

YOUR TIME

Enriching the Lifelong Journey

Center for Life and Learning

Newsletter of the Center for Life and Learning

Fall 2012

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A LIGHT IN THE CITY
FOURTH
PRESBYTERIAN
CHURCH
www.fourthchurch.org

Center for Life and Learning

126 E. Chestnut St.
Chicago, IL 60611
312.787.4570
www.fourthchurch.org/cll

The Center for Life and Learning invites you to our annual Autumn Open House! Gather in Anderson Hall at Fourth Church from 10:00 a.m. to 12:00 noon on Thursday, September 6 for a festive and informative reception. The open house is a time to reconnect with old friends and learn what is new this fall at the CLL.

One exciting autumn change will come as noontime lecturer Mike Kearns expands his role by leading "Let's Discuss the Arts" on Mondays from 1:00 to 2:30 p.m. This weekly class will focus on the joy of learning and discovery in the arts: literature, music, film, theater, fine art, and architecture. Mike invites students to join the conversation and vigorously discuss the merits of featured works.

Following the September 6 open house, there will be a Caring Circles Dessert Reception in the Parish House Dining Room on the lower level of the church from 12:00 noon to 1:00 p.m. Come vote for your favorite "caring candidate" at this "sweet" and fun event.

Contact us with questions at 312.981.3387 or cll@fourthchurch.org. Open house reservations are not necessary, so bring a friend or two!



Even if I count all my college dorm rooms as one address, I have moved seventeen times in my life. I have packing down to a system: purge all the unwanted stuff, then pack decorative items, books, sewing supplies, nonessential kitchen items, and off-season clothing. As moving day approaches, the daily essentials gradually get packed. An important and hard-learned goal is to minimize the boxes labeled “Miscellaneous.” Personal valuables, like jewelry and the cats, always travel with me.

I used to be able to move all my worldly goods in my car. Next came the trailer, a large van, and finally the inevitable moving truck. Now that I own things like a garden hose and a nice couch, I long for the days of being able to escape in the night with only my well-packed car.

Moving out was always an onerous chore, marked by temporary insanity as I gawked at all my stuff and wondered where it all came from. But moving in is a fresh start, with new possibilities. Moving in means new discoveries, changed perspective, and plenty of pleasurable “firsts.”

Moving day for Fourth Church staff and programs is fast becoming a reality! Our return to the church campus in mid-November will be a welcome homecoming. We will enjoy a rare mix of familiar and brand spanking new. We will get lost and find cozy places to sit. We will work our way from Plan A to Plan G and learn good lessons along the way.

We will toast to our first lectures in new classrooms, a first luncheon in the new Gratz Center Dining Room, and first conversations in the new Elizabeth Morse CLL Fellowship Lounge. New views of the church and the neighborhood skyline will inspire and refresh. What will remain constant amidst all this flux? The CLL will continue its 47-year commitment to offer intellectual and creative challenge to men and women 60 years and better. We will walk new paths together, excited to learn what is around the next corner.

—Patty Jenkins

Staff

Patty Jenkins

Director

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Minicourses

CLL Minicourses invite experts from the Chicago area to enrich our annual curriculum and engage learners in compelling topics.

Minicourses are open to all men and women ages 60 and more. Unless otherwise noted,

all classes listed will be held at 737 N. Michigan Ave. on the 19th floor. To register for a CLL Minicourse, call Ashley Elskus at 312.981.3387. ***Please note: Fourth Church members (FPC) may now register at the CLL member rate!***

Explorations with Jane Hunt

Wednesdays, September 12–October 17; 10:30–11:30 a.m.

Free for CLL and FPC members / \$25 guest registrants

Each week this popular class, led by award-winning teacher Jane Hunt, offers a new topic based in the humanities.

Fall topics include the Book of Mormon, Aging Well, and Charles Dickens. “Explorations” is sure to enrich your view of the world.

Beginning Bridge

Fridays, September 21 and 28 and October 5, 12, 19, and 26;
10:00 a.m.–12:00 noon

Series fee: \$125 for 6-week series (includes text and materials)
\$25 per class

Join certified bridge instructor Ellen Gabriel for this popular beginner series. Whether you are a true beginner, eager to learn new methods, or want to refresh your skills, this is the course for you. Audrey Grant's most current information and mechanics of the game will be used. Her guidebook *Beginning Bridge I* will be available for purchase. Register directly with the instructor at 312.337.0886 or email msbid1@gmail.com. We need at least eight students in order to hold the class, so bring a friend!

Bridge II

Fridays, September 21 and 28 and October 5, 12, 19, and 26;
10:00 a.m.–12:00 noon

Series fee: \$125 for 6-week series (includes text and materials)
\$25 per class

Join certified bridge instructor Richard Gabriel as you learn to compete in the bidding process. Preempts, overcalls, takeout doubles, negative doubles, and cue bids will be your confident strategies. Audrey Grant's text *Beginning Bridge II* will be our text. Please preregister with the instructor at msbid1@gmail.com. A minimum of eight students is required in order to hold the class, so bring a friend!

Beginning T'ai Chi

Tuesdays, October 2–December 4; 2:00–3:00 p.m.

\$60 CLL and FPC members / \$70 guest registrants

T'ai Chi Chuan is an effective exercise for anyone seeking to enhance balance, strength, and coordination. It is made up of a fluid series of postures joined with deep breathing exercises. Beginning students learn the history and fundamentals of T'ai Chi Chuan and will be prepared to join the intermediate class upon completion of the beginner series.

Alan Turing and the Unmechanizability of Truth

Wednesday, October 24; 11:30 a.m.–12:30 p.m.

No cost for CLL and FPC members / \$5 guest registrants

Learn the story of how a great mathematical idea of the twentieth century proved to have something fundamental to say about a centuries-old notion born in theology and philosophy. Alan Turing, born in 1912 England, is known as “the father of the modern computer” and contributed substantially to decoding the Nazi Enigma messages. His intellectual deftness led to surprising insights which influence philosophy, science, and mathematics today.

Professor Denis Hirschfeldt of the University of Chicago Department of Mathematics will introduce us to the work of Alan Turing, a brilliant and yet little known genius of the last century.

Men's Programming

Men's discussion groups are a CLL initiative to create opportunities for men to interact with one another through compelling programs and thoughtful discussions in an environment of respect. All men age 60 and more are welcome.

Call Ashley Elskus at 312.981.3387 for details or to register.

Please note: Fourth Church members (FPC) may now register at the CLL member rate!

Great Decisions: A Men's Discussion Series

Alternate Wednesdays, September 12–December 19;
10:00–11:30 a.m.

Fee: \$55 CLL and FPC members / \$70 guest registrants

Convene with peers to debate the issues of the day in a respectful and open atmosphere. Participants are expected to read the prepared materials in advance of class to facilitate a lively discussion. Study materials will be distributed the first day of class. Registration is limited to the first 20 men to sign up.

**Fall
Excursions
and Events**

Our monthly luncheons and excursions are a terrific way to meet CLL members and visit new Chicago destinations. Registration for excursions and events is open to anyone age 60 and more who would like to attend. Registration

is complete when payment is received. Events often fill up quickly, and RSVP dates are firm, so please make your reservations on time. Upon registration, please confirm the location of luncheon and meeting spots for excursions. To register for an excursion or event, call Ashley at 312.981.3387.

Please note: Fourth Church members (FPC) may now register at the CLL member rate! Reservation refunds will not be available past the RSVP deadline.

Caring Circles Dessert Reception:

Tuesday, September 6, 12:00 noon–1:00 p.m.

Learn about changes to the Caring Circles initiative and enjoy a delicious reception! Desserts and coffee will be served in the Fourth Church Parish House Dining Room, on the lower level. Caring “candidates” will debate the many reasons you should get involved with Caring Circles! No reservations necessary.

Nite Out at Vivo: Thursday, September 13, 5:00 p.m.

Venture out to the hip Randolph Street Market district for sumptuous Italian food. Meet at the restaurant at 838 W. Randolph Street.

RSVP by Tuesday, September 11

Separate checks provided

Charnley-Persky House Tour:**Tuesday, September 18, 10:30 a.m.**

Join the 120th anniversary celebration of this local treasure with a 50-minute tour, as we learn about the extraordinary creativity of Louis Sullivan and Frank Lloyd Wright.



A Dutch Treat lunch at the historic Pump Room will follow. Meet at the house, 1365 N. Astor Street.

RSVP by Friday, September 7

\$12 CLL and FPC members / \$15 guest registrants; price includes tour. *Walking: Moderate; note that there are stairs involved on this tour*

Nite Out at Gaylord: Thursday, October 11, 5:00 p.m.

Gaylord combines the ancient traditions and authentic flavors of India in a casually sophisticated ambiance. To help make your dinner extra delicious, our server will introduce us to Indian cuisine and the menu entrées offered. As an added gift, the restaurant will provide a special 20 percent discount for each guest. Please meet at the restaurant, 100 E. Walton St.

RSVP by Tuesday, October 9

Separate checks provided

Note that there are steps going down into the restaurant off of Walton Street.

“A Persian Odyssey” Luncheon:**Thursday, October 18, 11:30 a.m.**

Iranian-born author Dr. Rami Yelda will offer his insights on Iranian culture, drawing from his book *A Persian Odyssey: Iran Revisited*. Dr. Yelda is retired from his practice as an orthopedic surgeon in Chicago, following a decade of teaching at the University of Illinois Medical School. He brings a personal look into the complex, foreign culture of Iran. This luncheon will take place at 737 N. Michigan Ave., 19th floor.

RSVP by Tuesday, October 9

\$10 CLL and FPC members / \$15 guest registrants

Fall Colors at the Morton Arboretum:**Thursday, October 25, 10:15 a.m.**

An annual CLL favorite is heading out to the Morton Arboretum, and what better time to go than during the peak colors of the fall season. We will enjoy an hour-long open-air tram tour through the grounds, and the rest of the time can be spent as you choose. Lunch will be on your own, providing you with time to explore the park before our tram tour.

**RSVP by Monday, October 15**

\$35 CLL and FPC members / \$45 guest registrants; price includes transportation, park admission, and the tram tour
Meet at the Clare, 55 E. Pearson Street, for departure.

Walking: Medium

Nite Out at the Grill on the Alley:**Thursday, November 8, 5:00 p.m.**

The Grill on the Alley offers an extensive selection of classic American food and specializes in fresh seafood, assorted steaks, and chops. Located conveniently in the CLL neighborhood, this restaurant is situated on the street level of the Westin Hotel on Michigan Avenue. Please meet at the restaurant, 909 N. Michigan.

RSVP by Tuesday, November 6

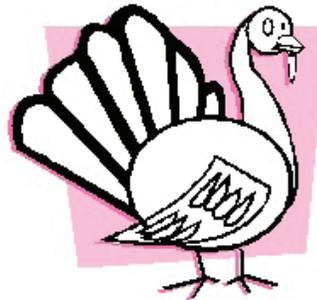
Separate checks provided

Harvest Home Luncheon:**Thursday, November 15, 11:30 a.m.**

Give thanks for our teachers and all they do to challenge and enrich our minds, bodies, and spirits. Our annual Harvest Home Luncheon is a delicious celebration of our shared life at the CLL. Enjoy all the traditional holiday favorites in the company of friends.

RSVP by Tuesday, November 6

\$10 CLL and FPC members / \$15 guest registrants



“Singin’ in the Rain” at Drury Lane:**Wednesday, November 21, 10:45 a.m.**

Set in glitzy, glamorous Hollywood in the 1920s, this lighthearted and funny tale centers on Don Lockwood, a film star who finds love while navigating the ever-changing world of showbiz. *Singin’ in the*

Rain is based on the 1954 film starring Gene Kelly and Debbie Reynolds. We will enjoy lunch before our 1:30 p.m. show time.

RSVP by Tuesday, October 23

\$55 CLL and FPC members / \$65 guest registrants; price includes transportation, lunch, and ticket.

Meet at the Clare, 55 E. Pearson Street, for departure
Walking: Light.

**Gratz Center Celebrations**

We have much to celebrate this autumn, with the upcoming completion of the Gratz Center—the new five-story building at Fourth Church—and its dedication. We hope you’ll join us and the Fourth Church community in marking these special occasions!

Cornerstone Laying

Sunday, September 16 at 12:15 p.m.

along the Delaware sidewalk

This day is particularly significant in that it is also the 100th anniversary of the laying of the Fourth Church Sanctuary cornerstone

Dedication and Celebration of the Official Opening

Sunday, November 18 at 12:15 p.m.

in the Gratz Center and Buchanan Chapel

**Tuesday
Noon
Programs**

Noon Programs combine learning, lunch, and socializing every Tuesday in the Calvin Room. Noon Programs are open to anyone age 60 and more who would like to join in; one need not be a CLL member. Enjoy your brown-bag lunch at 11:30 a.m.; the 50-minute program begins at 12:00 noon.

Mike Kearns' Book Review**September 11**

Mike will review *The Paris Review Interviews Volumes 1–4*, edited by Philip Gourevitch, a notable nonfiction author and the former editor of *The Paris Review*. This wondrous series is a collection of candid, in-depth interviews with the leading authors, poets, and playwrights from the last half century. The interviews themselves are models of the interviewing art and will be fascinating to those who want to know more about writing and about the lives of the artists who write. As part of the program, Mike will play excerpts from the excellent PBS documentary *Great American Authors*.

Celebrate Wagner**September 18**

Happy 200th birthday, Richard Wagner! Join us as the world celebrates the birth of this complicated man. In this presentation we will look at the biography of Wagner and examine his controversial musical compositional style, the composers he influenced, and his other pursuits and the impact he made on them (philosophy, theater, and writing). And, of course, we will hear examples of his most noted operas.

Breast Cancer: What I Need to Know**September 25**

This noon session will enable participants to gain a personal understanding of their individual risk factors for breast cancer and learn how early detection and prevention make all the difference to one's health. This discussion is *not* for women only, as breast cancer also occurs in men. CLL gerontological nurse practitioner JoAnn Gruca will lead this session.

Frontiers of Biomedical Engineering**October 2**

Lectures and other materials from selected courses are provided by Yale University free of charge via the Internet. One of these, "Frontiers of Biomedical Engineering," serves as a wonderful introduction to the fundamental science and engineering on which biomedical engineering is based. Case studies of drugs and medical products illustrate the product-development testing cycle, patent protection, and FDA approval process.

Course instructor Dr. Mark Saltzman is a professor of chemical and biomedical engineering at Yale University and is also the recipient of numerous distinguished teaching awards from Yale, Johns Hopkins, Cornell, and the University of Pennsylvania. Challenge yourself by attending this video series offered monthly at the CLL noon program.

Mike Kearns' Book Review**October 9**

Mike will review *The Jazz Singers: The Ultimate Guide* by Scott Yanow, a distinguished critic and historian who has been writing about jazz for nearly 40 years. This comprehensive, authoritative book is perfect if you love jazz and even better if you're introducing yourself to jazz for the first time. The book provides portraits of all the great jazz singers from Billie Holliday and Ella Fitzgerald to today's Cassandra Wilson and Nancy Wilson. As part of the program, Mike will play songs from the historic DVD *Nancy Wilson Live at Carnegie Hall*.

Egyptian Election Aftermath**October 16**

Guest lecturer Dina Rashed will return to offer, from a very personal point of view, an analysis of the Egyptian elections. Ms. Rashed is an expert on military regimes and is very familiar with the politics related to the Arab Spring uprisings and aftermath.

Power of Prevention**October 23**

We are all familiar with the adage "An ounce of prevention is worth a pound of cure." During this noon session, our discussion will focus on what we know about preventing major health problems from developing in the first place, including such killers as heart disease, cancer, and diabetes. CLL gerontological nurse practitioner JoAnn Gruca will lead this session.

Chaplaincy in the Army Reserve**October 30**

CLL director Patty Jenkins joined the Army Reserve as a chaplain in December 2009. Three years later, she has stories to tell about her experience with soldiers and their families. Come along for an update on her service.

Frontiers of Biomedical Engineering**November 6**

Challenge yourself with this free online lecture course offered by Yale University. See the full description above (October 2).

Mike Kearns' Book Review**November 13**

Mike will review *One Art: Letters of Elizabeth Bishop*, selected and edited by Robert Giroux, the revered book editor, publisher, and friend of Elizabeth Bishop. The letters of writers are a magical way to gain a better understanding of a writer's life and work, and the more-than-500 letters included in this volume serve as a virtual autobiography of the great poet and author Elizabeth Bishop. Starting with a letter written by Bishop from Vassar to the last letter Bishop wrote on the day she died, this is a singular and moving collection. As part of the program, Mike will play excerpts of Elizabeth Bishop reading her poetry from the superb CD set *Poetry Speaks*.

To Be Determined**November 20**

The Noon Program for this date will be scheduled soon!

An Attitude of Gratitude**November 27**

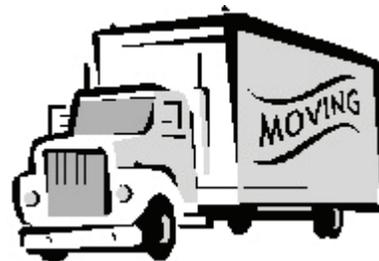
During the month of November, our thoughts naturally turn to thankfulness. No matter what our individual circumstances, we have much to be grateful for. This noon session will help us appreciate the value of a year-round attitude of gratitude and the associated health benefits. CLL gerontological nurse practitioner JoAnn Gruca will lead this session.

Fall Holiday

The CLL will be on break September 3–7. Our fall schedule will begin Monday, September 10. No programs will take place during the break, with the exception of the Open House, although our offices will remain open. Feel free to drop by and sign up! The CLL will also be closed November 22 and 23 for the Thanksgiving holiday.

Reminder

The CLL will return to the church campus in mid-November. After November 1, please call the CLL front desk (312.981.3387) to confirm program location.



**Health and
Wellness****Pathways to Wellness:****Thursdays, 1:00–2:00 p.m.**

This weekly health and wellness class is led by gerontological nurse practitioner JoAnn Gruca. Men and women age 60 and more are welcome to attend; no advance registration is required. A detailed syllabus will be available at the CLL front desk and in class.

Caring Circles Training Revisited**September 13, 20, and 27**

These three weeks of training are for everyone—those who completed the original Caring Circles series in 2009 and those new to this important initiative. Attendees will benefit by learning enhanced skills of self care and ways in which to reach out to CLL members in special need. Features of these three sessions include guest speakers and interactive teaching and learning strategies. Opportunities available for special leadership roles will also be explained.

Plan to attend the special afternoon dessert reception at the CLL Open House on Thursday, September 6 to learn more. We want you to be involved with Caring Circles—a successful outreach initiative of the CLL.

Sleep Soundly

October 4, 11, 18, and 25

On average we spend one-third of our lives sleeping. For many of us, however, this time is not spent in sound, restful, restorative sleep. Participants in the October classes will learn how to improve their sleep experience, with the resultant physical and psychological health benefits. A detailed syllabus of topics will be available the first day of class.

Popular Health Questions

November 1, 8, 15, and 29

For more than a decade, JoAnn Gruca has maintained office hours for CLL members. She's listened to your questions and tried to provide practical assistance. During November Thursdays, she will recreate some of the frequently asked questions and her research-based responses—under the veil of client confidentiality, of course. The month's syllabus will denote the major focus of each class.

Health and Wellness Consultations

Our gerontological nurse practitioner, JoAnn Gruca, will continue with wellness consultations, including blood pressure screenings, during most of the fall Tuesdays and Thursdays. JoAnn is available during open hours for brief consultations on Tuesdays and Thursdays, 10:00–11:30 a.m. For more complex matters, please call for an appointment: 312.981.3397.

Healing Touch

Healing Touch is a gentle treatment for pain relief, calming anxiety, soothing depression, and overall relaxation. Clients maintain modesty by remaining clothed and using either the massage table or chair.

Healing Touch is available at no cost to CLL members through the generosity of certified massage therapist Matthew Cook, although we suggest making a small offering after your session.

Suggested gratuity from CLL members: \$5

Non-CLL member fee: \$50

Appointments available Monday–Friday, 9:00 a.m.–2:00 p.m.
To contact Matthew for an appointment call 773.327.5248 or e-mail mattdan@ameritech.net.

November Prize Drawing

October is the month traditionally devoted to breast health and breast cancer awareness. It is well known that breast cancer gets more common as we grow older. Therefore, the benefits of screening also go up. Again this year CLL members who provide proof of having obtained a mammogram within the past year will have their names entered into a special drawing for a monetary award. Evidence of your screening test may be submitted at the CLL front desk. The prize drawing will take place at the November 15 Harvest Home Luncheon.

Center for Life and Learning
Annual Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 a.m. French Café (L)</p> <p>10:30 a.m. City Growth (L)</p> <p>10:30 a.m. Strength and Stamina (E)</p> <p>11:00 a.m. Multilevel French (L)</p> <p>1:00 p.m. Let's Discuss the Arts (L)</p>	<p>10:30 a.m. Range of Motion (E)</p> <p>11:30 a.m. Noon Program (L)</p> <p>1:00 p.m. Watercolor Painting (A)</p> <p>2:45 p.m. T'ai Chi Chuan (E)</p>	<p>10:00 a.m. **Men's Discussion Series (L)</p> <p>1:15 p.m. Current Events (L)</p> <p>3:00 p.m. Drawing Fundamentals (A)</p>	<p>10:30 a.m. Range of Motion (E)</p> <p>11:30 a.m. Topics in American and World History (L)</p> <p>1:00 p.m. Pathways to Wellness (L)</p> <p>2:45 p.m. T'ai Chi Chuan (E)</p>	<p>10:30 a.m. Bible Study (L)</p>

(A) = Arts (E) = Exercise (L) = Lecture

The CLL will be on break Monday, September 3 through Friday, September 7 and will begin its fall schedule on Monday, September 10. No programs will take place during this break, although our offices will remain open. Feel free to drop by and sign up for your fall excursions!

Center for Life and Learning

Established in 1965, the CLL is founded on a commitment to intellectual and creative challenge for its patrons. Each year more than 250 men and women age 60 years and more take advantage of daily opportunities to explore new interests, strengthen friendships, and continue to shape their lives and communities.

Our annual selections in foreign language, arts, literature, history, architecture, computer instruction, and wellness represent the varied and shifting interests of our members. Our participants represent a wide variety of personal and professional backgrounds.

All are welcome!



Our programs and offices are located on the 19th floor of 737 N. Michigan Ave. while Fourth Church is under construction. Look for the lobby entrance on Chicago Avenue east of Walgreen's.

For more information, call Ashley Elskus at 312.981.3387, email CLL@fourthchurch.org, or visit us online at www.fourthchurch.org/cll.

Individual annual dues are \$175 for membership September through August. To learn about adjusted rate options, call Patty Jenkins at 312.981.3385.

Included in Annual Membership:

Academics

- Weekly lecture courses on literature, history, architecture, and more
- French language instruction
- Free registration for select CLL minicourses

Arts

- Watercolor Painting
- Drawing Fundamentals
- Memoir and Creative Writing

Wellness

- Challenging fitness classes
- Health and wellness weekly class
- Services of a gerontological nurse practitioner

More

- Member discounts on monthly luncheons, outings, and special events
- Engaging conversations with interesting people
- Excursions in and around Chicagoland

“A la Carte” Options *(open to all men and women age 60 and more):*

CLL Minicourses

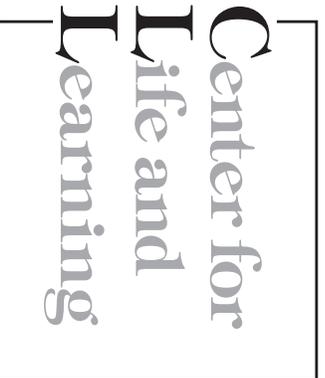
2–5 week series to accommodate busy schedules offered throughout the calendar year

Excursions and Special Events

Plays, museums, gardens, and other engaging venues

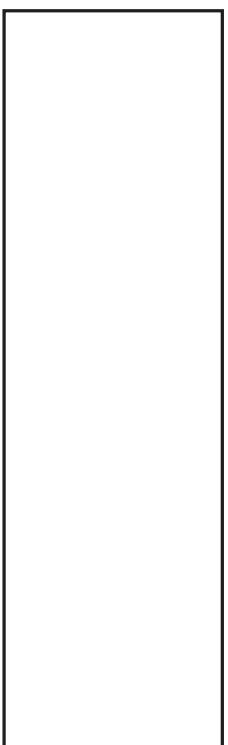
Gerontological Nurse Practitioner

Consultations by appointment, or during drop-in hours, year-round



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Fall Learning and Events