

PLYMOUTH PLACE PRESENTS

P

THE SPOKEN WORD

TALKS, READINGS, ETC.



W I N T E R 2 0 2 6

Rich Pettengill
"Witness to Woodstock"
1/29

A powerful presentation can enlighten, educate, and inspire. Our new Spoken Word Catalog brings together our expanded lineup of talks, readings and theater experiences in one easy-to-follow guide, so you never miss an opportunity to listen, learn, and engage in ways that spark curiosity and conversation.

Inside, you'll find our monthly CIP Luncheons, where Certified Interesting People share remarkable stories over a great meal. The Dementia and the Dynamics of Caregiving series offers practical guidance and support. The CHL (Center for Healthy Living) Lectures feature experts on topics that matter to our health and well-being.

You'll also see resident-sponsored programs like the Civics Speaker Series, along with special presentations from our wellness team and enlightening guest speakers.

Whether you come to be informed, inspired, or simply entertained, we hope these programs give you plenty to think and talk about this winter.



Jay Biere
President & CEO



Cheri Boublis
Sr. Director of Hospitality Services

January

Thursday, January 8 | 9am | Wellness Education Room

Purpose and Mental Wellness, with Jan Hamning

As we move through the cold, dark winter, it's natural to notice shifts in mood, energy, and motivation. This session is designed to be relaxing, educational, and supportive, offering tools you can use right away to help improve mood, reduce stress, and gently boost vitality.

Friday, January 9 | 3pm | Dole Hall

The Civics Speaker Series: Current National Legislation: The View From Illinois, with Grace Hou

Grace Hou, Secretary, Illinois Department of Health and Human Services discusses HRI with a focus on Illinois' support for Medicaid and food banks/SNAP.

Wednesday, January 14 | 2 to 3:30pm | Game Room

Dementia and the Dynamics of Caregiving, Part 3, with Dr. Jeannine Forrest

The third in a series of six seminars on navigating caregiving for loved ones living with dementia. The seminar is interactive, educational, and open to all family members.

Tuesday, January 20 | 2pm | Dole Hall

Resident Services Speaker: Let's Tango Through the New Year – New Protective Technology

A talk about the Tango Belt, an FDA-authorized medical device designed to prevent injury from a serious, hip-impacting fall.

Tuesday, January 20 | 7:15pm | Dole Hall

Dole Hall Presents: 84, Charing Cross Road, with Joe Dempsey and Katherine Keberlein

Two legends of Chicago theater bring to life this award-winning two-person play adapted from the memoir of writer Helene Hanff about her twenty-year correspondence with Frank Doel, chief buyer for the antiquarian booksellers Marks & Company.



Joe Dempsey, 1/20



Katherine Keberlein, 1/20

January

Thursday, January 22 | 9am | Wellness Education Room

Purpose and Mental Wellness, with Jan Hamning

As we move through the cold, dark winter, it's natural to notice shifts in mood, energy, and motivation. This session is designed to be relaxing, educational, and supportive, offering tools you can use right away to help improve mood, reduce stress, and gently boost vitality.



Rich Pettengill, 1/29

Thursday, January 29 | 12 noon | Game Room

The CIP Luncheon: Witness to Woodstock, with Rich Pettengill

Today, Dr. Richard Pettengill is a tenured Associate Professor of Theater at Lake Forest College. In August, 1969, he was a 15-year-old kid who traveled from his parents' house in Western Massachusetts to Max Yasgur's dairy farm in Bethel, NY, to take part in one of the defining cultural events of the 20th century. ***Make reservations through the Call Center: (708) 588-6423.***

Thursday, January 29 | 7:15pm | Dole Hall

The Civics Speaker Series: Education Issues in 2026, with Dr. Brian Waterman, Ed.D., and Tim Albores

The Superintendent of Lyons Township High School, along with the President of the LTHS school board, lead a discussion about current issues in education of concern to Illinois citizens.

Friday, January 30 | 1pm | Game Room

The Center for Healthy Living Lecture: Don't Be SAD: Shedding Light on Seasonal Affective Disorder, with Dr. Dorothy K. Sit, MD

Psychiatrist Dr. Dorothy Sit is Associate Professor of Psychiatry and Behavioral Sciences at Northwestern's Feinberg School of Medicine. Her main clinical research focuses on treatments for women with mood disorders. She'll be discussing symptoms of Seasonal Affective Disorder along with strategies for treatment.

February

Wednesday, February 11 | 2 to 3:30pm | Game Room
Dementia and the Dynamics of Caregiving, Part 4,
with Dr. Jeannine Forrest

The fourth in a series of six seminars on navigating caregiving for loved ones living with dementia. The seminar is interactive, educational, and open to all family members.

Thursday, February 12 | 9am | Wellness Education Room
Wellness Presentation with Jan Hamning

Flyer with more information is forthcoming.

Wednesday, February 18 | 2pm | Game Room
The Civil Rights Movement:
A Celebration in Poetry, Stories and Song with Zahra Glenda Baker

Zahra Glenda Baker is recognized for her work as a folk and jazz vocalist, dramatic actor and engaging storyteller. She has performed at countless venues nationwide and is also a Storytelling Facilitator for Goodman Theater's GeNarrations program.

Monday, February 25 | 12 noon | Game Room
The CIP Luncheon: Hospitality as Ministry,
with Chef Erika Webb

Plymouth Place's Culinary Artist in Residence talks about her time as Executive Chef at Pacific Garden Mission. **Make reservations through the Call Center: (708) 588-6423.**

Thursday, February 26 | 9am | Wellness Education Room
Wellness Presentation with Jan Hamning

Flyer with more information is forthcoming.

Thursday, February 26 | 1pm | Dole Hall
StepOne Health Services Presents: Understanding the Heart,
with Cardiologist Alex Marginean, MD, MBA

The CHL Lecture:
February Topic and Schedule TBD



Zahra Glenda Baker, 2/18



Chef Erika Webb, 2/25

March

Tuesday, March 3 | 2pm | Dole Hall

Jane Addams: Immigration in Chicago, with Joyce Haworth

Illinoisan Jane Addams – reformer, philosopher, founder of Hull House, and Nobel Prize winner – has a unique story. This talk with historian Joyce Haworth traces Addams' unhappy youth, her move with friends to a Chicago slum and consequent opening of a “settlement house” – and on a personal note, why she could be so irritating to her friends.

Wednesday, March 11 | 2 to 3:30pm | Game Room

Dementia and the Dynamics of Caregiving, Part 5, with Dr. Jeannine Forrest

The fifth in a series of six seminars on navigating caregiving for loved ones living with dementia. The seminar is interactive, educational, and open to all family members.

Monday, March 23 | 12 noon | Game Room

The CIP Luncheon: Etiquette, Manners and Civility: The Future of Hospitality

Mary Beth Leone, the Chair of the Hospitality Department at College of DuPage, discusses the changing nature of “front of the house,” and how to manage our expectations.

Make reservations through the Call Center: (708) 588-6423.

Thursday, March 26 | 1pm | Game Room

Mental Health and Mindfulness with Jaci McCarty

The CHL Lecture:

March Topic and Schedule TBD



Dr. Jeannine Forrest
1/14; 2/11; 3/11

Along with occasional lectures and spoken word presentations on a variety of fascinating subjects, Plymouth Place hosts three monthly themed speaker series:

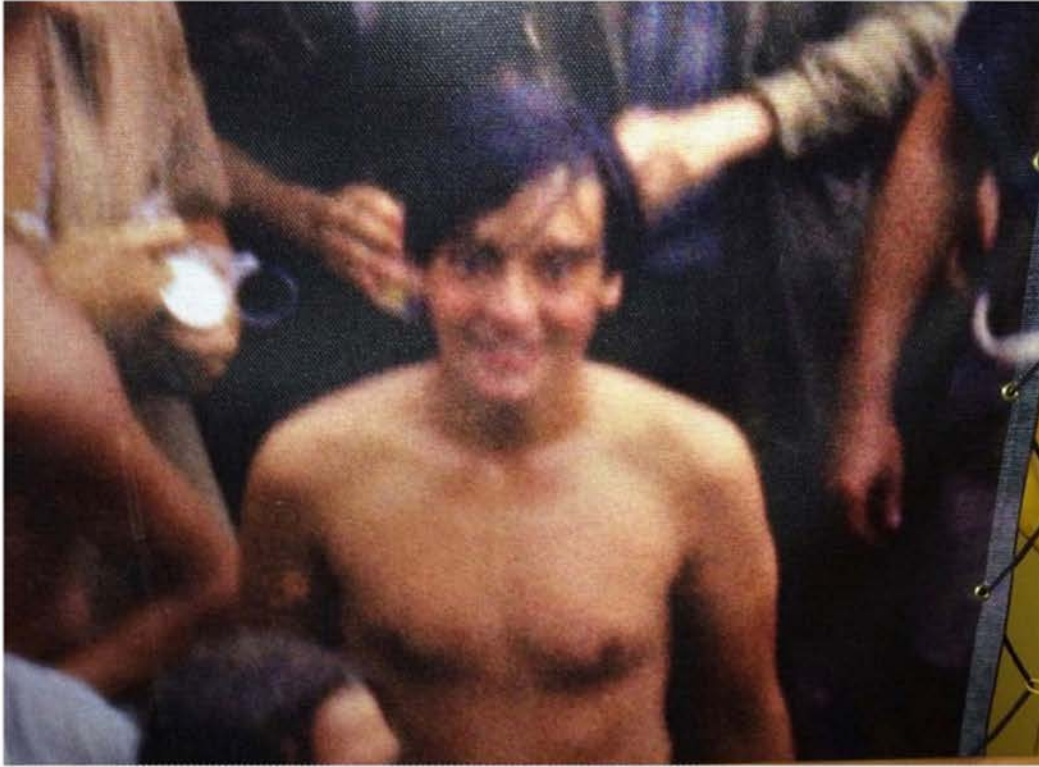
The CIP Luncheon: Certified Interesting People (CIP) are interviewed by Jim DeWan right after a fabulous meal prepared by Chef Lily Corpus. CIPs will hold forth in an interesting fashion on a variety of interesting topics, such as the future of hospitality or an eyewitness account of Woodstock. **Check listings in this issue for day, time, and location.**

Dementia and the Dynamics of Caregiving: Dr. Jeannine Forrest presents a series of seminars on navigating caregiving for loved ones living with dementia. The seminars are interactive, educational, and open to all family members. **Second Tuesdays, 2pm, Dole Hall.**

The CHL Lectures: The Center For Healthy Living Series features renowned experts in various fields related to issues of physical and mental wellbeing, especially as we age. Topics for the winter include Seasonal Affective Disorder (SAD); Coping with Vision Loss, Mild to Major; and Taking Care of Your Beating Heart. **Check listings in this issue for day, time, and location.**

Additionally, the Wellness Department sponsors many lectures and events, some of which are listed below. Others, such as presentations on topics like Psychology of Sticking to Resolutions, Hearth Health and Mind Over Matter, will be advertised as they are scheduled.

There is also a resident-sponsored and curated educational series called **The Civics Speaker Series**, whose goal is to keep our residents informed on important issues that effect all of us. **Check listings in this issue for day, time, and location.**



Richard Pettengill, age 15, at the Woodstock Festival, after the storm on Sunday, August 17, 1969

Photo by Elliott Landy (The Band, Bob Dylan)



Performing arts programs at Plymouth Place are partially funded by the Annual Fund appeal. To learn more or to make a tax-deductible donation, visit **PlymouthPlaceGiving.org**.