



# The Shorelines

May - August, 2017

The Highland Park Senior Center  
54 Laurel Avenue  
Highland Park, IL 60035  
847.432.4110



## Activity Registration

**Returning Student Priority Registration:**

Through Monday, May 1

**Member Registration Begins:**

Tuesday, May 2

**Open Registration Begins:**

Tuesday, May 9

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# Special Activities

## Cinco de Mayo Luncheon

### La Casa de Isaac y Moishe

**Friday, May 5**

**12 - 1:30 pm**

**Fee: \$20 / NM: \$30**

Celebrate Cinco de Mayo! Join others for an authentic and delicious meal at La Casa de Isaac y Moishe in Highland Park. Lunch begins with chips, salsa, and guacamole, followed by your choice of entree served with Mexican rice and refried beans. For dessert, enjoy the Mexican pastel de tres leches (cake made with three milks). Your choice of soda, coffee or tea is also included.

Cinco de Mayo commemorates the Mexican army's 1862 victory over France at the Battle of Puebla.

*Registration is currently in progress.*



## Summer Kick-Off

### The Sheridan at Glen Oaks

**Friday, June 2**

**12 - 2 pm**

**Fee: \$5 / NM: \$10**

**Sponsored by The Sheridan at Green Oaks**

Jump into the season with a summer celebration at The Sheridan at Green Oaks; providing inspired living for seniors with apartments, programs and customized care plans - catering to independent, assisted and memory care living. Tour their elegant new facility, dine on a delicious lunch in the beautiful dining room, and enjoy fabulous musical entertainment to round out a delightful afternoon.

*All registration fees will be generously donated to the Highland Park Senior Center.*



## Ravinia Concert and Dinner

### Ravinia Festival - Highland Park

**Tuesday, July 18**

**6 - 10 pm**

**Fee: \$55 / NM: \$75**



#### **6 p.m. Dinner at Mirabelle**

Ravinia's famous Chef's Table offers a bounty of selections from the Midwest which pair perfectly with a night at Ravinia. Featuring guest chef menus with an endless variety of gourmet selections, you are sure to enjoy this meal.

#### **8 p.m. Bronfman Plays Brahms**

Piano Concerto No. 2 by Johannes Brahms was completed in 1881. Performed by one of today's most acclaimed and admired pianists, Yefim Bronfman's commanding technique, power and exceptional lyrical gifts are consistently acknowledged by the press and audiences alike.

Tickets and meal vouchers will be available for pick-up at the HPSC table located outside the Ravinia Festival main gate between 5:45 - 6 p.m. the evening of the performance.

# Special Activities

## Nature Brunch and Learn

**Thursdays**

**10 - 11:30 am**

**Fee: \$10 / NM: \$15**

**Sponsored by Comfort Keepers of Wheeling**

**Brunch includes:**

Strawberry Granola Parfait  
Choice of Baked Egg Soufflé:  
(Ham & Swiss or Spinach & Artichoke)  
Assorted Pastries  
Coffee and Orange Juice

**May 25 Reptiles Live**

*Held at Rosewood Beach Interpretive Center*

Enjoy an up-close and hands-on look at native and exotic reptiles, from turtles to crocodiles to Gila monsters. The staff of the Wildlife Discovery Center will teach you about each species and share stories about how each animal came to live at the Discovery Center.



**June 22 Container Gardens & Composting**

*Held at Heller Nature Center*

Get your hands dirty in this container gardening workshop. Instructors will teach you about floral composition, will provide soil, flowers and planting instructions to create your own garden masterpiece. Please bring your own basket/container garden vessel. Also discover tips and tricks of composting at home.

Looking Ahead:

|              |                             |
|--------------|-----------------------------|
| September 14 | Nature Restoration Projects |
| October 26   | Cherished Sandhill Cranes   |

## Back Yard Bashes

**Fridays**

**12 - 1:30 pm**

**Fee: \$10 / NM: \$15**



**Sponsored by Freedom Home Care**

The Senior Center back yard provides some of the best views in Highland Park. Overlooking beautiful Lake Michigan, it is the perfect spot to enjoy a fun-filled afternoon. Sit back and listen to live entertainment, enjoy a meal catered by a popular local restaurant, and play some games including bocce, baggo, & horseshoes. Relax at the new picnic tables, featuring seats with backs and umbrellas to provide shade. Early registration deadline: 1 (one) week in advance.

**May 26 Piero's Pizza**

With music by L.J. Slavin

L.J. is an award winning multi-instrumentalist, who is well versed in a wide variety of styles. Some of the instruments L.J. plays include flute, fiddle, mandolin, harmonica, pennywhistle, banjo, guitar, autoharp, jew's harp, dulcimer and musical saw.

**June 23 Real Urban Barbecue**

With music by Michelet Innocent

An accomplished singer and guitar player, Michelet performs a wonderful variety of international music that is well known and well loved.

**July 21 Sunset's Summer Salads**

With music by Steve Carson

Vocalist and keyboard player Steve Carson returns to share popular music from the 30s, 40s, 50s, and 60s. The afternoon ends with a sing-along.





## Humanities Series

**Highland Park Public Library**  
**Wednesdays, 10:30 - 11:30 am**  
**Free for members / NM: \$10**

Presented with the HP Public Library

Sponsored by The Sheridan at Green Oaks

### **May 10 Chicago's Talking Statues**

Chicago's actors, writers and theaters give voice to statues around Chicago in the *Statue Stories Chicago* project, where visitors can use their smartphones to get a call back from the statue and hear a story. Listen to some of the actual statue stories in this presentation and learn about the history of some of the statues featured in the project. Presented by Beth Sair, Chicago Architecture Foundation volunteer.

### **June 21 The Persuasive Function Of Humor**

Elizabeth Benacka, assistant professor at Lake Forest College, discusses the persuasive function of humor, how humor can provide information and influence attitudes and behaviors, and how it's vital to a healthy democracy.

### **July 12 Gauguin: Artist As Alchemist**

The Art Institute of Chicago museum's current exhibition on Paul Gauguin is the first to examine the artist's radical experiments in the applied arts, underscoring his achievements not only as a painter, but also as a sculptor, printmaker, and decorator. Join the Art Institute's Allison Perelman for a discussion on the important themes and artworks of the show and how they were brought to life in the galleries.

### **August 16 Chicago's Leading Ladies**

Sally Kalmbach, co-founder of the Chicago History Women's Club, discusses the women who left a lasting legacy to Chicago.

## Live on the Links Concerts

**Highland Park Country Club**  
**Thursdays, 1:30 - 2:30 pm**  
**Free for members / NM: \$10**  
Sponsored by Aperion Care

### **May 4 Cinco de Mayo Trio**

Celebrate Cinco de Mayo! Enjoy Latin music lead by Grammy nominated percussionist Danny Howard. Contrabanda is one of Chicago's hottest Latin ensembles, playing everything from Latin Boogaloo to Brazilian Jazz to Latin Jazz to Salsa - they'll have you dancing in your seats.

### **June 15 Jazz Standards**

Elaine Dame, Chicago jazz singer, band leader, recording artist and classical flautist has headlined the finest jazz venues in Chicago, the Midwest and the nation. Join Elaine, as part of this talented jazz trio for a fabulous set of popular Jazz standards. Come and enjoy some of Chicago's hottest performers, right here in Highland Park.

### **July 6 Big Band Trio**

Join the Ron Smolen Big Band Trio for an afternoon of delightful music featuring their own big band arrangements, combined with classic arrangements of the Big Band era. The performance includes swing, tangos, sambas, waltzes, show tunes and a bit of rock, that will satisfy the entire audience.

### **August 10 Musical Duos**

Menzie & Michael explore the music and the intriguing relationships of Simon & Garfunkel, Steve & Eydie and also celebrate other iconic 20th century duos including The Carpenters, Fred & Adele Astaire and more. Menzie & Michael will look at why some partners separated while others stood the test of time.

# Special Activities

## Barry Bradford

### Highland Park Public Library

Fridays, 1 - 2:30 pm

Free for members / NM: \$10

Sponsored by BrightStar Care

### A Presidential History

The Highland Park Senior Center is thrilled to welcome back internationally recognized, award-winning public speaker and historian Barry Bradford!

#### May 12 John Adams

Our second president was one of the most important Founding Fathers. Adams was brilliant, brave and blustering - and always at the center of the events that made a nation out of a group of colonies. From the Boston Tea Party to The Declaration of Independence, from the Revolutionary War to the Constitution, John Adams was a central figure! His controversial personality, fierce patriotism and deeply loving marriage make him a fascinating subject for this multimedia presentation!

#### June 9 Grover Cleveland

Who is our most underrated President? Grover Cleveland! As the only Democrat elected between the Civil War and 1912, Grover Cleveland was noted as a man of stubborn honesty and personal integrity even by those who bitterly opposed his policies. His amazing life story will fascinate you!

#### July 14 Harding And Coolidge: 1920s Republican Presidents

In 1920, the country elected a conservative, low tax, small government president and congress. For 12 years, the Republicans controlled the agenda. This insightful program will trace the first eight years of this unique era. A look at the odd and interesting life stories of Presidents Harding and Coolidge will show how their agenda changed America.

## Six County Senior Games

### 2017 IPRA

### Six County Senior Games

**Location:** Suburban Communities

**Dates:** July 7 – July 26

**Fee:** \$16 single day/\$22 unlimited

**Ages:** 50 years and older

Sponsored by

Aperion Care & Respect Home Care

The IPRA Six County Senior Games provides an opportunity for older adults to compete with their peers in an atmosphere of friendship and support, and to receive recognition for their efforts and achievements. The event is open to seniors of all ability levels, and hosts more than 30 events including: golf, tennis, bowling, swimming, biking, track & field, bocce, volleyball, pickleball, and more. All participants will receive a Senior Games T-shirt, and medals will be awarded to the 1st, 2nd and 3rd place finishers in each age/gender category.

### 18-hole Golf Outing

**Highland Park Country Club**

**Wednesday, July 26**

**7:30 am shotgun start**

**Fee: \$55 (plus the Senior Games entry fee)**

Sponsored by

Aperion Care & Respect Home Care

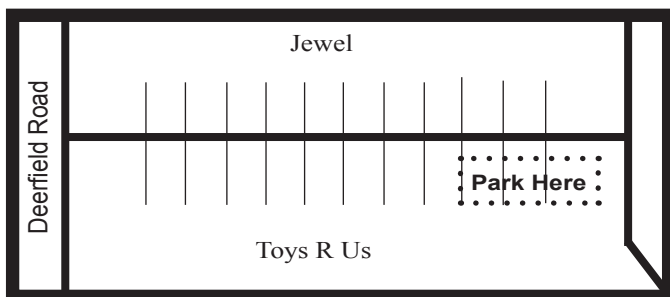
This popular golf outing held at the Highland Park Country Club includes 18-holes of golf with cart, snacks and buffet lunch followed by an awards ceremony.

Please call 847.432.4110 for registration information.

## Registration and Refunds

- Participants must register prior to the start of classes, trips and special events; payment is due upon registration.
- Regular registration fees will apply on or before the discount deadline date.
- For trips and special activities, discount deadlines are one week prior, unless otherwise indicated in the newsletter.
- For classes, discount deadlines are three days prior to the start of the class.
- When possible, late registration will be accepted; however, a late fee of \$5 will be charged to help defray extra costs necessary to effect the late registration.
- If you must cancel, refunds will be issued ONLY if registration fills and a replacement can be found. Refunds (minus a \$5 processing fee) will be processed after the activity is complete and may take several weeks.
- Please advise staff if you require any reasonable, special accommodations regarding dietary or other special needs.

Day Excursions depart from and return to the  
Toys R Us parking lot  
1610 Deerfield Road - Highland Park



## Chicago the Musical and Lunch

**Drury Lane, Oak Brook**

**Thursday, May 11**

**Fee: \$85 / NM: \$105**

Bus departs Toys R Us at 10:30 am

Bus returns at approximately 4:30 pm

*Registration is currently in progress*

This razzle-dazzle musical is filled with fame, fortune, and all that jazz, and features one Fosse showstopper after another. Prior to the performance, you'll enjoy lunch at the newly renovated Drury Lane. When registering, please indicate your entree choice of lake trout, grilled chicken, or vegetable linguine.

## Chicago Cubs Game

**Wrigley Field, Chicago**

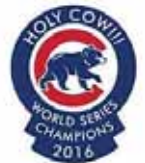
**Thursday, May 25**

**Fee: \$55 / NM: \$75**

Bus departs Toys R Us at 12 noon

Bus returns at approximately 6 pm

*Registration is currently in progress*



Cheer on the 2016 World Series Champion Chicago Cubs! Wrigley Field is known for its ivy covered brick outfield wall, the iconic red marquee over the main entrance, and the hand turned scoreboard. You may bring your own lunch, or purchase food at one of the many food vendors.

## Aladdin

**Private Bank Theatre**

**Wednesday, June 14**

**Fee: \$135 / NM: \$155**

Bus departs Toys R Us at 12:30 pm

Bus returns at approximately 6 pm

*Registration is currently in progress*



Discover a whole new world at the hit Broadway musical *Aladdin*; a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. Family and friends are welcome; special fee for ages 18 and under is \$140.

# Day Excursions

## **My Kind of Town Tour: Gardens Galore, Parks, and More!**

**Chicago Area**

**Tuesday, June 27**

**Fee: \$85 / NM: \$105**

Bus departs Toys R Us at 9 am

Bus returns at approximately 4:30 pm

Discount deadline: June 5

Join Leah Axelrod, owner of My Kind of Town Tours, for another fabulous tour exploring some of Chicago's special gardens and parks. Stops include Lurie Prairie Gardens at Millennium Park, Stephen Douglas Historic Memorial Park, Lily Pool at Lincoln Park, Shakespeare Garden at Northwestern University, and the Baha'i Temple and Gardens. Lunch at Pazzo's Grill is also included.

## **A Day at the Races**

**Arlington International Race Track**

**Thursday, July 20**

**Fee: \$75 / NM: \$95**

Bus departs Toys R Us at 12:30 pm

Bus returns at approximately 6 pm

Discount deadline: July 3



And their off! Back by popular request, the Senior Center returns to Arlington Park Race Track for a day of racing, food, and fun! New this year, seating will be in the Million Room with great views of the finish line; each table will have it's own individual TV screen, and you'll be permitted to stay at your table throughout the afternoon. Lunch will be selected from their new senior matinee menu, and will be served to you. Described as "the most beautiful track in America", Arlington began Thoroughbred racing in 1927. Since then, Arlington International has become a social destination and perfect summer hangout to watch and wager on the amazing sport of Thoroughbred horse racing! Dress code enforced; please, no jeans, shorts, t-shirts, or athletic shoes.

## **Lake Geneva Boat Cruise & Lunch**

**Lake Geneva, Wisconsin**

**Tuesday, August 8**

**Fee: \$85 / NM: \$105**

Bus departs Toys R Us at 10:45 am

Bus returns at approximately 6:15 pm

Discount deadline: July 17

For the true Lake Geneva Experience, you have to get on the water! Beautiful estates, mansions and natural scenery that can only be viewed from the lake unfold through a two hour descriptive and insightful narrated tour. Prior to the tour, you'll enjoy lunch at the 1885 Baker House; a fantastical folly set in a bygone era, a place where reality fades and decadence takes center stage. Designed with a hint of vintage glamour and a dash of old world aristocracy, you will be completely swept away to a world of Gilded Age living. Lunch features garden salad, choice of chicken Normandy or baked whitefish, chef's choice of sides, lemon mousse for dessert, and iced tea or lemonade.

## **Statue Stories Chicago Tour**

**Chicago Area**

**Wednesday, August 30**

**Fee: \$75 / NM: \$95**

Bus departs Toys R Us at 9 am

Bus returns at approximately 5 pm

Discount Deadline: August 7

Chicago's celebrated actors, writers and theatres have united to give voice to iconic statues across the city. The Richard H. Driehaus Foundation has funded production to animate 30 statues - using drama, humor, location technology, and the bus' PA system. You'll enjoy a sounds and sights bus tour stopping at many of Chicago's most interesting statues. A stop for lunch is also included.





# Monday Speaker Series

## Highland Park Police Department

**Mondays, 10:30 - 11:30 am**

**Free for members / NM: \$10**

Sponsored by Whitehall of Deerfield

Bagels: Whitehall will provide bagels, cream cheese, and coffee for lecture attendees on 5/1, 6/5, & 8/7.

### May 1 Pain Management Techniques

Current research emphasizes that it is no longer acceptable for pain to be managed only with medication, rather treatment must focus on educating sufferers on how to alter their pain experience through different techniques. Dr. Alex Bendersky and Dr. Megan Hyatt will increase confidence in the management and control of your pain, so you may have the capability to live the life you desire.

### May 8 Debbie Reynolds

Debbie Reynolds was sweet and adorable in films, but had to be tough to survive unusual personal situations. From her impoverished, early background to the financial and emotional upheaval of her three disappointing marriages, Debbie kept a smile on her face while she entertained others. Susan Benjamin explores how Debbie Reynolds became a great star.

### May 15 Senior Center Relocation Update

Mayor Rotering and City Manager Ghida Neukirch will provide members with a project update on the new Community Center that will include an expansion of the Library, relocation of youth services and dedicated senior services space for an updated, multipurpose center. Members will have an opportunity to provide feedback on the Senior Center space and other areas within the building.

### May 22 Traditions of Dignity and Comfort

Jewish rituals of death and mourning go back many centuries. These practices evolved in different countries and alongside other religions. Rabbi Michael Davis will show how these customs offer comfort and show respect for those who have died and to their loved ones.

May 29 **CLOSED – Memorial Day**

### June 5 Stories from the World of Sports

US Table Tennis Hall of Famer and Senior Center member, Steve Isaacson, will describe several pivotal and unique stories from the sporting world archives. Isaacson has a wonderful way with words and is an artful storyteller, so you are sure to enjoy this presentation.



### June 12 Dean Martin: The King of Cool

Dean Martin was the life of the party, and his audience was thrilled to be invited to the celebration. He made entertaining appear effortless, as if we could just share in his relaxed enjoyment. Susan Benjamin describes how Dino Crocetti created the aura of Dean Martin and how his personal life was sometimes at odds with his professional appearance.

### June 19 Patient Advocacy Matters

Patient Advocacy Matters, written by Teri Dreher, RN and professional patient advocate, is designed as a resource for individuals trying to navigate today's confusing, often-intimidating healthcare system. Dreher's guide is filled with practical strategies that seniors can use to get the best care in hospitals, asking the right questions when weighing treatment options, navigating Medicare, and knowing when it's time to turn to a professional advocate.

### June 26 Pioneer Talk Radio

WGN was the pioneer station for talk radio, focusing on news, events and entertainment. It is also one of the most famous and listened to radio stations in the world, heard in most states and parts of Canada and Mexico. Glynnis Walker, former WGN on-air talent, provides an interesting and informative look at this broadcasting powerhouse.



# Monday Speaker Series

**July 3**      **No Program - Independence Day**

**July 10**      **Silent No More: Sharing Your Story**

Nora Kerr, a Generation X member, shares why she is so relieved she heard the life story of her dad, a member of the “Silent Generation.” She will discuss the importance of bridging the generation divide and the different means of collecting your own life stories (memoir, oral history, images) for sharing with the ones you love.

**July 17**      **A 2nd Look: Amending Tax Returns**

Knowledge is power. Elvia Hernandez of Manning Silverman & Company (CPA) is here to share important information regarding tax returns. She will review some of the credits and deductions available on your tax returns. Hernandez will also explain the process of amending a tax return and claim a credit that was overlooked on an original return and time limits to claim refunds.

**July 24**      **Bethoven’s Moonlight Sonata**

The North Shore’s favorite music historian, Jim Kendros, will introduce you to Ludwig van Bethoveen, a German composer and pianist at the turn of the 19th century, and his Piano Sonata No. 14, which was dedicated to his student, Countess Giulietta Guicciardi.



**July 31**      **Living with Alzheimer’s**

Michael Folio was diagnosed with early-onset Alzheimer’s in his mid-fifties. Folio and his wife, Cheryl, created a plan do everything in their power to preserve, enhance and lengthen Michael’s life. Cheryl will share insights from her book, *The 24-Hour Rule: Living with Alzheimer’s* and presents tips, strategies, and insights - helping everyone involved live from one day to the next with as much peace, enjoyment and dignity as possible.

**August 7**      **One Man, One Decision:  
President George W. Bush**

Historian Laurence Stern returns to discuss the invasion and opening weeks of the Iraq War, and how Bush’s decision has re-directed the course of history of the 21st century, not only for the US, but for the world. Stern visited the Bush Presidential Library and has examined many official documents and materials, detailing the whys and hows of the events that followed Bush’s decision.

**August 14**      **Betty Grable: Pinup Princess**

Betty Grable became 20th Century Fox’s top star during the 40’s. Her iconic photo made her the Number one Pinup Girl during World War II. Betty put personal turmoil aside as her screen presence made her a pleasure to watch. Susan Benjamin profiles Betty’s personal story along with examples of her effervescent performances.



**August 21**      **Healthy Living Tips**

For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**August 28**      **Celebrate Sicily with Marla**

Marla Schachtel takes you on a photographic journey to explore some of Italy’s rich and unique cultures. Enjoy stories and slides from Sicily, Palermo, Valley of the Temples, Catania, Taormina, and so much more. With her unique photographic perspective and wonderful story telling, you’ll feel like you were right there, traveling Italy, with her.

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- Please advise staff if you require any reasonable, special accommodations regarding dietary or other special needs.

## Fitness Class Levels

Level 1 - Designed for those with limited physical fitness ability. They are slower paced, and may be done while seated.

Level 2 - Designed for those with moderate physical fitness ability. They include some aerobic activity and participants must have good balance.

Level 3 - Designed for those with strong physical fitness ability. They include aerobic activity and are fast paced; those including floor work will be noted.

## Coffee Break

Sponsored by Traycee Home Care

The Center offers decaffeinated coffee and hot tea throughout the day. Please stop in for a warm cup.

## Exercise

### Gentle Yoga with Susan

**Tuesdays and Fridays, 10:30 - 11:30 am**

~ Tuesdays, May 16 - June 27 (7 classes)

Fee: \$42 / NM: \$62

~ Tuesdays, July 11 - August 29 (8 classes)

Fee: \$48 / NM: \$68

~ Fridays, May 19 - June 30 (7 classes)

Fee: \$42 / NM: \$62

~ Fridays, July 14 - September 1 (8 classes)

Fee: \$48 / NM: \$68

Taught by certified Yoga instructor Susan Smolin, this class explores gentle movements to increase flexibility, strength, and well-being. Students are led through stretches, yoga postures, breathing practices, and then guided into deep relaxation.

\* Level 1

### Sit & Be Fit

**Tuesdays and Thursdays, 1:30 - 2:30 pm**

~ Tuesdays, May 16 - June 27 (7 classes)

Fee: \$42 / NM: \$62

~ Tuesdays, July 11 - August 29 (8 classes)

Fee: \$48 / NM: \$68

~ Thursdays, May 18 - June 29 (7 classes)

Fee: \$42 / NM: \$62

~ Thursdays, July 13 - August 31 (8 classes)

Fee: \$48 / NM: \$68

Join Carol King for a fun workout you will do while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music, utilizing light weights and resistance tubes.

# Classes

## Low Impact Dance Aerobics

**Wednesdays, 9:45 - 10:45 am**

~ May 17 - June 28 (7 classes)

Fee: \$42 / NM: \$62

~ July 12 - August 30 (8 classes)

Fee: \$48 / NM: \$68



This upbeat class combines positive support, low-impact aerobics, music and fun! Boost your mood, burn fat, build stronger bones, improve your stamina and increase your heart and brain health. Enjoy a mind-body workout while dancing your way to better health! \* Level 3

## Better Balance

**Wednesdays, 11 am - 12 pm**

~ May 17 - June 28 (7 classes)

Fee: \$42 / NM: \$62

~ July 12 - August 23 (7 classes)

Fee: \$42 / NM: \$62

Taught by certified fitness and *Matter of Balance* instructors Ida Greenfield and Judy Samuelson, this program includes lecture/discussion, chair exercises, and standing poses. Using small hand weights and balls, students will increase their strength and flexibility while improving posture and balance.

\* Level 1

## Gyrokinesis - Method Movement

**Mondays 10:30 - 11:30 am**

~ June 5 - 26 (4 classes)

Fee: \$15 / NM: \$35

The Gyrokinesis Method works on opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength.

*Sponsored by Freedom Home Care and taught by Amy Pena of Spryl Chicago.* \* Level 2 / 3

## Art

### Watercolor Painting

**Fridays, 1 - 3 pm**

~ May 19 - June 30 (7 classes)

Fee: \$70 / NM: \$90



~ July 14 - August 25 (7 classes)

Fee: \$70 / NM: \$90

Watercolor is a versatile painting medium which allows the artist a fluid range of expression. Barry Fleischer returns to teach watercolor basics; supplies needed, preparing paper, creating value studies, painting washes, mixing colors and more.

### All Fired Up - Ceramics Class

**Wednesdays, 1 - 3 pm**

~ May 17 - June 28 (7 classes)

Fee: \$70 / NM: \$90

~ July 12 - August 30 (8 classes)

Fee: \$80 / NM: \$100

Ceramics provides a great opportunity to unleash the hidden artist within. Participants purchase pre-molded and fired pieces called bisque, which they decorate using a variety of painting, stenciling, and sponging techniques. Pieces are fired on site, resulting in a beautiful finished product.

## Senior Center Featured Artist

**Myrna Kuznitsky**

May & June

**Elaine Weinstein**

July & August

## General

### Writers Workshop: Introduction

**Tuesday, 10:30 am - 12 noon**

~ May 23

Fee: \$8 / NM: \$16

Do you have untold stories trapped within you? Ever want to write a book but not sure how to get started? This is the workshop for you! Join others for an hour of reading memoir samples, writing exercises, and sharing. Discuss what makes great writing leap off the page and how you can do it, too.

### Writer's Workshop: Memoir Writing

**Tuesdays, 10:30 am - 12 noon**

~ May 30 - June 20 (4 classes)

Fee: \$32 / NM: \$52

~ July 11 - August 15 (6 classes)

Fee: \$48 / NM: \$68



This workshop series will teach you different ways to organize and tell your unique life stories. Discuss characterization, setting, descriptive language, dialogue, and editing. In a short time, you'll become a more confident, clear, and captivating writer!

### Conversational Spanish

**Advanced: Fridays, 9 – 10 am**

**Beginning: Fridays, 10 – 11 am**

~ May 19 - June 23 (6 classes)

Fee: \$36 / NM: \$56

~ July 7 - August 25 (6 classes)

Fee: \$36 / NM: \$56

Hola Amigos! Certified Spanish teacher Leslie Fenster teaches students the fundamentals of Spanish. Class will focus on speaking, listening and vocabulary, and is taught in a fun and supportive environment. No class 8/11 & 8/18.

### Afternoon at the Improv

**Thursdays, 5 - 6 pm**

~ June 29 - July 20 (4 classes)

Fee: \$24 / NM: \$44

Adopt a new mind set and experience the rewards as improvisation takes you on new adventures, Join professional improv instructors and play games, create scenes, explore characters, and laugh a lot. Everything you say and do is correct and mistakes are gifts. Improv has been shown to improve memory and build self esteem.

### Cable TV Production Classes - Free

**Wednesdays, 1 - 3 pm**

~ May 31 - June 28 (4 classes)

Designed to introduce members to the world of cable TV production, this orientation includes an Access Center tour and introduction to basic production principles. Instructor Vic Walter will lead training on audio visual equipment, control room operations and show direction. The class concludes with a final certification. *No class 6/14.*

### Rules of the Road - Free

**Thursday, June 8**

**9:30 - 11:45 am**

Designed to give drivers the knowledge and confidence needed to renew or obtain a driver's license, this Review Course combines an explanation of the driving exam with a practice written exam.

### AARP Smart Driver Course

**Thursday/Friday, July 13 & 14, 9 am - 1 pm**

Fee: \$20 / AARP members: \$15

Instructor Earl Nicholas teaches current rules of the road, defensive driving techniques. Learn how to accommodate common age-related changes in vision, hearing and reaction time. Pre-registration with payment by check is required; make checks payable to: AARP. *Held at the HP Police Station*

# Classes

## Cards and Games

### Beginner's Bridge Lessons Thursdays, 1 - 3 pm

~ May 18 - June 29 (7 classes)  
Fee: \$70 / NM: \$90

~ July 13 - August 31 (8 classes)  
Fee: \$80 / NM: \$100



Instructor Elaine Morrison will cover the basic rules and terminology, along with topics such as strategy, bidding, scoring, and more! No prior bridge knowledge or card playing experience necessary. Have fun while learning this engaging card game! Classes will feature minimum lectures and maximum playing. Please register in advance as space is limited.

In session two of the Beginner's Bridge courses, Elaine Morrison will continue to develop your emerging bridge skills. This class follows up on the basics learned in the first course.

### Advanced Bridge Lessons Thursdays, 10 am - 12 noon

~ May 18 - June 29 (7 classes)  
Fee: \$70 / NM: \$90

~ July 13 - August 31 (8 classes)  
Fee: \$80 / NM: \$100

Designed to give advanced players the opportunity to improve their game in the areas of bidding, playing and defending. Elaine Morrison will begin each lesson with a mini-lecture, followed by play of pre-set hands related to the presented topic.

### Basics of Mah Jongg Tuesdays, 1 - 3 pm

~ May 16 - June 13 (5 classes)  
Fee: \$60 / NM: \$80

~ July 11 - August 8 (5 classes)  
Fee: \$60 / NM: \$80



Mah Jongg is an ancient Chinese game which is gaining popularity in the U.S. among men and women! Join other beginners for this Mah Jongg class which will teach you the basics needed to play the game. Instructor Dale Solow is excited to share her knowledge and love of the game. A current Mah Jongg card is included in fee.

### Learn Canasta! Beginning - Wednesdays, 1 - 3 pm

~ May 31 - July 5 (6 classes)  
Fee: \$60 / NM: \$80

### Continuing - Wednesdays, 1 - 3 pm

~ July 12 - August 2 (4 classes)  
Fee: \$40 / NM: \$60

Canasta is a fun and exciting card game which has recently had a resurgence of popularity. Instructor Terri Argentar teaches canasta in a learn-as-you-play game, supplemented by handouts of the rules.

## Movies

### Monday at the Movies Mondays, 1:30 pm

Free for members / NM: \$10

Sponsored by Gentle Home Services

Enjoy screenings of great movies newly released to DVD, along with a few older films; movie titles will be posted on a monthly flyer and in the weekly Friday e-mails. *Held at the Police Station.*



# Activities - Free For Members / NM: \$10

## Free Blood Pressure Screening

**Mondays, May 1, June 5, July 10, August 7  
10 - 10:30 am**

Provided by Traycee Home Care Services

Highland Park Police Station

## Duplicate Bridge

**Mondays, 12:30 - 3:30 pm**

This duplicate bridge game allows experienced players the opportunity to play with their partner in a casual and beautiful environment.

- All players must have a partner.
- Game begins promptly at 12:30 pm.
- Players must be available through 3:30 pm.
- Bidding boxes are used.
- New players must register in advance, and will receive a game orientation prior to playing.

## Open Art Studio

**Mondays, 1:30 - 3:30 pm**

or by appointment when the studio is not in use

Open studio time provides artists with a designated time to work side-by-side. Please bring your own supplies.

## Knitwits

**Tuesdays, 9:30 - 11:30 am**

Share good conversation and great company while knitting items for local charities. Participants work on hats, scarves, mittens, blankets, and other interesting items, and often share new techniques.

## Senior TV Production Team

**Tuesdays, 12:30 - 3:30 pm**

HP Public Access Center, 1677 Old Deerfield Road

Have fun creating and working on cable TV shows at the new studio. Some of the exciting positions available include camera, sound, directing, and TV host. Please call Christina at 847.432.4110 for details and to schedule an introduction to the group.

## Yiddish Conversation & Culture

**Wednesdays, 1:30 - 2:30 pm**

Join facilitator Ludmilla Coven for a fun and lively Yiddish group. Learn basic Yiddish phrases, sing songs and watch movies in Yiddish.

## “For Men Only” Discussion Group

**First Thursday each month, 10 - 11:30 am**

Whether the topic is sports, politics, health, the best restaurants around, or whatever is making the headlines, join this men’s group for stimulating conversation and camaraderie. Facilitated by Dr. Albert Miller.

## News & Views Current Events

**Fridays, 10 - 11:30 am**

Ralph Bernstein facilitates an intellectual discussion on worldwide current events. Share your thoughts and opinions with a wonderful group.

## Laurel Larks Singing Group

**Fridays, 1:30 - 3 pm**

Sponsored by First Bank of Highland Park

- The Laurel Larks will be on break during the summer, and will resume on September 8.

## Open Game Play

Gather with friends and join other members for an afternoon of fun and games. Basic game supplies will be provided, while player supplies are the responsibility of the individual. Please call ahead and add your name to the list of the game(s) you would like to play.

|           |            |          |           |
|-----------|------------|----------|-----------|
| Poker     | Wednesdays | 12:30 pm | \$2 / \$3 |
| Mah Jongg | Thursdays  | 1 - 3 pm | Free      |
| Rummikub  | Fridays    | 1 pm     | Free      |



# General

## Welcome New Members

|                       |                       |
|-----------------------|-----------------------|
| Phylis Bagan          | Alex Polikoff         |
| Linda Brannen         | Sheila Riebman        |
| Alan Feldstein        | John & Audrey         |
| Joyce Fenchel         | Rosenheim             |
| Michael & Sue Freeman | Orlinda Saleme        |
| Shelley Goddard       | Ella Saltan           |
| Debra Grossman        | Laura Saret           |
| Sibyl Hollub          | Frances Sugar         |
| Laurie Kaplan         | Shankman              |
| Ray W. Kim            | Saul Silverstein      |
| Pam Fenning Lifschitz | Marilyn Simon         |
| Lois Melvoin          | Alice & Harold Temkin |
| Theresa Mussio        | Lawrence C. Zinox     |

## Donations

### **In Memory of Arnold Kaplan**

From: Lou Frey

### **In Memory of Dolores Sherman**

From: Howard & June Berkowitz  
Lou Frey

### **In Honor of Sari Isaacson's Special Birthday**

From: Howard & June Berkowitz

### **In Honor of the Feits for Facilitating Bridge**

From: The Open Duplicate Bridge Group

### **In Honor of Services for Seniors**

From: Burt & Caryl Lasko  
Matthew & Adela Lassen

## Discounted Ticket Passes

The Highland Park Senior Center is thrilled to partner with a variety of local theater and concert venues to offer members specially negotiated discounted ticket prices. Senior Center members will be notified of special offerings via e-mail. In order to pick up tickets at the discounted price, you must present your current "Discounted Ticket Pass" issued by the Highland Park Senior Center along with a photo ID. Discounted Ticket Passes are not transferable and there is a limit of one (1) ticket per member, per performance. Discounted Ticket Passes are issued in conjunction with Senior Center membership and may be picked up in person during regular business hours; a photo ID is required.

## Congratulations to Sue Mosky on her Retirement

Sue Mosky retired from the City of Highland Park's Division of Senior and Youth Services on March 17. Sue served the Highland Park community for more than 27 years as the division's Records Administrator, managing membership, registration, and accounts payable and accounts receivable. Responsibilities also included answering phone, proofing the Shorelines Newsletter, stocking supplies, driving the shuttle car, and so much more. Sue was honored with a retirement celebration on March 16; together, both staff and members wished her well. Sue's strong yet gentle presence will be greatly missed.



## Social Services Coordinator

Social Services Coordinator, Jennifer Aiello, LPC, is available to help individuals and families as they navigate through life's transitions. In order to help maintain or improve one's quality of life and well being, social services include individual and family counseling, support groups, and information and referrals including:

- Information and referrals for caregiving agencies, alternative living facilities, transportation options, medical alert systems and mobile meals assistance
- Counseling for individuals experiencing loss, life changes, or seeking personal support
- Grief Group for those experiencing recent loss within the past year
- Appointments with a SHIP (Senior Health Insurance Program) volunteer
- Telephone Reassurance Program for senior adults living alone.

For further information or to schedule an appointment, call Jennifer at 847.926.1868.

## Senior Health Insurance Program

SHIP Volunteers are available free of charge to (1) help interpret and resolve problems with medical bills, Medicare, Medicare supplemental insurance, and with appeals, if needed; (2) explain the Medicare supplements available for people just becoming eligible or who are interested in changing plans; (3) review and explain long-term care policies; and (4) explain the new Medicare Prescription Drug Plan.

## Notary Public - At Your Service!

Looking for a legal witness to sign important documents? Search no further and schedule an appointment with Jennifer Aiello, Notary Public.

## Grief Group

**Thursdays, 1:30 - 3 pm**

May 11 – June 15 (6 weeks)

Free



This group is for those who are experiencing grief due to the death of a loved one within the past year. This 6-week interactive group will address the process of mourning, provide coping skills, and offer the support of others facing a similar loss. Facilitated by Jennifer Aiello, LPC, each participant must attend the initial meeting in order to participate. Please register by 5/8.

## Living Alone Today - Support Group

**2nd & 4th Tuesdays monthly, 1:30 - 3 pm**

Looking to share some laughs, discuss an interesting topic or for someone to lend a compassionate ear? This free group welcomes those who are living alone and are seeking to spend some time in the company of others in a safe and supportive atmosphere. Guided by Jennifer Aiello, LPC, participants are encouraged to share delights, plights or ways to help handle life's transitions.

## Financial Scholarship

Scholarship dollars may be used by residents toward membership, trips, classes, or special events. Please contact Social Services Coordinator, Jennifer Aiello, at 847.926.1868 to schedule a confidential meeting to determine qualification for funds.

Scholarship approval is based on proof of City of Highland Park residency and financial need, as determined by the Benefit Access Program.

- Annual membership is waived
- Scholarship maximum is \$100 per calendar year,
- Program and class fees covered 75%,  
with 25% paid by the participant



# Social Services

## Care & Concern

As Senior Center members experience illness, loss or transitions in life, sometimes a note of support or a caring phone call can bring great comfort. Please contact Jennifer if you are aware of a member who might appreciate a kind gesture.

## Well-Being Checks for Seniors

The Highland Park Police Department offers a courtesy service of well-being checks to seniors during periods of extreme weather and temperatures. Volunteer members of the Community Emergency Response Team and Police Department personnel will perform the check-ins personally or by phone. Please contact Detective Eric Hernandez at 847.926.1123.

## Telephone Reassurance –“R.U.OK?”

The Lake County Sheriff’s Office “Are You OK?” program offers a personal wellness check by making phone calls to those who are homebound and living alone. Those interested in participating in the program can request an application by contacting the Lake County community services team at 847.377.4211.

## Medical Equipment Lending Closet Monday - Friday, 9 am - 4 pm

Senior Center members and Highland Park residents may borrow equipment including wheelchairs, walkers, and bath benches, at no charge, for an unlimited amount of time. A liability waiver must be signed by the individual who will be using the equipment.

## Senior Connector Transportation

### Senior Connector Free Bus

The City of Highland Park Senior Connector operates Monday through Friday, 9 am to 3:15 pm, and is available for use by residents 50 years of age and older. The bus is handicapped accessible, and the route is a continuous circuit, with stops at the Senior Center, Public Library, Hospital, Sunset, Jewel, Target, CVS, and more.

The newly expanded hours provide transportation later in the afternoon for those residents interested in participating in the afternoon activities at the Senior Center. Please access the most current Senior Connector schedule at [www.cityhpil.com](http://www.cityhpil.com)

## Be Alert of Senior Scams

In what seems to be a never-ending cycle, new scams get recognized and reported, so even newer scams replace them. According to the National Council on Aging, financial scams targeting seniors have become so prevalent that they’re now considered “the crime of the 21st century.” Why? Because seniors are thought to have a significant amount of money sitting in their accounts.

Here are some common scams to be aware of and what you can do to report them:

- IRS and Medicare / Medicaid scams
- Utility scams
- Telemarketing / phone scams
- Home repair fraud
- Grandchild in trouble

### *Report Fraud*

File a complaint with the FTC online or call 877.382.4357.

Report a fraud to the United States Senate Special Committee on Aging, which maintains a toll-free hotline at 855.303.9470.



## City and Library Explore New Opportunities

The City of Highland Park (City) and the Highland Park Public Library (Library) are exploring a possible expansion of the Library to enhance library operations and improve parking and traffic flow. The expansion provides a possible opportunity to relocate the City's Senior and Youth Services, which would provide for an up-to-date, efficient facility to better serve our community.

In December 2016, the City reached an agreement with the property owners of 444 Laurel and 466 Laurel and purchased the two single family lots immediately east of the Library. These properties are being considered for a library expansion including increased parking and possible relocation of the City's senior and youth services. A new Senior Services facility would have a dedicated entrance and dedicated activity spaces as well as a direct entrance to the Library allowing members to enjoy the various amenities within the new development.

The City received proposals from 17 highly qualified architectural and engineering firms, and after a comprehensive review and interviews, the City Council will consider approval of an agreement with the recommended architectural services firm at the April 24, 2017 City Council meeting.

The approved firm will begin conducting a needs assessment of Senior Services, Youth Services, as well as the Library to determine the types of dedicated and shared spaces that are needed to meet the desired levels of service, and will subsequently prepare preliminary architectural design drawings. Public feedback is a critical part of this project, and together the City and Library will plan focus group meetings with the general public to solicit public feedback about the process. The Highland Park community will be invited and encouraged to participate in focus groups to share thoughts and insights. Senior Center members will be notified about upcoming focus group meetings via email and through announcements in the City's Highlander newsletter and website.

The project is projected to be complete in 2020. The City and Library encourage public feedback as part of this community development and therefore beginning the planning work well in advance of the formal plan and design process and anticipated construction.

For further information, please visit [www.cityhpil.com/libraryexpansion](http://www.cityhpil.com/libraryexpansion). Please feel free to contact City Manager Ghida Neukirch at 847.926.1000 or via email at [gneukirch@cityhpil.com](mailto:gneukirch@cityhpil.com) with any questions about the proposed project.

## Community Blood Drive

Fire Station - 1130 Central Avenue

Saturday, May 6

8 am to 2 pm

The City of Highland Park is hosting it's biannual community blood drive. To schedule an appointment please call 877.543.3768. Appointments are recommended; walk-ins are welcome! To prepare for your donation, be sure to eat well, stay hydrated and bring a valid form of identification.

## Ravinia District Food Truck Thursdays

Dean Avenue & in Jens Jensen Park

Thursdays, June 1- September 14

4:30 pm – Dusk

Thursdays in the Ravinia District are about to become more exciting! Every Thursday, food trucks, local restaurants and musicians will offer a celebration of food & drink, music and fun. Dine at picnic benches in the Park, or bring a folding chair or picnic blanket. *Music sponsored by the Highland Park Community Foundation and the Ravinia District Special Service Area 17 property owners.* For more information visit the Ravinia District page on Facebook.

## French Market

Central Avenue & St. Johns Avenue

Saturdays, June 3 – October 7

9 am – 1 pm



Gather, socialize and purchase small batch goods directly from artisans and purveyors selling produce, flowers, food, craft goods, jewelry and more at the Bensidoun French Market in Downtown Highland Park. Before or after the Market, visit local shops for unique finds and great service! For more information, visit [www.bensidounusa.com](http://www.bensidounusa.com).

# May 2017

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
| 1<br>10:00 Blood Pressure<br>10:00 Bagels<br>10:30 Monday Speaker<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie | 2<br>9:30 Knitwits<br>12:30 Senior Producers  | 3<br>12:30 Open Poker<br>1:30 Yiddish   | 4<br>10:00 Men's Only Group<br>1:00 Open Mah Jongg<br><b>1:30 Live on the Links</b>   | 5<br>10:00 News & Views<br><b>12:00 Cinco de Mayo Luncheon</b><br>1:00 Open Rummikub<br>1:30 Laurel Larks  |
| 8<br>10:30 Monday Speaker<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie   | 9<br>9:30 Knitwits<br>12:30 Senior Producers<br>1:30 Living Alone   | 10<br><b>10:30 Humanities</b><br>12:30 Open Poker<br>1:30 Yiddish   | 11<br><b>10:30 Trip: Chicago the Musical</b><br>1:00 Open Mah Jongg<br>1:30 Grief Group   | 12<br>10:00 News & Views<br><b>1:00 Barry Bradford</b><br>1:00 Open Rummikub<br>1:30 Laurel Larks  |
| 15<br>10:30 Monday Speaker<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie  | 16<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>12:30 Senior Producers<br>1:00 Basics of Mah Jongg<br>1:30 Sit & Be Fit   | 17<br>9:45 Low Impact Aerobics<br>11:00 Balance<br>12:30 Open Poker<br>1:00 Ceramics<br>1:30 Yiddish  | 18<br>10:00 Advanced Bridge<br>1:00 Open Mah Jongg<br>1:00 Beginner's Bridge<br>1:30 Sit & Be Fit<br>1:30 Grief Group   | 19<br>9:00 Advanced Spanish<br>10:00 Beginning Spanish<br>10:30 Gentle Yoga<br>10:00 News & Views<br>1:00 Watercolor Workshop<br>1:00 Open Rummikub<br>1:30 Laurel Larks                               |
| 22<br>10:30 Monday Speaker<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie  | 23<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>10:30 Writer's Workshop<br>12:30 Senior Producers<br>1:00 Basics of Mah Jongg<br>1:00 Investment Club<br>1:30 Sit & Be Fit<br>1:30 Living Alone | 24<br>9:45 Low Impact Aerobics<br>11:00 Balance<br>12:30 Open Poker<br>1:00 Ceramics<br>1:30 Yiddish  | 25<br>10:00 Advanced Bridge<br>10:00 Brunch & Learn<br><b>12:00 Trip: Cubs Game</b><br>1:00 Open Mah Jongg<br>1:00 Beginner's Bridge<br>1:30 Sit & Be Fit<br>1:30 Grief Group | 26<br>9:00 Advanced Spanish<br>10:00 Beginning Spanish<br>10:00 News & Views<br>10:30 Gentle Yoga<br><b>12:00 Backyard Bash</b><br>1:00 Watercolor Workshop<br>1:00 Open Rummikub<br>1:30 Laurel Larks |
| 29<br><b>CLOSED Memorial Day</b>   | 30<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>10:30 Writer's Workshop<br>12:30 Senior Producers<br>1:00 Basics of Mah Jongg<br>1:30 Sit & Be Fit  | 31<br>9:45 Low Impact Aerobics<br>11:00 Balance<br>12:30 Open Poker<br>1:00 Ceramics<br>1:00 Learn Canasta<br>1:00 Cable TV Class<br>1:30 Yiddish |   |  |

# June 2017

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
|   |  |  | 1<br>10:00 Men's Only Group<br>10:00 Advanced Bridge<br>1:00 Open Mah Jongg<br>1:00 Beginner's Bridge<br>1:30 Sit & Be Fit<br>1:30 Grief Group                              | 2<br>9:00 Advanced Spanish<br>10:00 Beginning Spanish<br>10:00 News & Views<br>10:30 Gentle Yoga<br><b>12:00 Summer Kickoff Luncheon</b><br>1:00 Watercolor Workshop<br>1:00 Open Rummikub<br>1:30 Laurel Larks |
| 5<br>10:00 Blood Pressure<br>10:00 Bagels<br>10:30 Monday Speaker<br>10:30 Gyrokinesis<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie | 6<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>10:30 Writer's Workshop<br>12:30 Senior Producers<br>1:00 Basics of Mah Jongg<br>1:30 Sit & Be Fit                                  | 7<br>9:45 Low Impact Aerobics<br>11:00 Balance<br>12:30 Open Poker<br>1:00 Ceramics<br>1:00 Learn Canasta<br>1:00 Cable TV Class<br>1:30 Yiddish                             | 8<br><b>9:30 Rules of the Road</b><br>10:00 Advanced Bridge<br>1:00 Open Mah Jongg<br>1:00 Beginner's Bridge<br>1:30 Sit & Be Fit<br>1:30 Grief Group                       | 9<br>9:00 Advanced Spanish<br>10:00 Beginning Spanish<br>10:00 News & Views<br>10:30 Gentle Yoga<br><b>1:00 Barry Bradford</b><br>1:00 Watercolor Workshop<br>1:00 Open Rummikub                                |
| 12<br>10:30 Monday Speaker<br>10:30 Gyrokinesis<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie  | 13<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>10:30 Writer's Workshop<br>12:30 Senior Producers<br>1:00 Basics of Mah Jongg<br>1:30 Sit & Be Fit<br>1:30 Living Alone            | 14<br>9:45 Low Impact Aerobics<br>11:00 Balance<br>12:30 Open Poker<br>1:00 Learn Canasta<br><b>12:30 Trip: Aladdin</b><br>1:00 Ceramics<br>1:30 Yiddish                     | 15<br>10:00 Advanced Bridge<br>10:30 Gentle Yoga<br>1:00 Open Mah Jongg<br>1:00 Beginner's Bridge<br><b>1:30 Live on the Links</b><br>1:30 Sit & Be Fit<br>1:30 Grief Group | 16<br>9:00 Advanced Spanish<br>10:00 Beginning Spanish<br>10:00 News & Views<br>10:30 Gentle Yoga<br>1:00 Watercolor Workshop<br>1:00 Open Rummikub   |
| 19<br>10:30 Monday Speaker<br>10:30 Gyrokinesis<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie  | 20<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>10:30 Writer's Workshop<br>12:30 Senior Producers<br>1:30 Sit & Be Fit   | 21<br>9:45 Low Impact Aerobics<br><b>10:30 Humanities</b><br>11:00 Balance<br>12:30 Open Poker<br>1:00 Ceramics<br>1:00 Learn Canasta<br>1:00 Cable TV Class<br>1:30 Yiddish | 22<br>10:00 Advanced Bridge<br>10:00 Brunch & Learn<br>1:00 Open Mah Jongg<br>1:00 Beginner's Bridge<br>1:30 Sit & Be Fit   | 23<br>9:00 Advanced Spanish<br>10:00 Beginning Spanish<br>10:00 News & Views<br>10:30 Gentle Yoga<br><b>12:00 Backyard Bash</b><br>1:00 Watercolor Workshop<br>1:00 Open Rummikub                               |
| 26<br>10:30 Monday Speaker<br>10:30 Gyrokinesis<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie  | 27<br><b>9:00 Trip: My Kind of Town Tour</b><br>9:30 Knitwits<br>10:30 Gentle Yoga<br>12:30 Senior Producers<br>1:00 Investment Club<br>1:30 Sit & Be Fit<br>1:30 Living Alone | 28<br>9:45 Low Impact Aerobics<br>11:00 Balance<br>12:30 Open Poker<br>1:00 Ceramics<br>1:00 Learn Canasta<br>1:00 Cable TV Class<br>1:30 Yiddish                            | 29<br>10:00 Advanced Bridge<br>1:00 Open Mah Jongg<br>1:00 Beginner's Bridge<br>1:30 Sit & Be Fit<br>5:00 Improv Class  | 30<br>10:00 News & Views<br>10:30 Gentle Yoga<br>1:00 Watercolor Workshop<br>1:00 Open Rummikub   |

# July 2017

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| 3<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio   | 4<br><b>CLOSED</b><br><b>Independence Day</b>   | 5<br>12:30 Poker<br>1:00 Learn Canasta<br>1:30 Yiddish   | 6<br>10:00 Men's Only Group<br>1:00 Open Mah Jongg<br><b>1:30 Live on the Links</b><br>5:00 Improv Class  | 7<br>9:00 Advanced Spanish<br>10:00 Beginning Spanish<br>10:00 News & Views<br>1:00 Open Rummikub   |
| 10<br>10:00 Blood Pressure<br>10:30 Monday Speaker<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie | 11<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>10:30 Writer's Workshop<br>12:30 Senior Producers<br>1:00 Basics of Mah Jongg<br>1:30 Sit & Be Fit<br>1:30 Living Alone                         | 12<br>9:45 Low Impact Aerobics<br><b>10:30 Humanities</b><br>11:00 Balance<br>12:30 Poker<br>1:00 Ceramics<br>1:00 Learn Canasta<br>1:30 Yiddish | 13<br><b>9:00 AARP Driving Class</b><br>10:00 Advanced Bridge<br>1:00 Open Mah Jongg<br>1:00 Adv. Beginner Bridge<br>1:30 Sit & Be Fit<br>5:00 Improv Class     | 14<br><b>9:00 AARP Driving Class</b><br>9:00 Advanced Spanish<br>10:00 Beginning Spanish<br>10:00 News & Views<br>10:30 Gentle Yoga<br><b>1:00 Barry Bradford</b><br>1:00 Watercolor Workshop<br>1:00 Open Rummikub |
| 17<br>10:30 Monday Speaker<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie                         | 18<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>10:30 Writer's Workshop<br>12:30 Senior Producers<br>1:00 Basics of Mah Jongg<br>1:30 Sit & Be Fit<br><b>6:00 Ravinia Outing</b>                | 19<br>9:45 Low Impact Aerobics<br>11:00 Balance<br>12:30 Poker<br>1:00 Ceramics<br>1:00 Learn Canasta<br>1:30 Yiddish                            | 20<br>10:00 Advanced Bridge<br><b>12:30 Trip: Arlington Races</b><br>1:00 Open Mah Jongg<br>1:00 Adv. Beginner Bridge<br>1:30 Sit & Be Fit<br>5:00 Improv Class | 21<br>9:00 Advanced Spanish<br>10:00 Beginning Spanish<br>10:00 News & Views<br>10:30 Gentle Yoga<br><b>12:00 Backyard Bash</b><br>1:00 Watercolor Workshop<br>1:00 Open Rummikub                                   |
| 24<br>10:30 Monday Speaker<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie                         | 25<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>10:30 Writer's Workshop<br>12:30 Senior Producers<br>1:00 Basics of Mah Jongg<br>1:00 Investment Club<br>1:30 Sit & Be Fit<br>1:30 Living Alone | 26<br><b>7:30 Golf Outing</b><br>9:45 Low Impact Aerobics<br>11:00 Balance<br>12:30 Poker<br>1:00 Ceramics<br>1:00 Learn Canasta<br>1:30 Yiddish | 27<br>10:00 Advanced Bridge<br>1:00 Open Mah Jongg<br>1:00 Adv. Beginner Bridge<br>1:30 Sit & Be Fit  | 28<br>9:00 Advanced Spanish<br>10:00 Beginning Spanish<br>10:00 News & Views<br>10:30 Gentle Yoga<br>1:00 Watercolor Workshop<br>1:00 Open Rummikub   |
| 31<br>10:30 Monday Speaker<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie                         |   |  |   |   |

# August 2017

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
|  | 1<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>10:30 Writer's Workshop<br>12:30 Senior Producers<br>1:00 Basics of Mah Jongg<br>1:30 Sit & Be Fit   | 2<br>9:45 Low Impact Aerobics<br>11:00 Balance<br>12:30 Open Poker<br>1:00 Ceramics<br>1:00 Learn Canasta<br>1:30 Yiddish       | 3<br>10:00 Men's Only Group<br>10:00 Advanced Bridge<br>1:00 Open Mah Jongg<br>1:00 Adv. Beginner Bridge<br>1:30 Sit & Be Fit         | 4<br>9:00 Advanced Spanish<br>10:00 Beginning Spanish<br>10:00 News & Views<br>10:30 Gentle Yoga<br>1:00 Watercolor Workshop<br>1:00 Open Rummikub  |
| 7<br>10:00 Blood Pressure<br>10:00 Bagels<br>10:30 Monday Speaker<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie | 8<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>10:30 Writer's Workshop<br><b>10:45 Trip: Lake Geneva Lunch &amp; Cruise</b><br>12:30 Senior Producers<br>1:00 Basics of Mah Jongg<br>1:30 Sit & Be Fit<br>1:30 Living Alone | 9<br>9:45 Low Impact Aerobics<br>11:00 Balance<br>12:30 Open Poker<br>1:00 Ceramics<br>1:30 Yiddish                             | 10<br>10:00 Advanced Bridge<br>1:00 Open Mah Jongg<br>1:00 Adv. Beginner Bridge<br><b>1:30 Live on the Links</b><br>1:30 Sit & Be Fit | 11<br>10:00 News & Views<br>10:30 Gentle Yoga<br>1:00 Watercolor Workshop<br>1:00 Open Rummikub   |
| 14<br>10:30 Monday Speaker<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie  | 15<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>10:30 Writer's Workshop<br>12:30 Senior Producers<br>1:30 Sit & Be Fit  | 16<br>9:45 Low Impact Aerobics<br><b>10:30 Humanities</b><br>11:00 Balance<br>12:30 Open Poker<br>1:00 Ceramics<br>1:30 Yiddish | 17<br>10:00 Advanced Bridge<br>1:00 Open Mah Jongg<br>1:00 Adv. Beginner Bridge<br>1:30 Sit & Be Fit                                  | 18<br>10:00 News & Views<br>10:30 Gentle Yoga<br>1:00 Watercolor Workshop<br>1:00 Open Rummikub   |
| 21<br>10:30 Monday Speaker<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie  | 22<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>12:30 Senior Producers<br>1:00 Investment Club<br>1:30 Sit & Be Fit<br>1:30 Living Alone  | 23<br>9:45 Low Impact Aerobics<br>11:00 Balance<br>12:30 Open Poker<br>1:00 Ceramics<br>1:30 Yiddish                            | 24<br>10:00 Advanced Bridge<br>1:00 Open Mah Jongg<br>1:00 Adv. Beginner Bridge<br>1:30 Sit & Be Fit                                  | 25<br>9:00 Advanced Spanish<br>10:00 Beginning Spanish<br>10:00 News & Views<br>10:30 Gentle Yoga<br>1:00 Watercolor Workshop<br>1:00 Open Rummikub |
| 28<br>10:30 Monday Speaker<br>12:30 Duplicate Bridge<br>1:30 Open Art Studio<br>1:30 Monday Movie  | 29<br>9:30 Knitwits<br>10:30 Gentle Yoga<br>12:30 Senior Producers<br>1:30 Sit & Be Fit   | 30<br><b>9:00 Trip: Statue Stories Chicago</b><br>9:45 Low Impact Aerobics<br>12:30 Open Poker<br>1:00 Ceramics<br>1:30 Yiddish | 31<br>10:00 Advanced Bridge<br>1:00 Open Mah Jongg<br>1:00 Adv. Beginner Bridge<br>1:30 Sit & Be Fit                                  | Sept 1<br>10:00 News & Views<br>10:30 Gentle Yoga<br>1:00 Open Rummikub   |

# City of Highland Park

## Highland Park Senior Center Membership Registration

54 Laurel Avenue

Highland Park, IL 60035

Phone: (847) 432-4110; FAX: (847) 432-4531



Please return this completed form by mail or in person to the Senior Center.

Highland Park: Single \$30 \_\_\_\_\_ / Couple \$50 \_\_\_\_\_; Non-resident: Single \$50 \_\_\_\_\_ / Couple \$90 \_\_\_\_\_

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ E-Mail \_\_\_\_\_

Current Member \_\_\_\_\_ New Member \_\_\_\_\_ Former Member \_\_\_\_\_ Check: \$ \_\_\_\_\_

Credit (VISA, MC, Disc.) # \_\_\_\_\_ Exp. \_\_\_\_\_ Signature: \_\_\_\_\_

Please list two people we could contact if necessary:

1. Name \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Cell \_\_\_\_\_

2. Name \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Cell \_\_\_\_\_

Doctor's name \_\_\_\_\_ Phone \_\_\_\_\_

### Participant Liability Waiver and Hold Harmless Agreement

Please read this form carefully and be aware that by registering for and/or participating in programs sponsored by the Highland Park Senior Center, you will be waiving your rights to all claims for injuries you might sustain arising out of participation, and you will be required to indemnify, hold harmless and defend The City of Highland Park for any claims arising out of participation in Senior Center activities.

**Risk of Injury:** "As a participant in Senior Center activities, I recognize and acknowledge that there are certain risks of physical injury, including but not limited to death, and I agree to assume the full risk of injuries, including death, damages, or loss which I may sustain as a result of participating in any and all activities associated with participation.

**Waiver of Injury Claims:** "I agree to waive and relinquish any and all claims I may have arising out of, connected with, or in any way associated with the activities of the Senior Center.

**Release from Liability:** "I do hereby fully release and discharge the City of Highland Park and its officers, agents, and employees from any and all claims from injuries, including death, damage or loss which I may have or which may occur on account of participation in Senior Center activities."

**Indemnity and Defense:** "I further agree to indemnify, hold harmless and defend the City of Highland Park and its officers, agents, and employees from any and all claims from injuries, including death, damages and losses sustained by me and arising out of, connected with, or in any way associated with the activities of the Senior Center."

I have read and fully understand and agree to the above stated conditions of Highland Park Senior Center membership.

In the event of any emergency, I authorize the City of Highland Park to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed reasonable and necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered to me.

I have read and fully understand and agree to the above stated conditions of membership to the City of Highland Park Senior Center.

Signature \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_



## The Highland Park Senior Center

54 Laurel Avenue  
Highland Park, IL 60035  
847.432.4110  
www.cityhpil.com

PRESORTED  
STANDARD  
POSTAGE PAID  
HIGHLAND PARK, ILLINOIS  
PERMIT NO. 97

### Mayor

Nancy Rotering

### City Council

Anthony E. Blumberg

Daniel A. Kaufman

Alyssa Knobel

Kim Stone

Michelle L. Holleman

Alison P. Smith

### City Manager

Ghida S. Neukirch

### Senior Center

#### Laura Frey, CPRP

Manager of Youth and  
Senior Services

**Jennifer Aiello, M.S., LPC,**  
Social Services Coordinator

**Christina Earle**  
Program Coordinator

## Center Parking Guidelines

The shuttle service, to and from the parking lot, will be available on the hour and every 15 minutes after, upon request. Request for service in between those time will be honored at the following 1/4 hour.

**General Parking:** General parking is available in the Central Avenue Parking Lot, located on the north side of Central Avenue and Lake Street. Highland Park City Sticker or Senior Center Parking Permit is required. Shuttle service from the lot is available.

**Handicapped Parking:** Handicapped parking is available on Laurel Avenue, from the Senior Center driveway west to Lake Avenue. A state-issued handicapped placard as well as an "SR Permit" is required.

**Driveway Parking:** Parking in the Senior Center driveway is reserved for individuals engaging in Center business for 10 minutes or less. Please park to the far right of the driveway.

## Holiday Schedule

The Senior Center will be closed and the Senior Connector will be out of service the following dates.

**Memorial Day**                      **Monday, May 29**

**Independence Day**                **Tuesday, July 4**

**Labor Day**                            **Monday, September 4**