

RENAISSANCE COURT

PROGRAMS FOR CHICAGOANS AGE 55 AND OVER

PROGRAM SCHEDULE

JANUARY - FEBRUARY - MARCH
2020

ART EXHIBITION:

“AN ARTIST AMONGST
ANGELS & DANCERS”

JAN 17, 2020 –MAR 13, 2020

EXHIBIT BY:

PEGGY FRANKLIN



RENAISSANCE COURT

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



CITY OF CHICAGO
LORI LIGHTFOOT, MAYOR



CHICAGO DEPARTMENT OF FAMILY & SUPPORT SERVICES
LISA MORRISON BUTLER, COMMISSIONER

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. The Department of Family & Support Services – Renaissance Court affords you 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, on the first floor, Randolph Street side of the building. The building is wheelchair accessible.

RENAISSANCE COURT HOURS

Our regular hours are Monday through Friday, 10:00 a.m. – 5:00 p.m. and Saturdays 10:00 a.m. – 2:00 p.m. 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,

Beginning Jan 14

10:00 a.m. – 12:00 noon

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 color wheel. From there we will begin to understand how to mix all the hues in the reference we are using for our first oil painting. Advanced oil painting students can further enhance their skills and learn advanced techniques in a group class with student centered individual attention for each participant. Oil 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. This class is FREE**

ALL ABOUT ACRYLIC PAINT

Thursday

Beginning Jan 9

10:00 a.m. – 12:00 p.m.

January 9 – March 26

Instructor: Jacqueline Zevin

"Acrylic Paint is a fairly new paint only coming into general use for artists in the early 1950's, and has many advantages for use by artists. It is non-toxic, fast drying, and cleanable with water. It is a remarkably versatile paint that can be used transparently like watercolors, opaquely like tempera, and thickly and opaquely like oil, and it has many other possibilities.

In this class we'll study different acrylic painting techniques, different ways of applying the paint, different tools for applying the paint, and additives for acrylic paint that will change its nature. We will also look at a few ways of using paint that can only be achieved with acrylic paint and you will also have the opportunity to explore different kinds of subject matter along with learning about the paint.

Whatever your style, you can expand it with acrylic paint.

This class is open to people with all degrees of experience. We will discuss supplies on the first day: what to get and where and how to find a lower price for materials. For the first day, just bring a sketch book, pencil, and whatever color medium you have. You do not need your acrylics on the first day."

Registration is not required. FREE

WATERCOLOR WORKSHOP

Thursdays,

Beginning January 9

12:00 p.m. – 2:00 p.m.

Instructor: Dan Stevens

Painters will need to provide their own equipment and supplies.
Registration is not required FREE.

FABRIC ARTS & CRAFTS

Wednesdays,

Beginning Jan 8

11:00 a.m. – 1:00 p.m.

Instructor: Connie Hinkle

Free...No Registration Required

This class will encompass a large variety of traditional fabric arts and fabric craft projects. Students are encouraged to follow their creative imaginations. The students have the choice to create a variety of craft projects or individual quilting projects for fun or as gifts. Craft projects each week include skills like stamp embellishing, glue findings, fabric printing and embroidery. Completed projects of jewelry, journal covers, pillows, hats, book marks, and pet portraits, to name a few, will be created with the many fabrics and notions provided by the instructor.

RENAISSANCE COURT GALLERY

Renaissance Court Gallery features artists age 55 and over. Featured in the gallery this quarter:

Peggy Franklin

“An Artist Amongst Angels and Dancers”

January 17 – March 13, 2020

Opening Reception:

Thursday, January 30

4:30 p.m. – 6:30 p.m.



Peggy Franklin is a professional artist who specializes in creating works of art using different mediums. She has been an artist for over 30 years and shared her passion of art with art lovers everywhere through different events and exhibits throughout the city of Chicago. Some of her art has been showcased at the Museum Of Science and Industry in Chicago, IL, for the annual Black Creativity Exhibit. She has had the pleasure of being a part of this exhibit for 4 years, including 2018. Her art has also been a part of the 2018 20th year SAIC Pecha Kucha Alumni Art Gala. Because of her passion and knowledge, she has also instructed artist of all ages during the 2018 Junior Café & 2018 Black Creativity career Day at the Museum Of Science and Industry. Although skilled in many areas of art, Peggy loves to express her love and passion for art through paintings of angels and especially dancers. What makes her art so mesmerizing is the use of not only paint, but pearls, gems, lace and other objects. This gives her paintings not only a 3D

look and feel, but captivates the observer by giving life to the art.

“I create solely from within the vastness of my imagination. My dancers have been said to saunter from the very canvas on which they were birthed--into the heart of the viewer.”

Peggy Franklin

COMPUTER

GENERATIONS ON LINE: ONE-ON-ONE INTERNET TUTORING

Wednesdays

(by appointment only)

Learn how to use the Internet and e-mail with the help of a volunteer tutor. Instructors can help you learn how to send letters via e-mail, read news articles from around the world, research health information, make travel plans, shop on-line or find the best route on the CTA. Tutors generally meet with students from 4-6 sessions. Call the center to schedule a FREE appointment with:

Barb Schwartz - 11:00 & 12 noon

DANCE

BELLY DANCE FOR SENIORS

Tuesdays, Beginning Jan 14

3:45 p.m. – 4:45 p.m.

Instructor: Djalaal

Over thousands of students have learned this joyous ancient art form. Class will begin with isolation exercises for the tummy, hips, and buns. Beginners are welcome. Registration is required with Djalaal at 773/ 924-1253. 4 weeks term \$20 and single class \$7.

DANCE LAND

Wednesdays,

1:00 p.m. – 2:00 p.m.

Instructor: Andrew Allen

This fun interactive class will challenge you to dance your way to fitness. Come learn all the dances from the 50's, 60's & 70's. This is a free style dance class and of course a little boppin and steppin...no partner necessary. **FEE: \$4.00 per class**

LINE DANCE WITH FREDA TERRY

Wednesdays,

2:00 p.m. – 3:00 p.m.

Get moving with Frieda as you groove to popular line dance movements. **Registration is not required.** Fee: \$4.00 per class

DRAMA & THEATER

NOT TOO OLD FOR IMPROV

Tuesdays,

2:00 p.m. – 3:30 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.. **Fee: \$ 3.00 per class.** *Class Canceled Every 3rd Tuesday*
Registration is not required

FILMS

FOUR STAR FAVORITES

Fridays, 11:00 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.

FITNESS

CHICAGO FITNESS PLUS FIT AND HEALTHY SENIOR EXERCISE

Mondays*, 10:15 a.m. – 11:00 a.m.

Wednesdays, 10:15 a.m. – 11:00 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*, 11:00 a.m. – 11:45 a.m.

Wednesdays, 11:00 a.m. – 11:45 a.m.

Make your fitness goal a reality by joining our exercise program. Simple, easy-to-follow moves and motivating music make this new, low-intensity 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, 10:15 a.m. – 11:00 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

Saturdays,

12:00 p.m. – 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 required**

HATHA YOGA

Tuesdays,

11:00 a.m. – 12:00 p.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.**

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 Minutes Workout (5 min break), various drills.

Registration is not required: \$3 per class.

CHAIR YOGA

Tuesdays,

12:30 p.m. - 1:30 p.m.

Instructor: Peggy Figiel



Breath, stretch, explore your inner self. This yoga class is for the students who are not 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. **Registration is not required. FREE**

ZEN MEDITATION RELAXATION

Class Canceled: January - March

Class will resume in April

HEALTH & WELLNESS PROGRAM

WELLNESS NURSE

CONSULTATIONS

Marcia Cody, RN

Mondays,

10:00 a.m. -1:00 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, 10:00 a.m. – 1:00 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, by appointments only

1:00 p.m. – 1:50 p.m.

3:00 p.m. – 3:30 p.m.

BALANCING YOUR LIFE

Mondays,

2:00 p.m. – 3:00 p.m.

Sandy Rubovits, 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.

Topics:

Jan 13

Scams

Jan 27

Depression

Feb 3

Technology

Feb 10

Healthy Literacy

Feb 24

Ongoing Contact & Friendships

Mar 9

Winter Blues

Mar 16

Giving to the Community

Mar 23

Spring Fever

DIETITIAN PROGRAM

Every 2nd Tuesday,

2:00 p.m. – 4:00 p.m.

Dietitian: Jim Coogan, RD, LDN

Consultations by appointment only

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

DIETITIAN PRESENTATION

Tuesdays, Jan 14; Feb 11; Mar 10

2:00 p.m. – 2:30 p.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

Jan 23

Advance Care Planning

Feb 27

Hypertension

Mar 26

Osteoporosis

GAMES & FUN

ACBL BRIDGE GAME

Every Monday,

12:30 p.m. – 4:30 p.m.

Jan 13 & 27; Feb 3, 10 & 24; Mar 9, 16, 23 & 30

Certified ACBL Tournament Director:

James Diebel

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.

PERFORMING FOR LAUGHS

Every 1st & 3rd Wednesday

1:30 p.m. – 3:30 p.m.

Jan 15; Feb & 19; Mar 4 & 18

Facilitator: Karen Hoyer

Do you love to laugh and have fun? Do you have a playful spirit? It's a great feeling to perform for laughs and this class explores it all: jokes, stand-up, storytelling, mime, slapstick, puppetry, improv, eccentric dance, comic movement, and clowning around.

Learn to create, rehearse and perform - everyone is welcome!

Taught by Karen Hoyer, professional clown and variety artist.

FREE Registration is not required.

MAH JONGG FOR FUN

Tuesdays,

10:00a.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, Jan 21; Feb 18; Mar 17

Topics: TBD

2:00 p.m. – 3:30 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

Every 2nd Monday

11:00 a.m. – 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**

Upcoming Books:

January: **The Stranger** by Camus

February: **Never Enough** by Judy Grissel

March: **What Went Wrong** by Bernard Lewis

April: **The Known World** by Edward Jones

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 p.m. - 4:00 p.m.

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,

Jan 29; Feb 5 & 19; Mar 4 & 11

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.

MUSIC

ART OF SURVIVAL & BEAUTY

Monthly Every 3rd Thursday

2:30 p.m. – 4:00 p.m.

Facilitator: Tim Andrews

FREE. Registration is not required

TOPICS: TBD

RENAISSANCE COURT CHORUS

Fridays,

1:30 p.m. - 3:00 p.m.

Musical Director: Tim Andrews

FREE. Registration is not required.

LANGUAGE

CONVERSATIONAL SPANISH

Saturdays

Beginning Jan 11

10:15 a.m. – 12:00 p.m. - *Novice Level*

Instructor: Dee Sampson

\$6.00 per class

12:00 p.m. – 1:00 p.m. - *Intermediate Level*

\$3.00 per class

Registration is not required

BASIC PERSIAN FARSI

Mondays, 10:15 a.m. – 11:00 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

Mondays, 11:00 a.m. – 12:15 p.m.

Beginning Jan 13

Instructor: Majid Memar, PhD

Come have fun! **FREE. Registration is not Required**

CONVERSATIONAL FRENCH

Thursdays,

Beginning Jan 9

10:00 a.m. – 11:30 a.m.

Come learn the language of love “French”

From Yvonne Fawell, an educator who lived in Paris, Helsinki and Beijing. This fun class will have you speaking French very fast. Registration is not required. **Fee: \$5.00 per class.**

SPECIAL PROGRAMS

AARP DRIVER SAFETY

Wednesday, April 1 &

Thursday, April 2

12:30 p.m. – 4:30 p.m.

\$20 AARP Members and \$25 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.

RENAISSANCE TRAVEL CLUB

Every 4th Wednesday,

Jan 22; Feb 26; Mar 25

11:30 a.m. – 1:00 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

11:30 a.m.

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 are on you. So join us! This quarter we will visit:

Jan 21	Remington's An American Grill
Feb 18	The Indian Garden
Mar 17	TBD

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of Science and Industry. Although skilled in many areas of art, Peggy loves to express her love and passion for art through paintings of angels and especially dancers. What makes her work so mesmerizing is the use of not only paint, but pearls, gems, lace, and other objects. This gives her paintings a 3D look and feel and captivates the observer by giving life to the art.

