

## MONTHLY PROGRAMS

### **Basic Yoga** Registration required

Sept 1, Oct 6, Nov 3, Dec 1 at 9am  
Sept 18, Oct 24, Nov 13, Dec 18 at 6:30pm

### **Vinyasa Yoga** Registration required

Sept 8, Oct 13, Nov 10, Dec 8 at 9am

### **Meditation** Registration required

Sept 12, Oct 16, Nov 7, Dec 11 at 6:30pm

### **Coloring for Adults** Registration required

Fourth Monday of the month at 7pm  
(no December meeting)

### **Mahjong**

Each Monday at 9:30am  
Each Wednesday at 1pm

### **Bingo for Seniors**

Third Friday of the month at 1pm

### **Movie Matinee for Adults**

Sept 11 at 1pm: Hacksaw Ridge  
Oct 2 at 1pm: The Big Sick  
Nov 6 at 1pm: TBA  
Dec 4 at 1pm: TBA

### **Coffee, Donuts, & a Movie**

Sept 29 at 10:30am: A United Kingdom  
Nov 24 at 10:30am: TBA  
Dec 29 at 10:30am: TBA

### **Mystery Book Club**

2nd Mondays at 7pm

### **Adult Book Club**

3rd Wednesdays at 7pm

### **Chick Lit Book Club**

4th Tuesdays at 7pm

## ARMCHAIR TRAVELERS

### **Italy**

Friday, September 8 at 2pm

Be amazed by 2,300 years of grand creations from the Roman Empire through the Renaissance to the present. Presented by Bill Helmuth.

### **Greece**

Friday, October 6 at 2pm

Come along as we visit Athens and the great temples, tour through the back country, and take a sun drenched Aegean Sea cruise to Santorini, Rhodes, and Mykonos. Presented by Bill Helmuth.

### **Australia**

Friday, November 3 at 2pm

Take a tour through Australia to discover its culture and history. Visit to the Red Center's popular Alice Springs, Uluru (Ayer's Rock) and Kings Canyon, Kakadu National Park, Arnhemland, and more. Presented by Barbara Sugden and Ron Vargason.

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## LEMONT ARTISTS GUILD

### **Calligraphy**

Wednesday, September 20 at 7pm

Draw along with professional calligrapher Deborah Bryant! She will have felt tip calligraphic markers you can purchase for \$4, along with lettering guides and lined paper.

### **Cartooning**

Wednesday, October 18 at 7pm

Learn how to create a comic strip with award winning author and illustrator Dan Dougherty! Dan is the creator of Beardo Comics & has been in the comic industry since 2003.

### **Watercolor Cityscapes**

Wednesday, November 15 at 7pm

Gordon France will demonstrate his watercolor style and technique. Gordon has won many awards and his paintings hang in private and corporate collections in Italy, the UK, Canada and throughout the U.S.

# Adult & Senior Fall & Winter 2017 Programs



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14320 W. 151st Street  
Homer Glen, IL 60491

## CRAFT FAIR & GIFT BAZAAR

Saturday, Sept 30 from 10am-2pm

Start your holiday shopping early!  
Skip the mall & find handmade, original  
gifts that everyone will love!

### Selling on eBay & Amazon: The Basics

Thursday, September 7 at 7pm

Learn how to make some cash selling your stuff on eBay and Amazon. As a successful Internet entrepreneur and eBay University Instructor with over 4,000 eBay and Amazon transactions, Jack Waddick will share his step-by-step plan for getting started. This session will include real time demos and plenty of time for your questions. No technical mumbo jumbo. **Registration required.**

### Ageless Grace

Tuesday, Sept 12, Oct 10, & Nov 14 at 11am

Learn anti-aging techniques such as joint mobility and spinal flexibility that focus on the healthy longevity of the body, mind, emotional, and spirit. All of the exercises are designed to be practiced in a chair, and they consist of movements that are natural. All ages and abilities are welcome! **Registration required.**

### Drones

Saturday, September 23 at 1pm

Commercially licensed drone pilot Dean Poignant of Sky Ag will tell you how to get started with flying drones. To be discussed: selecting a drone to purchase, safety tips, federal and local regulations, and what unlicensed, recreational drone pilots may legally do. A Q&A session will follow, and flying demonstration will take place at the conclusion of the program if weather and current airspace flight regulations permit. **Registration required.**

### Balance 101

Tuesday, September 26 at 6pm

TheraCORE Physical Therapy will discuss balance and the cause and effect relationship between balance and age. Provided by a licensed physical therapist, learn why balance changes with age, and ways to maintain or improve your own balance to prevent falls in your future.

### Cyber Sleuthing Your Family Tree

Wednesday, September 27 at 7pm

Tina Beaird offers methods for evaluating genealogy web sites for reliable sources of information. Learn how to use subscription databases in tandem with free genealogy websites to trace your family tree. Plus, find out what's new in the online genealogy community. **Registration required.**

### On the Homefront

Monday, October 2 at 7pm

During World War II, American women took on many new roles, both in the military and as civilians. One of the civilian avenues was through the American Red Cross Clubmobile program, which was essentially a mobile club, featuring doughnuts, coffee, and friendliness, all served up at the front lines in Europe, Southeast Asia, India, and Australia. Learn more about the Clubmobile program and the ways in which American women helped win the war!

### H.H. Holmes

Tuesday, October 3 at 7pm

This illustrated presentation offers a fascinating, entertaining look into the true career of the Victorian era's most famous criminal, as well as a look at how the legend grew. Adam Selzer is the author of *H.H. Holmes: The True History of the White City Devil*, the most comprehensive biography yet of the man known as "America's First Serial Killer." **Registration required.**

### Photography

Wednesday, October 4 at 7pm

Jack Martin, member of the Forester Camera Club, will share his expertise of photography. He'll cover camera settings, subject placement, taking photos at different times or day, and more. Designed for those 18 years and older. **Registration required.**

### Ebay Selling: Beyond the Basics

Monday, October 9 at 7pm

eBay University Instructor Jack Waddick will walk you through the advanced selling tools, tips and strategies used by many of eBay's top sellers. This lively session will cover selling internationally, sourcing products on & off eBay, managing & tracking your sales and more. Live demos on eBay.com & time for your questions. No experience necessary. **Registration required.**

### Save Your Photos

Wednesday, October 25 at 7pm

Learn how to digitally organize your photo collection with Susan S. O'Keefe of SOK Archives. Topics to be covered: printed & digital photo organizing, back-up and archiving, creating photobooks, & more. You'll leave with recommended resources & there will be time for questions. **Registration required.**

### Perler Beads Club

Wednesday, Nov 1 & Dec 6 at 7pm

Love crafts but aren't super crafty? Join the Perler Beads Club! At this easy adult craft, you'll make designs (keychains, coasters, artwork) using small beads that are fused together with heat. Templates and materials provided. **Registration required.**

### Camp Douglas

Monday, November 6 at 7pm

Opened in 1861, Camp Douglas was a Union training and reception facility for over 40,000 Union soldiers in Chicago. Camp Douglas became a prison camp, housing over 30,000 Confederate prisoners, from 1862 until it was demolished in 1865. Learn more about the most significant Civil War facility in Northern Illinois.

### Creating Healthy Green Juices and Smoothies

Tuesday, December 5 at 6:30pm

Chris Rosandich will share the benefits of adding disease-fighting fruits and vegetables into your daily diet in a quick, fun, and easy way. A sample of each smoothie will be available to try. **Registration required.**

## CHEF MADDUX PROGRAMS

Registration required

Autumn Soups & Sides

Saturday, October 14 at 10:30am

Autumn Desserts

Saturday, November 18 at 10:30am

Holiday Cooking

Saturday, December 9 at 10:30am