Activity Registration

Returning Student Registration Begins: Tuesday, January 5 at 9 a.m.

Member Registration Begins: Friday January 8 at 9 a.m.

Open Registration Begins: Thursday, January 14 at 9 a.m.

New Year’s Eve Luncheon

Ruth’s Chris Steakhouse
Thursday, December 31
11:45 a.m. - 1:45 p.m.
Fee: $33 / NM: $43
Sponsored by Freedom Home Care

New Year’s Eve is a great time to celebrate with friends - both old and new! Join others for a champagne countdown to 12 o’clock (noon), complete with festive party favors! Enjoy a delicious lunch at Ruth’s Chris Steakhouse, which provides guests with a warm, comfortable fireplace lit atmosphere, genuine hospitality, and the best food on the North Shore. Live background music will enhance your holiday experience. When registering, please indicate your entree choice of petite fillet, or salmon, as well as any friendship requests for seating. Doors open at 11:30 a.m. Registration for this event began December 8; please call (847) 432-4110 to inquire about openings.

Valentine’s Day Luncheon and Concert

Highland Park Country Club
Friday, February 12
12 - 2:30 p.m.
Fee: $25 / NM: $35
Sponsored by Brookdale Senior Living Solutions

Celebrate Valentine’s Day with those you love, whether it’s family or friends, you are sure to enjoy this wonderful party. Lunch features tomato basil soup, your choice of entree, duchess potatoes, grilled vegetables and white chocolate mousse cake for dessert. Following lunch, you’ll enjoy a delightful concert featuring many of your favorite love songs. When registering, please indicate your entree choice of broiled whitefish or stuffed chicken breast, as well as any friendship requests for seating. Doors open at 11:45 a.m. Discount deadline is 2/5/15.
<table>
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| **St. Patrick’s Day Celebration**  
**Whitehall of Deerfield**  
**Thursday, March 17**  
12 - 2:30 p.m.  
**Fee: $5 / NM: $10**  
Discount deadline: March 10  
Everyone is Irish on St. Patrick’s Day! Whitehall of Deerfield invites you to join them for a St. Patrick’s Day celebration! Feast on a delicious lunch featuring corned beef and cabbage along with other traditional Irish favorites. Following, enjoy live entertainment that will have you dancing in your seats and singing along. Facility tours of this beautiful facility will be available, and each participant will receive a special goody bag to take home.  
All registration fees will be generously donated to the Highland Park Senior Center.  
*Sponsored by Whitehall of Deerfield* |
| **Passover Seder**  
**Aperion Care - Highwood**  
**Thursday, April 21**  
11 a.m. - 1:30 p.m.  
**Fee: $5 / NM: $10**  
Discount deadline: April 14  
Enjoy a traditional Passover Seder and lunch featuring many delicious favorites. Participate in a condensed service led by Rabbi Isaac Serotta from Lakeside Congregation in Highland Park. After the service, enjoy a delicious holiday meal featuring chopped liver, matzo ball soup, gefilte fish, brisket, chicken, noodle kugel, tzimmis, green beans, and a variety of desserts. Members of all faiths are welcome to attend and will learn about the holiday’s history and traditions.  
All registration fees will be generously donated to the Highland Park Senior Center.  
*Sponsored by Aperion Care* |
| **Senior Citizen Prom**  
**Seniors in the Sun**  
**Highland Park High School**  
**Saturday, April 16**  
5 - 8 p.m.  
**Fee: $5 / NM: $10**  
Discount deadline: April 8  
“Hele mei hoohiwahiwa” – come celebrate with us! The Highland Park High School Class of 2019 invites you to join them for a fabulous night of Hawaiian-style dinner, dancing, and entertainment. Guests will enjoy a tasty catered dinner and a sweet table with home-baked goodies provided with love by the students. The HPHS DJ Club will provide music to dance the night away and some of the high school’s most talented artists will perform throughout the evening. The student hosts will be all dressed up...ready to serve, ready to dance, and ready to entertain. The students look forward to seeing you there! Advanced registration required; please call (847) 432-4110.  
*Sponsored by CJE Weinberg Community for Senior Living* |
| **Memorial Day Ice Cream Social**  
**Silverado Communities - Highland Park**  
**Monday, May 30**  
2 - 3:30 p.m.  
**Fee: $5 / NM: $10**  
Discount deadline: May 18  
Take pleasure in this wonderful new tradition featuring an old fashioned ice cream social. Their ice cream bar features a variety of delicious ice creams with an extensive array of toppings to tickle your taste buds including chocolate, strawberries, marshmallow, caramel, butterscotch, nuts, cherries, whipped cream and more. Delightful music will enhance the experience. Silverado is happy to invite your immediate family and friends to share in the celebration.  
All registration fees will be generously donated to the Highland Park Senior Center.  
*Sponsored by Silverado Communities - Highland Park* |
Join Barry as he lightens things up for a while, with presentations that are sure to make you feel good. Revered historian and storyteller Barry Bradford returns with three absolutely riveting presentations!

February 19  Mary Tyler Moore
Not only did Mary Tyler Moore “turn the world on with her smile,” as her show’s theme song declared, she also influenced a generation of women to become more independent and to pursue successful and fulfilling careers. Moore’s own 50-plus-year career has spanned award-winning films and Broadway shows, as well as two beloved television series that broke ground and continue to entertain viewers.

March 18  Kristin Chenoweth
Kristin Chenoweth has won numerous Tony awards, Emmy awards and is considered one of the greatest singers of our generation. Her charming and vibrant life, almost unbelievable talent and versatility, and compassionate charity create an uplifting and joyful presentation.

April 8  Carol Burnett
Carol Burnett’s television series was not only one of the most popular in history; it is one of the most influential and revered comedy programs of all time. Her talents leap off the screen — but they are not limited to television. She is an author, a Broadway star, made several delightful movies, and is a humanitarian whose charity has influenced many. You will be amazed at her life story — how much she had to overcome to reach stardom and how much she has given back. The film clips, biographical anecdotes and insights into her personality will create an unforgettable portrait of a great performer.

Live on the Links
Classic Concerts
Highland Park Country Club
Thursdays, 1:30 - 2:30 p.m.
Free for members / NM: $10
Sponsored by Aperion Care

January 14  HPHS Jazz Ensemble
The Highland Park High School Jazz Band has won competitions both nationally and internationally, and is a favorite among Senior Center members. Featuring an amazing pool of talented students, the band will perform a concert of jazz standards, including music by Count Basie, Miles Davis, Duke Ellington, Stan Kenton, Glenn Miller, and more. Under the direction of Josh Chodoroff, you’ll enjoy the music of the great big bands.

March 10  Guitar Trio
Enjoy an afternoon concert with the Kithara Project performers including guitarist Adam Levin, well-known to the Highland Park Senior Center, with guitarists Mathew Rohde and Scott Borg. They will entertain you with a varied program performing music by Albeniz to music by Sergio Assad, featuring music from 19th century Spain to contemporary composers. These 3 young men have performed all over the world from Spain to Mexico. The full sound of a guitar trio is sure to bring you great joy and pleasure. Start time at 2 p.m.

April 28  A Cabaret Concert
Vocalist Kaylee Durow sparkles as she performs upbeat arrangements delivered with a heartfelt, bluesy and sensual style all of her own. Kaylee’s repertoire includes a variety of songs and styles spanning 60 years, and includes artists and composers such as Norah Jones, the Beatles, Natalie Merchant, Andrew Lloyd Weber and Rodgers and Hammerstein among others. Joined by accompanist and co-arranger John Hopkins, the show is a wonderful mixture of classics, contemporary, and pop music woven together with stories and conversation.
Special Activities

Humanities Series
Highland Park Public Library
Wednesdays, 10:30 - 11:30 a.m.
Free and open to all
Co-presented with the Highland Park Library
Sponsored by Silverado - Highland Park

January 20  The Best and Worst Films of 2015
From Spotlight to Pan, Chicago Tribune film critic Michael Phillips spreads the wealth and shares the pain of 2015’s best and worst movies.

February 17  Michelle Obama: A Life
Peter Slevin, author, associate professor at Northwestern University, and former national correspondent for The Washington Post, discusses his book, Michelle Obama: A Life. The book follows Michelle to the White House from her childhood on Chicago’s largely segregated South Side and illuminates the dilemmas she faced in Chicago while building a high-powered career, raising a family and helping a young community organizer named Barack Obama become president of the United States. Books will be for sale and the event will conclude with a book signing.

March 16  Film Screening: The Age of Love
This documentary follows the humorous and poignant adventures of 30 seniors in Rochester, New York, who sign up for a first-of-its-kind speed dating event exclusively for 70 to 90-year-olds. From anxious anticipation through the dates that follow, it’s an unexpected tale of seniors who lay their hearts on the line, and discover how dreams and desires change - or don’t change - from first love to the far reaches of life. This program will run until 12 noon.

April 20  Foreign Policy and the 2016 Presidential Election
Terrorism, trade, climate change, and bilateral relations between the United States and China, Russia, and Iran top the list of major foreign policy concerns. Democrats and Republicans are deeply divided on these issues, as well as the general direction the country ought to take in world affairs. Jim Marquardt, associate professor of politics, reviews party candidates. He also underscores the foreign policy positions of the major negative effects of both partisanship and success abroad.
Monday at the Movies
Highland Park Police Station
Mondays, 1:30 p.m.
Free for members / NM: $10

Join other Center members for a fun and free afternoon out. Enjoy screenings of great movies newly released to DVD, along with a few “Oldies but Goodies.” Current movies are released to DVD at the last possible moment, and in order to provide the most up-to-date film screenings, movie titles will be posted on a monthly flyer and in the weekly Friday e-mails.

Film Showing and Discussion
Screwball Comedies
Highland Park Public Library
Sundays, 2 p.m.
Free and open to all

*Sponsored by Warren Barr North Shore*

Join film instructor Bob Coscarelli for an introduction, screening, and discussion of wonderful, classic films. Presented in conjunction with the HPPL.

**January 31**  
**Lady Eve**  
A trio of classy card sharks targets the socially awkward heir to brewery millions for his money, till one of them falls in love with him.

**February 21**  
**Palm Beach Story**  
An inventor needs cash to develop his big idea. His wife, who loves him, decides to raise it for him by divorcing him and marrying a millionaire.

**March 20**  
**My Man Godfrey**  
A scatterbrained socialite hires a vagrant as a family butler...but there’s more to Godfrey than meets the eye.

**April 24**  
**What’s Up Doc**  
The accidental mix-up of four identical plaid over-night bags leads to a series of increasingly wild and wacky situations.

Pilgrim Chamber Players
From Schubert to Jazz
Highland Park Community House  
Sunday, January 24  
3 p.m.
$10 for HPSC members

Ole! Guitar Trios and More
Highland Park Community House  
Sunday, March 13  
3 p.m.
$10 for HPSC members

Stars of Tomorrow
Highland Park Community House  
Sunday, April 17  
3 p.m.
Free

For tickets, call (847) 433-0992  
www.pilgrimplayers.org

Highland Park Strings
Annual Benefit Concert:  
Operatic Highlights
Bennet-Gordon Hall at Ravinia  
Sunday, February 14  
3 p.m.
$20 for HPSC members

For tickets, call (847) 831-3622

Senior Center

**Featured Artists**

**Jehan Kavoosi**
January and February

**Janet Poppe**
March and April

Beautiful artwork, created by Center members, adorns the Senior Center walls. Please stop by and enjoy the bi-monthly art exhibits on display.
Registration and Refunds

Participants must register prior to the start of classes, trips, or special events; payment is due when registering.

Regular registration fees will apply on or before the discount deadline date. For trips and special activities, discount deadline dates are 1 week prior, unless identified in the newsletter copy; for classes, discount deadline dates are 3 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.

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

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 completed, and may take several weeks.

Dressing Downton & High Tea
Driehaus Museum, Chicago
Wednesday, March 23
Fee: $99 / NM: $129
Bus departs Toys R Us at 10:30 a.m.
Bus returns at approximately 4 p.m.
Discount deadline: March 2
Dressing Downton: Changing Fashion for Changing Times features more than 35 costumes from the popular British television series Downton Abbey. Many of the costumes use original fabrics and embellishments from the early 20th century, while others are re-created from old photographs, paintings, patterns, and magazine pictures. The exhibition offers a new perspective on the show’s most memorable characters, while chronicling the great changes taking place in Britain during the tumultuous early 20th century. Following your self-guided tour of the exhibit, you’ll escape and relax in the inviting garden-inspired setting in The Murphy Auditorium adjacent to the Museum.

(Dressing Downton & High Tea continued)
Your tea includes seasonal scones and cake breads, tea sandwiches and a variety of sweets catered exclusively by Parties & Special Events by Lettuce Entertain You® as well as a selection of two specialty teas locally sourced from Chicago’s own Rare Tea Cellars.

Hazel - A Musical Maid in America
Drury Lane, Oakbrook
Thursday, April 14
Fee: $88 / NM: $108
Bus departs Toys R Us at 10:30 a.m.
Bus returns at approximately 4:30 p.m.
Discount deadline: March 17
The world premiere musical comedy, “Hazel,” based on the character created by Ted Key and the hit television series, kicks off the 2016-2017 season. It’s the 1960s, a time of great change for America, but not all of the Baxter family is on board. What George Baxter finds so funny about his wife joining the work force and his maid taking over his household and his life—is a laugh riot. Directed and choreographed by Emmy Award winner Joshua Bergasse, “Hazel” asks the question: can a simple maid debone a turkey, save a marriage, uncover a matter of national security and lead a conga line? She can if she’s Hazel! Prior to the show, you’ll enjoy lunch at one of the wonderful local restaurants.

Hershey Felder as Irving Berlin
Royal George Theatre, Chicago
Thursday, May 19
Fee: $70 / NM: $90
Bus departs Toys R Us at 12:45 p.m.
Bus returns at approximately 5 p.m.
Discount deadline: April 19
Hershey Felder returns to Chicago in this hit production of Hershey Felder as Irving Berlin at Royal George Theatre. Heralded as the greatest composer on earth, Felder brings to life the remarkable story of Irving Berlin and his American classics such as White Christmas, God Bless America, Always, Puttin’ on the Ritz, and more. Hershey Felder’s masterful creation of character and music performance will make this wonderful afternoon and an unforgettable journey.

Coming Soon:
June: Milwaukee Ethnic Tasting Tour
July: War Paint at the Goodman Theatre
**Free Blood Pressure Screening**  
_The first Monday of each month_  
_Police Station: 10 - 10:30 a.m._  
_Provided by Traycee Home Care Services_

**Duplicate Bridge**  
_Mondays, 12:30 - 3:30 p.m._  
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 p.m.  
- Players must be available through 3:30 p.m.  
- 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 p.m. 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 a.m._  
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 p.m._  
_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.

**Drop-In Poker**  
_Wednesdays, 12:30 - 3 p.m._  
_Daily Fee: $2 / NM: $4_  
_Championship Poker is designed to add a competitive edge to this friendly game of poker. Players will receive chips each week, and the top chip winner will receive a gift card to a local business._

**Yiddish Conversation & Culture**  
_Wednesdays, 1:30 - 2:30 p.m._  
Join facilitator Ludmilla Coven for a fun and lively Yiddish group. Learn basic Yiddish phrases, sing songs and watch movies in Yiddish. _No class in January._

**“For Men Only” Discussion Group**  
_First Thursday each month, 10 - 11:30 a.m._  
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. _Due to conflict on 1/7, group will meet on 1/14._

**News & Views Current Events**  
_Fridays, 10 - 11:30 a.m._  
Ralph Bernstein facilitates an intellectual discussion on worldwide current events. Share your thoughts and opinions with a wonderful group.

**Laurel Larks Singing Group**  
_Peers Building, 400 Central Avenue_  
_Fridays, 1:30 - 3 p.m. (Beginning February 19)_  
This lively group of singers rehearse popular and upbeat songs to prepare for concert performances held at local senior living facilities. Join other members who love singing and bringing joy to others! No experience necessary; just a love for music and a love for fun! Senior Center membership and advanced registration are required. _No practice 4/22._  
_Sponsored by First Bank of Highland Park_

**Open Game Play**  
_For the love of the game! Gather some 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. If you have another game you would like to play, please let staff know._  

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<td>Scrabble</td>
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<td>Poker</td>
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<td>Rummikub</td>
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Monday Speaker Series
Highland Park Police Department
Mondays, 10:30 - 11:30 a.m.
Free for members / NM: $10
Sponsored by Whitehall of Deerfield Healthcare Center

Bagels: Whitehall of Deerfield will provide bagels, cream cheese, and coffee for lecture attendees, on January 11, and February 1.

Parking: Parking in the police department’s west lot is not permitted. Please park in the spaces in front of the police department or in the Bluegrass lot. Your cooperation is greatly appreciated.

January 11  Vivaldi’s Winter Concerto
Start the New Year on a passionate and expressive note! Jim Kendros, music composer, researcher, and lecturer, returns to offer us the Winter Concerto by Antonio Vivaldi! Included in Vivaldi’s immortal Four Seasons, the Winter Concerto is a feast of melodic wonderment. Enjoy Jim’s uplifting commentary as he enthusiastically explains the background of the Four Seasons and the descriptive poetry Vivaldi supplied with the music. Whether a calming January thaw, a comforting serenade by a warm fire or restless winds bringing a winter wonderland, you’ll experience all this and more in Vivaldi’s Winter Concerto with Jim Kendros!

January 18  Closed – Martin Luther King Jr. Day

January 25  Musical Moments in Comedy – 1930s
As vaudeville declined prior to and during the 1930s, several comedians easily made the transition to radio and talking movies. Highlighted in this program are Eddie Cantor, Fannie Brice, Laurel & Hardy, the Marx Bros. and Burns & Allen. Bob Levi’s multimedia presentation shows examples of these stars’ musical talents beyond their great comedic persona.

February 1  Discrimination & Segregation
Senior Center member Steve Isaacson will describe several events involving racial segregation and discrimination in America, in both the north and south. You’ll hear stories about Dr. Martin Luther King Jr., Rosa Parks, Medgar Evers and “Bull” Connor. Steve has a wonderful way with words and is an artful storyteller, so you are sure to enjoy this presentation.

February 8  Eddie Cantor: Oh, What a Man!
Presented by Susan Benjamin, at one time Eddie Cantor was a multi-media superstar and the “biggest” entertainer in the country. He rose a long way from the depths of poverty, yet was truly a great humanitarian. In addition to clips of some of his best work, this program features stories of his show business stature as well as his place in history as a philanthropist and role model.

February 15  Photography: Intimacy with Strangers in a Strange Land
Warren Guthrie shoots cultural portraits in developing countries. His photos juxtapose cultural difference and universal emotion resulting in surprising intimacy. Warren will share his photos which remind us that all humans are fundamentally connected. In his work, Warren must establish a trusting relationship that may last less than a minute, without the benefit of language. Yet his remarkable images reveal the humanity of strangers as they also touch our humanity.

February 22  Civil War: Homefront to Frontline
Drawn from letters, diaries and photographs in the museum’s collections, this presentation by the Lake County Forest Preserves senior programming services, discusses the personal stories of Lake Countians on the battlefield as well as the home front.

February 29  No Program – Early Voting
March 7  No Program – Early Voting
March 14  No Program – Early Voting
March 21  Congressional Update
To extend constituent services, U.S. Congressman Bob Dold, will brief members on what’s happening in Washington D.C. and address the many questions received at his legislative offices on Social Security, Medicare, health and long term care programs, as well as resources of interest to seniors. He will also talk on other issues that are important to him, and what progress is being made on those issues. Congressman Bob Dold is currently in his second term serving the people of Illinois’ 10th Congressional District. A native of northern Illinois, Bob was born at Evanston Hospital, and graduated from New Trier High School.

March 28  Dick Powell and June Allyson
Dick Powell’s charm, charisma and strong singing voice helped lead to the success of Warner Brothers musicals in the 1930s and 1940s. June Allyson, an ingénue with a low, hoarse voice, had a crush on Dick Powell for years before they met, and after his divorce from Joan Blondell, married. Eventually her musical career eclipsed his. Susan Benjamin will describe how their relationship survived most of Hollywood’s pressures as she evolved into a musical star, and he evolved into a media mogul.

April 4  No Program – Schedule Conflict
April 11  Women in Renaissance Houses
If the Domestic sphere is considered feminine today, this was certainly the case in the Renaissance. Using examples from Renaissance Europe, especially Italy, the Netherlands and England, this presentation will consider how specific rooms in Renaissance Houses functioned, and which activities and rituals were performed in them. Join Ann Roberts, Lake Forest College Professor of Art History, who will also look at objects made for women to use in the Renaissance House.

April 18  Julie Andrews: Dauntless Diva
Dame Julie Andrews began her show business career when she was a young child as she toured around England with her mother and stepfather. However, her true stardom began in New York as Americans embraced Julie and her great talent. Julie’s performing career and personal life have intertwined as she transformed herself from a vocalist to actor to author. This presentation by Susan Benjamin provides examples of her Broadway, television and movie triumphs.

April 25  Cambodia & Vietnam: Riverboat Tour
Traveling on a riverboat on the Mekong River, meeting the wonderful people of Cambodia and Vietnam, eating strange foods and visiting the fantastic ruins in Angkor are just a few of the memories that Fred Gold will share in a photographic compilation.

Senior Center Library
Members are invited to borrow books from the Senior Center library located in the main floor office. You’ll find a nice selection of fiction, non-fiction and large print books. Books are loaned on the honor system, and there is no limit on the length of time they can be kept out. Please consider donating your gently used, current, best seller, hardcover books to the library for other members to enjoy.
Classes

Registration and Refunds

Participants must register prior to the start of classes, trips, or special events; payment is due when registering.

Regular registration fees will apply on or before the discount deadline date. For trips and special activities, discount deadline dates are 1 week prior, unless identified in the newsletter copy; for classes, discount deadline dates 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.

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

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 completed, and may take several weeks.

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. Classes including floor work will be noted.

Tuesday Gentle Yoga
Tuesdays, January 19 - February 23 (6 classes)
10:30 - 11:30 a.m. Fee: $36 / NM: $56
Tuesdays, March 8 - April 26 (8 classes)
10:30 - 11:30 a.m. 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 1/2

Tuesday Sit & Be Fit
Tuesdays, January 19 - February 23 (6 classes)
1:30 - 2:30 p.m. Fee: $36 / NM: $56
Tuesdays, March 8 - April 26 (8 classes)
1:30 - 2:30 p.m. 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. The class utilizes light weights and resistance tubes to build strength and tone muscle.
* Level 1

Low Impact Dance Aerobics
Wednesdays, January 20 - February 24 (6 classes)
9:45 - 10:45 a.m. Fee: $36 / NM: $56
Wednesdays, March 9 - April 27 (8 classes)
9:45 - 10:45 a.m. Fee: $48 / NM: $68
You will love exercising to music with instructor Kris Larsen. This fabulous low impact aerobics class is designed to get you moving and will improve body strength, muscle tone, and may enhance the efficiency of your heart and lungs. Working with choreographic structures also assists in memory enhancement as well as increasing self-esteem.
* Level 2

Thursday Sit & Be Fit
Thursdays, January 21 - February 25 (6 classes)
1:30 - 2:30 p.m. Fee: $36 / NM: $56
Thursdays, March 10 - April 28 (8 classes)
1:30 - 2:30 p.m. 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. The class utilizes light weights and resistance tubes to build strength and tone muscle.
* Level 1
Supervised Bridge for Intermediate Players
Tuesdays, January 26 - February 23 (5 classes)
10 a.m. - 12 p.m.                                 Fee: $50 / NM: $70
Tuesdays, March 8 - April 26 (8 classes)
10 a.m. - 12 p.m.         Fee: $80 / NM: $100
Instructor Elaine Morrison returns to teach intermediate players in this updated format. Each class begins with a mini-lesson, and is followed by supervised play. Elaine will be available to answer questions, and review how each hand was played.

Advanced Bridge Lessons
Thursdays, January 28 - February 25 (5 classes)
10 a.m.- 12 noon                               Fee: $50 / NM: $70
Thursdays, March 10 - April 28 (8 classes)
10 a.m.- 12 noon                               Fee: $80 / NM: $100
This class is designed to give advanced players the opportunity to improve their game in the areas of bidding, playing and defending. Each lesson will begin with a mini-lecture, followed by play of pre-set hands related to the presented topic.

Conversational Spanish
Fridays, January 15 - February 19 (6 classes)
Advanced: 10 - 11 a.m.                                Fee: $36 / NM: $56
Continuing: 11 a.m. - 12 noon                       Fee: $36 / NM: $56
Hola Amigos! Certified Spanish teacher Leslie Fenster teaches students the fundamentals of Spanish, including everyday vocabulary, pronunciation, and grammar. Class will focus on speaking, listening and vocabulary, and is taught in a fun and supportive environment.

Beginning Canasta Lessons
Fridays, March 11 - April 15  (6 classes)
1 - 3 p.m.                                             Fee: $60 / NM: $80
Canasta lessons return to the Highland Park Senior Center by popular request. Canasta is a fun and exciting card game which has recently had a resurgence of popularity! Instructor Dotty Guthmann teaches canasta in a learn-as-you-play game, supplemented by handouts of the rules.

Friday Gentle Yoga
Fridays, January 22 - February 26 (6 classes)
10:30 - 11:30 a.m.                                    Fee: $36 / NM: $56
Fridays, March 11 - April 29 (8 classes)
10:30 - 11:30 a.m.                                    Fee: $48 / NM: $68
Taught by certified Yoga instructor Joy Luster, this class explores gentle movements to increase flexibility, strength, and well-being. Students are led through stretches, yoga postures and breathing practices, then guided into deep relaxation.

Rules of the Road
Thursday, March 10
9:30 - 11:30 a.m.                                    Free
The Rules of the Road Review Course is designed to give senior drivers the knowledge and confidence needed to renew or obtain a driver’s license. Offered by the Illinois Secretary of State, the review course combines an explanation of the driving exam with a practice written exam.

Senior Adult Travel Golf League
Wednesday Mornings, May - September
Tee off between 7 - 9 a.m.
Fee: $40 / NM: $60
Returning registration begins: March 8
Resident registration begins: March 15
Open registration begins: March 22
This innovative 9-hole, coed travel golf league matches individuals and pairs weekly, with other golfers. Rotating between Sunset Valley Golf Course, Highland Park Country Club, Sportsman Country Club, and Deerfield Golf Club, this league is perfect for golfers looking to meet other players. Greens/cart fees are additional, and are payable weekly at each course. Please call (847) 432-4110 for details or to register.

Friday Gentle Yoga
Fridays, January 22 - February 26 (6 classes)
10:30 - 11:30 a.m.                                    Fee: $36 / NM: $56
Fridays, March 11 - April 29 (8 classes)
10:30 - 11:30 a.m.                                    Fee: $48 / NM: $68
Taught by certified Yoga instructor Joy Luster, this class explores gentle movements to increase flexibility, strength, and well-being. Students are led through stretches, yoga postures and breathing practices, then guided into deep relaxation.

* Level 1 / 2
Classes

Coloring Book Club
**Wednesdays**
10 - 11:30 a.m.  
*Free*
Adult coloring book clubs are one of the hottest new trends across the nation. Under the guidance of leader Marlene White, join other Senior Center members for a good, old fashioned, morning of fun and relaxing coloring. You may bring your own supplies, or purchase a $10 starter kit at the Center, which includes an adult coloring book, a box set of 24 colored pencils, and a convenient carrying bag. **No meeting on 1/20, 2/17, 3/16 & 4/20.**

Research has shown that through the use of art therapy, the human brain can physically change, grow, and rejuvenate, and that relaxation can improve your overall health.

Advanced Painting Studio
**Thursdays, January 21 - February 25 (6 classes)**
1 - 3 p.m.  
*Fee: $48 / NM: $68*

**Thursdays, March 10 - April 28 (8 classes)**
1 - 3 p.m.  
*Fee: $64 / NM: $84*
Experienced students are guided toward improving their drawing and painting skills while working individually on their personal paintings. The instructor will offer support in developing use of color, composition, perspective, and more.

Beginning iPhone Class
**Wednesdays, April 6 & 13**
10 a.m. -12 noon  
*Fee: $45 / NM: $65*
This class provides students hands-on instruction on the following functions and features of the iPhone: overview and functions, internet use, e-mail use, and standard application use (texting, maps & calendar).

Continuing iPhone Class
**Wednesdays, April 20 & 27**
10 a.m. -12 noon  
*Fee: $45 / NM: $65*
Following the beginning iPhone class, this hands-on class provides students with additional knowledge of the iPhone which include: photos and videos, understanding and accessing SIRI, downloading and using new apps from the Apple app store, as well as Face Time and Skype.

Social Services

~ Social Services ~
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 support groups, individual and family counseling, and information and referrals including:

- Information and referrals for caregiving agencies, alternative living facilities, transportation options, medical alert systems, and mobile meal 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) 926-1865.

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, who can provide notary assistance.

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 (CERT) and Police Department personnel will periodically perform the check-ins personally or by phone, depending on the weather conditions. For anyone interested in the program, please contact Detective Eric Hernandez at (847) 926-1123.
Grief Group
Thursdays, May 12 - June 16 (6 weeks)
1:30 - 3 p.m. Free
Please register by Monday, May 9
For individuals 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.

Living Alone Today - Support Group
Second & Fourth Tuesday of each month
1:30 - 3 p.m. Free
Looking to share some laughs, discuss an interesting topic or for someone to lend a compassionate ear? This 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.

Medical Equipment Lending Closet
Monday - Friday, 9 a.m. - 4 p.m.
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.

SHIP – Senior Health Insurance Program
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.

Telephone Reassurance – “R.U.O.K.?”
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.

Care and 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.

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

CASH DASH - Find your unclaimed money!
The state of Illinois currently has $2.1 billion dollars in cash, plus contents from Illinois bank safe deposit boxes, which need to be returned to Illinois residents. Most assets are transferred to the state after they’ve been inactive for at least five years. Senior Center members may schedule an appointment with a volunteer who will do a quick search through the Department of Treasury to determine if you have unclaimed property. If yes, you will be assisted in the process of claiming your money or property.

Family Caregiver Support Group
First & Third Monday of each month
6 - 7:30 p.m. Free
Held at Family Services, 777 Central Avenue
Caregiving for an aging parent, spouse or close friend can present tough challenges. Other caregivers may have already solved problems like those you now face. This support group enables caregivers to share their experiences and learn from others. Offered by Stephanie Loda, LCSW, of Family Service of Lake County, this group aims to provide support needed to maintain a positive outlook when caregiving for a loved one. For further information please call Stephanie at (847) 432-4981.
Welcome New Members

Iris Agran
L. Kean & Judith Block
Inessa Borisova
Seymour Brandin
Mia Bronson
Arthur Bross
Geraldine Cohn
Ronald Davis
Karen Duewel
Irwin Dorfman
Rita Echt
Debra Ellis
Donna Glickman
Kenneth Goldberg
Joel & Kim Goldman
Pam Hoxsey
David & Carol Ingall
Florence Kind
Cathy Lalich
Norman Lynn
David & Lois Marks
Eugene & Evelyn Meyer

Donations

In Memory of Harold Freberg
From: Howard & June Berkowitz

In Memory of Marvin Kuznitsky
From: Irving & Toby Moses

In Memory of Andrew Schwartz
From: Lou Frey

In Memory of Mimi Mills
From: Lou Frey

In Memory of Marilyn Adler’s Birthday
From: Leonard Adler

In Memory of Arthur Frohman’s Birthday
From: Leonard Adler

In Honor of Shelly Fairman’s Recovery
From: Lou Frey

Best Wishes for a Speedy Recovery to Dana Maresco
From: Lou Frey

Best wishes for a Speedy Recovery to Alice Deime
From: Michael & Joan Weinberg

In Honor of Eugene Miller’s 90th Birthday
From: Maxine Levin

In Honor of Jerry Reinhart’s Birthday
From: Leonard Adler

In Honor of Cookie Wax’s Special Birthday
From: Ceil Masler

In Appreciation of SHIP Services
From: Michael & Joan Weinberg

In Appreciation of Services for Seniors
From: Seymour & Betty Podber
Gert & Harold Savitz
Wayne & Marla Schachtel
Marilyn Risdon

~ A Gift For Any Occasion ~

Senior Center Gift Certificates are the perfect gift for any Senior Center member.

Gift Certificates may be purchased for any amount and may be used toward membership dues, trips, classes, and special events.

Please call Sue at (847) 432-4110 for details.
# January 2016

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<tr>
<td>12:30 Duplicate Bridge</td>
<td>9:30 Knitwits</td>
<td>10:00 Coloring Book Club</td>
<td>Center closed from 8:45-11:15 a.m.</td>
<td>10:00 News &amp; Views</td>
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<td>12:30 Poker</td>
<td>1:00 Open Mah Jongg</td>
<td>11:00 Spanish Class</td>
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<td>Men’s Only Group</td>
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<td>1:30 Live on the Links</td>
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**Film Series - HP Library**
Sun. Jan 31 @ 2pm
## February 2016

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<tr>
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<th>MONDAY</th>
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<td><strong>10:00</strong> Blood Pressure</td>
<td>10:30 Monday Speaker</td>
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<td>10:00 Advanced Bridge</td>
<td>10:00 News &amp; Views</td>
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<td><strong>10:00</strong> Bagels</td>
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<td><strong>10:30</strong> Monday Speaker</td>
<td>10:30 Yoga</td>
<td>12:30 Poker</td>
<td>1:00 Advanced Painting</td>
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<td><strong>12:30</strong> Duplicate Bridge</td>
<td>12:30 Senior Producers</td>
<td>1:30 Yiddish</td>
<td>1:00 Open Mah Jongg</td>
<td>11:00 Spanish Class</td>
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<td><strong>1:30</strong> Open Art Studio</td>
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<td><strong>1:30</strong> Monday Movie</td>
<td>1:30 Sit &amp; Be Fit</td>
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<td>1:30 Laurel Larks</td>
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| 2      | 9:30 Knitwits             | 10:00 Supervised Bridge          | 9:45 Low Impact Aerobics       | 10:00 Advanced Bridge         | 10:00 News & Views            |
| 2      | 10:00 Yoga                | 10:00 Coloring Book Club         | 10:00 Men’s Only Group         | 1:00 Advanced Painting        | 10:00 Spanish Class           |
| 2      | 12:30 Senior Producers    | 12:30 Poker                      | 1:00 Open Mah Jongg            | 1:00 Open Mah Jongg           | 10:30 Yoga                   |
| 2      | 1:00 Open Scrabble        | 1:30 Yiddish                     |                                | 1:30 Sit and Be Fit           | 11:00 Spanish Class           |
| 2      | 1:30 Sit & Be Fit         |                                |                                |                               | 1:00 Open Rummikub            |
| 2      | 1:30 Living Alone         |                                |                                |                               | 1:30 Laurel Larks             |

| 8      | 9:30 Knitwits             | 10:00 Supervised Bridge          | 9:45 Low Impact Aerobics       | 10:00 Advanced Bridge         | 10:00 News & Views            |
| 8      | 10:00 Yoga                | 10:00 Coloring Book Club         | 10:00 Men’s Only Group         | 1:00 Advanced Painting        | 10:00 Spanish Class           |
| 8      | 12:30 Senior Producers    | 12:30 Poker                      | 1:00 Open Mah Jongg            | 1:00 Open Mah Jongg           | 10:30 Yoga                   |
| 8      | 1:00 Open Scrabble        | 1:30 Yiddish                     |                                | 1:30 Sit and Be Fit           | 11:00 Spanish Class           |
| 8      | 1:30 Sit & Be Fit         |                                |                                |                               | 1:00 Open Rummikub            |
| 8      | 1:30 Living Alone         |                                |                                |                               | 1:30 Laurel Larks             |

| 15     | 9:30 Knitwits             | 10:00 Supervised Bridge          | 9:45 Low Impact Aerobics       | 10:00 Advanced Bridge         | 10:00 News & Views            |
| 15     | 10:00 Yoga                | 10:00 Coloring Book Club         | 10:00 Men’s Only Group         | 1:00 Advanced Painting        | 10:00 Spanish Class           |
| 15     | 12:30 Senior Producers    | 12:30 Poker                      | 1:00 Open Mah Jongg            | 1:00 Open Mah Jongg           | 10:30 Yoga                   |
| 15     | 1:00 Open Scrabble        | 1:30 Yiddish                     |                                | 1:30 Sit and Be Fit           | 11:00 Spanish Class           |
| 15     | 1:30 Sit & Be Fit         |                                |                                |                               | 1:00 Open Rummikub            |
| 15     | 1:30 Living Alone         |                                |                                |                               | 1:30 Laurel Larks             |

| 22     | 9:30 Knitwits             | 10:00 Supervised Bridge          | 9:45 Low Impact Aerobics       | 10:00 Advanced Bridge         | 10:00 News & Views            |
| 22     | 10:00 Yoga                | 10:00 Coloring Book Club         | 10:00 Men’s Only Group         | 1:00 Advanced Painting        | 10:00 Spanish Class           |
| 22     | 12:30 Senior Producers    | 12:30 Poker                      | 1:00 Open Mah Jongg            | 1:00 Open Mah Jongg           | 10:30 Yoga                   |
| 22     | 1:00 Open Scrabble        | 1:30 Yiddish                     |                                | 1:30 Sit and Be Fit           | 11:00 Spanish Class           |
| 22     | 1:00 Investment Club      |                                |                                |                               | 1:00 Open Rummikub            |
| 22     | 1:00 Open Scrabble        |                                |                                |                               | 1:00 Laurel Larks             |
| 22     | 1:30 Sit & Be Fit         |                                |                                |                               |                              |
| 22     | 1:30 Living Alone         |                                |                                |                               |                              |

| 29     | 12:30 Duplicate Bridge    |                                |                                |                               |                              |
| 29     | 1:30 Open Art Studio      |                                |                                |                               |                              |

### Notes
- **Valentine’s Day Luncheon**
  - Date: Sun. Feb 21
  - Time: @ 2pm
  - Location: HP Library

### Additional Events
- **Laurel Larks Film Series - HP Library**
  - Date: Sun. Feb 21
  - Time: @ 2pm
<table>
<thead>
<tr>
<th>Day</th>
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<td>Luncheon</td>
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<td>1:30 Open Art Studio</td>
<td>12:00 Trip: Dressing Downton &amp; Tea</td>
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# April 2016 Schedule

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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 ___________________________________________ Name ___________________________________________

Birthdate _____ / _____ / _____ 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.”

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 _____ / _____ / _______
Center Parking Guidelines

New Shuttle Service Information: In order to increase efficiency of the shuttle service, to and from the parking lot, shuttle service 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.

<table>
<thead>
<tr>
<th>Event</th>
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<tr>
<td>Winter Holiday</td>
<td>Thursday, December 24 - Friday, January 1</td>
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<tr>
<td>City Staff Meeting</td>
<td>Thursday, January 7 (closed 8:45 - 11:15 a.m.)</td>
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<tr>
<td>Martin Luther King Jr. Day</td>
<td>Monday, January, 18</td>
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City of Highland Park

Mayor:
Nancy R. Rotering

City Council:
Anthony E. Blumberg  
Paul Frank  
Daniel A. Kaufman  
Alyssa Knobel  
Kim Stone  
Michelle L. Holleman

City Manager:
Ghida S. Neukirch

Senior Center

Laura Frey, CPRP  
Manager of Youth and Senior Services

Susan Mosky,  
Records Administrator

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