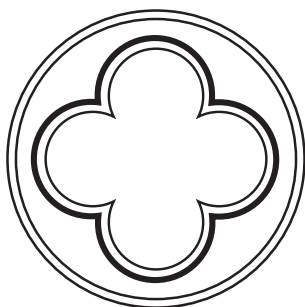


September–December 2019

CLL

Center for Life and Learning
AT FOURTH PRESBYTERIAN CHURCH



Welcome!

The Center for Life and Learning (CLL) at Fourth Presbyterian Church is a learning community open to all men and women ages 60 and more.

Explore new interests, meet new friends, and engage with your community as you take part in our college-level courses, exercise classes, fun outings, and monthly luncheons!

For more information on CLL programming, visit the CLL web page at www.fourthchurch.org/ll

—See page 3 for membership information—

About the CLL

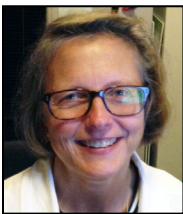


IN THE FALL OF 1965 a two-day-a-week program was developed by the Board of Deacons at Fourth Presbyterian Church to provide a place for older adults to share fellowship and activities. Table fellowship began by everyone bringing a brown-bag lunch; conversations with friends were followed by a special speaker.

As the program developed, craft classes were replaced with continuing-education courses. Currently a variety of twenty-one different classes are offered four days a week, Monday through Thursday, with more than 600 older adults taking advantage of the daily courses, events, and social activities presented by the CLL and Fourth Church.

The Center for Life and Learning celebrates its fifty-fourth program year in 2019, making it one of the longest-running older-adult programs in the city. We are proud to continue offering relevant programming and to aid in making lasting friendships!

CLL Staff



Susan Quaintance

Director

312.981.3386 | squaintance@fourthchurch.org



Sue Hakes

Program Coordinator

312.981.3389 | shakes@fourthchurch.org



What's Included in CLL Membership

Weekly Classes *(September–June)*

- Art History
- Art in the Modern World
- Art Studio
- Continuing Tap Dance
- Current Events
- Drawing Fundamentals
- Faith Today
(free to nonmembers also)
- Memoir and Creative Writing
- Mindfulness Meditation
- Multilevel French
- Music History
- Stage and Screen
- Watercolor Painting

Weekly Exercise Classes

- Yoga
- Intermediate T'ai Chi
- Pilates Resistance Bands
- Range of Motion
- Toning Balls
- Zing! Total Fitness

Special-Topic Courses and Events

Free or discounted rate on all special-topic courses, excursions, and events

Nonmember Opportunities

Those who aren't CLL members have the opportunity to participate in special-topic courses, excursions, free lectures, member-run programs, and special events.

Individual Memberships *(through the end of June 2020)*

Joining before December 1, 2019.	\$285
Joining after December 1, 2019.	\$200
Joining after March 1, 2020.	\$115

To learn about scholarships, call Susan Quaintance at 312.981.3386.

To become a member or renew a membership,
visit www.fourthchurch.org/ctl

Special Topics



Brass for Beginners

Mondays, September 9–November 11 • 9:30–10:30 a.m.

Led by Chris Hasselbring

\$70 for CLL members / \$85 for guests

Additional fees: \$25 for instrument rental; \$20 music book purchase

Nineteenth-Century Romantic Music and Its Inspirations

Mondays, September 9–October 28 • 11:00 a.m.–12:30 p.m.

Led by Stephen Kleiman

\$50 for CLL members / \$65 for guests

Sounds Good! Choir

Rehearsals: Mondays, starting September 9 • 12:00–1:30 p.m.

The Clare (55 E. Pearson)

Learn more and register at soundsgoodchoir.org/gold-coast-fall-19

Good Memories Choir

Rehearsals: Tuesdays, starting September 3 • 10:00–11:30 a.m.

Buchanan Chapel

Learn more and register online at

soundsgoodchoir.org/good-memories-gold-coast

Beginning Spanish

Tuesdays, September 10–October 29 • 10:30–11:30 a.m.

Led by Susan Nusbaum

\$50 for CLL members / \$65 for guests

Temple of the World

Thursdays, September 12–October 24 (no class on October 3)

11:00 a.m.–12:30 p.m. • Led by Brian Smith

\$50 for CLL members / \$65 for guests

Basic Tap Dancing

Thursdays, September 12–October 31 • 11:30 a.m.–12:30 p.m.

Led by Susan Fay • *\$55 for CLL members / \$70 for guests*

Tap shoes required: see www.fourthchurch.org for details

Beginner T'ai Chi

Tuesdays, September 17–December 3 • 2:00–2:45 p.m.

Led by Hau Kum Kneip

\$90 for CLL members / \$105 for guests

Special Topics



How to Fall

Tuesdays, September 24 and October 1 • 3:00–5:00 p.m.

Led by Balance Chicago staff

\$35 for CLL members / \$45 for guests

Explorations with Jane Hunt

Wednesdays, October 9–30 • 10:30–11:30 a.m.

Led by Jane Hunt

Free for CLL members / \$25 for guests

Persuasion: An Exploration of Jane Austen's Novel

Wednesdays, October 16–30 • 1:45–3:00 p.m.

Led by Jeff Nigro

\$30 for CLL members / \$45 for guests

India 3D: Objects of Devotion and Art

Thursdays, October 31–November 21 • 2:30–4:00 p.m.

Led by Betty Seid

\$45 for CLL members / \$60 for guests

Music of George Gershwin

Wednesdays, November 6–December 18 (*no class on November 27*)

10:00–11:30 a.m. • Led by John Nygro

\$40 for CLL members / \$55 for guests

Autumn Film Series

Wednesdays, November 6–December 18 (*no film on November 27*)

1:45–4:00 p.m. • *Free; open to all 60 and older; no RSVP is necessary*

A complete list of films is available at www.fourthchurch.org/cll

Lunch and Learn: **Russian Ark (2002)**

Thursday, November 21 • 12:00–2:45 p.m.

Led by Jeff Nigro and John Nygro

\$15 for CLL members / \$20 for guests

“Give Us a Word”: Desert Mothers and Fathers

Mondays, December 2–16 • 11:15 a.m.–12:30 p.m.

Led by Susan Quaintance

\$25 for CLL members / \$40 for guests

Midday Lecture Series



— \$5 for CLL members and \$10 for guests; RSVP required —

KV265: Science through Art

Wednesday, September 18 • 1:45–2:45 p.m. • *Led by Anne Barlow*

State of the State for Older Adults

Monday, October 7 • 11:30 a.m.–12:30 p.m. • *Led by Paula Basta*

Bossy Chicago: Women-Owned Businesses

and How One Millennial Is Supporting Them

Monday, November 4 • 11:30 a.m.–12:30 p.m. • *Led by Samantha Letscher*

The Art and Science of Ornament: Why the Details Still Matter

Thursday, December 12 • 2:30–3:30 p.m. • *Led by Matt McNicholas*

Free Lectures



— RSVP online or with Sue Hakes at 312.981.3389 —

Tech Tuesdays

Tuesdays, September 17; October 8; November 12; December 10
2:30–3:30 p.m.

The Driehaus Museum

Monday, September 23 • 2:45–3:45 p.m.

Best Practices for Healthy Eating

Tuesday, October 22 • 11:30 a.m.–12:30 p.m.

Medicare Part D

Tuesday, November 5 • 2:30–3:30 p.m.

The Bushido Code

Monday, December 2 • 11:30 a.m.–12:30 p.m.

Free Member-Run Programs



Please contact Sue Hakes (312.981.3389; shakes@fourthchurch.org) to inquire about joining any of the following groups.

Bridge Group

Mondays, September 9 and 23; October 14 and 28;
November 11 and 25; December 9 • 1:00–4:00 p.m.

Short Story Reading Group (New This Year!)

Tuesdays, September 10 and 17; October 1, 8, 15, and 22;
November 5, 12, and 19; December 3 and 10 • 11:30 a.m.–12:30 p.m.

Book Group

Tuesdays, September 24; October 29; November 26; December 17
11:30 a.m.–12:30 p.m.

Great Decisions Group

Tuesdays, September 10 and 24; October 8 and 22;
November 5 and 19; December 3 and 17 • 1:00–2:30 p.m.

French Practice Group

Wednesdays • 9:30–11:00 a.m.

Men's Great Ideas Group

Wednesdays, September 11 and 25; October 9 and 23;
November 6 and 20; December 4 and 18 • 10:30 a.m.–12:00 p.m.

Games Group

Thursdays, September 12 and 26; October 10 and 24;
November 7 and 21; December 5 and 19 • 2:30–3:30 p.m.

Cinema Group

Fridays, September 20; October 18; November 15; December 20



Clarke House Museum

Friday, September 20 • 10:45 a.m. *(Meet at 1827 S. Indiana)*

RSVP by Tuesday, September 17 • \$5 for CLL members / \$10 for guests

Night Out: Beatrix – River North

Thursday, September 26 • 5:00 p.m. *(Meet at 519 N. Clark)*

RSVP by Tuesday, September 24 • Dutch treat

Schaalman Senior Voices at CLL: Film and Open Mic

Wednesday, October 2 • 1:30–2:30 p.m.

Free and open to all; no RSVP necessary

Presented in collaboration with the Rush Center for Excellence in Aging

Folk Music Luncheon

Thursday, October 3 • 11:30 a.m.–1:00 p.m. in Borwell Dining Room

RSVP by Thursday, September 12 • \$20 for CLL members / \$25 for guests

Night Out: The Berghoff

Thursday, October 10 • 5:00 p.m. *(Meet at 17 W. Adams)*

RSVP by Tuesday, October 8 • Dutch treat

New Member Tea

Friday, October 11 • 11:00 a.m.

Look for your invitation via email!

Chicago History Museum

Friday, October 18 • 2:00 p.m. *(Meet at 1601 N. Clark)*

RSVP by Tuesday, October 8 • \$30 for CLL members / \$35 for guests

Night Out: Southern Cut Barbeque

Thursday, November 7 • 5:00 p.m. *(Meet at 198 E. Delaware)*

RSVP by Tuesday, November 5 • Dutch Treat

Chicago Theatre Tour

Friday, November 8 • 12:30 p.m. *(Meet at 175 N. State)*

RSVP by Tuesday, October 8 • \$20 for CLL members / \$25 for guests

Harvest Home Luncheon

Thursday, November 14 • 11:30 a.m.–1:00 p.m. in Borwell Dining Room

RSVP by Tuesday, October 29 • \$20 for CLL members / \$25 for guests



Chestnut Street Players Acting Troupe

Radio Show: *The Great Gildersleeve*: “Gildersleeve Thanksgiving”
Performance: Monday, November 18 • 11:45 a.m.–12:30 p.m.

Free and open to all; no RSVP necessary

Complimentary reception after the show

*If you are interested in joining this free acting group,
please call Sue Hakes at 312.981.3389.*

Holiday Luncheon

Thursday, December 12 • 11:30 a.m.–1:00 p.m. in Borwell Dining Room

RSVP by Tuesday, November 26 • \$15 for CLL members / \$20 for guests

Night Out: Lao Sze Chuan

Thursday, December 12 • 5:00 p.m. (*Meet at 520 N. Michigan*)

RSVP by Tuesday, December 10 • Dutch treat

Holiday Tea at the Drake Hotel

Friday, December 13 • 12:15 p.m. (*Meet at 140 E. Walton*)

RSVP by Tuesday, December 5 • \$75 for CLL members / \$85 for guests

Weekly Classes September 2019–June 2020

All 2019–2020 weekly classes conclude June 19, 2020

Monday

- 10:00–11:00 a.m. **Advanced French**
- 10:30–11:15 a.m. **Toning Balls**
- 11:00 a.m.–12:00 p.m. **Intermediate French**
- 11:30 a.m.–12:00 p.m. **Mindfulness Meditation**
- 11:30 a.m.–12:30 p.m. **Continuing Tap Dance**
- 12:00–1:00 p.m. **Beginner French**
- 1:00–2:30 p.m. **Art History**
- 2:30–3:30 p.m. **Yoga**

Tuesday

- 10:30–11:15 a.m. **Pilates Resistance Bands**
- 11:30 a.m.–1:00 p.m. **Stage and Screen**
- 1:00–2:30 p.m. **Watercolor Painting**
- 2:45–3:30 p.m. **Intermediate T'ai Chi**

Wednesday

- 10:30–11:15 a.m. **Zing! Total Fitness**
- 12:00–1:00 p.m. **Faith Today** (*free class*)
- 12:00–1:00 p.m. **Current Events**
- 12:15–1:15 p.m. **Art in the Modern World**
- 2:00–3:30 p.m. **Drawing Fundamentals**

Thursday

- 10:00–11:30 a.m. **Memoir and Creative Writing**
- 10:30–11:15 a.m. **Range of Motion**
- 11:30 a.m.–1:00 p.m. **Art Studio**
- 1:00–2:00 p.m. **Music History**
- 2:45–3:30 p.m. **Intermediate T'ai Chi**



FOURTH
PRESBYTERIAN
CHURCH
A Light in the City

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