



Chicago Hyde Park Village ■ 5500 S. Woodlawn Ave. ■ Chicago, IL 60637 ■ Tel. 773-363-1933 ■ www.chpv.org

Welcome to September 2017!



FALL FROLIC

SUNDAY, OCTOBER 1, 5:30–8:00

HYDE PARK ART CENTER



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Atul Gawande Webinar/Celebration September 25, 3:30p - 6:30p, Accelerator, 5225 S. Cottage Grove

3rd CHPV Anniversary, Thursday, September 16 5:30-7, Hyde Park Bank

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SHARE: Healthy Aging opportunities

Steppin classes every Wednesday, 6-8 p.m.

ENCHORE CHORALE begins Monday, September 11

OWL Hyde Park: Saturday, October 7, 1-3 p.m. "Resilience in Later Life"

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CHICAGO HYDE PARK VILLAGE
INVITES YOU TO ITS
FALL FROLIC

SUNDAY, OCTOBER 1, 5:30—8:00

HYDE PARK ART CENTER
5020 S. CORWELL



JOIN US AS WE CELEBRATE THE ART OF AGING !

MAKE SOME ART !

SING ALONG WITH SAMI SCOT !

EAT DELICIOUS FOOD FROM LA PETITE FOLIE !

BID ON GREAT AUCTION ITEMS !

VALET PARKING (\$10) AND TRANSPORTATION AVAILABLE

TICKETS \$100

(CONTACT info@chpv.org OR CALL

773-363-1933 FOR TICKETS OR INFORMATION.





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CHPV ONGOING PROGRAMS TO ENJOY

Drop-In Programs

General Schedule: Meet 2nd and 4th Wednesday almost every month at Augustana Lutheran Church, 5500 S. Woodlawn; park in lot east of the building. 10:30 Check-in and 50-60 min. of “age friendly” exercise led by various experts. We also have the “Best Day of My Life...So Far” writing group sponsored by SASI and facilitated by Melisha (see more detail below). There’s also our book/jewelry exchange (bring a book, take a book). Montgomery Place and LifeCare@HOME do Blood pressure checks for all who want to monitor their rates. And always announcements and a delicious luncheon at noon. One week/month Hyde Park Produce provides the main dish; our own superb cooks, headed by Ann Audrain and Marianne Crusius, plan and prepare the rest of the meal and the other luncheon. After lunch we have a program of interest from entertainment to information for healthy aging. Cost: \$7; \$5 for Village members. (Members pay annual dues to the Village organization—see membership form below if you are not already signed up!) [Would you like to join the team of volunteers who plan and put on the Drop Ins? Talk with Susan Alitto. And let us know if there is a program you would like.](#)

Upcoming Drop-In Programs:

September 13 Drum Circle—Percussion with Joan Steggemann

A **drum circle** is any group of people playing (usually) [hand-drums](#) and [percussion](#) in a [circle](#). They are distinct from a drumming group or troupe in that the drum circle is an end in itself rather than preparation for a performance. They can range in size from a handful of players to circles with thousands of participants. Drum circles are related to other community-based music gatherings such as [flute circles](#) or vocal improvisation groups.

In 1991, during testimony before the [United States Senate Special Committee on Aging](#), [Grateful Dead](#) drummer [Mickey Hart](#) stated:

Typically, people gather to drum in drum "circles" with others from the surrounding community. The drum circle offers equality because there is no head or tail. It includes people of all ages. The main objective is to share rhythm and get in tune with each other and themselves. To form a group consciousness. To



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entrain and resonate. By entrainment, I mean that a new voice, a collective voice, emerges from the group as they drum together.^[1]

September 27, “Volunteer Fair.” This was well received when we first held one a year ago so we thought we’d make it an annual event. If you work with an organization that uses volunteers or know of a good group that needs volunteers, give us your suggestion and some contact information. Space is limited.

Interest/Affinity Groups

Women’s Groups meet the first Monday and third Friday of each month. The Monday Group meets at **Café 53**, 1369 E.

53rd St. Next meeting: **September 4, 10a-11:30a**. In the summer and when the weather is good, we enjoy sitting in the patio behind the cafe.

Memoir Group: At the beginning of each Drop In session, join our popular writing group which meets with a skilled facilitator, Melisha, to capture personal life reflections – recent, just past, or long ago. Brief twenty minute writing sessions, followed by sharing with the group. You can also share on-line in a special chat group. Not only do participants have fun writing and sharing their own stories; research suggests that sharing one’s life stories enhances one’s sense of connection with one’s community and satisfaction with one’s life experiences. AND, if you have grandchildren or young friends, your skill as a storyteller has many benefits: it helps to connect children with history, family and each other as well as to develop their language and memory skills. **Would people like more of this activity and at different times?**

KNITING AND CROCHET CLASS DAY CHANGE: The weekly Montgomery Place Knitting and Crochet class is now being held on Wednesday, 1:30 - 2:30, in the Art Room. Brush up your skills or learn a new one. Everyone is welcome. Contact Cindy Pardo pardoquilts3@comcast.net for information.

Discussing Books About Hyde Park: In collaboration with the Hyde Park Historical Society, this group gathers to discuss books on a



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theme especially relevant to Hyde Park and Hyde Parkers. Readers are encouraged to read anything they can find about the topic, and come together to consider various perspectives. Group meets at 7:30 on the third Monday each month in the Community Room of Treasure Island (downstairs).

Game Night: Meet in the Community Room at Treasure Island at 7 p.m. on the 2nd and 4th Wednesday evenings to play or learn games. Another opportunity to have fun with folks you already know – or would enjoy knowing!

Hyde Park Village Tuesday Salon/Dining: Meet on the first Tuesday each month at 4:30 p.m. at the Snail Thai restaurant, 1649 E. 55th Street. No reservations required. Dutch treat.

Men's Groups: These groups meet at Piccolo Mondo on Wednesday and Thursday mornings on alternate weeks. There are currently a few open spaces for the Thursday morning group. Contact Jerry Gripshover, Gary Worcester or the office for more information.

Bridge and Game Group: Meets on Mondays and Wednesday at the Nichols Park Field House, 1355 East 53rd St., from 12:30 to 2:30 pm. There's always a bridge table; Wednesday also has a mahjong table.

Chicago Storytelling Guild: Meets the third Tuesday of every month at Augustana Lutheran Church, 5500 S. Woodlawn Ave., from 7:30-9:30 pm. For more information contact Judith Heineman, [312-925-0439](tel:312-925-0439); juhestories@aol.com.

Program Committee

Regular Meeting: The 3rd Monday of each month at 3 pm at Augustana. Everyone is welcome. Bring your ideas. Contact Susan Alitto (773-485-3643) for more information or if you need a ride. The Program Committee screens, coordinates and helps to implement Village programs.

If you have an idea or would just like to join our group, come to the next meeting on Sep 18th at 3 pm.



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UPCOMING CHPV SPECIAL EVENTS

Weekly Grocery Shopping:

Trained and vetted volunteer Susan Alitto is offering a grocery shopping excursion when available on Thursdays for up to 3 members (the capacity of her car). If there are more who are interested, Ismail Turay has offered to take people in his van when he is in town. All are welcome but full members will have priority. She will begin picking up those who have registered at 10:00am and return participants to their home when done. To register, contact the office or Susan. Susan will alternate going to Mariano's and to Treasure Island. During the summer, she will start earlier and make a run to the Farmers' Market in Harper Court. If members find this useful, we will try to add more excursions.

POT-LUCK LUNCHEON, Wednesday, September 20, 11:30 AM at Huyck Home. Informal gathering to enjoy each other's company! Call the office to RSVP and to request a ride: 773-363-1933.

3rd CHPV Anniversary, Thursday, November 16

We will celebrate again in the beautiful Hyde Park Bank Lobby. Watch for details and bring friends and family to meet neighbors, enjoy refreshments and learn more about CHPV achievements and plans.

Upcoming Drop-In Fairs:

October 23, "Health Resource Fair." This will focus on resources in our area. Let us know if you have suggestions of people or places to invite. Space is limited.

December 13, "Craft Fair." Again an activity that was popular when we introduced it a year ago so it could become a tradition. It's an opportunity to buy special gifts from local craftspeople. Let us know if you or someone you know would like to participate as a craft vendor. Space is limited.



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NETWORK EVENTS

Healthy Aging Events: Free transportation available to seniors, friends and family to all these events – call 773-363-1933

Brought to you by the SHARE Network – the South Side Healthy Resource Experts.

Super Sunday! Artful Aging at Any Age!

Sunday, September 10th 1:00pm – 5:00pm (Movie Screening: 1:30pm – 3:00pm)

**New exhibitions + Open Studios + Art Making + Snacks + Drinks
Hyde Park Art Center
5020 S. Cornell**

Join us for a screening of:

“Young At Heart...You’re Never Too Old To Rock!”

Get ready to rock out with the most entertaining golden oldies you will ever meet, a fun-loving senior citizen and a choir called Young At Heart. To prepare for a show in their hometown that is only weeks away, the lovable seniors must learn a slate of new songs, ranging from James Brown to Coldplay. The chorus’ tireless musical director leads the group through a series of hilariously chaotic rehearsals, proving that hard rock can be hard work; especially when you’re hard of hearing! Climaxing in a triumphant performance that will leave you cheering, their inspiring story celebrates the unbreakable bonds of friendship and the life-affirming power of music!

We will also be joined by Margaret Huyck, President of the Chicago Hyde Park Village who will provide a brief introduction to the Hyde Park Encore Chorale opportunity!

ENCORE CHORALE

Margaret Huyck

Encore Chorale is one of our CHPV Partners. Make wonderful music with other singers, under the direction of an inspired professional musician, our own Jonathan Miller! Open to all singers 55+,



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regardless of previous experience singing. In addition to our local group efforts, join with other singers in the Chicago area to make even more joyful music!

Fall Season begins on *Monday, September 11, at 9:30 a.m.* at the beautiful sanctuary at Congregation Rodfei Zedek, 5200 S. Hyde Park Blvd. Come try out a few sessions and see if this is a good fit for you. You can sign up for the fall quarter then, or on line: www.encoreillinois.org; registration is \$175.

Jonathan Miller grew up in our community, and was active in the Chicago Children's Choir. He attended Shoemith, Luis Wirth, Kenwood, and the University of Chicago. He founded the renowned Chicago a Capella group over 20 years ago, and has branched out to reach high school students interested in arts management, senior singers (Encore Chorale), and singers with dementia and their caregivers.

Steppin Dance Classes!



Celebrate Steppin Productions, in partnership with Chicago Hyde Park Village and Augustana Lutheran Church of Hyde Park, presents "Chicago Style Steppin," a 12-week dance class that offers fun AND fitness!

Get ready to "Go all out on the Dance Floor" as instructor Steppin' Rick Ball "steps" you into a healthier routine. Classes meet from 6-8 pm on Wednesday evenings, at Augustana Lutheran Church of Hyde Park, 5500 South Woodlawn. Although this session began on January 25th, 2017, is not necessary to have come to the first or all the classes. People can join at any time and participate whenever they have time. Class costs: \$10/class or \$80/12wks, Seniors (60+) and college students with ID: \$7/class or \$56/12wks. Whether you are a beginner or advanced, you are welcome.

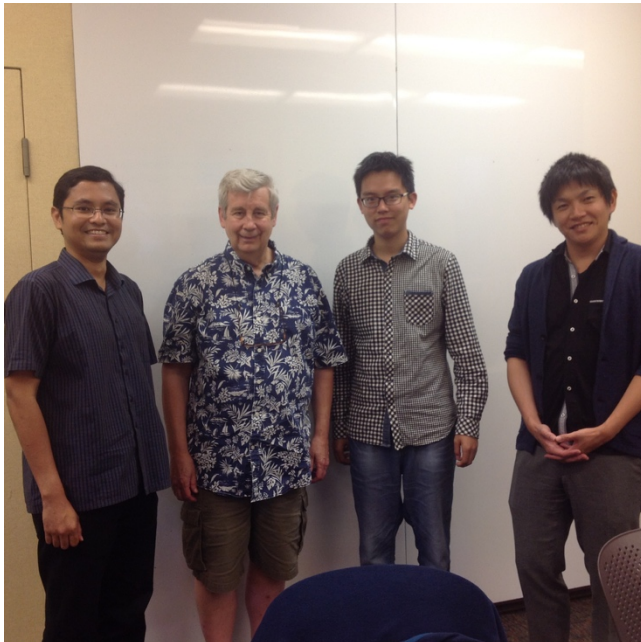
REVIEWS OF RECENT CHPV EVENTS

Tech Cultural Exchange & Consultation II: Wednesday, September 6, 12:15-2:15



Member Sophia Watson, who reported: “Since becoming a member of the Hyde Park Village, I have met many new and interesting people, attended various social events and increased my knowledge of health practices specifically for seniors. Through the Tech Cultural Exchange I spent a delightful evening improving

my computer skills with Yuri, a Japanese student at The University of Chicago.”



Left Member Roger Huff with three of the student mentors.

This program is provided by the University of Chicago English Language Institute. It provides the students with an opportunity to practice their English skills and learn about Chicago/ Hyde Park, and for our members to get valuable guidance on their tech machines. Watch for future opportunities!

I “Rocked Around the Clock” with Encore Chorale!

Margaret Huyck

OK, I confess I missed a lot of my culture while growing up. I was a nerd, steeped in classical music and obsessed with intellectual matters. So singing with Encore Chorale this summer was a chance to catch up with some of my missed youth. It was fun (if at times bewildering). While I loved to dance in high school, I never really danced to “Rock Around the Clock” until this summer. I never wept at or over a boyfriend’s betrayal at my birthday, but I could resonate with the sentiments of “It’s My Party” even now. I can definitely appreciate the sentiments in “Blue Moon” and “I Can’t Help Falling in Love”. It was fun. To get a better sense of how much fun it was for the singers and the audience, go to the video of our August 26 performance at the Fourth Presbyterian Church (<http://youtube.com/watch?v=FmgiTXRlcrh0>)

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Newsletter Staff: Margaret Huyck, Editor Pro Tem; Susan Alitto, Rod Sawyer
(Contact me to take over –or even help – with this fun job!!!)

CURRENT BUSINESS SUPPORTERS

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Hyde Park Bank
Hyde Park Produce
Mather Lifeways
MAC Properties
Montgomery Place

Noodles, Etc.
Pizza Capri
Spinelli State Farm Insurance
U of C Civic Engagement
U of C Geriatrics SHARE Network

***THANKS TO ALL WHO RESPONDED TO OUR APPEAL!!!
THERE IS STILL TIME TO DONATE***

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CHPV Membership and Interest Form

Date: _____

Membership Category:

Associate: Individual

Household

Full Service: Individual

Household

Payment (make checks payable to CHPV):

☐ \$100 one payment ☐ Renewal

☐ \$120 (if 2, 3 or 4 payments)

☐ \$180 ☐ Renewal

☐ \$480

☐ \$590

I wish to make a donation in the amount of \$ _____
(CHPV is 501(c)3 nonprofit; donations are deductible as provided by law)

Total enclosed: \$ _____

Other Interests:

I am interest in volunteering ☐ Indicate any special skills or interests: _____

I am interested in working with the following committees (Please circle):

Programs

Partnerships

Membership

Volunteers

Development

Fundraising Events

MEMBER 1: _____

(Last, First, Middle or MI. Please include suffix if applicable)

ADDRESS _____ Zipcode: _____

Please circle preferred method for contacting you.

PHONE: _____ MOBILE: _____

EMAIL: _____

Date of Birth: _____ (Month, Day and Year)

MEMBER 2: _____

(Last, First, Middle or MI. Please include suffix if applicable)

PHONE: _____ Email: _____

Date of Birth: _____ (Month, Day and Year)

Signature _____