Fall might be my favorite time of year. Beautiful leaves, pumpkin farms, and the return to the school year routine. Fall is also a wonderful time to join us at Gorton! We hope to see you at our community-wide End of Summer Block Party and Outdoor Movie on September 15th, and throughout the fall at films, classes and events. Did you know Second City will be here in November? No drive to the city, no parking fees – just world-class entertainment right in your backyard. We also have a number of new classes on the calendar for fall including Mandarin Chinese and much more. Check us out and find your place at Gorton!

Warmly,  
Amy Wagliardo, Executive Director

FROM THE DIRECTOR

SPOTLIGHT ON... MOTHERS TRUST FOUNDATION

In 1998, a Lake Forest woman and former youth guidance counselor, Barbara Monsor, founded Mothers Trust Foundation at the young age of 75! Barbara developed a network to connect the specific need(s) of a single child in our local area with donors who wanted to make a difference. This network now consists of over 200 social service providers, school counselors, case managers, medical professionals, township offices, court workers, and other trained professionals who submit requests for assistance on behalf of the children/youths they serve.

One of the unique characteristics of Mothers Trust is the ability to provide critical funding almost immediately. Requests are reviewed by a group of dedicated volunteers on a weekly basis throughout the year. If the request for assistance is approved, funding is typically provided within 24-48 hours of approval. Anyone in the community wanting to learn more about Mothers Trust is encouraged to attend a request review meeting held each Wednesday morning at 9:30 a.m. at the Mothers Trust office, located in Gorton Community Center.

Mothers Trust Foundation is in its 20th year of providing funding to meet basic needs and necessities, educational expenses, extracurricular and leadership opportunities for low-income children and teens throughout Lake County. To date, MTF has impacted 35,000 youths in Lake County with grants totaling $2.7 million.

To celebrate this milestone, Heal Team 6 is hosting a “Casablanca” Gala to benefit Mothers Trust.

Join the fun at the Marriott Lincolnshire on Friday, September 28th for an evening of cocktails, dinner, music and casino games. For more information, visit www.motherstrustfoundation.org

DON’T MISS THESE EVENTS

SEPTEMBER 15: GORTON’S ANNUAL BLOCK PARTY AND MOVIE UNDER THE STARS

Join us at this FREE family event! Bring your blankets & lawn chairs and enjoy live music, open mic storytelling, face painting, food vendors and more! “How to Train Your Dragon” begins at sundown on a huge, outdoor movie screen. You won’t want to miss this lively annual event.

We Keep Life Moving

This event is produced by North Shore Gas

SEPTEMBER 24: RED CROSS BLOOD DRIVE

Come to Gorton and help save lives at the Red Cross Blood Drive. Bring a photo ID, your blood donor card, or two other forms of ID. You can save up to 15 minutes when you donate blood by using RapidPass! Visit redcrossblood.org/RapidPass for more information (note: RapidPass can only be completed on the day of your donation).

SEPTEMBER 25: DR. MARC WEISSBLUTH LECTURE

Join Dr. Marc Weissbluth, pediatrician and author of Healthy Sleep Habits, Happy Child, for a lecture on proper sleep and its crucial importance to healthy childhood development. Parents and their young ones (who may come for free with a paid adult ticket) are welcome to attend the lecture. A 30-minute general Q&A session with the doctor will occur after his lecture.

American Red Cross
DON'T MISS THESE EVENTS

SEPTEMBER 28 & 29:
GORTON’S ANNUAL 6th GRADE GROTTO DANCE
Tickets go on sale September 6th at 10am on Gorton’s website. Dances fill up so be sure to get a ticket for your 6th grader so they don’t miss this fun annual tradition! If you are a parent interested in chaperoning, please contact ann@gortoncenter.org. Dance runs both Friday and Saturday nights, September 28 & 29. 7:00 – 8:30 pm

OCTOBER 13: GRIFFIN HOUSE LIVE IN THE JOHN & NANCY HUGHES THEATER
A Nashville-based musician with a Midwestern upbringing, Griffin House spikes his pop/rock songwriting with a dose of rootsy, atmospheric Americana. This nationally renowned artist kicks off our live music concert series with top quality music you don’t have to go to the city to hear. Tickets on sale now at gortoncenter.org and are going fast! 8:00 PM

This event is produced by Kristin and Jamie Wildman and William Blair

OCTOBER 29: DUFFY HUDSON AS EDGAR ALLAN POE
Broadway and film veteran Duffy Hudson brings his talent and fascination for Edgar Allan Poe to life in this unique one-man play. Using a combination of biographical information and the dramatic interpretation of Poe’s literature, Hudson provides a unique, in-depth theatrical experience of the life and works of one of America’s best-known and enigmatic personalities. This FREE event is brought to Gorton Community Center in partnership with Lake Forest Library. 7:00 pm

NOVEMBER 3: TRUTH BE TOLD: A NIGHT OF PERSONAL STORYTELLING
Relax and enjoy a night of live, intimate, face-to-face storytelling by some of the best professionals in the country. Gorton is thrilled to continue this series right here in our community. Stories will make you laugh, cry and everything in between. 8:00 pm

NOVEMBER 10: THE BEST OF THE SECOND CITY
Mark your calendars and enjoy a night out, close to home, with Chicago’s favorite sketch, improv and comedy club. The Second City, which is considered one of the most influential and prolific comedy theatres in the world. The Second City continues to produce the premiere comic talent in the industry. Proceeds from ticket sales help underwrite Gorton programming. Reserved seating is selling fast. 7:30 pm
The event is produced by Pam and David Waud

DECEMBER 5: GORTON’S ANNUAL KIDS ONLY HOLIDAY SHOP
Don’t miss this opportunity for your kids, ages 4-10, to shop independently for something special for family and friends with one of Santa’s Helpers. All gifts are under $10 and Wonder Wrappers will be on-site to ready the gifts for under-the-tree! Our special shopping hour for children with sensory and special needs will run prior to the event from 2:00 - 3:00pm. $5 donation per family to enter. 3:00 – 6:00 pm

DECEMBER 14: CHARLIE BROWN CHRISTMAS CONCERT
Join Chris White and his trio for a Charlie Brown Jazz Christmas Concert in the intimate Stuart Room. Come listen to the holiday music of Vince Guaraldi, better known as “the Peanuts composer”, at Gorton. The Chris White Trio will tickle the ivories and delight the senses as they entertain everyone right into the holiday mood with these well-known favorites. Don’t miss this special evening out on the town with no holiday stress attached! Chris White is a talented musician originally from Toronto, Canada, and now a highly sought after artist in the Chicago and greater Midwest region, regularly performing at jazz hubs like The Green Mill, The Jazz Showcase, Andy’s, the House of Blues and more. A doctoral graduate of the University of Illinois at Urbana-Champaign, he is currently instructor of jazz piano and theory at Lake Forest College, North Park University and North Central College. 7:00 pm

DECEMBER 16: GINGERBREAD HOUSE DECORATING EVENT
Bring the family, celebrate the magic of the season and decorate a yummy gingerbread house for the holidays. Get in the holiday spirit and spend quality family time while designing your edible masterpiece, sipping hot chocolate and listening to lively sounds of the season. Pre-registration required. 1:00 -3:00 pm
Gorton’s 2018 Greater Good Project has teamed up with Kellogg School’s Center for Nonprofit Management at Northwestern University to present a series of workshops focusing on “Leading Through Communication.” The Greater Good Project, launched in 2016 and funded by The Grainger Foundation, was created to support the growth and professional development of the Lake County Non-Profit ecosystem. The intention is to nurture and expand these organizations through relevant speaker series, workshops, and individual professional coaching and networking events.

September 10th – 13th: Public Speaking Workshop
Understand the key components of effective public speaking in addition to communicating your message in a clear and concise way. The sessions will utilize a videographer to film short speeches by each participant and the small groups will be able to watch the videos and receive feedback on ways to improve.

October 17th: Strategic Social Media Management Workshop
The current internet landscape brings nonprofit leaders new tools to build both awareness and a new stakeholder base for their organizations. But, exactly how do these tools fit into the overall marketing and development strategy? What tools make sense for what audiences? This session will help leaders understand some of the trends in social media and how they can apply them in their own organizations. 8:30am-2:30pm

Meet Trish Burns, an infant/toddler teacher at The Children’s Drop-In Learning Center. Trish is a lifelong Lake Forest/Lake Bluff resident and loves working at Gorton where she has been a part of the DILC family for 3 years. She is a fun-loving, energetic and child-focused early education professional who was also a nanny in the area for many years. She fulfilled her teacher credentials at CLC and spent 13 years at Joy Time Preschool in Lake Forest. Trish and her husband, Tim, are proud parents of McKenna, a student at Lake Forest High School. She loves her mac and cheese. When not teaching, Trish loves to take long walks and read. Her favorite book: The Harry Potter Series!

The Gorton Producer Program is now underway! Gorton is excited to launch a new way to sponsor concerts, films and events. You or your company can become a Gorton Producer by financially supporting programs meaningful to you or your business, events that bring the community together or causes that are important to you. Gorton events engage audiences of all ages in many categories, and now our community’s financial support can directly help sustain these programs into the future. The Gorton Producer Program is off to a strong start with corporate and individual producers of events this fall – be sure to check them out! Let’s work together to find a Gorton Producer opportunity for you! Contact Catherine Yehle at catherine@gortoncenter.org for more details.
If you have been to any event, movie, or class at Gorton in the past four years you most likely have seen Dale Jessen. You might not recognize him, though, as there is normally a camera glued to his trained eyes. He always captures the essence of Gorton and brings it to life through his photos.

Dale has been an amateur photographer most of his life. About 4 years ago, while at Gorton for an event, he spoke with Brenda Dick (former Executive Director) and asked if Gorton could use someone to photograph activities and events that were happening. Since then, he hasn’t stopped!

Dale states it is one of the most rewarding things he does. He loves being able to capture so many of the incredible activities and events that are hosted at the community center. He sees firsthand how Gorton events affect so many children, teenagers, adults and families in the community. He is also amazed by all that goes on behind the scenes with the talented and dedicated Gorton staff and other community supporters. He feels very proud to be able to contribute to the success of Gorton.

When asked if he has a favorite event to photograph, without hesitation he states it is the Kids Only Holiday Shop. He loves watching the kids decide on holiday gifts for members of their family. The kids love being empowered to make their own decisions on what to give and they give it a lot of thought. He can only imagine how proud the children feel when they give the gifts that they purchased “all by themselves.” Next time you are at Gorton – look around – you might just see the camera lens pointed your way. Thank you, Dale, for all you do!

A ROOM FOR YOU

The Nagel Family Room is Gorton’s own “Living Room”. With its sofa, plush arm chairs, and glass coffee and side tables, the cozy room is perfect for small receptions, meetings and luncheons. It also has a banquette with small marble tables that can be pushed together for board room seating for 12. Double doors connect the Nagel Room to the Stuart Community Room and foyer for larger events. The room is adjacent to the Kitchen, and also has a private entrance to the terrace patio. Consider the Nagel Room when planning your next event!

YOUTH CLASSES

15 MINUTE HAIR STYLES
Sunday, September 9, 2:00-4:00 pm Fee: $35
Ages: 7th and 8th Graders
Everyone’s hair is different, so why style it the same? Join Judith Villegas with Judith's Hair Studio and learn what products and tools work best for your specific hair type. The best part? Judith will teach you how to look your personal best in only 15 minutes!

ACTIVE IMPROV JR. SHOWCASE
Thursdays, September 6 - October 25, 5:30-7:30 pm Fee: $250
Ages: 10-14
Improv teaches creativity, communication skills, and leadership. Join your fellow teammates as Active Improv’s Ben and David take you on an eight week improv training course, culminating in a live showcase in the John & Nancy Hughes Theater.

ADVANCED FASHION SEWING TECHNIQUES WITH CIAO BELLA SEWING
Thursdays, September 6 - October 25, 5:00-6:00 pm Fee: $190
Ages: 10-13
During this 8 week class, Taylor Ioannou, owner of Ciao Bella Sewing, will teach students the ins and outs of patterns and advanced sewing. Students will have the choice of making two different projects. This class is for students who have knowledge using the sewing machine & have taken Fashion Sewing Techniques 1. Sewing supplies including fabric, thread, needles, and pins will be provided.

ADVANCED HOLIDAY SEWING - WITH CIAO BELLA SEWING
Thursdays, November 29, December 6 & December 13 5:00-6:00 pm Fee: $85
Age: 10-13
Make a special holiday present for family members, friends, or yourself during this three-week sewing workshop with Taylor Ioannou, owner of Ciao Bella Sewing. Students will choose between two different holiday themed projects. This class is for students who have knowledge using the sewing machine and have taken Fashion Sewing Techniques 1. Sewing supplies, including fabric, thread, needles, and pins will be provided. Students may choose to purchase additional specialty items on their own.

AMAZING MINDS AFTER SCHOOL MONDAYS
Mondays, September 10 - November 19, 2:00-3:00 pm Fee: $250
Ages: 5-8
Calling all Kindergarten, first and second graders! Mondays are the perfect day to expand your world following early release from school! Come to Amazing Minds at Gorton to explore the land down under, the inner working of a tornado, or measure footprints of a kangaroo. Fall curriculum includes exposure to geography, language, culture and environment through science, math and art projects.
Sundays, October 7, 14, 21 & 28, 2:30-4:00 pm, Fee: $240
GIRL POWER! NUTRITION AND YOGA FOR TEENS
on their own.
Students may choose to purchase additional specialty items including fabric, thread, needles, and pins will be provided. Students may choose to purchase additional specialty items on their own.

FASHION SEWING TECHNIQUES FOR BEGINNERS WITH CIAO BELLA SEWING
Thursdays, September 6 - October 25, 4:00-5:00 pm
Fee: $170
Ages: 8-10
During this 8-week class, Taylor Ioannou, owner of Ciao Bella Sewing, will combine the basic techniques of hand sewing and machine sewing. You will learn basic stitch techniques by hand and learn how to use the sewing machine. By the end of the class, you will have completed at least two different projects, one sewing project by hand and one by machine. Sewing supplies, including fabric, thread, needles and pins will be provided. Students may choose to purchase additional specialty items on their own.

FENCING – WITH MIDWEST FENCING CLUB
Mondays, August 27 – October 8 (No Class 9/3), 5:00-6:00 pm
Fee: $216
Ages: 7-14
The Olympic sport of fencing demands quick thinking, agility, poise and speed. Fencing also develops discipline, respect, maturity and good sportsmanship, qualities that carry through to our everyday life. This class is for those new to fencing or those who would like to work on the basic fencing skills.

HOLIDAY SEWING - WITH CIAO BELLA SEWING
Thursdays, November 29, December 6 & December 13, 4:00-5:00 pm
Fee: $70
Ages: 8-10
Make a special holiday present for a family member, friend, or yourself during this three week sewing workshop with Taylor Ioannou, owner of Ciao Bella Sewing. Students will choose from two different holiday themed projects. This class is for students who have knowledge using the sewing machine and have taken Fashion Sewing Techniques 1. Sewing supplies, including fabric, thread, needles and pins will be provided. Students may choose to purchase additional specialty items on their own.

MOMMY AND ME SEWING – WITH CIAO BELLA SEWING
Sundays, September 16 & 23, 2:00- 4:00 pm     Fee: $140/$70ea
Ages: 7-10
Sew matching skirts and match your Mom, Grandma or Aunt! Join Taylor Ioannou, owner of Ciao Bella Sewing, for this fun two day workshop. This is a great way to learn about the sewing machine and have some fun. Everyone loves to match! Sewing supplies, including fabric, thread, needles and pins will be provided. Students may choose to purchase additional specialty items on their own.

PLAY ON! – WITH NICKY PITMAN
Tuesdays, September 11 - October 30, 5:00- 6:15 pm
Fee: $200
Ages: 4th and 5th Grade Only
This eight week class (plus one evening final performance) will give students the opportunity to create an original play performance. Fifth and sixth graders will create and participate in building a tailor made original play. Mix a little improvisation, with a dash of writing, a pinch of workshopping, a small heaping of rehearsals and you’ve got yourself a one of a kind- wouldn’t want to miss out on-performance!
ROBOTHINK AFTER SCHOOL CLUB – LEVEL 1 ROBOTICS
Thursdays, September 13 – November 1, 4:00 – 5:30 pm
Ages: 5-12  Fee: $200
Learning doesn't stop after 3pm! In the RoboThink After School Club, members get to work on a unique robotics project and learn new concepts every week. Each session, students are introduced to engineering concepts through our trained instructors and STEM workbooks. Students are in turn asked to apply these concepts to solve challenges, provide solutions to problems and build creative robots. No prior experience is required.

STAND-UP COMEDY FOR KIDS – WITH IMPROV PLAYHOUSE
Thursdays, September 13 – October 18, 4:00 – 5:00 pm
Ages: 5th – 7th Graders  Fee: $250
Stand-up Comedy for Kids with Improv Playhouse will help you develop the skills necessary to create a routine and successful style to perform in front of your family and friends! Coached by young pros in the ‘biz’ who “get kids”, we will guide you to create a balanced set of humorous stories, jokes and one-liners into your own customized act. Developing the confidence to perform in front of a crowd that wants to laugh takes a lot of courage. We’ll get you there.

SUPER SOCCER STARS
Fridays, September 7 – December 21  Fee: $250
12-24 Months, 9:00 – 9:40am; 2-3 Year Olds, 3:30 – 4:10pm; 3-4 Year Olds, 4:15 – 5:00pm
Come kick it with Super Soccer Stars! It is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, build self-confidence and develop teamwork in every class.

SYLVAN: ACT Prep
Sundays, Aug 19 – Oct 21, 10am – 2pm  Fee: $995
The path to college success starts here! Our prep programs lead to higher ACT scores, standout application essays, and the math, reading, writing and study skills to take on advanced courses with confidence.

SYLVAN: SAT Prep
Sundays, Sept 9 – Oct 28, 10am – 2pm  Fee: $995
What makes Sylvan’s SAT test prep program unique? We use a proven combination of small-group instruction, independent learning, online resources and SAT practice tests. This cohesive approach ensures that teens learn the strategies for tackling each type of exam question (including the written portion of the SAT).

SIGN-UP FOR OUR MINI-CAMPS OFFERED ON "NO SCHOOL" DAYS
OCTOBER 8, 26, NOVEMBER 2
KIDS COOKING DAY MINI CAMP - WITH KRISTIN RYAN
October 8, 26 & November 2, 9:00-12:00pm
Ages: 8-10  Fee: $75 Per Class
October 8: Ciao! Italian
Come stir up a delicious Italian meal for your mom and dad with yummy homemade calzone, burrata salad and panna cotta!

October 26: Stay Well with a Delicious Meal
Keep mom and dad healthy by learning to make Better Than Medicine Chicken Noodle Soup, cheese gourges and homemade chocolate chip cookies.

November 2: Mexican Fiesta Diner
Fiesta time! Come learn how to make homemade chicken enchiladas, deluxe nachos and tres leches cake!

ROBOTHINK DC MOTOR WORKSHOP
Dates: October 8, 26 & November 2, 1:00-4:00pm
Ages: 5-12  Fee: $35 Per Workshop
Students build robots that use a DC motor. Students are introduced to how a DC motor works and build and modify moving robots. Learn the fundamentals of how an electric motor works by building an electric robot model such as a two wheeled car in this fun and exciting workshop! No prior experience required. Our lesson plans are built around RoboThink's proprietary kits, plans and STEM curriculum, designed by teachers and engineers. The activities are interactive, hands-on and engaging to promote learning in a fun way!

WIGGLE WORMS
Gorton has partnered with Old Town School of Folk Music and is excited to offer their celebrated early childhood music program, Wiggleworms, which welcomes young children and their families to a magical, musical world! Please check the Gorton website for class dates and times.

BALLROOM DANCING WITH ARTHUR MURRAY DANCE CENTER
Check website for details.

GUITAR LESSONS
Check website for details.

PASTA REGISTRATION FOR SPRING CLASSES
Begins MONDAY, DECEMBER 3 at 10:00am!

ADULT SEWING BASICS - WITH CIAO BELLA SEWING
Thursdays, September 6, 13 & 20, 9:30-11:30 am  Fee: $170
Ever wanted to know the basics of sewing to help your family survive everyday wear and tear? Taylor Ioannou, owner of Ciao Bella Sewing, will teach you how to mend holes, zippers, hem pants, and so much more! In this class we will cover hand sewing and machine sewing, perfect for adults looking to learn the basics of sewing and apply their skills to everyday life. Sewing supplies, including sewing machines, fabric, thread, needles and pins will be provided. Students may choose to purchase additional specialty items on their own. New and returning students welcome!
ADULT CLASSES CONT.

ADULT SEWING CLASS (MAKE A FLEECE VEST, APRON OR PILLOW CASE) - WITH CIAO BELLA SEWING

Thursdays, October 4 - November 15
9:30-11:30 am Fee: $280
Dive into the world of sewing! During this 6 week class, students will choose to make one of three projects: fleece vest, apron or two envelope style pillow cases. Students will learn the basics of the sewing machine and gain a better understanding of patterns and production. This is a class that focuses primarily on the sewing machine. Sewing supplies, including sewing machines, fabric, thread, needles, and pins will be provided. Students may choose to purchase additional specialty items on their own. ‘New and returning students welcome!’

ANIMAL COMMUNICATION - WITH LINDA ROBERTS

Monday, September 17, 7:00-8:00 pm Fee: $35
What does your animal want you to know? Spend an evening with animal communicator, Linda Roberts, as she shares messages and insights from your animals, living or deceased.

BABY MASSAGE - WITH MISS ANGELA

Tuesdays, September 4, 11 & 18, 11:00-12:00 pm
Ages: Newborn to 13 months Fee: $35 per class
Join Angela Marcotte, a certified instructor through Infant Massage USA and a baby physical therapist, as she teaches you the technique of infant massage. The first class will be an introductory class where we review strokes, principles of touch, and benefits of baby massage. On the 11th Angela will have a specialist available to speak about yoga, women’s health, and mental health (for example postpartum depression). The third class will review all strokes, and Angela will be available to consult with all parents should they have any questions about their baby’s development or movement.

REFRESHER BRIDGE

Mondays, September 10 - October 15
10:00-12:00 pm Fee: $180
Different topics covered each week. Play 8 hands, materials included. If you have been playing bridge for a while, now is the time to expand key concepts as well as review and strengthen your basic knowledge. Come with your partner, or come as a single – all players are welcome.

2/1 GAME FORCE BRIDGE LESSONS

Tuesdays, Oct 2, 9 & 16
10:00-12:00 pm Fee: $30 Per Session
Your friends are all playing 2/1 and your opponents are, too. Use this 3-lesson series to learn the basics or even fine tune what you think you know and practice with instruction. Audrey Grant/Rodwell’s 2/1 books will be available for sale for $20 for anyone who wants to purchase one (optional, not required).

CAMERA PHONE PHOTOGRAPHY

Saturday, November 3, 10:00-11:00 am Fee: $30
Now more than ever, the smart phone camera is a convenient high quality lens used to easily take and edit terrific photos, plus seamlessly print or publish digitally. Led by Kerri Sherman, owner of Bloom & Focus- this fun class will be a game changer in enhancing your everyday phone camera images.

CANINE SOCIAL SKILLS WITH DEANA NOONAN

Wednesdays, September 5 - October 10
11:00-12:00 pm Fee: $160
Have a new puppy or older dog that needs a little socialization and training? Bring your dog for social skills and training at Gorton. This class is for dogs 5 months of age and older. Lesson plans include loose leash walking, sit, down, come, stay, leave it vs. drop it. Owners and dog will learn how to apply these basic skills to everyday situations. Hot topics will include: jumping, mouthing, lack of focus and more!

CONSCIOUS PARENTING BOOK CLUB

Mondays, October 15, 22 & 29, 9:00-11:00 am Fee: $125
Join Lauren Bondy for this one-of-a-kind book group that combines discussion and thought-provoking exercises designed to promote self-exploration and growth. Gain insight into why your children “trigger” you and what you can do about it. As co-founder of Parenting Perspectives, Lauren has taught parenting workshops and classes to over 14,000 parents. She is a keynote speaker, repeated radio guest and has appeared on ABC-7’s “Connect with Kids.”

COOKING AT FROGGYS

Wednesdays, September 19, October 17 & November 14
6:00 pm Fee: $65 Per Class
Come learn from the fabulous chef, Chef Thierry Lefeuvre, at Froggy’s French Café. The cooking classes will take place at Froggy’s in Highwood where Chef Lefeuvre will teach you the techniques and you will enjoy fantastic feast! Enjoy the following themed meals: September 19th Cooking with Herbs, October 17th Cooking with Mushrooms, and November 14th Thanksgiving Side Dishes.

KNIT TOGETHER AT GORTON (OPEN KNITTING)

Tuesdays, November 6, 13, 27 & December 4
9:00-11:00 am Fee: $80 or $20 per class
Bring your current knitting project OR join us in a group Knit-A-Long as Gretchen provides project guidance, technique assistance, help fixing mistakes, weekly tips & tricks, and more! Each session will have a ‘tip of the week’ with plenty of time for knitting and socializing. Nothing beats the joy of finally getting to the end of a knitting project…let the fun begin!
LEARN REIKI: A HOLISTIC TREATMENT FOR WELLNESS
Monday, September 24, 7:00-8:00 pm  Fee: $30
Reiki is beneficial for relieving stress, inducing relaxation, releasing emotional blockages, and accelerating natural healing while balancing the body, mind, and spirit. It is complementary and supportive of traditional therapies, as well as utilized in hospitals and hospices.

NIA - WITH HANNAH JUDY GRETZ
Fridays, November 2 – December 14 (No Class 11/23)
10:00-11:00 am  Fee: $15/Class or $80 for 6 Class Package
NIA is a full body workout that promotes agility, flexibility, stability and strength. Combining movements and concepts from healing arts, dance arts and martial arts, NIA offers traditional fitness benefits, cognitive growth and the fun of moving (without judgement) to great music!

PALETTE AND POURS – WITH DEER PATH ART LEAGUE
Fridays, September 7, October 5, November 2 & December 7
7:00-9:00 pm  Fee: $50 per class
Grab a friend and join other adults of differing talents for a fun evening of wine and painting. Sandie Bacon and Lezlie Lenz will be teaching this inspiring yet relaxing class at the Deer Path Art League which is housed on the upper floor of the Gorton Community Center. No matter what your talent level, you will have an enjoyable experience and a beautiful new piece of original artwork! Session themes include September 7th: Van Gogh Flowers, October 5th: Autumn Abundance, November 2nd: Rousseau Jungle, December 7th: Lake Forest/Lake Bluff Winter Scene.

PERSONAL GROWTH IN CINEMA
Thursdays, November 8, 15, 29 & December 6
7:00-8:30 pm  Fee: $35 per class
Led by Victor Aronovich, DePaul University professor, award-winning filmmaker and author, this class will examine how cinema has always been fascinated by personal growth themes. From Ben Hur (1925) to Manchester by the Sea (2016) films have been incorporating the subjects of self-improvement in their storylines. Each week audiences will watch numerous scenes from Oscar-Winning films.

PHOTOBOOK CLASS
Tuesday/Thursday, September 11 & 13
10:00-11:00 am  Fee: $70
Do you have a collection of photos piling up from previous years and don’t know what to do with them? Bring your photos (on laptop, smartphone or tablet) and create a photobook to last a lifetime! The first day of class we will upload the photos to software and train you on how to use it. The second day we will create your masterpiece photo book! Don’t let the fall go by before you memorialize your summer memories.

POWER MEDITATION
Mondays, September 10 - October 8
9:30-10:30 am  Fee: $100
Increase your happiness! Reduce stress! Boost your immune system! Enhance your self-esteem! Even shed unwanted weight! Hundreds of studies have shown that there are countless benefits to meditation and concentrated breathwork from which one can benefit in just a few short weeks. In this class you will learn several very simple breathing techniques which you can incorporate into a straightforward form of extremely easy-to-learn meditation. With the pledge to yourself of only 15 minutes each day to practice this gratifying process, you will find that this can be a fun and joyful commitment that will give new meaning to your well-being.

PROJECT SELFY WELLNESS SERIES
TAKING A SELFY FROM THE INSIDE!
OH MY ACHING...HOW TO LIVE A PAIN-FREE LIFE WITH A DRUGLESS APPROACH
Tuesday, September 18, 6:00-7:00 pm  Fee: $15
100 million people have chronic pain and there is an opioid addiction problem in our country. The number of deaths from these deadly choices are skyrocketing. Pain leads to inflammation. Regardless of your BMI, inflammation is that small burn that initiates chronic disease and pain. In fact, inflammation is the number one cause of heart disease, which is the #1 killer that exists today! Why would you want to cover it up instead of treating the cause and having it gone for good? Join Julie McLaughlin for this lecture.

TOP 10 LAB TESTS TO HELP PREDICT CHRONIC DISEASE AND WHAT TO DO ABOUT IT
Tuesday, October 16, 6:00-7:00 pm  Fee: $15
Almost half of all adults living in the US have one or more chronic health conditions. What if you could reverse and even prevent those chronic diseases? If want to you learn your risks, the steps to take to prevent or delay the disease from progressing, this talk is for you. Dr. Julie McLaughlin of McLaughlin Care will review the most important lab tests - what they mean and how to change the outcome without the use of drugs or surgery.

AUTOIMMUNE- ARE YOU UNDER ATTACK?
Tuesday, November 13, 6:00-7:00pm  Fee: $15
Autoimmune diseases show up in different shapes and forms, each affecting different organs and bodily systems. Come and learn some of things you can do to change the outcome of the progression of these sneaky conditions. Dr. Julie McLaughlin of McLaughlin Care will teach you about the different conditions, potential causes and the things you can do to turn off their progress.

EVERYTHING YOU EVER WANTED TO KNOW ABOUT SLEEP BUT YOU WERE TOO TIRED TO ASK
Tuesday, December 11, 6:00-7:00 pm  Fee: $15
Do you want to be less stressed, happier, have a better relationship with yourself and others, and have a deeper sense of well-being? Sleep is the answer - find out how! If you struggle with falling asleep, staying asleep or just not having enough time for sleep, this class is for you. Dr. Julie McLaughlin of McLaughlin Care will give you tricks and to have sweet dreams, and better health without counting sheep.
ADULT CLASSES CONT.

TAI CHI – WITH KEN NING
Saturdays, September 8 - October 27
11:00-12:00 pm Fee: $15 Per Class, Walk-Ins Welcome!
Come enjoy Tai Chi training with Ken Ning, the martial art that emphasizes the weight transfer to improve balance and body awareness. Tai Chi is relaxed, slow, graceful and precise body movements can enhance the strength of body and clarity of mind.

TALKING ON THE GO! HOW TO ENHANCE SPEECH & LANGUAGE DEVELOPMENT IN CHILDREN BIRTH TO THREE
Thursday, September 13, 9:30am – 11:00am Fee: $15
Join Lake Forest & Smalltalk Speech Pathology’s Jean Meyer M.S., CCC-SLP as she heads a lively discussion on how to enhance speech and language development in children birth to three years old.

GORTON’S EMPTY NESTER SERIES
Continue to learn and grow with the Empty Nesters series, targeting those in that transitional time of life between parenting and retirement. Topics range from mindfulness, housing, and finance to healthcare—all to help you live your best life. This series is FREE but pre-registration is required. This series is being co-presented by Dickinson Hall and Home Instead Senior Care.

SEPTEMBER 12: EMPTY NESTER SERIES-MINDFULNESS
We are all given the same 24 hours each day. Choose to spend them developing a sense of balance, sanity, wisdom and harmony by practicing mindfulness. Participants will learn innovative ways to be and remain in the present moment. Carrol Stovold has 30 years of experience as a medical social worker and case manager at Northwestern Lake Forest Hospital, specializes in Reiki, and is the owner of A Peaceful Heart in Lake Bluff. 6:00 pm

OCTOBER 17: NAVIGATING MEDICARE WITH ANGELA GAMBINO
Medicare re-enrollment is from October 15th to December 7th—bring your questions and paperwork! Angela will answer any and all medicare re-enrollment related questions! Two lectures, 10:00 am and 6:00 pm

NOVEMBER 14: EMPTY NESTER SERIES-HOUSING OPTIONS AS YOU AGE
Join Julie Gange and Lynn Johnson as they take you through this new-to-navigate territory. Join us for this interactive panel to learn about the variety of housing options available as we age; from aging in place at home through to the continuum of senior living communities. Discuss the variety of living options and levels of care that are available within our community and the surrounding area. Two lectures: 10:00 am and 7:00 pm

GORTON’S PARENTING SERIES
As you navigate the most important job of your life, lean on Gorton’s parenting series for the most relevant and up to date expertise on raising your children from birth through adolescence. Covering a wide range of topics over the course of a year, hear expert panelists discuss everything from brain development in the young child, to internet safety, managing your child’s learning and beyond. This series is FREE but pre-registration is required. This series is being co-presented with Montessori School of Lake Forest.

SEPT 19: INTERNET SAFETY WITH LT. BEN GRUM
Learn how to keep your children safe in today’s pervasive cyber world with LFPD officer Lieutenant Ben Grum. This workshop will address important facts you need to know and strategies to employ around internet usage and safety. 6:30 pm

OCTOBER 24: WHOLE BRAIN DEVELOPMENT IN THE YOUNG CHILD AND ADOLESCENT
A parent primer: this workshop will cover all elements of child brain development and ways to encourage intellectual, social, emotional and physical growth. 6:30 pm

Watch for more dates/topics to come in this year-long series!

GREAT LAKES, GREAT ISSUES SERIES
Co-presented with Lake Forest Open Lands Association
This series is offered FREE OF CHARGE thanks to funding support from the Illinois DNR’s Coastal Management Program.

SEPTEMBER 12: THE PERILS OF PLASTIC 7pm

OCTOBER 10: TOXIC PUZZLE: OUR HEALTH AND THE HEALTH OF THE GREAT LAKES (film & lecture) 7pm

NOVEMBER 15: DYNAMIC SHORE: WATER, WAVES, AND COASTAL CHANGE 7pm
ONGOING CLASSES

PASTA
All fall classes sold out in a record 2 hours! Don’t miss their performances:

Tale of Peter Rabbit
Tuesday October 23 at 7:00 pm in the Grotto

Legend of Sleepy Hollow (musical)
Friday, October 26 at 7:00 pm, Saturday, October 27 at 1:00 pm, and Sunday October 28 at 1:00 pm in the John & Nancy Hughes Theater

Puss n Boots
Saturday, November 17 at 1:00 pm in the John & Nancy Hughes Theater

Mark your calendars now!
Registration for winter 2019 begins MONDAY, DECEMBER 3 at 10:00am!

VIOLIN / VIOLA LESSONS
Join Donna Curry to begin or continue the journey of learning to play the violin. Suzuki lessons: All ages & Classical Violin lessons: Beginners to Adults. Call 847-721-1860 or email at donnac56787@me.com

PIANO LESSONS
Join Randall Manges to make beautiful music on the piano. Email mangesx4@aol.com

DEER PATH ART LEAGUE
located on the 2nd floor of Gorton Community Center

Deer Path Art League 64th Annual Art Fair on the Square
Labor Day Weekend, September 2 & 3, 10:00 am-5:00 pm
Market Square, Lake Forest
Free Admission, Open to the Public

Fall Art Classes begin the week of September 10th in the Art League Classrooms, Second Floor, Gorton Community Center

After School Art Club on Monday and Wednesday Afternoons 3:45 - 5:15 pm

Palette & Pours is the First Friday of every month: Friday, September 7, October 5, November 2, December 7

CENTERSTAGE
Much Ado About Nothing by William Shakespeare (abridged version), directed by Barbara Anderson
Saturday and Sunday, September 1 & 2, 8 & 9 FREE
Lake Bluff Village Green 4:00pm

Kiss My Act Benefit October 27
A night of friends, food, fun & great entertainment.
Visit centerstagelakeforest.org or call 847-234-6062 for a complete schedule, to sign-up, register or receive more info.

LAKE FOREST CIVIC ORCHESTRA
Lake Forest Civic Orchestra is thrilled to bring two outstanding performances to Gorton Community Center this fall.

All The World’s A Stage featuring works from favorite operas and ballets including The Marriage of Figaro and Carmen.
Sunday, October 14, 4:00 pm
Christopher Ramaekers, Co-Music Director
Soloist, Rachel Wood performing arias from best loved operas

Salute to Veterans with Color Guard: Remembering the 100th anniversary ending the “Great War” and celebrating the 200th anniversary of Illinois statehood.
Sunday, November 11, 4:00 pm
Robert Nordling, Co-Music Director
Soloist, Erika Morrison, soprano singing a salute to the armed forces and narrator, Larry Garner, reading words of Abraham Lincoln in Copland’s “Lincoln Portrait.” Including also Vaughn Williams’ Symphony No 3
All military personnel are invited to join for Veteran’s Day performance. As always tickets are free to any military personnel and their families. This is a celebration of our veterans.

LOMASTRO – SATELLITE STUDIO AT GORTON COMMUNITY CENTER
Join LoMastro this fall in their Rhythm Works Integrative Dance for Children with learning differences and special needs. Classes are offered on Saturday mornings.
Rhythm Works Integrative Dance is a ground-breaking rhythm and dance class that uses evidence-based therapeutic practices to achieve developmental goals. To our students, it’s a fun and exciting activity that provides participation and socialization opportunities. Behind the scenes, our teachers work together with developmental teams to incorporate elements and strategies that best support your dancer’s needs and learning style.
Class schedule: https://www.lomastro.com/rhythm-works

Special needs include but are not limited to: Autism Spectrum Disorders, Deaf/Hearing Impaired, Developmental Disabilities, Down Syndrome, Speech Disorders, Sensory Integration Disorders.
## FILMS

<table>
<thead>
<tr>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
<th>DECEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 - Citadel Theatre Series: <strong>The Godfather</strong> 2pm</td>
<td>4 - First Thursday Film Series: <strong>Love, Gilda</strong> 7pm</td>
<td>1 - First Thursday Film Series: <strong>TBA</strong> 7pm</td>
<td>6 - First Thursday Film Series: <strong>Sundance Shorts Tour</strong> 7pm</td>
</tr>
<tr>
<td>15 - Block Party and Outdoor film: <strong>How to Train Your Dragon, FREE</strong> Dusk</td>
<td>10 - Great Lakes, Great Issues Series: <strong>Toxic Puzzle</strong> 7pm</td>
<td>4 - <strong>Chicago International Children's Film Festival</strong> 10am-5pm</td>
<td>13 - Citadel Theatre Series: <strong>Phantom of the Opera</strong> 7pm</td>
</tr>
<tr>
<td>23 - The Film Series at Gorton: <strong>Casablanca</strong> 7pm</td>
<td>19 - Kartemquin Presents: <strong>Minding the Gap</strong> 7pm</td>
<td>6 - Community Film Forum: <strong>Finding Kind</strong> 7pm</td>
<td>21 - FA LA LA FILM FEST: <strong>It's a Wonderful Life</strong> 7pm</td>
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<tr>
<td>26 - The Film Series at Gorton: <strong>Bad Reputation</strong> 7pm</td>
<td>21 - Lake Forest Reads Ragdale Film: <strong>Christina’s World</strong>, <strong>FREE</strong> 7pm</td>
<td>16 - <strong>Kartemquin Presents Series: TBA</strong> 7pm</td>
<td>28 - FA LA LA FILM FEST: <strong>Casino Royale</strong> 7pm</td>
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**AROUND TOWN**

- **Sept 7** Great Courses Lecture Series: "The Boston Massacre Trials"  
  Dickinson Hall
- **Sept 8** Elawa's Harvest Dinner  
  Elawa Farm
- **Sept 8** 2nd Annual St. Mary's Block Party  
  St. Mary's Parking Lot
- **Sept 18** Mah Jongg Tournament  
  Dickinson Hall
- **Sept 19** Women of World War II: On the Front Lines & the Home Front  
  Lake Forest Library
- **Sept 22** Lake Bluff Brewing Co. Oktoberfest
- **Sept 23** Annual Architectural House & Garden Tour  
  Lake Forest Preservation Foundation
- **Sept 25** Voters’ Registration Day  
  Dickinson Hall
- **Sept 28** Kick Start Your Job Search – Create a Plan to Land Your Next Opportunity! Presented by Kristina Philips & Kelly Clark of Career Resource Center  
  Lake Forest Library
- **Sept 29-30** Family Fun Camp Out on the Beach  
  Lake Forest Parks and Rec, Forest Park Beach
- **Sept 30** Bagpipes and Bonfire  
  Elawa Farm
- **Oct 3** Ghost stories around the world  
  The Lake Forest Library
- **Oct 6** A Safe Place Presents Unmask the Violence 40th Anniversary Gala  
  Marriott Lincolnshire
- **Oct 7** Lake Bluff Rib Fest
- **Oct 9** Stand Up Comedian Taylor Tomlinson  
  Lake Forest College, Mohr Student Center
- **Oct 12-14** Homecoming Weekend  
  Lake Forest College
- **Oct 19** Oktoberfest  
  Dickinson Hall
- **Oct 26** Tea & Talk with Lake Forest Reads: Ragdale 2018 author, Christina Baker Kline  
  Lake Forest Library
- **Oct 27-28** Pumpkin Fest in Lake Bluff
- **Oct 27** Elawa Farms Spooktacular  
  Elawa Farm
- **Nov 9** Men’s Basketball vs. Carthage  
  Lake Forest College
- **Nov 24** Tree Lighting Ceremony  
  Market Square
- **Dec 28** New Years’ Eve Brunch and noon countdown  
  Dickinson Hall

**“All Dickinson Hall programs require advance registration, Ages 50+”**
### UPCOMING EVENTS AT GORTON

#### SEPTEMBER
1. Doug Fox and his Little Big Band Present "Jazz in Lake Forest"
2. Lake Forest Caucus General Meeting
3. 6th Grade Grotto Tickets go on sale, 10:00 am
4. GLASA Twilight Run
6. Greater Good/Kellogg Workshop: Public Speaking
7. Lake Forest Caucus General Meeting
8. Empty Nester Series: Mindfulness
10. Brain Chemistry Labs Presents "Solving the Puzzle: Exciting New Discoveries Towards a Cure for Alzheimer’s and ALS"
11. Gorton’s Annual Block Party & outdoor movie "How To Train Your Dragon"
13. The Film Series at Gorton: "Casablanca"
14. Red Cross Blood Drive
15. Dr. Marc Weissbluth discusses healthy sleep habits for children ages 0 to 12
16. The Film Series at Gorton: "Bad Reputation"
17. City of Lake Forest Meeting: Ravines & Storm Water - Your Home and Your Community
18. 6th Grade Grotto Dance
19. Uncomfortable Conversations with Joe Walsh and Maze Jackson
20. First Thursday Film Series: "Love, Gilda"
21. Citadel Theatre for Young Audiences Presents "Mary Poppins"
22. The Film Series at Gorton: "Casablanca"
23. Red Cross Blood Drive
24. The Film Series at Gorton: "Casablanca"
25. Dr. Marc Weissbluth discusses healthy sleep habits for children ages 0 to 12
26. The Film Series at Gorton: "Bad Reputation"
27. City of Lake Forest Meeting: Ravines & Storm Water - Your Home and Your Community
28. 6th Grade Grotto Dance
29. The Film Series at Gorton: "Casablanca"
30. Uncomfortable Conversations with Joe Walsh and Maze Jackson

#### OCTOBER
1. First Thursday Film Series
2. Truth Be Told, storytelling event
3. Chicago International Children’s Film Festival
4. Community Film Forum: "Finding Kind" co-presented with LEAD
5. Greater Good/Kellogg celebration lunch
6. The Best of The Second City Fundraiser
7. Lake Forest Civic Orchestra: Salute to Veterans
8. Lake Forest Caucus Annual meeting
9. Empty Nester Series: Housing Options as you Age
10. City of Lake Forest Meeting: Solar Energy
11. Great Lakes, Great Issues Series co-presented with LFOLA
12. Kartemquin Presents: TBA
13. Fa La La Film Fest: "Home Alone"
14. Fa La La Film Fest: "National Lampoon's Christmas Vacation"
15. 1-2 LoMastro Performance "The Nutcracker: Clara’s Dream"
16. PASTA Presents: "Tale of Peter Rabbit"
17. PASTA Presents: "Legend of Sleepy Hallow"
18. Centerstage "Kiss My Act" Benefit
19. Gorton’s Ghoulish Film Fest: "Beetlejuice"
20. Duffy Hudson as Edgar Allan Poe

#### NOVEMBER
1. Arthur Murray "Ballroom Meets Broadway"
2. Lake Forest Reads Ragdale Film: "Christina's World"
3. Community Film Forum: "The Mask You Live In" co-presented with LEAD
4. Greater Good/Kellogg celebration lunch
5. The Best of The Second City Fundraiser
6. Lake Forest Civic Orchestra: Salute to Veterans
7. Lake Forest Caucus Annual meeting
8. Empty Nester Series: Housing Options as you Age
9. City of Lake Forest Meeting: Solar Energy
10. Great Lakes, Great Issues Series co-presented with LFOLA
11. Kartemquin Presents: TBA
12. Fa La La Film Fest: "Home Alone"
13. Fa La La Film Fest: "National Lampoon’s Christmas Vacation"
15. PASTA Winter Registration Begins
16. Lake Forest Caucus General Meeting
17. Kids Only Holiday Shop
18. First Thursday Film Series: "Sundance Shorts Tour"
19. Kidstage Production: "Disco Fever"
20. Citadel Theatre Series: "Phantom of the Opera"
21. Charlie Brown Jazz with Chris White Trio
22. Ballet Makkai performs "Nutcracker"
23. Gingerbread House decorating family event
24. Lake Forest Caucus General Meeting
25. Fa La La Film Fest: "It’s a Wonderful Life"
26. Fa La La Film Fest: "Casino Royale"

#### DECEMBER
1. Miss Northern Suburbs Pageant
2. LoMastro Performance "The Nutcracker: Clara’s Dream"
3. PASTA Winter Registration Begins
4. Lake Forest Caucus General Meeting
5. Kids Only Holiday Shop
6. First Thursday Film Series: "Sundance Shorts Tour"
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Please note all classes listed inside Fill A Heart 4 Kids needs help with their We Care Packages, We Care BackPacs, or restocking inventory. Visit www.fillarheart4kids.org and select Volunteer link to help and see available dates.