City of Chicago Chicago Department of Family & Support Services

RENAISSANCE COURT

Programs for Chicagoans age 55 and over

Program Schedule

October ~ November ~ December

Art Exhibition
"Nature,
The Glorious
Handiwork
of the Creator"

Exhibit by:

MATTHEW HAGEMANN

September 14, 2018

November 9, 2018



RENAISSANCE COURT

78 E. Washington Street, Chicago, IL 60602 (Wheelchair access at 77 E Randolph St. entrance.) (312) 744-4550 TTY (312) 744-6777





Chicago Department of Family & Support Services
Lisa Morrison Butler

WHAT IS RENAISSANCE COURT?

RENAISSANCE COURT is an award-winning senior center which presents a variety of enriching and enjoyable cultural, educational, health, and fitness programs for adults age 55 and older. It offers an opportunity to renew past interests, learn new skills, and make new friends.

WHERE IS RENAISSANCE COURT LOCATED?

RENAISSANCE COURT is located in the Chicago Cultural Center (formerly the Chicago Public Library); a beautiful landmark building located at 78 East Washington Street, 1st floor. The Randolph Street entrance (located 77 East Randolph) is wheelchair accessible.

RENAISSANCE COURT HOURS

Our regular hours are Monday through Friday, 9:00 a.m. - 4:30 p.m. and Saturdays 10:00 a.m. - 2:00 p.m. The reception desk is open until 4:30 p.m. on Monday – Fridays only. We are closed on Sundays and holidays.

HOW DO I BECOME A MEMBER?

Membership is free and entitles you to program participation, a participant card, and RENAISSANCE COURT brochures and other mailings. RENAISSANCE COURT is open to all persons **age 55 and older** regardless of income, race, religion, gender, disability or ethnicity. We will be happy to do what we can to accommodate your needs.

HOW DO I REGISTER FOR A PROGRAM OR TRIP?

To register for programs, you may sign up for a participant card at the center during business hours. You can register for class via telephone or in –person. Reservations for trips and outings can only be guaranteed upon payment.

A Note From the Director:

Greetings,

It is my pleasure to service all patrons at Renaissance Court. My mission is to motivate and inspire you through our amazing programs, keep you culturally grounded, physically fit and intellectually stimulated. Let's stay rooted together to enrich the soil with seeds to blossom towards the future.

Namaste,

Crystal Warren

Regional Director, Renaissance Court

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ART

OIL PAINTING FOR ALL LEVELS

Tuesdays,

10:00 a.m. – 12:00 p.m. Instructor: Connie Hinkle

Each student will have the opportunity to create a masterpiece of their choice. Beginning oil painting students will learn the basics first by creating a value scale and move on to a traditional From there we will begin to color wheel. understand how to mix all the hues in the reference we are using for our first oil Advanced oil painting students can painting. further enhance their skills and learn advanced techniques in a group class with student centered individual attention for each participant. Paint is a wonderful medium that anyone can learn, like all artistic disciplines, if you have the desire and patience to do so. Supplies will be provided. Registration is not required. class is FREE

DRAWING FROM BEGINNING to END

Thursdays, Oct 11 – Dec 13

Instructor: Jacquelyn Zevin

In this class you can practice drawing a variety of different subjects such as people, landscapes, and still-life. You will also have the opportunity to learn and experiment with different drawing techniques such as gesture drawing, contour drawing and modeled drawings. Finally, you will choose one of your drawings and develop it into a finished piece of art. This class is a combination of drawing and how to develop your drawing into a finished composition. You will need a sketch book, size 5.5 x 8.5. Also a soft drawing pencil or any pencil that makes dark marks. An eraser always can come in handy. If you don't have a sketch book, please bring lots of loose pieces of paper that you can keep together in a folder or with a clip.

People with all levels of experience are welcome in this class. **Registration is not required**.

WATERCOLOR WORKSHOP

Thursdays, Oct 4 – Dec 27 11:00 - 1:00 p.m.

Instructor: Dan Stevens

TEXTURES In Nature" - This self-taught ten week sequence will focus on techniques for painting wood grain, hair, shrubbery, splashing water, sunlight. Painters will need to provide their own equipment and

supplies. **FREE.** Sponsored by the Friends of Renaissance Court Auxiliary.

RENAISSANCE COURT GALLERY

Renaissance Court Gallery features artist age 55 and older. Featured in the Gallery this quarter:

MATTHEW HAGEMANN Art Exhibition Sept 14 – Nov 9th "Nature, The Glorious Handiwork of the Creator"

The natural world has its own unique form of intelligence, balance, sense of mystery, and power that dwarf any man made environment. That is what the artist expresses on canvas through his intuition and artistic skills. The paintings exhibit a somewhat realistic quality, but with a bit of a twist. Through the use of stylization, the artist becomes a magician, who gently lures us into the enchanted realm of his imagination, where common landscapes magically become mysterious, dreamlike, surreal, mystical, or even spiritual, where stillness prevails, as if a moment is frozen in time. With a strong technical foundation, intuitiveness, and skillful stylization, the artist has created this unique and compelling signature style of his own.



Lekki (LieHue) Chua Art Exhibition Nov 16 – Jan 11, 2019 "Now And Then"

Already an artist for more than 40 years, retirement in 1999 finally allowed Lekki to pursue his craft full-time. In 2001 he enrolled in formal classes, exploring pottery but concentrating on oil painting, doing more still life's and landscapes. Well-versed in acrylic, pastel and charcoal portraiture, 2004 saw his interest re-ignited by the birth of his first grandson. Since then, he has taught students from the Taiwanese community and the Buddhist Tzu Chi Foundation. He splits his time between commissions, charitable donations for causes as diverse as Ox Bow and the Hurricane Katrina refugees, and personal projects. Lekki works in a wide variety of media – from watercolor to the humble colored pencil. Still striving to bring more of himself to his art, his latest inspiration has led him to experiment substituting common paper towels for watercolor paper, and so far the results have been very wellreceived. He mixes eastern style ink with the western pigments, yielding an entirely new result, reminiscent of rice-paper watercolor, but much more economical!

DANCE

TRIBAL FUSION

Mondays,

11:00 a.m. – 12:00 p.m. Instructor: Dianne Hodges

Tribal Fusion is a modern form of dance utilizing breath, isolated movements and meditation while blending elements of North American dance fused with drills to strengthen legs, shoulders and core. FREE Registration is not required. Call for more information.



LINE DANCE WITH FREDA TERRY

Wednesdays,

1:00 p.m. - 2:00 p.m.

Get moving with Frieda as you groove to popular line dance movements. Registration is not required. \$3.00 per class Sponsored by the Friends of Renaissance Court Auxiliary.

DRAMA & THEATER

NOT TOO OLD FOR IMPROV

Tuesdays,

1:00 p.m. – 2:30 p.m. Facilitator: Ron Tolisano

The members of the improvisation group cultivate listening skills, connect to free-flowing ideas and learn to think on their feet and to trust their intuition as well as support each other. The goal is to have lots of fun! No experience necessary to join. FREE. Registration is not required Class Canceled on: 10/16, 11/20 & 12/18

PERFORMANCE WORKSHOP

Wednesdays,

2:30 p.m. – 4:00 p.m. Facilitator: Ron Tolisano

If you are interest in performance arts, this is the place to be. Come hone your skills while exploring your interest in singing, interpretive dance, comedy, readers theatre and one act plays, oration and spoken word. Let's play together and learn from each other. **FREE**

Class Canceled on: 10/17 & 12/19





FILMS

FOUR STAR FAVORITES

Fridays, 10:15 a.m.

Enjoy a round of contemporary popular films on our big screen television that you may have missed at the theaters. Seating is available on a first come, first served basis. When available we will use closed-captions.

OCTOBER

- 5 Ocean 8 12 **Distorted**
- 19
- **Jurassic World**
- 26 Siberia (Keanu Reeves)

NOVEMBER

- 2 Gotti (John Travolta
- 9 **Sky Scraper (The Rock)**
- Mama Mia Here We Go Again 16
- Cancel 23

DECEMBER

- 7 The Catcher was a Spy
- 14 **TBA**
- 21 **TBA**
- 28 **TBA**

FITNESS

HEALTHY SENIOR EXERCISE

Mondays*, 9:15 a.m. – 10:00 a.m. Wednesdays, 9:15 a.m. - 10:00 a.m. Saturdays, 10:15 a.m. - 11:00 a.m.

Make a commitment to good health and a long life by joining our regular exercise program. Our comprehensive workouts are an excellent means of improving your strength, flexibility and cardiovascular health as well as relieving stress. You'll also meet some really wonderful people including our instructors. Registration is not required. Suggested Donation: A voluntary contribution will be collected monthly via check made payable to: CDFSS

EXERCISE FOR BEGINNERS

Mondays, 10:15 a.m. - 11:00 a.m. Wednesdays, 10:15 a.m. - 11:00 a.m.

Make your fitness goal a reality by joining our exercise program. Simple, easy-to-follow moves and motivating music make this new, lowintensity aerobic and toning program a hit. Both will give you a total workout for beginners and those with health concerns who need to exercise. Work with our certified exercise instructor.

Registration is not required Suggested Donation: A voluntary contribution will be collected Monthly via check made payable to: **CDFSS**

WEIGHT TRAINING MADE EASY

Every Friday, 9:15 a.m. – 9:45 a.m.

In addition to the general exercise classes, we offer a number of specialized programs by our own certified personal trainer. We begin each session with a group warm-up and provide personalized instruction on proper exercise techniques. Fitness expert Carol Ann Jones leads the sessions. Registration is not required. **Suggested Donation: A voluntary contribution** will be collected Monthly made payable to: CDFSS.

HOOP FITNESS (NEW)

Saturdays,

12:00 - 1:00 p.m.

Instructor: Andrea Mattson

Hula hooping is all the craze and Renaissance Court is elated to host HOOP FITNESS with Andrea Mattson. Hoop Fitness can strengthen your core, help your balance and isolate muscle movement. Hoop Fitness is a fun way to total fitness. Free...Registration is not required

HATHA YOGA

Tuesdays, 10:00 – 11:00 a.m. **Instructor: Peggy Figiel**

This class is a great introduction to Hatha Yoga. Instruction focuses on breath work, alignment, modified poses, balanced sequencing and integrating the philosophy of yoga BODY! You will enjoy the benefits of this class which include



building strength, increasing flexibility; improving balance and calming the mind wear loose, comfortable clothing and refrain from eating before class. FREE. Registration is not required. Class



TAI CHI I & II

Saturdays,

11:00 a.m. - 11:45 a.m.

Instructor: Eulalio Fabie de Silva

First 13 Postures, Exercise/Meditation that comprises the basic core of the Temple Style Tai Chi Chuan Practice. This Chi Kung (Energy Work) workout connects the mind, body and energy to create a harmonious balance for health and martial arts (optional). 35-40 Minute workouts (5 min break), various drills.

Registration is not required: \$3 per class. This class is sponsored by the Friends of Renaissance Court Auxiliary.

MEDITATION & MOVEMENT

Mondays,

12:00 p.m. – 1:00 p.m.

Instructor: Dianne Hodges

Lear how to relieve stress by letting the breath relax the muscles and channel energy through the body. Dianne will teach you how to relax while delicately moving intricate muscles in the body. **Registration is not required. FREE**

CHAIR YOGA

Tuesdays, 11:30 - 12:30 p.m.

Instructor: Peggy Figiel

Breath, stretch, explore your inner self. This yoga class is for the student who does not feel comfortable getting down on the floor to exercise on a yoga mat. A chair or wheelchair based

practice is known to improve balance, increase energy, and relieve stress and tension. Learn techniques that ease tension and stress in the face and body; improve range of motion, strength, and flexibility. All will benefit your general well-being through conscious breathing and stretching. No yoga experience required. Class Canceled on: Registration is not required. FREE

HEALTH & WELLNESS PROGRAM

WELLNESS NURSE

CONSULTATIONS

Mondays,

9:15 a.m. -12:15 p.m.

Take an active role in staying well by making an appointment with our Wellness Nurse, who has a wealth of knowledge from which she can advise and answer questions about health.

FREE. Please call for an appointment.

BLOOD PRESSURE SCREENING

Mondays, Oct 1, 15 & 22; Nov 5, 19 & 26; Dec 3, 10 & 17

9:15 a.m. - 12:15 p.m.

Check your blood pressure every month to make sure you keep yourself healthy. If you can't make it on these dates, make an appointment to see the wellness nurse on another Monday morning. **FREE.**

SOCIAL WORKER

CONSULTATIONS

Mondays,

1:00 p.m. - 1:50 p.m.

3:00 p.m. – 4:00 p.m.

We all go through tough times in life. If you could use some guidance, someone to discuss personal issues or some coaching on handling one of life's challenges, consider talking to Enid Fifer, LCSW, Wellness Social Worker. FREE. Please call for an appointment.



BALANCING YOUR LIFE

Mondays, 2:00 p.m. – 3:00 p.m. Enid Fefer, LCSW

Keeping your life in balance is always a challenge. Later in life, it seems there are even more factors that can trip you up. This series gives you tools to keep balance in various parts of your life: social, physical and mental. **FREE. Registration is not required.**

DIETICIAN PROGRAM

Every 2nd Tuesday, 10/9, 11/13 & 12/11 2:00 – 4:00 p.m.

Consultations by appointment only

Call for an appointment to meet with our wellness dietitian Jim Coogan, R.D., LDN. You will have a confidential discussion about nutrition and diet concerns. **FREE**. **Please call for an appointment.**

DIETICIAN PRESENTATION

Tuesdays, 10/9, 11/13 & 12/11 2:00 a.m. – 3:00 a.m.

PHARMACIST PROGRAM

Every 4th Thursday, 12:00 p.m. - 3:00 p.m.

Pharmacist: Erika Hellenbart, Pharm D

The Pharmacist is available for consultations by appointments in addition to facilitating informative presentations and Q & A sessions on medications and other health related issues. Make an appointment to have your concerns about your medicines addressed by our pharmacist. Remember to bring along your medications.

FREE. Please call for an appointment.

TOPICS

Oct 25 – Vaccine Update 2018

Nov 15 - Diabetes

Dec 13 – Depression/Mood

GAMES & FUN

RENAISSANCE COURT BRIDGE CLUB

Every Monday

1:30 p.m. – 4:00 p.m.

Facilitator: Larry Cohen

Sign up for this thriving duplicate bridge club which attracts players of all levels. However, you must know the standard conventions of duplicate bridge. This is an ACBL sanctioned game. \$5.00 per session. Registration is not required. This class is sponsored by the Friends of Renaissance Court Auxiliary. Class Canceled on: 10/8, 11/12, 12/24 & 12/31

CHICAGO SENIOR CLOWN TROUPE CLASS

Every 1st & 3rd Wednesday

1:30 p.m. – 3:30 p.m.

Facilitator: Karen Hoyer

Laugh and have fun -- and learn to spread joy as a clown! Learn juggling, mime, puppetry, make up and costuming, gag writing, joke telling, magic, improvisation -- everything you need to become a clown. FREE Registration is not required. Class canceled on: July 4



MAH JONGG FOR FUN

Tuesdays,

10:00 a.m. - 2:00 p.m.

Asian – American tile game. Mah Jongg is fun and challenging. This group is for beginners and veteran players alike. Bring your game along if you have one. This is not an instructor lead class. Registration is not required. FREE

SCRABBLE CLUB

Every Wednesday, 1:30 p.m. - 4:00 p.m.

Hook up with your fellow Scrabble enthusiasts for open Scrabble play. Great place to practice for tournaments. **Registration is not required. FREE.**



HISTORY & HUMANITIES

CONTEMPORARY WORLD HISTORY OUR PAST & PRESENT

Every 1st & 3rd Thursday 10:30 a.m. - 11:30 a.m. Facilitator: Carol Holmes

Discover, explore, discuss and provide commentary to current and historical world events. **FREE. Registration is not required**.

THE GEOGRAPHIC SOCIETY OF CHICAGO TRAVELOGUE SERIES

Monthly Tuesdays, 10/16, 11/20 & 12/20

1:00 p.m. – 2:30 p.m.

This quarter we present three exceptional programs with our program partners, The Geographic Society of Chicago. These presentations are **FREE**. **Registration is not required**.

LITERATURE & WRITING

RENAISSANCE BOOK CLUB

Mondays, 10/15, 11/19 & 12/17

11:00 - 12:30 p.m.

Facilitator: Marlene Saxton

Come meet new people, choose a book, exchange ideas and have fun. This is member lead book discussion for the reader at heart. Suggest a book and bring a friend. FREE

RANDOLPH STREET BROWN BAG POETS

Every Thursday, 11:30 a.m. - 1:30 p.m.

For writers who seriously pursue their craft, we have a creative group of poets who meet weekly to read and critique each other's work.

We welcome newcomers. FREE. Registration is not required.

CREATIVE WRITING

Every 2nd & 4th Tuesday

1:00 - 4:00 p.m.

Facilitator: Peter Gregory

Join this intelligent group of writers who meet to share their writing and get feedback to improve their craft. Bring a one-page story or poem to the session. This class is open to writers of all levels. **Registration is not required.**

FREE.

ME, MYSELF & I: "TURNING MEMORIES INTO MEMOIRS

Wednesdays, Oct 31; Nov 7, 14, 21 & 28; Dec 5 11:30 a.m. – 1:00 p.m.

Facilitator: Beth Finke

Think you are hopeless when it comes to writing? If you'd like to get your stories down on paper but think you can't write, this class is for you. Easy writing exercises will help beginners tell their stories of childhood, adventure, life's losses and triumphs. FREE. Space is limited. Call to Register on Oct 4 @ 9:00a.m.. Class Max – 20

MUSIC

ART OF SURVIVAL & BEAUTY

Monthly Every 3rd Wednesday 2:30 p.m. – 4:00 p.m. Facilitator: Tim Andrews FREE. Registration is not required

TOPICS:

OCTOBER 17: FRANKENSTEIN and BIG SCIENCE

It is 200 years since the book appeared. How has our image of science changed?

NOVEMBER 21: WORLD WAR I - 1918: THE END

100 years ago this month! How it ended, how the world has pondered.

DECEMBER 19: THE GREAT LONDON STINK OF 1858; 150 years ago! Dickens, Darwin & Disraeli felt hot & unhealthy!



RENAISSANCE COURT CHORUS

Fridays,

1:15 p.m. - 3:15 p.m.

Musical Director: Tim Andrews FREE. Registration is not required.

LANGUAGE

CONVERSATIONAL SPANISH

(New Hours)

Saturdays

10:15 a.m. - 11:15 a.m. - Novice Level

Instructor: Dee Sampson

\$3.00 per class

11:15 a.m. – 1:00 p.m. - Intermediate Level

\$6.00 per class

Registration is not required

This class is sponsored by the Friends of

Renaissance Court Auxiliary.

BASIC PERSIAN FARSI

Mondays, 9:15 – 10:15 a.m. Instructor: Majid Memar, PhD.

This class is for beginners wishing to learn the basic language of Farsi Persian. We will start with listening, vocabulary and then move to sentence structure, writing and reading. Come have fun! **FREE. Registration is not required**

INTERMEDIATE PERSIAN FARSI

Monday, 10:15 – 11:15 a.m.

Instructor: Majid Memar, PhD

Come have fun! FREE. Registration is not

Required

SPECIAL PROGRAMS

ASTRONOMY & SCIENCE LECTURE

Thursdays, October 4, 11, 18, 25; Nov 1

1:30 – 3:00 p.m.

Sponsored by the Kavli Institute for

Cosmological Physics (KICP) The University of

Chicago

Thursday, 10/4/2018 @ 1:30

"Listening to the Universe with Gravitational Waves"

Facilitator: Reed Essick

LIGO, the Laser Interferometer Gravitational-wave Observatory, recently observed the collisions of black holes and neutron stars for the first time, receiving the 2017 Nobel prize in physics for its trouble. I will discuss what gravitational waves are, how we detect them, why it is hard to detect them, and what we learn from listening to the universe in new ways. Come learn about the fate of stars much older than our sun speeding toward one another at nearly the speed of light!

Thursday 10/11/2018 @ 1.30pm "Dark Matter: Looking for Hay in a Needle Stack"

Facilitator: Daniel Baxter

One of the biggest mysteries of modern science is that there just isn't enough stuff to account for the gravity holding galaxies together. This missing matter has been named "dark matter" since we do not observe it with optical telescopes. Instead, physics who search for dark matter are forced to design detectors with unprecedented sensitivity to try to identify dark matter by distinguishing it from everything else.

Thursday 10/18/2018 @ 1.30pm "Searching for Cosmic Particles with Radio Detectors in Antarctica"

Facilitator: Eric Oberla

In the one hundred years since the discovery of cosmic rays, improved detectors have been built to understand these high-energy cosmic particles. One detection method for discovering these particles is through fast radio 'sparks', which are measurable with sensitive radio receivers tuned to the VHF and UHF radio band. In this talk I will give a brief history of cosmic rays, their detection with radio waves, and will describe some current detectors that use the Antarctic ice sheet to discover the a specific type of cosmic particle: ultra-high energy neutrinos.



Thursday 10/25/2018 @ 1.30pm "Tides: From the Seas to the Stars" Facilitator: *Philippe Landry*

The twice-daily rise and fall of sea levels under the gravitational influence of the Sun and the Moon is undoubtedly the most familiar manifestation of tides, but ocean tides are just one example of a much more general phenomenon. Tides also cause the solid part of the Earth to rise and fall, and they ensure that the same face of the Moon is always turned towards our planet. Further from home, on Jupiter's moon Io, tides power the most spectacular volcanic activity in the solar system. Tides even affect the gravitational waves produced by merging neutron stars in distant galaxies, revealing information about the most extreme nuclear matter in the universe. In this talk, I will discuss the historical development of the theory of tides and highlight their impact on Earth and in the heavens.

Thursday 11/1/2018 @ 1.30pm "Cosmic Rays - The Highest Energy Particles in the Universe"

Facilitator: Max Malacari

Our planet is showered with a steady rain of particles from outer space known as cosmic rays, some with energies exceeding that of a baseball traveling at 60 miles per hour. These ultra-high energy cosmic rays are so rare that despite over half a century of intense study, their nature and origin are still largely unknown. The Pierre Auger Observatory is a 3000 square kilometer detector located in the province of Mendoza, Argentina, designed to measure the properties of these fascinating and elusive cosmic particles.

AARP DRIVER SAFETY

Wednesday, November 7 & Thursday, November 8 12:00 – 4:00 p.m. \$15 AARP Members and \$20 for Non-Members Must attend both days to receive certificate Call 312/744-4550 for more information or to sign –up.

MASSAGE THERAPY (Appointments Only)

Fridays, 10:00 a.m. – 3:30 p.m. Licensed Therapist: Tisa Williams One(1) Hour - Massage - \$30 Must pay at the time of booking. Call for additional details at 312/744-4550. This service is sponsored by the Friends of Renaissance Court Auxiliary.





RENAISSANCE TRAVEL CLUB

Wednesday, Oct 24; Nov 28; Dec 19 12:30 – 1:30 p.m.

Facilitator: Sharon Carter

If you are interesting in traveling but don't want to travel by yourself...come join the travel club. At each monthly meeting, bring places/events you have discovered (places to go, cost and date). The group will review all events and create a calendar. Most travels will be in Chicago and neighboring areas. The group will collectively decide the event and meet at the location. If you know of other groups that are sponsoring trips or events, please bring in that information as well. No trip/event is too big or too small. Please remember FREE events are the best!



LADIES & GENTS WHO LUNCH Every 3rd Tuesday

Every 3rd Tuesday 11:30 a.m. Restaurants TBD

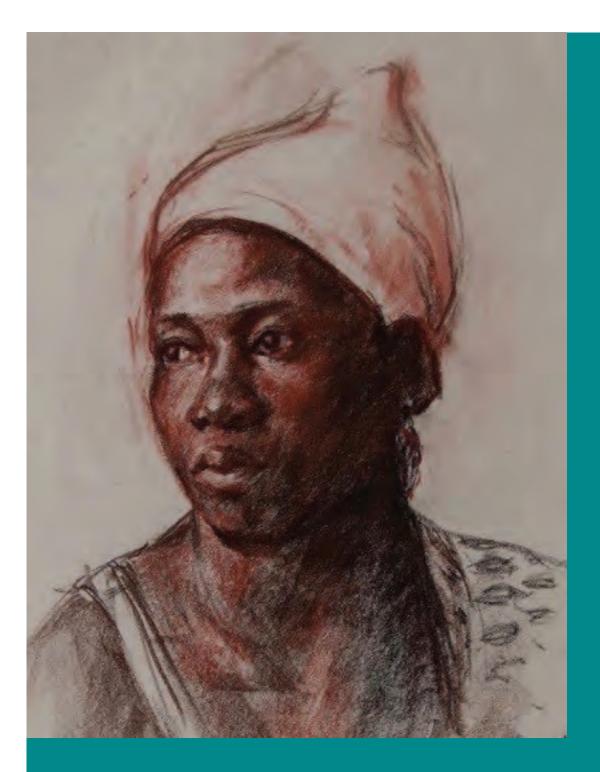
If you love dining at Chicago's most famous restaurants while enjoying great socialization, then you will love to a part of this dynamic group of ladies & Gents. This group meets every 3rd Tuesday at a different restaurant of choice. You can become a "Foodie" or expert cuisine critic. Call us at 312/744-4550 to reserve your seat at the table. Reservations are free but lunch and transportation is on you. So join us!

Call 312/744-4550 for more information

SAVE THE DATE

Beginning *January 1st 2019*, Renaissance Court will open at 10:00 a.m.

Monday – Saturday. Please adjust your program schedule accordingly.



Lekki (LieHue) Chua Art Exhibition Nov 16 – Jan 11, 2019 "Now And Then"