



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

Welcome to May 2018!

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Upcoming Special Events

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Thursdays 10:00– 11:30 AM, Piccolo Mondo

De-cluttering Support Group, 2nd & 4th Mondays at 3:30 PM

Yoga for Balance class continues Thursdays

Hyde Park Book Club, Monday April 16, 7:30, Treasure Island

Network Events of Note

SHARE events: Healthy Aging

OWL: Saturday, May 5: 1-3 PM

Future Events of Note

June 5: Tech-Cultural Exchange

July 1: Village Pot Luck Picnic and Carillon Concert

July 4: 4th on 53rd Parade

News You Can Use

Discount Wednesdays for Seniors at Hyde Park Produce

Board & Supporters

Membership Form

CHPV ONGOING PROGRAMS TO ENJOY

Chicago Hyde Park Village Recurring Events

	1 st	2 nd	3 rd	4 th
Monday	10:00-11:30am Women's Group @ Café 53 12:30-2:30pm Bridge and Game Group @ Nichols Park Field House	12:30-2:30pm Bridge and Game Group @ Nichols Park Field House 3:30-5:00pm Declutterers' Support Group	12:30-2:30pm Bridge and Game Group @ Nichols Park Field House 3:00pm Program Committee meeting @ Augustana Lutheran Church 7:30pm HPHS/CHPV Book Group @ Treasure Island Community Room	12:30-2:30pm Bridge and Game Group @ Nichols Park Field House 3:30-5:00pm Declutterers' Support Group
Tuesday	4:30pm Hyde Park Village Salon/Dining @ The Snail		7:30-9:30pm Chicago Story Telling Guild @ Augustana Lutheran Church	
Wednesday	10:00-11:00am Men's Group @ Piccolo Mondo 12:30-2:30pm Bridge and Game Group @ Nichols Park Field House 1:30-2:30pm Knitting and Crocheting @ Montgomery Place	10:30-2:00pm Drop In @ Augustana Lutheran Church 10:45 Light Exercise 11:30 Announcements 12:00 Lunch 1:00 Program 12:30-2:30pm Bridge and Game Group @ Nichols Park Field House 1:30-2:30pm Knitting and Crocheting @ Montgomery Place 7:00pm Mahjong & Bridge @ Treasure Island Community Room	10:00-11:00am Men's Group @ Piccolo Mondo 11:30pm Pot-luck Luncheon @ Huyck Home (RSVP) 12:30-2:30pm Bridge and Game Group @ Nichols Park Field House 1:30-2:30pm Knitting and Crocheting @ Montgomery Place	10:30-2:00pm Drop In @ Augustana Lutheran Church 10:45 Light Exercise 11:30 Announcements 12:00 Lunch 1:00 Program 12:30-2:30pm Bridge and Game Group @ Nichols Park Field House 1:30-2:30pm Knitting and Crocheting @ Montgomery Place 7:00pm Mahjong & Bridge @ Treasure Island Community Room
Thursday	10:00-11:00am Men's Group @ Piccolo Mondo 10:30-11:20am Yoga for Balance @ Augustana Lutheran Church	10:00-11:30am Healing After Loss Drop In Group @ Piccolo Mondo 10:30-11:20am Yoga for Balance @ Augustana (except 6/14 @ 1 st Unitarian)	10:00-11:00am Men's Group @ Piccolo Mondo 10:30-11:20am Yoga for Balance @ Augustana Lutheran Church	10:00-11:30am Healing After Loss Drop In Group @ Piccolo Mondo 10:30-11:20am Yoga for Balance @ Augustana Lutheran Church
Friday			10:00-11:00am Women's Group @ Piccolo Mondo	

2018-05e

Transportation is available to all events for Village Members. Call CHPV Office: 773-363-1933 2 days in advance.

All Events Subject to Change: Be sure to check the monthly newsletter or call the office for details.

May DROP-INS

May 9: Exercise with Pat Shulman. **Program:** Kedong Ding, our SSA student intern, will lead a discussion on Emotional and Mental Wellbeing for Older Adults.

May 23: Exercise with Randi Kant. **Program:** TBA

UPCOMING SPECIAL EVENTS

HEALING AFTER LOSS: A Support Drop In Group

As we age the loss of someone near and dear to us becomes a more frequent occurrence. Loss is always a complicated experience. If you have lost someone from your life, recently or in the more distant past, and want to talk to others in a similar situation about the emotions, experiences and activities related to this loss, we invite you to join a friendly and caring group on the **2nd and 4th Thursday of every month from 10:00 to 11:30 AM at the Piccolo Mondo Bakery, 1642 E. 56th Street.** All discussion will be confidential. The format will be a drop-in, which means you can come when you wish, as often as you wish. You do not have to make a commitment to attend any specific number of sessions.

If you have a friend, who is not a CHPV member, but would like to attend the group please urge them to come.

The group is facilitated by Kitty Mann, CHPV member and clinical social worker, and Kedong Ding, social work intern at CHPV. If you want more information or want to explore whether the group will meet your needs, please call or email Kitty Mann (773-469-9084, kittymann@gmail.com).

“DECLUTTERING” SUPPORT GROUP

Chicago Hyde Park Village has started a special group for those who want some support in decluttering a home (or office). The group meets on the second and forth Monday afternoon at 3:30 PM at Augustana Lutheran Church, 5500 S. Woodlawn. The group is open to all. All resource suggestions, ideas and tips also welcome.

YOGA FOR BALANCE

Training with Janèe Powell.

Weekly classes at Augustana every Thursday at 10:30 AM.

Cost: \$10/session; \$8 for CHPV members.

Card valid for 5 sessions: \$45; \$35 for CHPV members
Janèe Powell has been leading yoga training for over 15 years, and has been studying Mind-Body Wellness, Mindfulness and Natural Healing for over 20 years. Through yoga she aims to assist and direct class participants with transformational techniques that repair the body, restore balance, increase strength, and relax the mind. She is certified in Hatha Yoga and Kemetetic Yoga.

HYDE PARK BOOK CLUB

HP Historical Society and CHPV – 7:30 PM, Monday, May 21,
Community Room, Treasure Island Grocery, 55th & Lake Park

NETWORK EVENTS OF NOTE

SHARE (Southside Healthy Aging Resource Experts) Programs: Health Aging

“Artful Aging”

Artful Aging is a collaboration among the Hyde Park Art Center (HPAC), Chicago Hyde Park Village, Off the Pews, and the University of Chicago SHARE Network partners. It seeks to expose the 65+ community to the arts. Come to a HPAC Drop In to make crafts in a casual and social environment. Enroll in a HPAC class if you are interested in further developing your skills or get involved in the HPAC community through its many other events. Hyde Park Art Center, 5020 S. Cornell Ave, Chicago, IL 60615 **May 21, 11:00 AM – 1:00 PM:** Join Mary Young to create designs using symbols and stamps.

Wellness in the Woods – TBA 2018

Mather’s More Than A Café Healthy Aging

***Call Mather’s to register: 773-488-2801**

****Transportation is available to all healthy aging programs by calling the CHPV Office 773-363-1933 at least 2 business days in advance.**



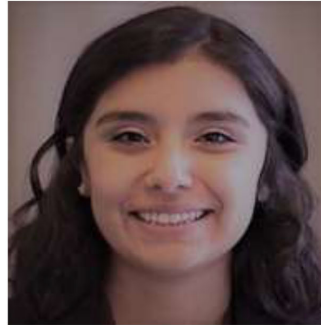
CHICAGO HYDE PARK OWL CHAPTER

Established January 21, 1989



**SHARE
NETWORK**

SOUTH SIDE
HEALTHY AGING
RESOURCE EXPERTS



Vienet Romaro

Hyde Park OWL, Chicago Hyde Park Village & University of Chicago Medicine
SHARE Network Are Co-Sponsoring a Special Program:

"Solutions for Hearing Loss"

Saturday, May 5, 2018, 1:00-1:30 PM: Social Time;

1:30 PM: Business Meeting; 1:45 PM: Program

Hyde Park Art Center 5020 South Cornell, Chicago

Vienet Romero, Au.D., F.A.A.A., audiologist at University of Chicago Medicine, who provides a wide range of audiological services, including diagnostic evaluations, hearing aid fittings, follow up care, cochlear implant evaluations and management, and osseointegrated device services, will discuss and practical information about all types of hearing aids and devices for home use such as flashing "doorbells," text-translator telephones, and current financial assistance programs for hearing devices. Dr. Romero will also demonstrate various hearing aids.

Hyde Park OWL welcomes men to join the conversation. Invite your friends to this important and very informative program. Please bring some tasty treats to share for the social time! Hyde Park Art Center is easily accessed by CTA #6 and #172 buses. Street parking is available. **For more information, contact program organizer: Lorie Rosenblum at: dolrosen@aol.com .**

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FUTURE EVENTS OF NOTE

June 5, 10:00 AM to 12:20 PM. *Tech-Cultural Exchange*. U of C Cobb Hall, Ellis Avenue, 2nd Floor. Meet interesting foreign students; Bring your electronic devices for one-on-one instruction coaching on how to use them.

July 1, 3:30 PM, Rockefeller Lawn: Join *Village Pot Luck Picnic and Carillon Concert*

July 4, 10:30 AM, Hyde Park, Meet in Bank Parking Lot: March with us at the annual *4th on 53rd Parade*.

NEWS YOU CAN USE

WEDNESDAYS ARE SENIOR DAYS AT HYDE PARK PRODUCE!!!

If you are over 65 and shop at Hyde Park Produce on a Wednesday, you will receive a 10% discount!



BOARD MEMBERS

Gary Worcester, President
Margaret Huyck, Past President
Susan Alitto, Founding President
Rita McCarthy, Vice President
Cindy Pardo, Secretary

Joanne Michalski, Treasurer
Ann Audrain,
Jane Comiskey
Allison Hartman
Ismail Turay

STAFF

Ava Salonis, SHARE Project Coordinator
Roderick Sawyer, Operations Support
Newsletter Staff: Margaret Huyck, Editor Pro Tem; Contact me to take over –or
even help – with this fun job!!!

Advisory Committee

Josie Disterhoft
Sammie Dortch
Kathy Huff

Roger Huff
Kitty Mann

CURRENT BUSINESS SUPPORTERS

Bonjour Cafe
Cedars Restaurant
Chicago a Capella
Community Programs Accelerator
Barbara Flynn Currie
Freehling Pot and Pan
Foreign Car Hospital
Leslie Hairston, Alderman, 5th Ward
Hyde Park Animal Hospital
Hyde Park Art Center
Hyde Park Bank
Hyde Park Produce
Hyde Park Property Management
Kimbark Plaza
Life Care at Home
Rita McCarthy, Coldwell Banker
Residential Brokerage
Mather Lifeways

MAC Properties
Mercato grocery delivery
Montgomery Place
Nando's Peri Peri Restaurant
Noodles, Etc. Restaurant
NowPow
OWL Hyde Park
Pizza Capri Restaurant
Toni Preckwinkle, Cook County
Board President
Rohammad Sims State Farm
Insurance
Spinelli State Farm Insurance
Toyota on Western
U of C Civic Engagement
U of C Geriatrics SHARE Network
UC Medicine

***THANKS TO ALL WHO RESPONDED TO OUR REQUEST
FOR SUPPORT THIS YEAR!!!***

THERE IS STILL (ALWAYS!) TIME TO DONATE

CHICAGO HYDE PARK VILLAGE



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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 _____