



Skyline Village Chicago Newsletter

March/April 2012

Skyline Village Serves You

We are a collaborative nonprofit community organization created and run by neighbors for neighbors to support one another and to enhance our quality of life in our neighborhoods: Streeterville, the Gold Coast, River North, and the New Eastside.

OUR MISSION is to enrich the lives of our members through unique cultural, educational and social activities designed to take advantage of the vast resources of our vibrant city. We initiate programs and provide access to community information our members have indicated they want and need to stay actively engaged and connected.

Welcome New Members

Marie Jose Baum
Beth Conaghan
Nancy Duerr
Sydney Feuchtwanger
Phyllis Greene
Judy Karlov
Maureen Mooney
Beth and Marvin Najberg
Ruth Robbins
Cindy Reis
Angela Kolettis

Streeterville
 Ravenswood
 Streeterville
 Streeterville
 Gold Coast
 Gold Coast
 Lakeview
 Gold Coast
 New East Side
 Gold Coast
 Gold Coast

We look forward to seeing you soon at one of our adventures, as a participant or as a leader!

Membership is only \$50 for individuals and \$75 for a household of two members. [Join Today](#)

For more information about SVC: [SVC website](#).

From SVC Board President

March began with two exciting events:

On Monday, March 5th, music filled the air in the gorgeous Dreihaus Museum as members of **Skyline Village Chicago**

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enjoyed the **Rembrandt Chamber Players'** performance of selections from Ravel, Debussy and Ravel. The evening began with our own guided tour of this magnificent mansion with its Tiffany Chandeliers in almost every room. At intermission we were treated to a private discussion with several of the musicians. The jam-packed evening was truly magical.

Hope you were able to join us for the stimulating program:
BRAIN GAIN OR DRAIN: DO WE HAVE CHOICES?



Bruce Corson, Dr. Sandra Wientraub, Phyllis Mitzen



A Capacity Audience

114 people attended the presentation on Wednesday, March 7th, in which **SVC** and **SOAR** partnered with our host, the Cognitive Neurology and Alzheimer's Disease Center (**CNADC**) of the Northwestern University Feinberg School of Medicine. A lively and informative Q & A followed in which Dr. Sandra Weintraub, nationally renowned expert in brain health and disease, provided us with insights into ways to keep our brains healthy and vital. Our thanks to Darby Morhardt for arranging for the wonderful speaker and venue.

My new favorite way to start the week is the the **SVC Walking**

Club that meets in the 900 N. Michigan mall **each Monday and Wednesday morning at 8 am.** We power walk while enjoying the window displays as the seasons change. But most importantly, we are getting to know one other as we exercise. Afterwards we chat over coffee at the King Café before leaving to start our daily activities and projects. What better way to start the day? Come join us, any Monday or Wednesday at 8 a.m. We start promptly.

We are very excited that one of our partners, **Mather LifeWays**, is investing in helping us upgrade our web site so that we will be able to showcase our events, take your reservations and find other ways to communicate with you as we continue to grow. **Please watch our website for new developments.**

Did you know that you can shop at Amazon on our website www.skylinevillagechicago.org? Please try it for your next Amazon order. **There is no additional cost to you and SVC benefits.**

Hoping to see you at one or more of our upcoming events (below). And...do come walk with us.

Phyllis Mitzen

President

Skyline Village Chicago

Events Committee

We offer opportunities to meet and share common interests. We're creating Programs, ongoing Groups and individual Events, all designed to engage and entertain. We encourage you to join us in the activities listed below and welcome suggestions for other things we might do. ([CONTACT US](#) on sidebar)

While many activities are free to everyone, fees are applicable for some programs. Some programs are only available to members and some activities are offered at a preferred fee to members.

Membership is a cost effective way to not only reduce your program costs but to help fund **SVC's** efforts to provide even more opportunities for entertainment, learning and socializing. If you are not yet a member of Skyline Village Chicago and wish to join, simply click on the words [MEMBERSHIP APPLICATION](#) on the side bar.

Enrollment Information for various events and programs are indicated below. As for transportation...let us know if you need a neighbor to help you get to an event, and we will do our best to assist you.

Register for SVC Events and Activities on Sidebar

Carol Ferstman

Events Committee Chair

Upcoming Events...April

FINE DINING AT KENDALL COLLEGE

TUESDAY, APRIL 24 at 6 p.m.

Experience Kendall College, a Certified Green Restaurant and extraordinary living classroom, where advanced students gain real-world experience. The restaurant has been recommended by both Zagat and the 2011 MICHELIN GUIDE. Under the supervision of Kendall's experienced faculty, you'll have the opportunity to taste the homework of chefs-in-training before they become famous! Please join us for an enjoyable conversation-friendly gastronomic experience, which, following the sumptuous dessert course, will include a guided tour of the school and the student-run kitchens.

The Chef is currently working on a seasonal *Fixe Prix* menu for our exclusive dining pleasure. What we do know is that our menu selections will include the choice of a beef or a fish entree with appropriate culinary accompaniments. **The cost will be \$40 per member (\$45 for non-members) including tax and gratuity. Alcoholic beverages are additional.**

Kendall College is located at **900 N. Branch Street** and has a large parking lot adjacent.

A **SVC E-blast invitation will be sent to you shortly** with the specific menu details and instructions for making your reservations.

SAVE THE DATE!

Looking Ahead

THE AFFORDABLE CARE ACT

On **May 8, 2012 from 6-8 p.m.**, as part of our mission to develop educational programs for our members, **Skyline Village Chicago** is partnering with **The Clare at Water Tower (55 East Pearson)** in hosting a presentation by a nonprofit organization, **AgeOptions, The Area Agency on Aging of Suburban Cook County**. In addition to the program, wine and appetizers will be served

Goal: To illuminate what you should know about the new Medicare Law and to identify resources to assist you to become your own best advocate! Bring your questions.

**Mark this important date on your calendar
Tuesday, May 8, 2012**

Ongoing Activities

SVC Walking Club

is held every Monday and Wednesday at the Bloomingdale's Building at 8 a.m. Meet in the street level lobby at the foot of the UP escalator, just behind the Information Desk. Experts say walking is all you really need to be fit. For fitness at your own pace, we have two groups, one that caters to the vigorous crowd and

includes stair climbing and one that walks on a flat surface. Please join us!

Classic Cinema Club

views and discusses a film from the Golden Days of Hollywood. Moderated by Bruce Lespinasse, a classic film cinephile who provides background and anecdotes and leads us in a spirited discussion over a light supper. **THIS SERIES IS FULLY SUBSCRIBED.** However, if Classic Films interest you, please let us know as we may be able to offer another series in the fall.

Asian Art

If you are interested in this genre, have pieces of Asian Art and/or would like to study with others to learn more, please contact us. We anticipate starting this group beginning in April. Your responses regarding areas of interest and expertise will help the direction and format of the group.

Games

Want to join in playing or perhaps learning one or more of the following games?

MahJongg, Canasta, Bridge, Poker, Scrabble.

Name your game(s) on the registration form, as well as your availability preferences in the comment section and we'll see what develops.

No charge to members. There will be a \$20 non-member annual fee.

SEE SIDEBAR TO REGISTER FOR ALL SVC GROUPS & EVENTS

News You Can Use

WOMEN'S HEART MATTERS

**All programs are free and held from noon to 1 p.m.
(Locations vary)**

Date: Tuesday, April 3, 2012

**Women's Heart Matters-Hypertrophic
Cardiomyopathy**

Speaker:Lubna Choudhury, MD

Date: Tuesday, April 10, 2012

Women's Heart Matters-Metabolic Boot Camp

Speaker:Patricia Vassallo, MD

The Health Learning Center and Bluhm Cardiovascular Institute of Northwestern Memorial Hospital are offering

this lecture series on cardiovascular disease in women. Cardiovascular disease is the number one cause of death in women, claiming the lives of approximately 500,000 women each year. The cornerstone of cardiovascular disease prevention is the promotion of a healthy lifestyle and the identification and reduction of cardiovascular risk factors.

To register, please call Health Resources at 312-926-8400 or register online classes.nmh.org/listing

THANK YOU FOR YOUR INTEREST IN SKYLINE VILLAGE CHICAGO

IF YOU HAVE ENJOYED OUR NEWSLETTER, PLEASE SHARE IT WITH A FRIEND (BELOW...FORWARD THIS EMAIL)

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