn between his newly adopted world and the one awaiting him when the psychic connection to Pandora is broken.
September 9, 2010	Invictus	Morgan Freeman, Matt Damon (PG-13)	Actor Morgan Freeman portrays anti-apartheid activist and former South African president Nelson Mandela in this Clint Eastwood-directed political drama. Set just after the fall of apartheid and during Mandela's first term in office, the movie explores how the political prisoner-turned-president used the 1995 Rugby World Cup --



A+ Active Adults 2010 Summer Newsletter
(July, August and September)

			which was hosted by South Africa -- to bring blacks and whites together after decades of violence and mistrust. Matt Damon co-stars as rugby player Francois Pienaar.
September 23, 2010	Oceans	Documentary – Narrated by Pierce Brosnan (G)	Nearly three-quarters of the Earth's surface is covered by water and OCEANS boldly chronicles the mysteries that lie beneath. Directors Jacques Perrin and Jacques Cluzaud dive deep into the very waters that sustain all of mankind—exploring the playful splendor and the harsh reality of the weird and wonderful creatures that live within. Featuring spectacular never-before-seen imagery captured by the latest underwater technologies, OCEANS offers an unprecedented look beneath the sea in a powerful yet enchanting motion picture.



A+ Computing -- Computer Classes for Adults

Session #41 will begin September 13, 2010. **Registration for Session #41 will be held Monday, August 23, 2010 from 9:00-11:00 a.m. at The Community House.** You'll enjoy working on our state-of-the-art laptop computers. Our classes are small and offer personalized attention. This session we'll be offering Computer for Beginners, Introduction to Computers, Internet, Word Processing, Email and Photoshop Elements classes. If you have any questions about the classes being offered or registration, please contact The Community House (630) 323-7500 extension 225. New volunteer coaches to help with classes are always welcome. Please call us if you can help out.



415 W. Eighth St. Hinsdale, IL 60521
630-323-7500

A+ Active Adults 2010 Summer Newsletter
(July, August and September)



AARP Driver Safety Program

August 18 & 19, 2010 (Wednesday and Thursday) and October 6 & 7, 2010 (Wednesday and Thursday) from 11:30 a.m. – 3:30 p.m. at The Community House.

Fee: \$12.00 for AARP members (you will need your AARP number) and \$14 for nonmembers. Payment is due the first day of class (Please make check payable to AARP.)

These classes are offered periodically at The Community House for drivers who are over the age of 50 and wish to update their driving skills. It is a classroom-only session. Many insurance companies offer a discount to drivers who have taken this program. Pre-registration is required, and you must attend both days. Call the Front Desk to Register. (630) 323-7500 ext. 0.



Prairie State Legal Service DuPage County residents over age 60 may receive free legal advice from an attorney at The Community House on certain dates. The next scheduled date at The Community House is **Thursday, August 26, 2010 from 1:30 – 3:30 p.m.** and is by scheduled appointment only. To schedule your appointment or for additional information please call (630) 690-2130.



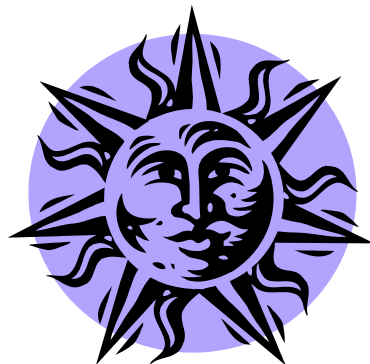
Blood Pressure Come have your blood pressure taken the 2nd Friday of each month from 9:30 a.m. – 10:30 a.m. located outside Kettering Hall. No appointment necessary.



415 W. Eighth St. Hinsdale, IL 60521
630-323-7500

A+ Active Adults 2010 Summer Newsletter ***(July, August and September)***

AARP Hinsdale Chapter #1835 meets the 2nd Friday of each month at 10:00 a.m. at The Community House. Please come and join them. Guests are always welcome!



Upcoming Trips/Events



RAVINIA FESTIVAL – American Masters, Bernstein, Copland and Gershwin

Ravinia celebrates the memory of these charismatic composer conductors in a program that features three quintessentially American masterpieces: Bernstein’s “Age of Anxiety” symphony (in which the piano soloist represents the composer as he contemplates W. H. Auden’s Pulitzer Prize-winning work that inspired the piece and gave it its name); Copland’s signature work *Appalachian Spring*, which incorporates the timeless tune “Simple Gifts” and the Concerto in F, in which George Gershwin conclusively proved that symphonic music and jazz can be successfully blended. We’ll enjoy a box dinner on the bus on our way to the park.



415 W. Eighth St. Hinsdale, IL 60521
630-323-7500

A+ Active Adults 2010 Summer Newsletter
(July, August and September)

Day	Sunday
Date	July 11, 2010
Time	3:30 pm – 8:30 pm
Depart/Return (approx.)	The Community House
Fee	Members \$65; Guests \$73
Code	3049247
Includes	Box dinner on bus, Pavilion seating concert ticket, bus transportation



GRANT PARK MUSIC FESTIVAL – Millenium Park, Pritzker
Pavilion --Franz Liszt Piano Concert

Enjoy the setting of beautiful Millenium Park on Chicago’s lakefront listening to the Grant Park Orchestra as they perform Franz Liszt’s Piano Concert No. 2, which embodies both his creative genius and flamboyant showmanship. The program will also feature Stravinsky’s luminous ballet The Fairy’s Kiss (based on a tale by Hans Christian Andersen), and Tchaikovsky’s joyful Capriccio Italien.

Day	Wednesday
Date	July 28, 2010
Time	5:00 pm – 9:30 pm
Depart/Return (approx.)	The Community House
Fee	Members \$40; Guests \$45
Code	3049345
Includes	Reserved seating concert ticket, bus transportation



415 W. Eighth St. Hinsdale, IL 60521
630-323-7500

A+ Active Adults 2010 Summer Newsletter
(July, August and September)

BILLY THE MUSICAL
ELLIOT

BILLY ELLIOT AT THE FORD CENTER ORIENTAL THEATRE

The international smash-hit musical has arrived in Chicago. One of the most celebrated musicals in history, Billy Elliot the Musical has captured hearts worldwide, delighted the critics and swept the awards – winning ten 2009 Tony Awards including BEST MUSICAL! Billy Elliot is a joyous, exciting and feel-good celebration of one boy following his heart and making his dreams come true. Full of life, laughter, astonishing dancing and unforgettable music, this uplifting experience will stay with you forever.

Day	Wednesday
Date	August 11, 2010
Time	12:30 p.m. – 5:30 p.m.
Depart/Return (approx.)	The Community House
Fee	Members \$110; Guests \$117
Code	3049304 - 3
Includes	Show ticket and transportation



415 W. Eighth St. Hinsdale, IL 60521
630-323-7500

A+ Active Adults 2010 Summer Newsletter
(July, August and September)



RAVINIA FESTIVAL – Annie Get Your Gun featuring Patty LuPone

In honor of the 150th anniversary of Annie Oakley’s birth, Patty LuPone tackles the iconic Ethel Merman role for Ravinia in Irving Berlin’s bigger-than-life musical about the fabled sharp shooter. The hit stuffed score includes “There’s No Business Like Show Business”, “Anything You Can Do I Can Do Better” and “You Can’t Get a Man With A Gun”. We’ll dine at Bluegrass in Highland Park before the show.

Day	Saturday
Date	August 14, 2010
Time	4:00 pm – 10:30 pm
Depart/Return (approx.)	The Community House
Fee	Members \$90; Guests \$95
Code	3049248
Includes	Dinner, Transportation and Pavilion seating for show



415 W. Eighth St. Hinsdale, IL 60521
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A+ Active Adults 2010 Summer Newsletter
(July, August and September)



FRANK LLOYD WRIGHT HOME AND STUDIO TOUR

The Frank Lloyd Wright Home and Studio served as Wright's private residence and workplace from 1889 to 1909—the first 20 years of his career.

Wright used his home as an architectural laboratory, experimenting with design concepts that contain the seeds of his architectural philosophy. Here he raised six children with his first wife, Catherine Tobin. In 1898 Wright added a studio, where Wright and his associates developed a new American architecture, the Prairie style, and designed 125 structures, including such famous buildings as the Robie House, the Larkin Building and Unity Temple. The site has been restored as it appeared in 1909, the last year that Wright lived in the Home and worked in the Studio. After our tour we'll enjoy lunch in downtown Oak Park at Winberie's restaurant.

Day	Wednesday
Date	September 1, 2010
Time	9:15 am – 1:30 pm
Depart/Return (approx.)	The Community House
Fee	Members \$55; Guests \$65
Code	3049299
Includes	Docent led tour, Transportation and lunch

CLASSICAL GUITAR ENTERTAINMENT AND LUNCH

Enjoy the beautiful guitar music of Mike Plantan as he entertains us with a wide range of selections from Classical to Spanish as well as Jazz arrangements. Mike has been a featured soloist with various symphonies and has performed for many festivals and local concerts over the past 20 years. His music is delightful and



415 W. Eighth St. Hinsdale, IL 60521
630-323-7500

A+ Active Adults 2010 Summer Newsletter

(July, August and September)

enjoyable. Prior to the program we'll have a casual lunch generously provided by Odyssey Healthcare.

Day	Tuesday
Date	September 14, 2010
Time	12:00 pm – 2:00 pm
Where	The Community House
Fee	Members \$10, Guests \$13
Code	3049624
Includes	Lunch and entertainment



PRESIDENTS AND THEIR FIRST LADIES – LYNDON AND LADY BIRD JOHNSON

Don't miss the final show of this talented couple and their representations of Presidential couples throughout the years. We'll learn of Lyndon and Lady Bird's "whirlwind courtship". During their married years, "Bird" grew into an astute business woman and Lyndon became known as "The Master of the Senate". When Lyndon became President, not surprisingly, his administration passed more important legislation in less time than any since FDR. He was known for his larger than life personality and Lady Bird described life with Lyndon as "one big adventure". Refreshments will be served after the program.

Day	Thursday
Date	September 23, 2010
Time	1:00 pm – 3:00 pm
Where	The Community House
Fee	Members \$10; Guests \$13
Code	3049614
Includes	Program and refreshments

A+ ACTIVE ADULTS MEMBERSHIP

We do ask regular participants in our programs to become members, and we also welcome the support of anyone who values the existence of programs such as ours in the community.

Members receive newsletters and update flyers by mail. Prices for trips and events are discounted for members. In addition, you have **FREE** use of The Community House walking track.



415 W. Eighth St. Hinsdale, IL 60521
630-323-7500

A+ Active Adults 2010 Summer Newsletter

(July, August and September)

Membership is \$45 for individuals, or \$65 for couples. To join, please come to The Community House and fill out a registration form or mail a slip of paper with your name, full address and phone number and send it with your check, indicating that it is for the A+ Active Adults membership. If you plan on using our walking track, please indicate that as well.

Refund Policy

- All refund requests will be charged a \$10 processing fee. In House credits and program transfers will be charged a \$5 administration fee.
- Refunds will not be given once a ticket to a performance or event has been purchased.
- Refunds will not be granted for withdrawals made three business days prior to the event/trip.
- Individuals who withdraw from a class, program, and event/trip less than five business days prior to the scheduled start date will be charged 75% of the total program fee.
- Refund requests must be approved by the Program Director.



415 W. Eighth St. Hinsdale, IL 60521
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