

Levy News

September / October 2009



Advisory Board member Gerri Sizemore, at right, scoops ice cream at the Ice Cream Social in late July. Irma Carter, left, and Yvonne Lemond chat before adding their toppings.

Special Events

- ❖ Brain Day on Sept. 18
- ❖ Oktoberfest on Oct. 23

Fun to Do

- ❖ Silver Sneakers: Ping Pong on Sept. 4; walking tour on Oct. 2
- ❖ New! Women's Book Club on Sept. 10 and Oct. 15
- ❖ Cooking for One on Sept. 17
- ❖ Mums & Bulbs class: Sept. 25

Day Trips

- ❖ *Queen of Bingo* on Oct. 1
- ❖ *Dancing Horses* on Oct. 14

Health & Wellness

- ❖ Happiness Club on Sept. 8 and Oct. 13
- ❖ Aging & Planning seminar: Sept. 17
- ❖ Square dancing starts Sept. 17
- ❖ Look inside for lots more!

General News

Did you know that September is Senior Center Month? Bring your friends in for a tour or to participate in a program. There are a lot of great things happening here! Help us let the community know how wonderful Levy Center is.



Congratulations to the Levy Center Men's and Women's Basketball teams! They participated in the National Senior Olympics that took

place in San Francisco. Levy Center also had a participant (who wishes to remain anonymous) who swam in the Six County Senior Olympics in July. The participant placed 2nd in two separate events in the 72+ age group. Congratulations!

Need something to do with your spare time? **SHIP & AARP are looking for volunteers.** SHIP, the Senior Health Insurance Program, is looking for folks to counsel people on Medicare choices. AARP is looking for tax preparers. Tax preparation is done electronically. Training will be given for both of these volunteer positions. If you are interested, please call the office and leave a message for Bernie Miller.

The Best Kept Secret at Levy Center

The gift shop is tucked in the southeast corner of the building. Hours: Monday through Friday, 10am – 3pm.

Did you know that there is a **wood carving** class every Tuesday in Craft B? Join Dr. Gordon and learn to create wonderful carvings. The class begins at 9am and is free with your Levy Center membership.

Have you heard about **Wii**? Wii is a video game console that allows you to play games in virtual reality.



Every Friday from 11:00am to 3:00pm, we set up the game so you can bowl with other people or by yourself. Come try it out. You will have a blast! The Wii also will be set up in Craft Room B for brain games on Wednesdays from 11:00am to 3:00pm beginning Sept. 9. The Life Enrichment Fund of Levy Center purchased Trivial Pursuit and the Big Brain Academy. Come test your skills.

Announcing grocery bus route changes:

Starting Wednesday, Sept. 9, the Levy Center bus will now be stopping at Dominick's to drop off shoppers on its way to Food for Less. The return route will begin at Food for Less at 1:30pm. The schedule will remain the same for Thursday shopping to Jewel. This is going to be a trial schedule. If you have any questions about the time, please see Connie, the bus driver.

The Life Enrichment Fund is **collecting old cell phones.** For each phone collected, Life Enrichment will get anywhere from 25 cents to 35 dollars. They will also collect digital cameras, iPods, Laptops, Wii, Xbox, and Xbox 360. Please donate today! You can drop the equipment at the front desk.

Are you aware of the Levy Center's hours?

The facility is open:

Monday through Friday 7am – 9pm

Saturday 9am – 5pm

Sunday 9am – 3pm

This means that, as Levy Center members, you are welcome to enjoy the Levy Center's computer lab, game room, library and fitness room for **84 hours a week!** Please see page 8 for a list of the office hours.

Evanston Children's Theatre Auditions

We are seeking **adults age 55 and better** for several roles in the play, "Twinderella" by Charlie Lovett. There will be two large casts of children age 8 through 8th grade; each cast performs two shows. Auditions will be held at the Levy Center from 4:00 – 6:00pm on Tuesday, Sept. 15 and Thursday, Sept. 17. The play will be performed Nov 20-22 at the Levy Center.

THE LEVY CENTER ADVISORY BOARD is seeking several board members.

The Levy Center Advisory Board essentially advises staff on programs and serves as a liaison between staff and members and participants. Board members serve a two-year term, up to a maximum of three consecutive terms, or a total of six years. Meetings are generally held the first Monday of each month at 8:30 a.m., typically last one hour, and are held at the Levy Center. If you are a current Levy Senior Center member and are interested or have questions, please stop by the Levy Center office for an application. You will be notified by the nominating committee for a brief interview. Thank you for supporting the Levy Center!

Please see the Levy Center At-A-Glance brochure for information on ongoing programs.

Thursday, Sept. 3

10:00am – noon

Jewelry Making

This class runs through Oct. 29. From glass to ceramic, come explore the art of jewelry making. Artist Janice Wojciechowski will teach you how to make beautiful pieces: broaches, necklaces and bracelets, which you will be proud to wear or give as gifts. Fee includes some materials and assembly of finished pieces. Fee is \$48, Levy member; \$58, nonmember.

Friday, Sept. 4



9:30am

Silver Sneakers

It is time to dust off your ping pong paddle. Come ready to play. This program is free with your Levy Center membership, but pre-

registration is requested.

Free

7:30 – 9:30am

Master's Class

Students attending this class move into new dimensions of word processing, the Internet, e-mail, spreadsheets, databases and more. Fee is \$100, Levy member; \$120, nonmember.

Monday, Sept. 7

Levy Center is closed for the Labor Day holiday. The Center will reopen at 7am on Tuesday.



Tuesday, Sept. 8

9:30 – 11:00am

Happiness Club

Every month Sharon Rosman, LCSW, will lead a discussion on a different topic relating to happiness. Some of the topics will include Learning How To: Be More Grateful; Forgive; Accept Our Own and Other People's Imperfections; Be Compassionate and Non-Judgmental; Live in the "Now"; Positively Reminisce; Utilize Various Relaxation Techniques; Create Intentions; Meditate; Give Ourselves Approval Instead of Waiting for Others to Do It; Utilize the Power of Attitude; Respond, Rather Than REACT; Improve Our Relationships; Change Our Negative Thoughts Into Thoughts That Make Us Feel Better; View Life with a "Good Eye"; Bring More Humor Into Our Life; and

Find Ways to Enjoy Our Everyday, Routine Activities. This group will meet on the second Tuesday of each month from 9:30 – 11am. Fee is \$5.00 per session. Please sign up at the front desk.

10:00am – noon

Beginning Computers I

It does not get any more basic than this! Prerequisite: None. Four 2-hour classes, each with a 10-minute break. Fee is \$100, Levy member; \$120, nonmember.

10:30am – noon

Beading

This class runs through October 27. Students will be introduced to the fundamentals of making bead jewelry. The course will focus on the varieties of beads, their colors, shapes and sizes and how these function in the project design. You will learn how to choose the best components: thread, needles and clasps, to ensure the best beadwork results. Students will learn beading techniques such as stringing, stitching and weaving. A basic beading kit will be available for purchase at the first class. Fee is \$45, Levy member; \$55, nonmember.

Wednesday, Sept. 9

10:00am – noon

Digital Cameras I

This class will introduce you to your camera's hidden secrets, so you can learn how to take quality pictures, transfer pictures from the camera to your computer, organize pictures in folders, adjust picture quality and more. Four 2-hour classes, each with a 10-minute break. Fee is \$100, Levy member; \$120, nonmember.



2:00 – 3:00pm

Brazilian Percussion

This class runs through Oct. 28. Students will learn basic rhythmic patterns and calls and breaks on various Brazilian percussion instruments from teachers of the Evanston Escola de Samba. They will have the opportunity to rehearse and perform with youth from various Evanston-area organizations and the professional members of Orquestra de Samba at the YMCA or the Music Institute of Chicago. Seniors who develop more

Continues on page 4

September, continued

advanced skills can serve as assistant teachers in future workshops and residencies. There will also be the opportunity to perform the skills learned at various events throughout the Chicago area. This program is sponsored in part by Life Enrichment Fund of the Levy Center. Fee is \$45, Levy member; \$55, nonmember.



**Thursday,
Sept. 10**

**3:00pm
Women's
Book Club**
This will be the first Women's Book Club gathering for a book discussion and we also will plan future meetings.

Join us! Come ready to discuss *All I Really Need to Know I Learned in Kindergarten* by Robert Fulghum. Can you believe this book is 20 years old? The book is available at the public library, bookstores and online. This program is free with your Levy Center membership.

Monday, Sept 14

**8:30am
Advisory Board meeting**



**1:00pm
Happy Hour** **Free**
Unity Hospice presents a "happy hour." Wear a crazy hat and come for dessert.

**7:00 pm
African American History /
Genealogy Study Group** **Free**

Historical research has become a passion for many African Americans and genealogy has become a full-time hobby for many Americans. In this group, research will be shared and we will discuss the writings of such authors as DuBois, Larry Koger and Joel Williamson. A few topics of interest include "Slaves in New York,"

"Reconstruction" and "The Great Migrations." Individual research and pointers on how to use the Internet will be shared by the individual doing the family research. This group will meet on the second and fourth Monday evenings of each month. There is no charge for this program. Get involved or just listen.

Thursday, Sept. 17

Please note: the computer lab will be closed on Sept. 17 and Sept. 24 from 1–2:30pm in order to accommodate the This Is Your Life project.

**10:30am – 11:30am (beginning)
11:30am – 12:30pm (continuing)**

Square Dance

These classes meet through Dec. 10. Swing your partner and do-si-do. Exercise and have a great time doing it. Choose the beginner's square dance class, which will teach you the basics of square dancing, or the continuing class (to be taken after you have completed the beginning class), which will teach you some challenging dances. Both classes will teach square dance calls that are great for stimulating your brain. Wear comfortable shoes. These classes can be strenuous, so come ready to work. Fee is \$40, Levy member; \$50, nonmember.



**1:30pm
Cooking for One
on a Budget** **Free**

As a service to the community, Allied Home Health Care will present a "Cooking Show" that will show you how to cook for one on a budget. There will be samples of what is cooked, and recipe cards and shopping lists are provided. There is no charge for this program.

**12:30 – 2:00pm
"Aging & Planning" seminar** **Free**

Learn important information – before you need it! This free seminar will offer information on estate planning and attorney coordination, powers of attorney for property and health care, and planning for your future at home. Refreshments will be served. RSVP by Sept. 7 to Senior Action Service (SASI) at (847) 864-7274. This program is sponsored by First Bank & Trust, SASI, the Law Offices of David Charous and the Levy Center.

1:00pm – 2:30pm

This Is Your Life Project

Free

We have been asked to participate in a project through a Web site that will direct you in recording the story of your life. It's free, it's easy and will leave a priceless legacy for your kids and grandkids. Christopher Falls needs volunteers age 60+ years. He will be in the Levy Center to help you on the computer today and again on Sept. 24 from 1:00 – 2:30pm. Refreshments will be served. To participate, sign up at the front desk.

Friday, Sept. 18

12:30pm

Brain Day

Free

The Levy Center and Mather Lifeways join forces to present an afternoon of activities for the brain. Activities will include Brain Works, square dancing, puzzles and trivia, a food demonstration by Lincolnwood Place and more. Refreshments will be served. There is no charge for this event, but preregistration is required. The program is open to the first 120 people who register. Registration forms are available at the Center; registration begins Sept. 2.

Monday, Sept. 21

10:00 – 11:30am

Beatles to Beethoven

This class runs through Oct. 26. Join musical director and professional concert pianist Evelyn Malouf Binz in exploring the background, gossip tidbits and music of some of your favorite composers and singers. We will look into the history of music of jazz and the Big Band era. Evelyn will play music live on the piano. Fee is \$40, Levy member; \$50, nonmember.

Thursday, Sept. 24

Please note: the computer lab will be closed from 1–2:30pm in order to accommodate the This is Your Life project.

1:00pm

Demystifying Annuities

Free

Over the past few years, retirement planning has become more complex. People are living longer than ever, and the array of financial products available is vast! Annuities offer a number of options for providing an income stream during retirement – but many people shy

away from them because they can be confusing. This session will address annuities. Mary Sue Durrbeck, RFC, Financial Coach, Regal Financial Group LLC, Northfield, will demystify the financial products with the most moving parts. Private question-and-answer session available to address unique situations. There is no charge for this program.

1:00pm – 2:30pm

This Is Your Life Project

Free

See the September 17 listing for details.



Friday, Sept. 25

9:00 – 10:00am

**Mums & Bulbs
Garden Program**

Fee is \$1, Levy member;
\$5, nonmember.
Preregistration is required.

9:30 – 11:30am

Rules of the Road

Free

This free class offered by the Secretary of State's office will help prepare you to take the written driver's test. Please sign up at the front desk.

Monday, Sept. 28

7:00pm

**African American History /
Genealogy Study Group**

Free

See listing from September 14 for details.

*The Life Enrichment Fund
appreciates your support!*

Life Enrichment Fund (LEF):

“Raising Funds to Enhance Your Quality of Life”

Your contributions have recently funded: holiday breakfasts, Fran Randall Memorial Concerts, computer equipment, sports team sponsorships, garden enhancements, support for the Happiness Club, sound tower and speakers, an audio-visual projector, and more! An average \$25 annual contribution from each Levy Center member will ensure the future of these activities. Donations may be dropped off at the Levy Center office. **Thank you!**

October '09

Please see the Levy Center At-A-Glance brochure for information on ongoing programs.

Thursday, Oct. 1

9:00am – 6:00pm

Queen of Bingo

Apple Holler, Sturtevant, Wisconsin

Where can two sisters on the other side of 50, who want to add a little zest, fun and excitement to their lives, find it? Bingo! On any Bingo night at St. Joseph's, you can find Father Mac, Lonnie and Cindy Conklin, Marge Meranski, Coach Anderson and the many off-beat, colorful regulars we meet through the eyes of Sis and Babe. They dish the dirt, giggle like school girls and share old memories. On this particular night, Babe and Sis share something new as they each confess a secret and find a special kind of redemption. Included in the cost is transportation, wine and cheese sampling, lunch and the show. Fee is \$80, Levy member; \$90, nonmember.

Friday, Oct. 2

7:30 – 9:30am

Master's Class

See listing from September 4 for details.



9:30am

Silver Sneakers

In October, we will walk on Ridge Avenue in the historic district. Please meet at Levy Center to carpool. There is no

charge, but registration is requested.

Free

Monday, Oct. 5

8:30am

Advisory Board Meeting

Tuesday, Oct. 6

10:00am – noon

Beginning Computers II

This basic class is designed to introduce you to word processing basics and computer file management. You'll learn how to create, save and retrieve documents while also learning key tools of word processing. Also explored: general Internet usage. Prerequisite: Beginning Computers I or basic computer literacy. Four 2-hour classes, each with a 10-minute break. Fee: \$100, Levy member; \$120, nonmember.

Wednesday, Oct. 7

10:00am – noon

Digital Cameras II

This class focuses primarily on photo editing. Students will develop skills while learning how to adjust picture quality. Also covered in this class is photo sharing. Prerequisite: some exposure to digital photography on the computer and comfort with keyboard and mouse. Four 2-hour classes, each with a 10-minute break. Fee is \$100, Levy member; \$120, nonmember.

Thursday, Oct. 8

9:00am – 1:00pm

55 Alive Safe Driving Class

This class is sponsored by AARP. Cost is \$12 for AARP members and \$14 for nonmembers. Please bring your AARP card to the first session to get the member discount. You must attend both sessions: Oct. 8 & Oct. 15. Call (847) 448-8250 to register.

Friday, Oct. 9

9:00am – 3:00pm

Flu Shots

Free with Medicare part B (please bring your Medicare card with you); \$25 with no Medicare card.

Monday, Oct. 12

7:00pm

African American History / Genealogy Study Group

See listing from September 14 for details.

Free

Tuesday, Oct. 13

9:30 – 11:00 am

Happiness Club

See September 8 listing for details.



Wednesday, Oct. 14

8:30am – 5:30pm

Dancing Horses Theatre

The Dancing Horses Theatre presents an enchanting unparalleled Vegas-style performance. From the moment the show opens until the finale, the audience is spellbound, applauding each equine performer and trainer, exclaiming in wonder, chuckling at the humor, and even wiping the occasional tear when a moment of connec-

tion touches a heartstring. The show concludes with the Dancing Waters, which features hundreds of water jets choreographed to music. Lunch will be salad, roll, roasted chicken, BBQ ribs, potato, veggie and dessert. Fee is \$90, Levy member; \$100, nonmember.

Thursday, Oct. 15

9:00am – 1:00pm

55 Alive Safe Driving Class

See October 8 listing for details.

3:00pm

Women's Book Club

See listing from September 10 for details.

Free

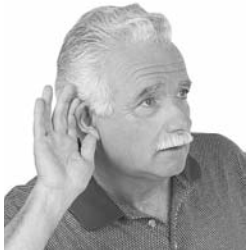
Wednesday, Oct. 21

9:00am – noon

Hearing Screening

Dr. Nathan Schau from Sonus Hearing Care Professionals will be here for hearing screenings. Each appointment is 15 minutes. There is no charge for the screening, but you must call ahead for an

appointment. Call the Levy Center at (847) 448-8250.



Free

Tuesday, Oct. 20

11:45am

Tour & Lunch at St. Francis Nursing & Rehab

This program is open to the first 20 people who register. The Levy Center bus provides transportation to and from the program.

Free

Thursday, Oct. 22

10:30am – noon

Continuing Spanish

This Conversational Spanish class runs through Dec. 17. ¿Habla Espanol? Do you have experience speaking Spanish but want to brush up on your skills? Try our class! Fee: \$44, Levy member; \$54, nonmember.



1:00pm and 6:00pm

Financial Strategies for 2010

Topics include: how tax law changes will affect you; lessons from the last decade; investment strategies – new approaches for volatile times; and

Free

your biggest financial risks (how to protect yourself and your nest egg). Mary Sue Durrbeck will discuss these topics and answer questions. Written materials will be provided. She is an experienced Financial Coach with Regal Financial Group LLC, an independent advisory firm that is committed to serving the best interests of its clients by helping them navigate through life's many transitions. Participants appreciate her clear communication and humor in demystifying personal financial management. There is no charge for this program but preregistration is requested.

Friday, Oct. 23

Noon

Oktoberfest

Once again, Gabe & Peter will entertain us with great German music. Lunch will be Wisconsin's Johnsonville Bratwurst with sauerkraut, herb-baked chicken, German potato salad, corn cobbettes with butter and apple slices for dessert. Dessert is sponsored by Unity Hospice. Fee is \$11, Levy member; \$14, nonmember. No tickets will be sold after Oct. 16. Payment must accompany registration.



Monday, Oct. 26

7:00pm

African American History / Genealogy Group

See listing from September 14 for details.

Free

Thursday, Oct. 29

1:00 – 3:00pm

Medicare 101: Getting the Most from Medicare

Are you confused about Medicare and what it pays for? This seminar will help you to become a savvy Medicare consumer by learning what services are covered, ways to advocate for better coverage, and local resources to assist you in obtaining needed services. The presenters have extensive experience advocating for Medicare beneficiaries and include staff from the AgeOptions/Suburban Area Agency on Aging and the Commission on Aging, and Congresswoman Schakowsky's constituent advocate.

Free

Friday, Oct. 30

7:30 – 9:30am

Master's Class

See listing from September 4.

The Levy Center offers **20 fitness/health & wellness classes**, from Beginning Yoga to Exotic Exercise. There's now a **NEW Fit & Strong class!**

Fit and Strong with Francesca Segal

This **new** program for people 55 and better with arthritis meets on Mondays, Wednesdays and Fridays from 1:00 to 2:30pm. The class meets Sept. 9 through Nov. 11 and the fee is \$100, Levy member; \$110, nonmember.

For more information about classes offered at the Levy Center, please refer to the fall issue of *Arts + Recreation*, which was mailed to residents the week of August 17. Copies also are available at the Center.

Upcoming Events

Friday, Nov. 6, 1:00 – 5:00pm

Flu shots

Wednesday, Nov. 11, 10:30am – 4:00pm

Hairspray – Marriott Lincolnshire

Friday, Nov. 20

Thanksgiving Luncheon folowed by a Fran Randall Memorial Concert

ARE YOU INTERESTED IN TAKING A CLASS OR SIGNING UP FOR A PROGRAM?

For your convenience, there are four ways to register for programs and activities:

- * **In person:** Levy Center's **new registration hours** are Mon.-Fri., 8:30 a.m. – 9:00 p.m.; Sat., 9:00 a.m. – 5:00 p.m.; and Sun., 9:00 a.m. – 3:00 p.m. You may also use the mail slot located at the front desk and a receipt will be mailed to you.
- * **By mail:** Send the registration form located in the back of *Arts + Recreation* magazine with payment to 300 Dodge Ave., Evanston, IL 60202. Do not send cash. You may pay by credit card or personal check (a receipt will be mailed to you).
- * **By telephone:** Call (847) 448-8250 to register using your Visa, MasterCard, Discover, or American Express card Mon.-Fri. from 8:30 a.m. to 9:00 p.m.; Sat., 9:00 a.m. – 5:00 p.m., or Sun., 9:00 a.m. – 3:00 p.m.
- * **By computer:** Go to www.cityofevanston.org and click on the AERO "Quick Link" on the home page. AERO stands for Arts, Ecology, Recreation Online.



Levy Senior Center
300 Dodge Ave.
Evanston, IL 60202
(847) 448-8250 www.cityofevanston.org
www.levycenter.org

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