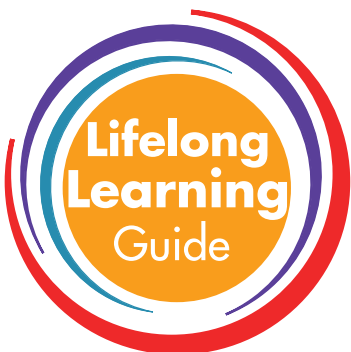




## New This Semester: Fall Prevention Workshop



**Cantata**

Adult Life Services

FALL QUARTER 2016

DISCOVER • EXPLORE • CONNECT • GROW



# Cantata

## Adult Life Services

We are Cantata Adult Life Services, a vibrant part of the community, working in concert with adults 55 and better to ensure we all age with rich possibility and live our best lives.

When you take a Lifelong Learning class, whether it's fitness, art, music, language, technology, or any of our great courses, you do some great things for yourself. You challenge your body and brain and meet new people. Connecting to others is just as important to your health as the new exercises or information you might learn.

This kind of thinking encompasses all that we do at Cantata, facilitating active living and healthy relationships as the basis of a full, harmonious and naturally fulfilling life. Come join us!

## Two Ways to Register:

### Register Online!

Enter promo code "bestlife2016" in the notes section for a chance to win \$50 Cantata Cash, which can be spent on any Cantata service!

or call: (708) 485-1155

Most classes will take place at the Wye Valley building, so you should park in the Cantata North parking lot.

If you'd like to take a class, but you need a ride, please call us and we will work with you to help arrange transportation.

## Looking to teach a class?

We're always looking to expand our offerings, so if you're passionate about an interest or hobby and would like to teach a class, let us know!

# Brain Fitness



## BrainHQ: Train Your Brain



BrainHQ is a brain training system built and tested by an international team of more than 100 top neuroscientists and other brain experts, with exercises proven in dozens of published studies to make real and lasting improvements in brain function.

Using one of our iPads, you'll train to improve your attention, memory, brain speed, people skills, navigation, and intelligence. It's easy to use and fun!

Date/Time:	Mondays and Wednesdays From 9-9:45 am for eight weeks starting September 12, 2016
Cost:	\$50
Class Size:	4 min, 6 max
Instructors:	George Columbus, Don and Kathy Doubek
Location:	Cantata Campus, Wye Valley Activity Center
Register by:	Wednesday, September 7, 2016

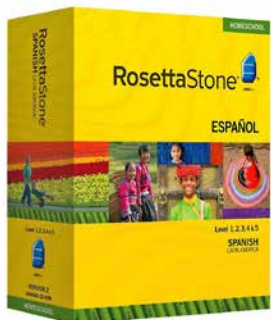


## Smart Driver Course

This AARP course is designed to refresh your safe driving skills. Students over the age of 55 who complete the course are given a certificate good for a potential reduction in their auto insurance for three years in Illinois.

- 1st Session: Wednesday, September 21 and Thursday, September 22, 2016 from 9 am to 1 pm
- 2nd Session: Wednesday, October 5 and Thursday, October 6, 2016 from 9 am to 1 pm
- Cost: \$15 for AARP members; \$20 for non-members
- Size: 8 min, 15 max
- Instructor: Robert Jene
- Location: Cantata Campus, 2nd Floor Classroom, Rm. 269
- Register by: 1st session: Friday, September 16, 2016  
2nd session: Friday, September 30, 2016

## Let's Learn Spanish: Uno & 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've taken Spanish Uno), students will continue using the Rosetta Stone program.

- Date/Time: Session Uno: Tuesdays from 9-10 am & Thursdays from 9-10 am for seven weeks starting September 13, 2016  
Session Dos: Seven Tuesdays from 9-10 am starting September 13, 2016
- Cost: \$45 for Session Uno, \$35 for Session Dos
- Class Size: 4 min, 6 max
- Instructor: Luisa Wilcop & George Columbus
- Location: Cantata Campus, Wye Valley, Activity Room
- Register by: Friday, September 9, 2016

# ONE IN THREE ADULTS AGE 65 AND OLDER FALLS EACH YEAR

## Stay Independent!

### Fall Prevention Workshop: What You Can Do to Proactively Prevent Falls

Have you fallen in the past year? Do you feel unsteady when standing or walking? Do you worry about falling? If you answered yes to any of those questions, or just want to avoid being the next one in three people age 65 and older who fall each year, then join us for this proactive approach to fall prevention.

Carol Roszel from the White Crane Wellness center will kick off this program as our keynote speaker. From there we will break out with experts into smaller groups to dive deeper into the four key areas to help you proactively prevent falls in the future.

Date/Time: Thursday, September 8th, 2016 from 2-4 pm  
Cost: Free (registration still required)  
Class Size: 20 min, 30 max  
Instructor: Fall Prevention Specialists  
Location: Cantata Campus, Wye Valley, Dining Room  
Register by: Wednesday, September 7th, 2016

# Physical Fitness

## Fit and Strong

Developed by the University of Illinois-Chicago and approved by the National Arthritis Foundation, Fit and Strong is designed for those with painful joints.

Studies show this class can improve aerobic capacity, strength, and function while minimizing pain, stiffness, anxiety, and depression.

Date/Time: Mondays, Wednesdays & Fridays, 9-10:30 am for ten weeks starting September 12, 2016  
Cost: \$100  
Class size: 6 min, 15 max  
Instructor: Scott Snyder, Cantata Health & Wellness Specialist  
Location: Cantata Campus, Wye Valley, Dining Room  
Register by: Wednesday, September 7, 2016

## Healthy Aging: Getting Fit with Circuit Training

Let's face it, we aren't born with super human strength like Superman, but luckily with the right combination of exercises, we can build muscle as well as improve our balance, endurance and flexibility in the process.

With our specialized strength training equipment and Smart Card technology, your path to Super Senior Strength is easier to follow.

This class is for all fitness levels. Learn how to incorporate circuit training concepts into your exercise routine today.

Date/Time: Tuesdays and Thursdays from 12-12:45pm for six weeks starting September 13, 2016  
Cost: \$60  
Class Size: 2 min, 6 max  
Instructor: Cantata Fitness and Wellness Specialists  
Location: Cantata Fitness and Wellness Center  
Register by: Friday, September 9, 2016

## Blended Balance

This gentle, yet challenging class is designed to help you with everyday functional balance issues. Basic stabilization exercises will be practiced to improve your stability and balance.

Flexibility, posture, core stability and cardio endurance will also be addressed. Please wear comfortable clothes and supportive shoes.

Date/Time: Ten Mondays from 9-9:45 am starting September 12, 2016  
Cost: \$70  
Class Size: 6 min, 15 max  
Instructor: Cathy Kolessar  
Location: Cantata Campus, Living Room  
Register by: Wednesday, September 7, 2016

## Rooted Yoga

Plant yourself in one of our sturdy chairs, or take a stand and enjoy a combination of Yoga, Pilates, and Tai Chi exercises designed to improve posture, core strength, flexibility, balance, and concentration.

Class begins and ends with stretching and relaxation-meditation. This fun class is for persons of all levels and abilities.

Date/Time: Ten Thursdays from 9-10 am starting September 15, 2016  
Cost: \$70  
Class Size: 6 min, 15 max  
Instructor: Cathy Kolessar  
Location: Cantata Campus, Living Room  
Register by: Friday, September 9, 2016



## The benefits of Zumba Gold:

- Maintain a healthy heart
- Enhance mobility
- Improve cognitive function
- Socialize
- Manage weight
- Strengthen muscles and bones
- Relieve stress



## Zumba® Gold

Zumba Gold is a specialty dance-fitness class set to international rhythms and designed for beginners and people seeking low impact exercise. Have fun as you improve your balance, coordination, and endurance! Moves are performed at a more moderate intensity than basic Zumba, and at a modified pace to suit the needs of those just starting their fitness journey. Modifications will be demonstrated in class to make it just right for you.

Date/Time:	Ten Saturdays from 9-10 am starting September 17, 2016
Cost:	\$70
Class Size:	8 min, 25 max
Instructor:	Laima Sidrys-Aleksa, Licensed Zumba Instructor
Location:	Cantata Campus, Wye Valley, Dining Room
Register by:	Monday, September 12, 2016



## Tai Chi for Arthritis & Fall Prevention

Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

This program, **Tai Chi for Arthritis and Fall Prevention**, was designed by a team of Tai Chi and medical specialists led by Dr. Paul Lam and is easy to learn, safe, and fun!

This program is clinically proven to relieve arthritis pain, reduce risk of falls, improve balance, and increase flexibility, muscle strength, and heart/lung activity.

Date/Time: Ten Tuesdays from 12:15-1 pm starting September 13, 2016  
Cost: \$70  
Class size: 6 min, 12 max  
Instructor: Cheryle Hurtado, Certified Tai Chi Instructor  
Location: Cantata Campus, Living Room  
Register by: Friday, September 9, 2016

## A Matter of Balance

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, A Matter of Balance: Managing Concerns About Falls is a program for you. This nationally recognized program was developed at the Roybal Center at Boston University, and is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

Date/Time: Eight Thursdays from 2-4 pm starting September 15, 2016  
Cost: Free (registration still required)  
Class size: 10 min, 20 max  
Instructor: Carol Roszel, White Crane Wellness Center  
Location: Cantata Campus, Wye Valley Dining Room  
Register by: Monday, September 12, 2016

# Creative Fitness

## Artworks on Paper

Join us for an exciting exploration of pencil drawing, charcoal, pastels, watercolor, and collage.

This class is for all artistic levels including beginners, and will explore several different methods of expression. Please bring your enthusiasm and a sketchbook.

Date/Time:	Eight Thursdays from 3-4:30 pm starting Thursday, September 15, 2016
Cost:	\$70 (includes art materials other than sketchbook)
Class Size:	6 min, 10 max
Instructor:	Beth Ryza, BFA
Location:	Cantata Campus, Wye Valley, Private Dining Room
Register by:	Monday, September 12, 2016



## Learn How to Use Your Camera

Would you like to know about the features and functions of your camera?

Understand what all those buttons do! Take better pictures and have fun too!

Students should bring their own digital camera to class each week.



Date/Time:	Session A: Four Mondays from 2:15 to 3:15pm starting September 12, 2016 Session B: Four Mondays from 2:15 to 3:15pm starting October 10, 2016
Cost:	\$40 each session
Class Size:	5 min, 7 max
Instructor:	Bob Briskey, Bob Briskey Photography
Location:	Cantata Campus, 2nd Floor Classroom, Rm. 269
Register by:	Session A: Wednesday, September 7, 2016 Session B: Wednesday, October 5, 2016

## Bob's Photography Club

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:	Session A: Four Mondays from 1-2pm starting September 12, 2016 Session B: Four Mondays from 1-2pm starting October 10, 2016
Cost:	\$40 each session
Class Size:	5 min, 7 max
Instructor:	Bob Briskey, Bob Briskey Photography
Location:	Cantata Campus, 2nd Floor Classroom, Rm. 269
Register by:	Session A: Wednesday, September 7, 2016 Session B: Wednesday, October 5, 2016

# Tech Fitness

## Tablet Test Drive: Try the iPad

Maybe you've joined the millions who've purchased an iPad and now you want to learn how to use it. Or perhaps you haven't bought one yet and would like to test drive one before you do.

This two-hour workshop will show you how to navigate an iPad and find the applications best for you. Bring your own iPad if you have one. If not, we'll supply you with one to try out during class.

Date/Time: Thursday, September 15, 2016 from 11 am to 1 pm  
Cost: \$25  
Size: 4 min, 6 max  
Instructor: George Columbus, Cantata Lifelong Learning Specialist  
Location: Cantata Campus, Wye Valley Activity Center  
Register by: Monday, September 12, 2016

## Apple Computers: Learn about Your MacBook or iMac

Do you have an Apple desktop or laptop computer? Do you feel left out of computer classes because they all focus on Microsoft and not Apple?

Here is a class just for Apple Computer users. Learn how to perform some basic computer maintenance, and pick up some useful commands for your Apple. We will also talk about some of the programs that come standard on your Apple that you may not have known existed.

If you have a laptop, you can bring it to class. If you have an iMac, be prepared to take some notes. There will be handouts given at the class to help guide you in your new skills when you get home.

Date/Time: Three Fridays from 11:30 am to 12:30 pm starting Friday, September 30, 2016  
Cost: \$30  
Class Size: 4 min, 6 max  
Instructor: Rita Kuzmenko  
Location: Cantata Campus, Wye Valley, Activity Center  
Register by: Monday, September 26, 2016

# A is for Apple: iPad and iPhone Basics

Now that you own an iPad or iPhone, it's time to learn the basic functions like setting up your home screen, customizing your applications, backing up information, setting up email, and navigating the internet.

Please bring your iPad or iPhone (5 or newer) to each class session.

Date/Time: Six Fridays from 10-11 am starting Friday, September 16, 2016  
Cost: \$50  
Class Size: 5 min, 8 max  
Instructor: Rita Kuzmenko  
Location: Cantata Campus, Wye Valley, Activity Center  
Register by: Monday, September 12, 2016

# Android Tutorial: Getting to Know Your Android Tablet or Phone

Let us help you discover the multitude of uses your Android phone or tablet has. With a few simple touches you can access a realm of new applications and programs that improve your knowledge and comfort level when using your Android device.

Please bring your Android device with you to each class session. In order to take full advantage of your device's features, you must know your Google account email and password to sign in.

Date/Time: Two Fridays from 11:30 am to 12:30 pm starting Friday, September 16, 2016  
Cost: \$20  
Class Size: 4 min, 6 max  
Instructor: Rita Kuzmenko  
Location: Cantata Campus, Wye Valley, Activity Center  
Register by: Monday, September 12, 2016

## Register Online!

Enter promo code "bestlife2016" in the notes section for a chance to win \$50 Cantata Cash, which can be spent on any Cantata service!

## Facebook 55+



The number of people 55+ using Facebook has increased 79 percent in the last two years. You'll be surprised how many people you know who are using Facebook.

Learn how to create a Facebook profile, set and manage privacy settings, connect with other Facebook users and navigate pages. You will also learn how to send private messages to friends and save your favorite Facebook photos.

Please bring your own device to each session.

Date/Time: Two Tuesdays from 2:30-4 pm beginning  
September 27, 2016

Cost: \$25

Class Size: 4 min, 6 max

Instructor: Rita Kuzmenko

Location: Cantata Campus, Wye Valley, Activity Room

Register by: Thursday, September 22, 2016

## Word Document Writing

In this course, you will learn how to write letters and other documents in Word. You will learn some basic commands to quickly change the appearance, location, and colors of your text as well as how to undo a mistake you may have made.

You can apply most of what you learn in class to other document writing programs, including email.

You can bring your own laptop or use one of our desktop computers.

Date/Time: Two Tuesdays from 2:30 to 4 pm beginning  
October 11, 2016

Cost: \$25

Class Size: 4 min, 6 max

Instructor: Rita Kuzmenko

Location: Cantata Campus, Wye Valley, Activity Room

Register by: Thursday, October 6, 2016

# Tech Clinic: How'd You Do That?

Are there things you want to figure out about your phone, tablet, or laptop computer? Like getting the ring tone you want, sending texts, setting up email, etc.?

Each participant will be paired with a student from Riverside-Brookfield High School who will help their partner figure out just what they've been wanting to about their tech device. Be sure to bring devices with you to class.

Date/Time:	1st Class: Wednesday, September 28, 2016 from 4-5 pm 2nd Class: Wednesday, October 12, 2016 from 4-5 pm
Cost:	\$10 each class
Size:	8 min, 12 max
Instructors:	Riverside Brookfield High School students led by George Columbus & John Beasley
Location:	Cantata Campus, Wye Valley Apartments, Dining Room
Register by:	1st class: Friday, September 23, 2016 2nd class: Friday, October 7, 2016

## What excites you about getting older? What irks you?

For many of us, finding the answers to these questions helps bridge the gap between where we are and where we want to be. [Send us your thoughts](#) – and see how others have answered the question – at [www.CantataBestLife.org](http://www.CantataBestLife.org).

At the Cantata Best Life Foundation, we're working to build a world where each of us can live our Best Life ...

where age is an asset to communities

where we can work and play together across the generations

where passion, wisdom, and experience collide.





British Home Life Services Corporation  
8700 West 31st Street  
Brookfield, IL 60513-1097

**Life Enrichment**

**In-Home Services**

**Living Options**

**Health & Wellness**

(708) 485-1155

[www.cantata.org](http://www.cantata.org)