

Levy News

November / December 2009



The Levy Center and Mather Lifeways sponsored a Brain Fitness Day on Friday, September 18. The action included square dancing, seen above, Brain Works, puzzles and trivia sessions, as well as a food demonstration by Lincolnwood Place.

Special Events

- ❖ Nov. 20 Thanksgiving Luncheon
- ❖ Holiday Breakfast on Dec. 12

Fun to Do

- ❖ Silver Sneakers: walk Ridge Ave. on Nov. 6; Play Wii, Dec. 4
- ❖ Levy Center Craft Fair - Nov. 18
- ❖ Fran Randall Concert - Nov. 20
- ❖ “Twinderella” on Nov. 20-22

Day Trips

- ❖ *Hairspray* on Nov. 11
- ❖ Tea at the Drake on Dec. 15

Health & Wellness

- ❖ Diabetic Shoe Clinic on Nov. 5
- ❖ Flu Shots on Nov. 6
- ❖ “I Don’t Want to Age Gracefully” seminar - Nov. 19
- ❖ Look inside for lots more!

General News

Did you know that the **Writer's Workshop** meets the first and third Wednesday of each month from 1:00 – 3:00pm? They are always looking for more participants. This program is **free** as part of your Levy Senior Center membership.

Free

The deadline for application for the Illinois Cares RX and the Medicare D Prescription Drug Plans is December 31, but to ensure that you receive coverage on January 1, 2010, you should apply for benefits prior to December 15, 2009.

For information about these programs and assistance with registration, contact the Commission on Aging, (847) 866-2919; Evanston/Skokie Valley Senior Services, (847) 864-3721; or the Levy Senior Center, (847) 448-8250.

Information about prescription drug programs is also available online at these three Web sites:

<http://www.illinoisbenefits.org/>

<http://www.cbrx.il.gov/>

<http://www.medicare.gov/>

All people with Medicare are eligible for prescription drug coverage under the Medicare D Prescription Drug Plan. Medicare beneficiaries not yet enrolled in a Medicare D Prescription Drug Plan or who wish to switch to a different drug plan will be able to do so between Nov. 15 and Dec. 31, 2009. These medication drug plans cover both brand names and generic drugs. In addition, the program provides extra financial assistance for those with limited incomes.

The State of Illinois provides Illinois Cares RX, a supplement to the coverage provided through Medicare. Seniors 65 years of age or older and residents with disabilities that meet income eligibility requirements may qualify for Illinois Cares RX. You may enroll in this program at any time during the year.

Have you heard about Wii? Wii is a video game console that allows you to play games in virtual reality. Every Friday, we set up the game so you can play from 11:00am – 2:30pm. You can bowl with other people or by yourself. Come try it out. You will have a blast! On Wednesdays, the Wii is set up in Craft Room B from 11:30am – 3:00pm for brain games. We have Trivial Pursuit and the Big Brain Academy. Come test your skills! We thank the Life Enrichment Fund of Levy Center for purchasing Trivial Pursuit and the Big Brain Academy.

Free

Hey, all you **crafty people**, are you interested in learning how to **needlepoint**? How about **quilting**? If you would be interested in either of these activities, please stop by the front desk and let Leslie know.



There have been a few temporary changes in the **Levy Center Bus Schedule**. A new schedule is available in the office and Connie has them on the bus.

HOLIDAY GIFT IDEAS

The Levy Center has gift certificates for just about everything: a fitness or computer class, gift shop merchandise, a fitness room membership or even a Levy Center membership! They make perfect birthday, holiday and thank you gifts. Stop by the office for details.

If your friends have a house full of items they don't need, you are probably out of gift ideas for them. How about honoring your friend or celebrating their special day or the holidays through a gift to the Life Enrichment Fund? Your friends will be flattered and your contribution will be tax-deductible. Please stop by the Levy Center office for more information.



Need something to do with your spare time? **SHIP and AARP are looking for volunteers**. SHIP is the Senior Health Insurance Program and 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.

Help needed!

The Levy Center gift shop is in need of volunteers. If you have some time available and like to stay busy, please stop by the office for details.

November '09

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

Monday, Nov. 2

This year Levy Center will participate in a local food drive: **Evanston Feeding Evanston**. We will collect non-perishable and canned goods through Nov. 12. All donations will go to FACE (Food Assistance Center of Evanston). There will be a donation bin by the Levy Center office door.

8:30am

Advisory Board Meeting

Tuesday, Nov. 3

10:00am

Beginning Computer 3



This basic computer class is designed to introduce students to the basics of word processing and computer file management. Students will learn how to create, save and retrieve documents as well as learn the key word processing tools. If you stumble while writing e-mail or a letter or while navigating the

computer, then this class is perfect for your needs. This class also explores general Internet usage. Prerequisite: Beginning Computers 1 or basic computer literacy. Four 2-hour classes, each with a 10-minute break. Fee is \$100, Levy member; \$120, nonmember.

Wednesday, Nov. 4

10:00am

Introduction to Online Auctions

Have you ever wanted to buy or sell something online or wish to view an auction online? You name it – it's out there for sale. In this exciting class, students will have the ultimate hands-on action experience of using eBay. They will get a taste of how to sell items online, as well as how to buy/bid for items online. Also covered is how to use uBID.com and Auction U.S.com. Enroll early so you won't miss out on the fun and excitement of this class! Prerequisite: Comfort using the mouse and keyboard. Four 2-hour classes, each with a 10-minute break. Fee is \$100, Levy members; \$120, nonmember.

Thursday, Nov. 5

1:00 pm

Diabetic Shoe Clinic

Sponsored by Step Lively

If you are a diabetic, did you know that you may be entitled to a pair of therapeutic shoes and three pairs of inserts per calendar year? This is a Medicare-paid program. Mary Ann Day will explain why the government is willing to pay for this program and the importance of wearing good shoes. You can pick the style of shoe you want at the clinic and all sizes and widths are available! Important: Please bring the following:

- 1) Medicare number
 - 2) Primary doctor's name and phone number
 - 3) Secondary insurance card (if you have one)
- Please feel free to invite friends or family members who are also diabetic. If you have any questions, call Mary Ann Day at (224) 723-5040.

Free



Friday, Nov. 6

9:30am

Sliver Sneakers

Since we didn't walk in October, we will try again! We plan to walk on Ridge Avenue in the Historic District. Please meet at Levy Center to carpool. There is no charge, but registration is requested.

Free



1:00 – 5:00pm

Flu Shots

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

Monday, Nov. 9

9:30am – 12:30pm

Ceramics / Pottery Class

This is not your grandmother's ceramics class! Choose from a variety of greenware or learn how to hand-build and let your imagination run free. You can also learn to use the pottery wheel and our new slab roller. This program is for older adults who enjoy spending time with others while learning a wonderful art form. Fee includes instruction, firing and supplies. Studio time is available for class members at no additional charge. The fee is \$70, Levy member; \$80, nonmember.

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November, continued

7:00pm

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. Slaves in New York, Reconstruction and the Great Migrations are a few topics of interest.

Individual research and pointers on how to use the internet will be shared by the individual doing the family research. This group meets on the second and fourth Monday evenings of each month. There is no charge for this program. You're invited to get involved or just listen.

Tuesday, Nov. 10

9:30 – 11:30am

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. The fee is \$5 per session. Please sign up at the Levy Center front desk.

Wednesday, Nov. 11

10:30am – 4:00pm

Hairspray at Marriott Lincolnshire



From the tip-top of its super-teased coif, to the bottom of its dynamic dancing toes, "You Can't Stop the Beat" of this Broadway musical comedy phenomenon that inspired a major motion picture and won eight Tony Awards®, including Best Musical!

Come with us to Baltimore in 1962 and meet the pleasantly plump teen, Tracy Turnblad – a girl with big dreams and even bigger hair. She'll do whatever it takes to appear on the popular Corny Collins show and win the heart of Link Larkin, all without denting her "do!"

This mega-hit is piled bouffant high with laughter, romance and show-stopping dance. People who have seen this production think it is really good and very funny. Don't miss it! Lunch will be a choice of chicken Kiev or oven-roasted tilapia. Please make your selection at the time of registration. The bus will leave the Levy Center at 10:30am and return at 4pm. The cost is \$78, Levy member; \$88, nonmember.

Thursday, Nov. 12

This is the last day to drop off food for Evanston Feeding Evanston. See the Nov. 2 listing for details.

3:00 – 4:30pm

Women's Book Club

Free

The book to be read for this discussion is *One True Thing* by Anna Quindlen.

Friday, Nov. 13

9:30 – 11:30am

Rules of the Road

Free

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



Nov. 13 activities continue on page 5

Photo by Lauren Bergman



1:00pm
Ballroom Dancing with the Dick Elliott Band
Admission is \$5 at the door. Refreshments will be served. The photo above was taken in June 2009 as the band performed at the Levy Center.

Wednesday, Nov. 18

10:00am – 2:00pm
Levy Center Craft Fair

Join the folks from our various arts + crafts classes as they display and sell items they have created. There will be items from the ceramics, jewelry, art class, wood-carving and beading classes. Shop early for the holidays or just come and browse.

Thursday, Nov. 19

1:00pm
Seminar

Free

Author Nancy Werking Poling presents “I Don’t Want to Age Gracefully.” This seminar is based on her recent novel, *Out of the Pumpkin Shell*. Please join Nancy as she explores how our lives can continue to be exciting and adventuresome as we get older.

Friday, Nov. 20

Noon:
Thanksgiving Luncheon

1:30pm:
Fran Randall Concert

It’s Turkey time! Come join us for turkey and all the trimmings for our early Thanksgiving Celebration at noon that day. Please purchase your tickets by November 13. The



Thanksgiving Luncheon dessert is sponsored by Bank of America. The cost for lunch will be \$12, Levy member; \$17, nonmember.

Free concert

The first Fran Randall Concert of the season will follow lunch at 1:30pm and is free. Pianist Andy Costello from Columbia College and vocalist Catherine Huggins from Roosevelt University will perform. The Fran Randall Memorial Concert Series is underwritten by the Life Enrichment Fund of the Levy Center.

Nov. 20 – 22

Evanston Children’s Theatre Performance
“Twinderella” by Charlie Lovett



This hilarious send-up of Cinderella will delight audiences with humor appreciated by all ages. This is the story of Cinderella’s long-lost twin brother, Bob. They live in the same kingdom with different wicked step-families. Their cruel and evil stepfamilies make Cinderella rotate tires and polish bowling trophies while Bob makes dried herb wreaths and organizes sock drawers. This play is sure to make you laugh!

Tickets are \$6 each. Performances will be held on Friday, Nov. 20 at 7:00pm; Saturday, Nov 21. at 3:00pm and 7:00pm; and Sunday, Nov. 22 at 3:00pm.

Monday, Nov. 23

7:00pm
African American History /
Genealogy Study Group

See listing from November 9 for details.

Thanksgiving holiday hours

The Levy Center will close at 5:00pm on Wednesday, Nov. 25 and will be closed on both Thursday, Nov. 26 and Friday, Nov. 27 for the Thanksgiving holiday.

The Center will reopen on Saturday, Nov. 28 at 9:00am.



December '09

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

Thursday, Dec. 3

9:00am – 1:00pm

55 Alive Safe Driving Class

This 2-session class is sponsored by AARP. The 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: Dec. 3 & Dec. 10. Call (847) 448-8250 to register.

1:00pm – 2:30pm

Gaining Control of Your Health

Join Levy center member and licensed acupuncturist, Su-Shen Huang, for an interactive educational lecture and demonstration. Topics that will be covered include the basics of Oriental medicine, the relationship of emotions to the body's organ system, how to feel the energy of your body system, how food affects you and much more. There is no charge for this program, but preregistration is required. Please sign up at the front desk.

Free

Friday, Dec. 4

9:30am

Silver Sneakers

This month we will play the Center's new Wii brain games. Come join us for Trivial Pursuit and the Big Brain Academy. This is a

free program, but preregistration is requested.



Free

1:00pm

Ballroom Dancing with the Dick Elliott Band.

Admission is \$5 at the door. Refreshments will be served.



Tuesday, Dec. 8

9:30 – 11:30am

Happiness Club

See listing from November 10 for details.



Thursday, Dec. 10

9:00am – 1:00pm

55 Alive Safe Driving Class

Session 2; please see the listing from Dec. 3.

Saturday, Dec. 12

9:00 – 11:00am

Holiday Breakfast

Join us for the annual Levy Center Holiday Breakfast. Pancakes, sausage, eggs and orange juice will be served. The Evanston Children's Choir will perform at 10:00am and there may be a special appearance by you-know-who! This event is sponsored by the Levy Center Life Enrichment committee. The cost is \$1 for a Levy member (where else can you get breakfast for a buck?) and \$5 for a nonmember. You must be register in advance to attend this event. Please sign up at the front desk.

Monday, Dec. 14

7:00pm

African American History / Genealogy Study Group

See listing from November 9 for details.

Free

Tuesday, Dec. 15

Noon – 4:00pm

Afternoon Tea at the Drake

(recipient of Open Table's Diner's Choice Award 2009)



The Drake Hotel in Chicago has a long tradition of serving tea, though not always in the same fashion. In 1958, Queen Elizabeth enjoyed tea at the Drake and in the

1970s, the Palm Court served tea to her majesty the Empress of Japan. More recently, dignitaries such as the late Princess of Wales, Princess Diana, and Secretary of State and former First Lady Hillary Clinton have sipped and supped there.

The ambiance of this afternoon affair will be greatly enhanced by the live harp music performed by a musician dressed in classical evening gown attire. The uniquely beautiful room centers around a gorgeous limestone fountain with a giant 275-year-old urn. In addition to tea, an assortment of finger sandwiches, pastries, fruit bread and scones will be served. Please remember that this is not meant to be lunch. Fee is \$47, Levy member; \$57, nonmember. This could be a super grandmother/granddaughter activity or consider inviting your daughter or daughter-in-law. Don't miss this holiday favorite!

Upcoming Events

Thursday, Dec. 17

3:00 – 4:30pm

Women's Book Club

The book to be discussed on this date has yet to be determined but the author will be Nadine Gordimer.

Free



Starting Monday, Dec. 21

The Levy Center gym (Maple Room) will be closed the week of Dec. 21 due to the floor cleaning and resurfacing project. Please note that there will be some lingering odor in the building from the low-VOC finish used on the Maple Room floor.

Christmas holiday hours

The Center will close at 5:00pm on Wednesday, Dec. 23 and be closed on Thursday, Dec. 24 and Friday, Dec. 25 for the Christmas Holiday. The Center will reopen on Saturday, Dec. 26 at 9:00am.

Monday, Dec. 28

7:00pm

**African American History /
Genealogy Study Group**

See listing from November 9 for details.

Free

New Year holiday hours

The Center will close at 5:00pm on Thursday, Dec. 31 and be closed on Friday, Jan. 1, 2010. The Center will reopen at 9:00am on Saturday, Jan. 2.



*Happy Holidays from
the entire staff at the
Levy Center!*

Thursday, Jan., 21

10:30am – 5:30pm

Funny Girl

Drury Lane Theatre

Funny Girl, set in New York City, revolves around Ziegfeld comedienne Fanny Brice and her rise to fame in the early 20s. Told mostly in flashbacks, the musical shows her from the start as a gawky Brooklyn teen, fast-talking her way into show business, her first triumph in the Zeigfeld Follies, becoming the toast of New York, to the unraveling of her personal life and marriage to gangster Nick Arnstein. Lunch will be a choice of Fettucini Alfredo with sweet peas or roast sirloin of beef. Please make your selection at the time of registration. Fee: \$70, Levy member; \$80, nonmember. The bus will leave at 10:30am and return at 5:30pm.



Friday, Jan. 22

1:00pm

Fran Randall Memorial Concert

Performers will be Madeline Christensen and Ingrid Israel. Madeline Christensen currently attends the Chicago College of Performing Arts at Roosevelt University, where she is pursuing degrees in music education and flute performance.

Soprano Ingrid Israel received her Master of Music degree from Arizona State University. Additional studies have taken her to Vienna, Austria (IES); Florence, Italy; and Fairbanks, Alaska. Ms. Israel currently studies with Maria Lagios and maintains a private voice studio in suburban Chicago. The Fran Randall Memorial Concert Series is underwritten by the Life Enrichment Fund of the Levy Center.

Free



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!**

Start exercising now so you can enjoy holiday goodies guilt-free!

Personal Training Packages

The Levy Senior Center offers personal fitness training packages. You may purchase a package of five or ten 30-minute or 60-minute personal training sessions. You must use the same trainer for all your sessions if you purchase a package. Please note the discounted prices apply only to packages. You will not receive a discount if you pay for 5 or 10 individual sessions. Package prices are:

30-minute session packages

1 session \$ 26
5 sessions \$116
10 sessions. . . . \$226

One-hour session packages

1 session \$ 42
5 sessions \$182
10 sessions. . . . \$365



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 **revised 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.levy seniorcenter.org

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