

Lifelong Learning Guide



Ballroom dancing and other great classes to **step it up in the New Year!**

WINTER SEMESTER 2011



Our line-up of great classes:

- Learn to Skype™
- Ballroom Dancing
- Art For Your Soul
- Boomer Best Life Workshop

DISCOVER • EXPLORE • CONNECT • GROW

Log-in to register at www.thebritishhome.org/explore.

WINTER SEMESTER 2011



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Log onto our website to register at www.thebritishhome.org/explore.



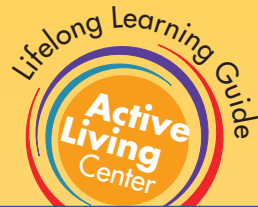
Scan this QR Code with your smart phone to register online.



The British Home

8700 West 31st Street
Brookfield, Illinois 60513-1097

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DISCOVER • EXPLORE • CONNECT • GROW

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4 Ways to Register:

Online at www.thebritishhome.org/explore or

Mail the completed registration form on page 15 to:
8700 West 31st St., Brookfield, IL 60515 or

Call (708) 290-1356 or

Fax the registration form to (708) 485-8830



Find and follow The British Home Community on Facebook!



*Live Your Best
Life in 2012*



At the Active Living Center, we partner with adults to help them live their best lives. Living your best life includes having a body that moves with ease and comfort and a mind filled with imagination and learning.

We begin 2012 with exciting changes taking place at The British Home as we actively embrace our new strategic plan in tune with the changing needs of active adults. You'll like the sound of our changes to come. We invite you too to "step it up" in the coming year by participating in one or more of these life enriching classes. Together, we can show you the power of a full, harmonious and naturally fulfilling life.

This is Your Guide to Lifelong Learning!

The British Home's Lifelong Learning Guide, and all of our programs and services, are dedicated to helping adults achieve their "Best Life". Give your life luster with programs to help you discover, connect, explore and grow.

FITNESS & LIFESTYLE PROGRAMS

BRAIN FITNESS

CREATIVE FITNESS

COMPUTER FITNESS

SPECIAL OUTINGS & ACTIVITIES

Fitness Programs

Personal Training

A certified fitness trainer, specializing in adult fitness, will customize a personal health and wellness plan to help you achieve your specific goals. Your personal trainer will work with you individually to coach you, motivate you and optimize your fitness sessions.

- Functional Fitness Training – Improve your flexibility, move better and stay safe
- Weight Loss Training – Burn calories to achieve your personal weight loss goals
- General Health Training – Improve muscle tone and cardiovascular capacity for better health
- Balance & Flexibility Training – Improve your posture, balance and flexibility so that you move better
- Sports Performance Training – Improve speed, strength and accuracy for golf, running, speed walking, tennis and other sports by request

Costs: Active Living Center member: \$20 per half-hour, \$40 per hour

Non-Member: \$25 per half-hour, \$50 per hour

Balance Testing

Our Active Living Center is home to one of just a few Balance Platforms in the country. This revolutionary technology measures your balance and provides visual test results in minutes. It can detect balance deficits that would otherwise go unnoticed.

Date/Time: Call (708) 290-1356 to schedule an appt.

Cost: Complimentary for a limited time—a \$50 value.

Location: Active Living Center

Not a member but want to learn more about joining the Active Living Center? Call us at (708) 290-1356 to learn about membership offers just right for you.

Note: Roundtrip transportation to Fitness Center classes is now available for just \$10. Indicate your need for transportation on the registration form on page 15 or the Website.

Fit and Strong

Developed by the University of Illinois-Chicago, this careful exercise program can benefit those with painful joints and/or lower extremity osteoarthritis. This program, which is approved by the National Arthritis Foundation, has been shown to improve aerobic capacity, strength and function while decreasing pain, stiffness, anxiety and depression.

Date/Time: Mondays, Wednesdays and Fridays from 9:30–11 a.m. for eight weeks, beginning January 16, 2012

Cost: \$80

Class size: 6 minimum/12 maximum

Instructor: Loren Thomas

Location: The British Home, Living Room

Register by: Wednesday, January 11, 2012

Ballroom Dancing for Beginners

Learn rhythm, timing, leading and following in proper dance position. Don't worry if you haven't taken dance lessons before! This is your chance to learn the Foxtrot, Swing/Jitterbug and Waltz. We will attempt to provide a partner for singles when possible.

Date/Time: Six Sundays from 2–3:30 p.m. beginning January 22, 2012

Cost: \$35/person

Class Size: 4 pair minimum/10 pair maximum

Instructors: Don and Kathy Doubek

Location: The Woodlands, Dining Room

Register by: Tuesday, January 17, 2012

Your Dance Instructors

North Riverside residents Don and Kathy Doubek have been ballroom dancing together for 24 years. In fact, they met in a ballroom dancing class where Don swept Kathy off her feet and later proposed marriage. Kathy happily accepted.

(Continued next page)



REGISTER TODAY AT WWW.THEBRITISHHOME.ORG/EXPLORE

Your Dance Instructors *Continued from last page*

"We love dancing because it's good exercise for your body and your brain," says Kathy. "Learning how to dance requires you to think ahead to the next step and engage your body to move in new ways. That's a physical and mental challenge!"

The Doubeks dance together, and with others, every Monday with dance instructor Mark Harvey, who teaches for Hinsdale Parks and Recreation.

"We support Mark as dance assistants, dancing with students in the classes to show them the correct form and movement of each dance so that they can get the feel of the dance," says Don. "Mark is an amazing instructor."

Now the Doubeks are branching out on their own as dance instructors for this session of Lifelong Learning. They are not new to teaching for The British Home. Don and Kathy have taught computer classes to residents for the last five years.

"We think it's important to always be learning new things, and to share what we know with others. And we enjoy the relationship we form when we're teaching," says Don.

Boomer Best Life Workshop

Join us for six action-packed Saturdays of combining physical fitness with learning about key Boomer topics. At the completion of each session you will have the opportunity to work out in our Fitness Center.

- Session One: **Your Best Life**
- Session Two: **Move It Or Lose It**
- Session Three: **Financial Fitness**
- Session Four: **Liability in Later Life**
- Session Five: **Making Time Matter**
- Session Six: **Just for the Health of It**

Complete the program and receive **ONE FREE MONTH** of Fitness Center membership.

- Date/Time: Saturdays for six weeks starting January 21, 2012 from 9–10 a.m.
- Cost: \$60 per person, or \$100 per couple
- Class size: 6 minimum/20 maximum
- Facilitators: Experts in each area of interest
- Location: Wye Valley Apartments, Common Room
- Register by: Friday, January 13, 2012

Brain Fitness

Brain Fitness/Cortex Insight

by Posit Science

These brain fitness programs are developed by scientists who specialize in studying the brain. They are scientifically proven to sharpen focus, improve memory, and increase reaction time. Learn about two different brain fitness programs, and then choose which you would like to complete. You will use a computer, but the only computer knowledge necessary is how to use a mouse.

- Date/Time: Mondays, Wednesdays, and Fridays from 1–2 p.m. for 40 class sessions, beginning Monday, January 16, 2012
- Cost: \$35
- Class Size: 4 minimum/8 maximum
- Instructor: Kevin Heraty
- Location: The Woodlands, Computer Lab
- Register by: Wednesday, January 11, 2012

Let's Learn Spanish: Uno and Dos

Studies show learning another language is the best way to improve brain fitness. In Session Uno, students will use the Rosetta Stone computer program on Tuesdays and meet with a Spanish-speaking instructor on Thursdays. In Session Dos (for those who have taken Session Uno), students will continue to use the Rosetta Stone program.

- Session Uno: Tuesdays and Thursdays from 10–11 a.m. for seven weeks beginning Tuesday, January 17, 2012
- Session Dos: Tuesdays from 8:45–9:45 a.m. for seven weeks beginning Tuesday, January 17, 2012
- Cost: \$45 for Session Uno; \$35 for Session Dos
- Class Size: 4 minimum/8 maximum
- Instructor: Luisa Wilcop and Kevin Heraty
- Location: The Woodlands, Computer Lab
- Register by: Wednesday, January 11, 2012

Creative Fitness

Art for the Soul

Join us in an exciting yet relaxing experience delving into multiple art media such as pencil drawing, charcoal, pastels, found object sculpture (new), watercolor, and collage. This class is geared for all levels of students (including complete beginners) and will introduce a different approach to self expression each week. Please bring your enthusiasm and a sketchbook.



- Date/Time: Eight Thursdays from 3–4:30 p.m., beginning Thursday, January 19, 2012
- Cost: \$70 (includes art materials other than sketchbook)
- Class Size: 6 minimum/10 maximum
- Instructor: Beth Ryza, BFA
- Location: Wye Valley Apartments, Conference Room
- Register by: Friday, January 13, 2012

Beginning Piano for Adults with a Sense of Humor

This beginner's class is aimed at the basics, but with fun in mind at all times.

- Date/Time: Arranged between student and instructor
- Cost: \$15 per half-hour session
- Size: Individual instruction
- Instructor: Dennis Sonnenberg or Dino Hastalis
- Location: The British Home, Living Room
- Register by: Wednesday, January 11, 2012

Take Better Photographs

Digital Photography Basics - 101

Are you interested in learning about digital photography? Do you have a digital camera that confuses you?

Learn the basics that will help you gain confidence with this new and exciting technology. Students should bring their own digital cameras to class.

- Session A: Four Mondays from 1–2:30 p.m. beginning January 16, 2012
- Session B: Four Mondays from 1–2:30 p.m. beginning February 13, 2012
- Cost: \$40 for either session A or B
- Class Size: 5 minimum/7 maximum
- Instructors: Bob Briskey, Bob Briskey Photography
- Location: The British Home, 2nd Floor Classroom
- Register by: Session A–Wednesday, January 11, 2012
Session B–Wednesday, February 8, 2012



Photographic Masters

Photo 107

Would you like to learn about the significant people and events in the development of photography? We will evaluate the photographs of individuals who have set new trends in the art of photography. You will have a chance to use your camera to accomplish photographs in the style of the masters.

Students should bring their camera to class each week.

Date/Time:	Four Mondays from 2:45–4:15 p.m. beginning January 16, 2012
Cost:	\$40
Class Size:	5 minimum/7 maximum
Instructor:	Bob Briskey, Bob Briskey Photography
Location:	The British Home, 2nd Floor Classroom
Register by:	Wednesday, January 11, 2012

Bob's Photography Club

Photo 108

Be part of “the club” and explore the love of photography with like minded enthusiasts. This is the perfect class for beginners to advanced students. You will learn about your camera and have the opportunity to complete photography assignments that will be shared with the group. Students should bring their camera to class each week.

Date/Time:	Four Mondays from 2:45–4:15 p.m., beginning February 13, 2012
Cost:	\$40
Class Size:	5 minimum/7 maximum
Instructor:	Bob Briskey, Bob Briskey Photography
Location:	The British Home, 2nd Floor Classroom
Register by:	Wednesday, February 8, 2012



Genealogy for Beginners

Would you like to start putting together your family tree? This course will help you get started, be organized, and provide resources that help your tree to take root!

Requirements: Bring to the class - names, birth and death dates, and locations for your deceased ancestors. Some computer skills are beneficial.

Note: This is research in USA records only!

Date/Time:	Five Mondays from 10:30 a.m.–noon, beginning January 16, 2012
Cost:	\$50
Class Size:	4 minimum/10 maximum
Instructor:	Marcia McLawhorn
Location:	The Woodlands, Computer Lab
Register by:	Wednesday, January 11, 2012



Computer Fitness

Learn How to Skype™

Live far away from your loved ones? How would you like to call them and see their faces as you chat? Skype is a software application that allows voice with video calls over the Internet. Requires a camera on the computer and email address of the person you wish to call (both computers must have Skype installed).



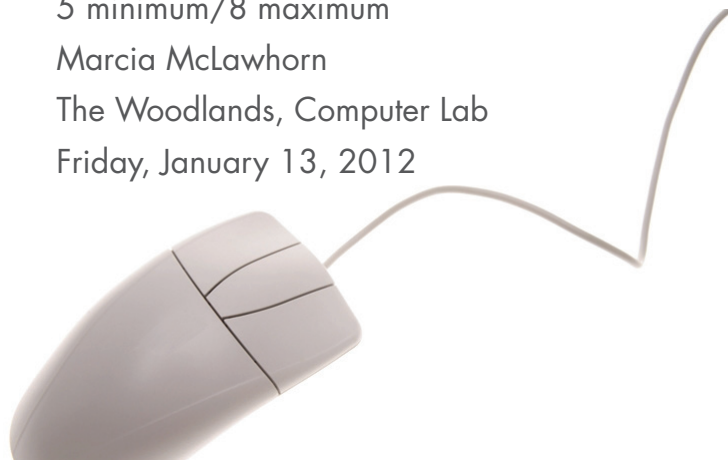
- Date/Time: Three Tuesdays from 1–2:30 p.m., beginning February 21, 2012
- Cost: \$25
- Class Size: 3 minimum/6 maximum
- Instructor: Marcia McLawhorn
- Location: The Woodlands, Computer Lab
- Register by: Wednesday, February 15, 2012

Computer Basics I

Learn about hardware and software, operating your computer, using a mouse, accessing the Internet, plus create a free email account and learn how to use it.

No prior computer experience is needed.

- Date/Time: Eight Thursdays from 9:30–11 a.m., beginning January 19, 2012
- Cost: \$40 per session
- Class size: 5 minimum/8 maximum
- Instructor: Marcia McLawhorn
- Location: The Woodlands, Computer Lab
- Register by: Friday, January 13, 2012



Computer Basics II

Learn how to navigate the Internet, use search engines, discuss Google websites, and some advance email features.

Requirement: Must have attended Computer Basics I or equivalent experience.

- Date/Time: Five Tuesdays 1–2:30 p.m. beginning January 17, 2012
- Cost: \$30 per session
- Class size: 5 minimum/8 maximum
- Instructor: Marcia McLawhorn
- Location: The Woodlands, Computer Lab
- Register by: Wednesday, January 11, 2012

Special Activities and Outings

Open Swim

Join us for a refreshing open swim at the wheelchair/walker accessible pool at the PAV YMCA in Berwyn. Lifelong Enrichment staff will be on hand to assist those who need it. Open to British Home residents and community members as well. Transportation provided.



- Date/Time: The second Thursday of each month—January 12, February 9, March 8 and April 12
- Depart: The British Home at 10 a.m. and return at 12:30 p.m. (swim from 11 a.m. – noon).
- Cost: \$3 entry
- Transportation: Complimentary roundtrip transportation provided from The British Home or we can pick you up at home for only \$10 round-trip.
- Register by: One week in advance of selected swim

Book Club

Join us for a monthly discussion of an exciting new title in our Book Club held in cooperation with the Brookfield Public Library. Registration not required. Book schedule:

January: *The City of Falling Angels* by John Berendt

February: *The Art of Racing in the Rain* by Garth Stein

March: *The Peach Keeper* by Sarah Addison Allen

April: *Killing Lincoln* by Bill O'Reilly

Date/Time: The second Tuesday of each month -
January 10, February 14, March 12,
April 9, and May 14 at 2:30 p.m.

Cost: Free

Location: Wye Valley Apts., Conference Room

Lincoln Museum in Springfield

Join us as we take a day-long visit to the Abraham Lincoln Presidential Museum in Springfield, Ill. Enjoy comfortable motor coach transportation and buffet lunch with a professionally guided tour of the Museum, Lincoln's home and tomb. Co-sponsored by the Brookfield Recreation Department and The British Home.



Date/Time: Tuesday, March 26,
2012

Register: Register with the Brookfield Recreation
Department, 708-486-7344

Cost: \$79, includes coach and lunch, bring
dinner money

Sunday Brunches at Wye Valley

March 25 • April 29 • May 20

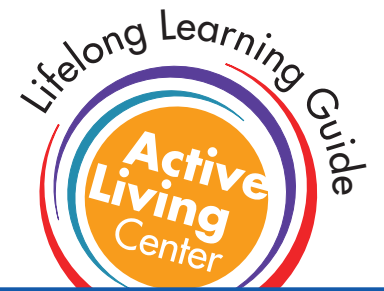
Two seatings each day at 10 a.m. and
12 noon.

Join us for Sunday Brunch each month
in the sun lit dining room at Wye Valley.
Reservations are required.

Cost: \$10 per person payable online or
cash at the door. Please register by the
Friday before the brunch you wish to attend.



4 Ways to Register:



Online at www.thebritishhome.org/explore or

Mail this page to 8700 West 31st St., Brookfield, IL 60515 or

Call (708) 290-1356 or **Fax** this page to (708) 485-8830

NAME please type or print clearly

ADDRESS

CITY STATE ZIP

PHONE FAX

E-MAIL

Payment is required with the submission of the registration form.

Mail form and payment to The British Home, 8700 West 31st Street, Brookfield, Illinois 60513-1097. Make check payable in U.S. Dollars to The British Home or provide credit card information and fax form to (708) 485-8830.

Your canceled check is your receipt. Check Enclosed Visa Mastercard

CARD NUMBER EXP. DATE

NAME (AS IT APPEARS ON CARD)

SIGNATURE (I AGREE TO PAY ACCORDING TO THE CREDIT CARD ISSUER AGREEMENT) DATE

Program	Participant Name	Fee
Total \$		

Note: Roundtrip transportation to Fitness Center classes is now available for just \$10. Indicate your need for transportation on the registration form above or website.

Occasionally there may be an error in days, times, registration requirements or fees in this guide. If an error occurs, we do everything possible to correct the situation promptly. Thank you.

CUT HERE AND RETURN THIS FORM