NEWSBRIEF: February, March, April 2016

Veteran’s Day Breakfast, Holiday Celebrations (with a bit of Magic), and a Toast to 2016

The usual year-end, “Can you believe it’s Thanksgiving already?” was replaced this year with, “Can you believe its 50 degrees outside?” A strange start to our Midwest winter made the holiday season even more of a surprise than usual. But annual events at Dickinson Hall help keep us all on track.

American Legion Post 264 posted the colors to kick off the annual Veterans Day Breakfast. Lake Forest High School student testimonials brought extra meaning to this important event.

Tricia brought her special touches to the Thanksgiving and Holiday Luncheons, with the help of fantastic kitchen volunteers! All the flavors of the season were present, with an extra serving of ice cream and pie.

Our New Year’s Eve Champagne Brunch was a great way to say hello to 2016. Guests enjoyed plentiful appetizers, a delicious buffet, Frank Sinatra tunes, games, and plenty of bubbly. We even made the front page of the Lake Forest Leader!

As we trudge through the snow toward spring, keep warm with friends and fun at Dickinson Hall!

Senior Resources Commission (SRC)
The purpose of the SRC is to advocate for the senior residents of Lake Forest and Lake Bluff, for the preservation of their dignity, independence, and quality of life. Residents of LF-LB are welcome to attend SRC meetings, which are held at Dickinson Hall. The next scheduled meeting is on March 10, 2016 at 1:00 p.m. Commission members include:

Steven Potsic, Chairperson
Tom Sullivan
Nancy Carey
Jim Blanda
Sally Kelly
Mary Jo Davis
Open Position: Lake Forest resident

LF-LB Senior Citizens Foundation
The purpose of the Foundation is to provide material and financial support to the Senior Resources Commission.

Foundation members include:
Les Hammar, President
Steven Ballen, Treasurer
Margaret Lindman, Executive VP, Public Relations
Diane Chikos, Foundation Secretary
Jim Bauer
Tom Grant
Lloyd Hood
Bob Karlblom
Howard Kerr
Pat Kurschner
Roger Mohr
Steven Potsic
Donna Slayton

CALENDAR HIGHLIGHTS

Chinese New Year
Saturday, February 13, Noon
See page 2

Open House Party
Tuesday, March 29, 10:00 am-Noon
See page 2

Chicago Bulls Game
Monday, March 7, 4:00 pm
See page 4

3.14 Pi Day Party
Monday, March 14
10:30 am Movie, 1:00 pm Pie
See page 2

Volunteer Luncheon
Wednesday, April 13, Noon
See page 2

Comedy Night
Friday, April 15, 5:00 pm
See page 2

Wine Tasting
Wednesday, April 27, 11:00 am
See page 4

Spring Member Meeting
Thursday, April 28, 2:00 pm
See page 4
Welcome!

Mission Statement
The Mission of Dickinson Hall is to offer educational, social and cultural opportunities for adults, as well as services fostering independence, involvement, and continued personal growth, in a welcoming and dynamic environment.

Visit Us
Dickinson Hall is located on the Grove Cultural Campus in Lake Forest. We are open Monday - Friday, 8:30 a.m. to 4:00 p.m.

100 East Old Mill Road
Lake Forest, IL 60045
847-234-2209
DHall@cityoflakeforest.com
www.dickinsonhall.com

Staff
Patty Jenkins  Senior Resources Manager
Tricia Schwall  Program Manager
Tara Purtell  Administrative Assistant
Janet Fryer  Senior Advocate

Membership Information
Residents of Lake Forest, Lake Bluff, and Knollwood who are 50 years and older are encouraged to become members of Dickinson Hall. Benefits include access to “members only” activities, plus discount registration on trips and special events. New members are welcome any time!

- Residents of Lake Forest, Lake Bluff, unincorporated Lake Forest/Lake Bluff, and Knollwood
  - $35 per person or $55 per family
- Nonresidents
  - $45 per person or $65 per family
  - Benefit Access Program for eligible Lake Forest and Lake Bluff residents
    - $10 per person or $15 per family (call Janet at 847-810-4678 for income eligibility requirements)

Transportation
Dickinson Hall offers ample free parking right outside our doors. Eligible residents may also request transportation from our Senior Car program. Our friendly, professional drivers are available weekdays from 8:45 a.m. – 4:00 p.m. for appointments, errands, and visits to Dickinson Hall. Scheduling is on a first-come, first-served basis. Rides are $3 each way, with a reduced fare of $2 for those who qualify for the Benefit Access Program. Tipping is not permitted. Reservations can be made by calling 847-810-4677.

The Dickinson Hall senior bus is wheelchair-accessible. We offer weekly scheduled trips to Hawthorn Mall and Jewel grocery store. Call 847-810-4677 for more information.

Dickinson Hall Volunteers
We are looking for volunteers to help with driving older adults to medical appointments and errands, serving and clean-up at DH parties, making daily check-in calls for the Senior Advocate Program, and for reception help in the lobby. Call us at 847-810-4678 for more information.

Luncheons and Parties
All those 50 years and older are welcome to join us for our festive luncheons and parties. DH members register at a reduced rate. Seating is limited, so call 847-234-2209 anytime to make your reservation.

Monday Movie & Lunch
Mondays, Feb. 1, March 7, and April 4 12:15 pm
$8, members only
Reservations DUE by the Thursday prior
Stay late or come early for a casual lunch in between the 10:30 am and 1:00 p.m. Monday movie! Please make your reservation by the Thursday before the movie.

Chinese New Year Celebration
Saturday, February 13  10:00 am  $15/ $20 guests
Reservations DUE by February 10
Come celebrate the Year of the Monkey with the celebrated dancers of Ling Ling Pao! The Lunar New Year will begin with authentic Chinese folk dances in colorful costumes, and a delicious luncheon buffet. Sponsored by Silverado

“Cruising the Caribbean” St. Mary’s Lunch
Wednesday, March 9  12:00-2:00 pm  Free
Meet at St. Mary School Gymnasium, Illinois/Green Bay Rd.
Reservations DUE by February 29
The Guild and School of St. Mary’s invite all Dickinson Hall members for this festive annual party! Lunch, bingo, prizes, and entertainment await! Reservations are required. No walk-ins or early birds, please! Doors at St. Mary’s open at 11:40 am.

3/14 Pi Day Party
Mon., March 14  Bring a can of soup for local food pantry
10:30 am movie: “21” and Pie at 1:00 pm
Reservations DUE by March 9
Pi in mathematical terms is 3.1415926...Pie in tummy terms is pecan, cherry, chocolate...Both are infinite! Start the day with a suspenseful numbers movie (based on a true story, starring Kevin Spacey) followed by pie donated by our sponsor. Come for the movie, pie, or both! Sponsored by Brookdale Senior Living

Open House Celebration
Tuesday, March 29 10:00 am–12:00 pm  Free
Reservations requested by March 25
Social events, clubs, fitness, trips, and lectures begin to describe all that happens at Dickinson Hall. Bring a friend or neighbor to celebrate the range of programs and services at our spring Open House.

Annual Volunteer Appreciation Luncheon
Wednesday, April 13  12:00 pm   $15/ $20 guests
No cost for our invited guests  Reservations DUE April 11
Dickinson Hall relies on many wonderful volunteers to make beautiful parties, welcome visitors, and get things done! We are enormously grateful for them, and hope you will join us, bringing family and friends to share the experience. Sponsored by Silverado

Chicago Comedy All-Stars Night
Friday, April 15  5:00-7:00 pm   $15/ $20 guests
Reservations DUE April 12
Prepare yourself for an evening filled with hilarious comedy, wine, and refreshments! Chicago Comedy All-Stars returns with three professional comedians who know how to make you laugh. They have traveled the world and bring laughter to every stop!
**Lectures and Learning**

All those 50 years and older are welcome to attend our classes and lectures. Advance reservations are appreciated for all classes. Call 847-234-2209 anytime to make your reservation.

**Beginner Spanish Conversation**
**Wednesdays, March 2-30**  1:30-2:30 pm  (5 sessions)  
$30 members only

Are you interested in learning Spanish as a beginner? Have you studied Spanish in the past, and would like to renew your conversational skills en Español? Join this language skills class for five weeks of fun and learning!

**Woodlands Garden Club hosts “Bird Scaping”**
**Wednesday, February 3  10:00 am  Free to all**

Chris and Paul Geiselhart from the Lake County Audubon Society will share how to attract birds to your backyard. Learn which plants and trees you can add to your landscape to attract your favorite birds. Offered by the Woodlands Garden Club.

**Rules of the Road Class**
**Thursday, February 4  1:30 pm  Free, open to all**

This valuable review course is designed to give drivers—especially senior citizens and persons with disabilities—the knowledge and confidence needed to renew or obtain a driver’s license. Call to reserve your spot!

**Travel Preview with American Classic Tours**
**Wednesday, February 10  10:30 am  Free to all**

Dickinson Hall partners with this highly regarded tour company for fabulous travel experiences for our members. Joe Conroy, president of American Classic Tours, will be here to preview the 2016 destinations and adventures. Get ready to pack your bags!

**Howard Hughes: Aviator, Businessman, Insane Billionaire with Barry Bradford**
**Friday, Feb. 19  10:00 am  Free DH members/ $10 guests**

In his youth, Howard Hughes was America’s richest orphan and one of the world’s greatest aviators. In turn he was a movie producer, inventor, businessman, Hollywood mogul and political manipulator, and a mentally ill recluse. **Sponsored by BrightStar**

**Chicago Cubs 1945 -2015 with Barry Bradford**
**Friday, March 18  10:00 am  Free DH members/ $10 guests**

This multimedia presentation traces the Cubs from the World Series of 1945 into the wilderness years of becoming “lovable losers” for decades to come! Rare video clips, amazing anecdotes and warm memories will illuminate the story of the Cubs from their beginnings through today. **Sponsored by BrightStar**

**Hospice Services: The When, What, Why, and How**
**Thursday, March 31  2:00 pm  Free, open to all**

Join Mary Helen Ekstam, Life Learning Advocate at JourneyCare, to learn what hospice is, the best time to begin hospice and all the benefits hospice offers to support patients and families during a life limiting illness and beyond.

**Queen Elizabeth II with Barry Bradford**
**Friday, April 8  10:00 am  Free DH members/ $10 guests**

Queen Elizabeth II is the longest reigning monarch in the world. Her 60+ year reign has seen enormous changes to the monarchy, the commonwealth and the world. Join Barry as he examines how Her Majesty has grown in the job despite major stumbles and catastrophes. **Sponsored by BrightStar**

**Women’s Club**

All women are welcome to join this lecture & luncheon program and enjoy these wonderful programs at Dickinson Hall. **Reservations are required 847-234-2209**

**The True Story of Mary Todd Lincoln**
**Wednesday, February 24  Noon Lunch  $20/ $25 guests**  
**Reservations DUE February 22**

Join us as historian Betty Kay presents the true story of Mary Todd Lincoln, from the viewpoint of her elder sister Elizabeth. Betty Kay received an award from the Illinois State Historical Society for the work she has done in bringing history to life for children and adults.

**The History of West Park, Lake Forest**
**Wednesday, April 6  Noon Lunch  $20/ $25 guests**  
**Reservations DUE April 4**

Take a walk in one of LF’s oldest parks with Susan Benjamin (Benjamin Historic Certifications) and Laura Knapp, as they present the history of the landscape vision and comfort station design completed by Otto Schaeffer and Charles Summer Frost.

**...A Joint Event**

**The Amazing Adventure of Bertha Benz**
**Thursday, March 24  Noon Lunch  $15 all participants**  
**Reservations DUE March 21**

The Women’s and Men’s Clubs will come together for this special luncheon presentation. The history of the German automobile spans 130 years and includes famously precision machines. German historian Anette Isaacs will share the hidden history of Bertha Benz, a young mother of five who became the first person to drive an automobile over a long distance. **Sponsored by Knauz Auto**

**Men’s Club**

All men are welcome to gather with peers for this lecture and luncheon program. **Reservations are required 847-234-2209**

**Rivers of the North Shore**
**Thursday, February 18  Noon Lunch  $15 all participants**  
**Reservations DUE February 15**

Presenter Vernon Squires, also a retired Wilmette attorney, will give a pictorial tour of the three branches of the Chicago River, all of which start in our own backyard. **Sponsored by Silverado**

**The History of Glenview Naval Air Station**
**Thursday, April 21  Noon Lunch  $15 all participants**  
**Reservations DUE April 18**

Lisa Zembler, a teacher from Glenbrook South High School, will show a documentary film made by her media students about the history of Glenview Naval Air Station. The film includes interviews with several former GIs who were stationed at the naval base.
Trips and Excursions

Join with friends, old and new, for fun and interesting trips throughout the area. Reservations for trips in this issue open on MONDAY, FEBRUARY 1 at 9:00 a.m., by phone (847-234-2209) or email us at DHall@cityoflakeforest.com. Payment must be made within three days to secure your reservation. Refunds for cancellations will only be issued if we can fill the opening from a wait list. All trips leave from Dickinson Hall. Please arrive 15 minutes prior to departure time. Meal costs are not included unless noted. Come join us!

Nabucco, Lyric Opera
Wednesday, February 3  11:00 a.m.  $115, members only
Politics. Religion. A dangerous love triangle. Plus two killer roles and some of the greatest choral music ever written, including the soul-stirring "Va, pensiero" chorus. This is the opera that made Verdi a star! We will enjoy lunch together before the 2:00 pm performance. Have your own ticket? Ask about a seat on the bus.

Beautiful, Oriental Theater
Wednesday, February 17  10:30 a.m.  $115/ $125 guests
Beautiful traces the career of Carole King, and is endorsed by the beloved Grammy winner herself. The Tony winning musical features songs from her rich catalogue with touching grace. We will enjoy lunch at Primebar.

Beethoven, Lutosławski, Salonen, Shostakovich at the Chicago Symphony Orchestra
Friday, February 26  11:00 am  $80 members only
Polish composer Witold Lutosławski wrote his Third Symphony for Sir Georg Solti and the Chicago Symphony Orchestra, which gave its world premiere in September 1983. Esa-Pekka Salonen, leads the CSO in this compelling and powerful piece. Yo-Yo Ma lends his stellar talent and showmanship to Shostakovich's wryly playful Cello Concerto No. 1. We will enjoy lunch at Tesori. Have your own ticket? Ask about a seat on the bus.

The Devil’s Music: The Life and Blues of Bessie Smith, at the Milwaukee Rep
Saturday, March 5  12:00 noon  $75/$85 guests
Laughter and bawdiness come together to deliver an entertaining and unforgettable evening as “The Empress of the Blues,” Bessie Smith (played by Zonya Love), recounts a life as large and outrageous as her talent. Lunch together at Karl Ratzsch’s.

Chicago Bulls vs Milwaukee Bucks, United Center
Monday, March 7  4:00 pm  $70/$80 guests
Lots of excitement at the Madhouse on Madison as we take our seats to watch Jimmy Butler, Pau Gasol, Joakim Noah, Taj Gibson and the rest of the team take on the Milwaukee Bucks. Currently the Chicago Bulls sit at second in the Eastern Conference with a 20-12 overall record. We will have dinner first at Park Tavern, before traveling to the game.

Stravinsky, Beethoven, Sibelius, at the Chicago Symphony Orchestra
Friday, March 18  11:00 am  $80, members only
Innovative and influential conductor Michael Tilson Thomas joins forces with Symphony Center favorite Emanuel Ax in a program featuring Beethoven’s Piano Concerto No. 4. Tilson Thomas also leads Sibelius’ sensuous and lushly lyrical Symphony No. 2. We will enjoy lunch at Tesori. Have your own ticket? Ask about a seat on the bus.

Othello, Shakespeare Theater
Wednesday, March 30  10:30 am  $70/$80 guests
Renowned British director Jonathan Munby returns to Chicago to stage Shakespeare’s most intimate tragedy. Through Othello, Desdemona, and Iago, Shakespeare excavates the most elemental of human emotions: the all-consuming passion of love—and jealousy. We will stay after for the Post-Show Discussion. Lunch at Riva’s before the performance.

Debussy, Bartók, Rimsky-Korsakov, at the Chicago Symphony Orchestra
Friday, April 1  11:00 am  $80 members only
Finnish conductor Susanna Mälkki conjures Rimsky-Korsakov’s hauntingly melodic evocation of tales told by the legendary heroine Scheherazade, represented by a dazzling solo violin. The violin takes center stage again in Bartók’s folksy Violin Concerto No. 2. Debussy’s quirky Gigues, rounds out this colorful program. We will enjoy lunch at Tesori. Have your own ticket? Ask about a seat on the bus.

Hazel, Drury Lane
Wed., April 20  10:30 am  $65/$75 guests, includes lunch
The musical comedy, Hazel asks the question: “Can a simple maid debone a turkey, save a marriage, uncover a matter of national security and lead a conga line?” She can if she's Hazel! Lunch is included (select your entree when you register).

Wine Tasting & Tour, Lynfred Winery, Roselle, IL
Wednesday, April 27  11:00 am  $25/$30 guests
We begin our excursion with lunch at delicious Wildfire in Schaumburg, then off to Lynfred Winery in Roselle. Built in 1912 as the Fenz Home, this Craftsman-style house became the site for Lynfred Winery in 1977. We will enjoy a tour of their wine production area followed by a sampling of seven Lynfred wines. Browse through their beautiful gift shop and perhaps find your new favorite wine!

Dressing Downton: Changing Fashion for Changing Times at Driehaus Museum
Friday, April 29  10:00 am  $90/ $95 guests
The “Dressing Downton” exhibit explores fashion in Britain from 1912, marked by the sinking of the Titanic, through World War I and into the early 1920’s. Start the day with tea at The Fenz Home, this Craftsman-style house became the site for Lynfred Winery in 1977. Then, gain an up-close view of more than 35 costumes from the beloved TV drama during your tour of the landmark residence.

Spring Member Meeting
Thursday, April 28  2:00 pm
The Senior Resources Commission will host a member meeting this spring, as promised. The purpose is to communicate important program or staff news, and to get your input on issues which impact Dickinson Hall. Mark your calendars, and look for more details in April.
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<td>9:00 Cardio, Strength &amp; Stretch 10:00 Backyard Birds 11:00 Trip: Lyric, Nabucco 1:30 Tap Dance</td>
<td>Jewel-Osco Shopping Massage Therapy 8:45 Walking Group 9:00 Gentle Yoga 10:00 Bridge 1:00 Mah Jongg 1:30 Rules of the Road</td>
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Please note: Events in bold may require a paid reservation
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<td>1:00 Knitting Class</td>
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<td>1:00 Mah Jongg</td>
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<tr>
<td>11:00 Gourmet Trotters: Ay Ay Picante</td>
<td>10:00 Trip: Hazel, Drury Lane</td>
<td>10:30 Trip: Hazel, Drury Lane</td>
<td>Noon Men’s Club</td>
<td>2:00 Member Meeting</td>
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<tr>
<td>Podiatry: Dr. Hackel</td>
<td>Shop Hawthorn Massage Therapy</td>
<td>9:00 Cardio, Strength &amp; Stretch</td>
<td>Jewel-Osco Shopping Massage Therapy</td>
<td>9:00 Boomer Fitness</td>
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<tr>
<td>9:00 Cardio, Strength &amp; Stretch</td>
<td>8:45 Walking Group</td>
<td>Noon Women’s Club</td>
<td>8:45 Walking Group</td>
<td>10:00 Trip: Dressing Downton</td>
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<tr>
<td>10:30 Movie</td>
<td>9:00 Gentle Yoga</td>
<td>Noon Luncheon: Volunteer</td>
<td>9:00 Gentle Yoga</td>
<td>10:15 Gentle Movement and Relaxation</td>
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<tr>
<td>11:30 Poker</td>
<td>9:30 Mah Jongg</td>
<td>Appreciation</td>
<td>9:00 Bridge</td>
<td>11:30 Poker</td>
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<td>1:00 Movie</td>
<td>1:00 Scrabble</td>
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<td>10:00 Bridge</td>
<td>Noon Bunco Lunch</td>
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<td>1:00 Knitting Class</td>
<td>5:00 Girl’s Night Out: Nirvana</td>
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<td>1:00 Mah Jongg</td>
<td>Tax prep appointments</td>
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<td>10:15 Gentle Movement and Relaxation</td>
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<td>11:30 Poker</td>
<td>11:00 Trip: Lynfred Winery</td>
<td>11:00 Trip: Lynfred Winery</td>
<td>Noon Men’s Club</td>
<td>2:00 Member Meeting</td>
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<td>1:00 Movie</td>
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</table>

**Please note:** Events in bold may require a paid reservation

May 4, 10:00 am—Noon: Real Estate Assessment Freeze workshop
Thank you to our generous and committed donors

Mrs. Ernest Ford  
In memory of Pamela Jayne Bernardi
Mrs. Ernest Ford  
In memory of Louise Babinchok
Hal Jones  
In memory of Joanie Jones
Lucia Sorokin  
In honor of Janet Fryer

Gertrude Hill Foundation on behalf of Mr. and Mrs. Ward Walquist

Chris and Jane Arvets
Joseph and Mary Austin
Howard and Donna Bass
James and Jill Bauer
Marcia Berner
Hal and Peggy Bernthal
Lew and Birdie Bertos
Ralph and Leslie Bishop
Norman Bleier
Carol Blomquist
Buchanan Trust, United Way
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Gail Burns
David and Ethelwyn Cain
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Laurel Delin
Dean and Marlene Dibrito
John Diefenbach
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Dennis Dunlap
Catherine Eardly-Murphy
Erika Eddy
Marvin Farwell
Minna Rae Friedman
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Ralph and Sally Stoll
Thomas and Patricia Sullivan
Linda Tomchuck
Cynthia Wait and Anil Khurana
Larry and Janell Warnke
Wenban Funeral Home
Frank and Barb Westover
Barbara Wilson
Richard and Betty Lou Wilbur
Jane Wood
Anna Woroch
YWCA of Lake Forest

The list above represents a portion of our recent donors...more to come in our next issue!
Clubs, Games, and More

All groups and events below are ongoing, and are available to Dickinson Hall members only. Try one out to meet new friends, enjoy a meal together, or improve your skills.

**Gourmet Trotters**

11:00 am bus departure

Join us for lunch at popular and well-reviewed restaurants. Come for old favorites, or try something new! We welcome your recommendations. Transportation is $10; meal is “Dutch treat.” Reservations DUE two days in advance.

Tsukasa, Vernon Hills: Tuesday, February 9

Whether you’re a fan of Japanese food or trying something new, you’re sure to find something to love in the delicious entrees, desserts, and impeccable service that have made Tsukasa’s a Vernon Hills favorite for over 25 years. You pick the ingredients and the chef will prepare it at your table. A fun night out!

Lady Gregory’s, Andersonville: Tuesday, March 8

Named after the passionate, complex Irish author, Lady Gregory who inspired the menu and spirit of this special spot. Farm-to-table, sustainable, local ingredients come together to comfort and delight.

Ay Ay Picante, Albany Park: Tuesday, April 19

Come and discover an overture to the Peruvian history and its cuisine with food prepared by Peruvian chefs using Peruvian seasoning and techniques, for delicious and authentic dishes.

**Girls’ Night Out!**

Meet at the restaurant for a delightful dinner out with good companions. Meal is “Dutch treat.” Reservations DUE two days in advance.

Deer Path Inn: Monday, February 22  5:00 pm
255 E Illinois Rd, Lake Forest
Visit the elegantly redesigned and historic dining room for a dinner sure to please, and bring back warm memories.

Abigail’s American Bistro: Wednesday, March 23  5:00 pm
493 Roger Williams Ave, Highland Park
An unpretentious neighborhood restaurant, with a warm and welcoming atmosphere. Select from a menu of “little things” or “bigger than the rest”!

Nirvana: Tuesday, April 26  5:00 pm
701 N. Milwaukee Ave #280, Vernon Hills (Rivertree Court)
High quality local and organic ingredients alongside specialty wines make for a comforting and delicious meal.

**Games People Play**

Mah Jongg  Tuesdays, 9:30 am & Thursdays, 1:00 pm
Come play and meet new friends! Cards provided, and newcomers are welcome.

Bridge  Thursdays, 10:00 am
Join this Thursday morning drop-in group for a great game—new players welcome!

Poker  Mondays & Fridays, 11:30 am
A different game every hand will keep you thinking. New players always welcome!

Canasta  meets on alternate Wednesdays at 1:00 pm
Feb. 10 & 24, March 9 & 23, April 6 & 20
A great afternoon laughing, snacking and having fun! New players welcome!

Bingo  Fridays at 1:00 pm  Feb. 5, March 4, and April 1
Play unlimited $1 cards until our final “Cover All” game. Then pick your luckiest card for a chance to win the pot! Fun prizes all afternoon.

Bunco  Fridays at Noon  $8 includes lunch
Feb. 12, March 11, and April 8
Reservations DUE two days in advance

We’ll show you how to play this fun and easy-to-learn game! New players are always welcome!

Knitting with Caryl

Mondays  1:00 pm
Our talented knitting leader has attracted a group of knitters of all levels who come to her for inspiration as well as assistance.

**Free Movie Mondays**

Mondays  10:30 am & 1:00 pm

*February 1  Best in Show (PG13)  90 min.
February 8  Mr. Holmes (PG)  103 min.
February 15  Ricki and the Flash (PG13)  101 min.
February 22  The Martian (PG13)  130 min.
February 29  Double Jeopardy (R)  105 min.

Please note: The March and April movie schedule may change as the 2016 Academy Award nominee movies become available on DVD.

*March 7  I’ll See You In My Dreams (PG13)  95 min.
March 14 21 (R)  123 min.
10:30 showing only on March 14 for Pi Day! See page 2
March 21  Calendar Girls (PG13)  108 min.
March 28  The Good Lie (PG13)  110 min.

*April 4  Cat Ballou (NR)  96 min.
April 11  The Debt (R)  114 min.
April 18  An American in Paris (NR)  115 min.
April 25  The Assassination of Jesse James by the Coward Robert Ford (R)  159 min.

*A movie description flyer is available at Dickinson Hall

*NEW  Stay late or come early on the first Monday of the month for a casual lunch at 12:15 pm! Register by the Thursday prior. $8, members only.
Special Events

Hospice Services: The When, What, Why, and How
**Thursday, March 31  2:00 pm  Free, open to all**
Hospice is a wonderfully valuable service to family and loved ones at the end of life. Join Mary Helen Ekstam, Life Learning Advocate at JourneyCare, to learn what hospice is, when it is time to choose hospice and all the benefits hospice offers to support patients and families during a life limiting illness and beyond. The differences between hospice and palliative care will also be covered. Call 847-234-2209 to register.

Support Groups

Low Vision Group
Join us for this interactive exchange of ideas and information to increase your knowledge and help you retain your independence while getting the support you need! High- and low-tech solutions, community resources and adjustment issues will be discussed. Individuals of any age coping with vision loss and their family members are welcome. Rides may be available for those needing them—contact Janet.

Kate Buckardt, Adult Services Librarian
**Thursday, March 10  10:00 am**
Learn about the latest  books and materials available to persons with low vision at the Lake Forest Library. Kate will also discuss options for home delivery, as well as reviewing several new books available to read or enjoy on audio.

Research and Support
**Thursday, April 14  10:00 am**
Many non-profit agencies promote research on prevention or cures, or provide assistance for Low Vision individuals. Janet will discuss several agencies and review some of the recent research initiatives.

Our Low Vision Group will not meet in February. See you in March!

Caregiver Support
One-on-one support is available to individuals caring for a loved one, even if that person does not live with you. Janet is available to meet with family caregivers here at Dickinson Hall, or in someone’s home. Call Janet at 847-810-4678 with questions, or if you need to talk.

Home Alone Group
**Tuesdays, Feb. 9, March 8, and April 12  2:00–3:30 pm**
This supportive group meets once a month, and you can hear the laughter throughout the building. This is a friendly way to meet with others and discuss whatever is on your mind as you deal with issues relating to living alone.

Services

Your Senior Advocate
Janet Fryer, LCPC, serves as the Senior Advocate at Dickinson Hall. Janet supports older adults in the community through face-to-face meetings, phone calls, and home, hospital and nursing home visits, depending on the need. There is no charge for her services, which include assessments, counseling, referrals and assistance with medical and financial forms. Support is available for those who are homebound, lonely, caring for a spouse or parent or who need help considering options and making decisions. Janet is an employee of Family Service, her office is at Dickinson Hall, and she can be reached at 847-810-4678.

Medicare and Insurance Help
Medicare, supplemental, drug plan and long-term care insurance information and assistance is available as a free service from our Senior Health Insurance Program (SHIP) volunteers, and is sponsored by the Department of Aging. Call Janet for a free consultation at 847-810-4678.

Medical Lending Closet at Dickinson Hall
Wheelchairs, walkers, rollators, bath seats, grabbers, canes, and commodes—we lend equipment on a short-term basis to LF and LB residents. Call 847-234-2209 for an appointment, or stop by during business hours.

Financial Assistance
Seniors in need may speak with Janet about applying for assistance to cover unexpected home repair bills, hygiene supplies, and other needs. Call Janet at 847-810-4678.

Need a Handyman?
A local handyman has agreed to help out Dickinson Hall members at a discounted rate. He can repair bi-fold doors, fix damaged walls, do tile repairs, install grab bars, do small carpentry jobs and more. Call Janet at 847-810-4678 to get the discount rate.

Volunteers Needed
We are looking for volunteers to help with driving older adults to local medical appointments, serving and clean-up at parties at DH, making daily check-in calls for the Senior Advocate Program and for reception help in the Lobby. Call us at 847-234-2209.

Attend as our Guest
Through the generosity of the LF-LB Senior Citizens Foundation, individuals with limited income may be eligible to receive a $100 scholarship for Dickinson Hall membership and programs. Eligibility is based on income levels of the Illinois Benefits Access program, which is a household income of $27,610 (one person), or $36,635 for a couple. Call Janet for more information at 847-810-4678. All inquiries are confidential.

Thank You
Our Social Services Program is in partnership with Family Service of Lake County which employs the Senior Advocate. Funding for the Senior Advocate position is provided by Shields Township, the Lake Forest-Lake Bluff Senior Citizens Foundation, and by your thoughtful donations.
Fitness and Health

Regular exercise helps keep joints fluid, balance stable, immune systems strong, and energy up! A range of fitness options are available for our members at Dickinson Hall.

SilverSneakers® Fitness programs below are free for members who qualify through Healthways Insurance. To see if you qualify, contact Audrey, SilverSneakers® Instructor, at 847-736-2671 or metroappr@sbcglobal.net. Or visit a class to check it out and speak with Audrey in person.

You may also purchase a punch card in the main office, good for eight sessions of your choice: $64/$74 guests.

**Cardio, Strength & Balance  SilverSneakers®**
*Mondays, Wednesdays & Fridays,  9:00-10:00 am*
A low-impact class to improve flexibility and balance while increasing muscular endurance.

**Gentle Yoga (chair only)  SilverSneakers®**
*Tuesdays & Thursdays, 9:00-10:00 am*
Standing and seated positions for ALL levels—benefits include balance, increased flexibility and relaxation.

**Gentle Movement and Relaxation  SilverSneakers®**
*Fridays, 10:15-11:15 am*
Restore and relax after your morning cardio class. Avoid muscle stiffness and increase your mental awareness and balance.

**T'ai Chi with Lee Ann**
*Tuesdays, Jan. 12—Apr. 5  1:00-2:00 pm   $60/ $70 guests*
Those with previous T’ai Chi experience will benefit from this intermediate class which brings mind and body together to reduce stress. Class will not meet on March 15.

**Tap Dance Fitness with Lisa Jacobs**
*Wednesdays, February 24-April 6 (7 sessions)  1:30-2:30 pm   $70/ $80 guests*
Tap your way to great physical condition? You bet! The music is fun and you’ll have a great time too. Dancers at all levels are welcome to join in!

**Dickinson Hall Explorers Walking Group**
*Tuesdays and Thursdays 8:45 am*
Dickinson Hall Members only
Our group walks include local neighborhoods, walking trails, various area indoor facilities, and even some field trip adventures to places of interest! Walks are usually 2 miles; routes are e-mailed to the group on Monday morning for the upcoming week. For more information, call 847-234-2209.

**Massage Therapy with Linda Walker, Certified Therapist**
*Tuesdays & Thursdays, 10:00 am-3:00 pm*
Fees: Members—$60 one hour, $35 half-hour  Nonmembers—$70 one hour, $40 half-hour

Arthrossage—45 minutes—$50 Arthrossage reduces pain in joints affected by osteoarthritis, degenerative joint disease and rheumatoid arthritis. Client remains fully clothed. Call us at 847-234-2209 to schedule an appointment.

**Podiatry Appointments**
*Dickinson Hall Members only*
Podiatrists Dr. Dawn Hackel and Dr. Nick Ivancevic are available by appointment for routine care. Medicare coverage is available every 63 days. Charges from Medicare apply until your deductible is met. The doctor’s office will call you to confirm your appointment and discuss your needs. Call 847-810-4677 for an appointment.

Real Estate Assessment Freeze Help
*Wednesday, May 4  10:00 am—Noon*
The Chief County Assessment Office and Township Assessors will be here to help you complete the 2016 Assessment Freeze Application for taxes payable in 2017, and to help you sign up for other appropriate exemptions. Taxpayers will work with a staff member one-on-one. Qualifications for the Assessment Freeze are 65 or older, own and live in the property since at least January 1, 2015; income $55,000 or less. Bring your 2015 tax return, and Social Security Statement (SSA-1099), ID or your driver’s license and proof of beneficiary if the house is held in a Trust. No appointment required.

Polls Open! DH Closed
*Tuesday, March 15*
Dickinson Hall will be used as a polling place for general elections in March and November. Staff will be here as usual, but no programs will be held on-site, with the exception of exercise and massage therapy appointments.

Tax Preparation Assistance
*Volunteer certified tax preparers, trained through AARP, will return in 2016. They are here to help low and moderate income taxpayers, especially those 60 and older.*
This free service is available to most individuals. However, they are not able to prepare tax forms for business owners, or those with rental income or farm income.

Appointments will be offered at Dickinson Hall on Fridays, Feb. 5-April 8, 2016. Call 847-234-2209 for more information.

Car Registration Alert
*The Secretary of State’s office no longer mails out notices when your car sticker (registration) is due for renewal. Register online at www.cyberdriveillinois.com to receive an email reminder prior to renewal time, or check your sticker and make a note on your calendar. Renew on line when it is due, or at the nearest Secretary of State facility. Need more information? Call the Secretary of State’s office at 800-252-8980.*
Feel Fit at Dickinson Hall

Dickinson Hall members have a great opportunity to improve their fitness through our weekly classes. Exercise instructor Audrey Clamage had a few words to say about her experience, and how you can benefit starting today!

**What do you love about teaching here?**
I have been teaching at Dickinson Hall for 6.5 years, and I love the people! They are enthusiastic, open to a variety of movement and exercises. The participants know the importance of movement and the benefits that it gives them to include having more energy, meeting new friends, decreasing stress, and improving flexibility and overall muscle strength.

**How would you motivate someone to start exercising?**
Motivation starts from within. Once you get yourself to the Exercise Room, take a class and feel the enthusiasm of the other members. Then start a regular routine attending 2-4 days a week; you will start to feel the benefits and enjoy the friendships you will make in class.

**How do I know if I qualify for Silver Sneakers?**
Many private insurance companies, plus Medicare and Medicaid, offer this benefit. Ask your insurance company about coverage.
(Otherwise, feel free to contact Audrey and she can verify your eligibility thru the website.)

**What other payment options do I have?**
If you are not eligible for Silver Sneakers, you may purchase a Punch Pass card in the office. The Punch Pass allows you to take 8 classes of your choice. The Punch Pass costs $64.00 or $8.00 per class.

**I am a beginner, will I feel overwhelmed or sore?**
All levels are welcome! The instructor can modify the exercise to keep it more gentle, or provide more challenge.

**Is it too late to start exercising?**
It is never too late to start exercising. There are so many exercises you can do sitting in a chair. The Gentle Yoga class offers just that! We work the whole body from head to toe, all while sitting in a chair.

**I had joint surgery a few months ago. Shouldn't I take it easy?**
If you are pre- or post-surgery, it is recommended that you get permission from your doctor to participate in any exercise class. Usually, you will start physical therapy and then your doctor should encourage you to find an exercise routine to continue strengthening, stretching and moving.

**What is a good way to prepare?**
While we all have our morning routine, it is recommended that you eat a light breakfast at least an hour before class for digestion purposes. Wear comfortable clothing to class, and gym shoes or a flat shoe. Most important, hydrate, hydrate, hydrate!

**Anything else?**
New participants are ALL welcome to observe or participate in any class so they are comfortable with what to expect. We use a variety of "toys" used in class to include free weights, stretch tubing, mats, chairs, balls.

Come and Get Fit, Have Fun and Make Friends!