**Activity Registration**

Returning Student Registration Begins: Thursday, April 21 at 9 a.m.

Member Registration Begins: Thursday, April 28 at 9 a.m.

Open Registration Begins: Thursday, May 5 at 9 a.m.

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**Gardens Tour, Dinner & Concert**

Chicago Botanic Gardens - Glencoe

Tuesday, June 21

5 - 8 p.m.

Fee: $50 / NM: $60

Discount deadline: June 7

5 p.m. **Grand Tram Tour** Get carried away on this 2.3-mile narrated tour! Learn the history and science of the Garden while viewing highlights.

6 p.m. **Dinner Buffet & Concert** features a family style presentation of corn muffins, Caesar salad, citrus grilled mahi-mahi with pineapple & pickled ginger salsa, caprese chicken platter with tomatoes & fresh basil, Mediterranean toasted farro salad, with lemon bars and cookies for dessert. Bopology performs music from the swingin’ ‘40s to the twenty-first century, featuring a Duke Ellington sound with the vocal style of the Rat Pack.

*Fee includes parking, tram tour, dinner and concert. Please meet staff at the tram boarding site; tram departs promptly at 5 p.m.*

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**Ravinia Dinner and Concert**

Ravinia Festival - Highland Park

Tuesday, August 2

6 - 10 p.m.

Fee: $50 / NM: $60

Discount deadline: July 18

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. **“New World” Symphony**
Danill Trifonov plays Schumann’s *Piano Concerto* with the Chicago Symphony Orchestra. The program will include Weber: *Overture to Der Freischütz*, Schumann: *Piano Concerto in A Minor*, Op. 54 and Dvořák: *Symphony No. 9 in E Minor*, (“From the New World”)

*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

Brunch and Learn
Nature Workshops
Heller Nature Center
Fridays, 10 - 11:45 a.m.
Fee: $10 / NM: $20

This exciting series features a casual brunch, followed by unique and interesting nature programs led by area naturalists and other expert educators. Early registration deadline: 1 (one) week in advance.

May 20  Experiential Workshop
Enjoy the morning developing communication skills and challenging your brain with engaging team building activities and nature games! Activities will be suitable for all levels of fitness and mobility. Plato once said, “You can discover more about a person in an hour of play than in a year of conversation.”

June 17  Henry David Thoreau
American author and naturalist Henry David Thoreau is best known for residing alone in a tiny cabin for two years along the shores of Walden Pond, living off the land and writing. Corinne Smith, writer, poet and outdoor educator, will share Thoreau’s basic philosophies on the environment and how they resonate with people today. Learn a bit more about this transcendentalist and discuss what threads may connect the past to the present.

Back Yard Bashes
Music, Food, and Fun
Highland Park Senior Center
Fridays, 12 - 2 p.m.
Fee: $10 / NM: $20
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, and board games such as chess, backgammon, and Rummikub. Picnic tables will be available, but please feel free to bring your favorite folding chair. Early registration deadline: 1 (one) week in advance.

May 13  Piero’s Pizza
June 10  Real Urban Barbecue
July 8  Brown’s Chicken
August 12  La Casa de Isaac and Moishe

Ice Cream Social
Silverado Communities - Highland Park
Monday, May 30
2 - 3:30 p.m.
Fee: $5 / NM: $10
Sponsored by Gentle Home Services

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. Delightful music will enhance the experience.

Monday at the Movies
Highland Park Police Station
Mondays, 1:30 p.m.
Free for members / NM: $10
Sponsored by Gentle Home Services

Enjoy screenings of great movies newly released to DVD, along with a few “Oldies but Goodies.” In order to provide the most up-to-date film screenings, movie titles will be posted on a flyer and in the weekly e-mails.
**Barry Bradford**  
**Historic Presidential Elections**

Highland Park Public Library  
Fridays, 1 - 2:30 p.m.  
Free for members / NM: $10  
*Sponsored by BrightStar Care*

Revered historian and storyteller Barry Bradford returns with three absolutely riveting presentations!

**May 20  Election of 1960**  
The election of 1960 between John F. Kennedy and Richard Nixon was one of the closest, most controversial, and momentous elections in American history. Imagine if a few votes had shifted the other way and Richard Nixon was president at the time of the Cuban Missile Crisis. See history turning on the basis of this close contest and follow the exciting story of how each candidate became their party’s nominee, as well as how television shifted public opinion to make JFK the president.

**June 17  Election of 2008**  
The election of 2008 has been called the “game change election.” It was a wild race that featured a heroic former POW, the first woman, the first African-American, and the first Hispanic candidates to have a realistic shot of winning. Learn the inside story of how the campaigns used social media, the Internet, and advertising in unique ways during the exciting and groundbreaking election of 2008.

**July 15  Presidential Debates**  
In 1960, Richard Nixon held a small constituency in the public opinion polls until the first time he debated John F. Kennedy. The debates turned the tide of the election. Although it was 16 years before presidential candidates debated again, it is now an eagerly anticipated part of every presidential campaign. But just how important have the debates proven to be? This multimedia presentation will look at how debates have influenced election returns and what the future may hold for presidential debates.

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**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*

**May 12  Metropolitan Musical Revue**  
The Musical Revue is a group of approximately twenty-five volunteer women under the direction of a professional musical director/choreographer, whose mission is to provide entertainment for senior citizens throughout the area. Their current program, *Celebrate Today*, features music from the war years, big band sounds, and Broadway tunes from composers like Rodgers and Hammerstein, George Gershwin and Irving Berlin. The Musical Revue is a not-for-profit organization supported by the Metropolitan Family Services.

**June 30  All American Musical Tribute**  
In honor of Independence Day, join Savoy Singers for a musical tribute featuring many of your favorite all American and patriotic songs. Vocalists Diane Adamsky and Randy Toelke, accompanied by pianist and arranger Steve Burke will delight you with their tremendous talent.

**July 21  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 25  The Dog Days of Summer**  
Vocalist Audrey Billings and vocalist/pianist Andrew Blendermann return for a musical concert featuring well-known and well-loved songs, revolving around a summer theme. Their delightful song selection, coupled with their fabulous talent, is sure to provide you with a wonderful afternoon.
**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*

May 18  Northlight Theatre
Northlight Theatre’s current performance, *The Gospel According to Thomas Jefferson, Charles Dickens and Count Leo Tolstoy* Discord, illuminates the brilliance, humor, and flaws of three historical figures. Lauren Shouse, Northlight Theatre dramaturg, leads a panel discussion exploring what a Founding Father, a Victorian novelist and a Russian revolutionary have in common: they each wrote their own version of the gospel.

June 29  National Park Service Centennial
Celebrate the National Park Service Centennial! Historical dramatist R. J. Lindsey portrays Stephen Mather, the founding director of the National Park Service. During Mather’s tenure, the park system nearly doubled in size and more Americans visited than ever before. Director Mather tells his story with stunning photographs of the park lands and wildlife he fought to save.

July 27  Highland Park Homes in the Movies
Highland Park homes have been featured in a number of Hollywood films over the years, including *Risky Business, Ferris Bueller’s Day Off*, and *Ordinary People*. In this multi-media presentation, library staff member, Laura Chudacoff will share facts about the homes, the movies, and the directors who chose Highland Park for their filming location. Unbeknownst to many, the Highland Park Senior Center was also used for filming in a famous romantic comedy-drama from 1983; can you guess the film?

August 17  Live Theater Performance
Chicago area theater, Theatre Y, presents this one-man show entitled *An Impressive Presentation Of Lovely Evidence: Underneath The Lintel* about a librarian who embarks on a quest to find out who anonymously returned a library book that is 113 years overdue. A clue scribbled in the margin of the book and an unclaimed cleaning ticket take him on a mysterious adventure that spans the globe and the ages.

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**IPRA Six County Senior Games 2016**

**Location:** Various local venues

**Dates:** July 6 – July 27

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

**Ages:** 50 years and older

*Sponsored by Brookdale Senior Living Solutions*

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.

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**Senior Games 18-hole Golf Outing**

Highland Park Country Club
Wednesday, July 27
7:30 a.m. shotgun start

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

*Sponsored by Brookdale Senior Living Solutions*

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.
Free Blood Pressure Screening
Highland Park Police Station
Mondays, May 2, June 6, and August 1
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 Kalooki
Mondays, 1 – 3 p.m.
Come play this easy to learn card game on Monday afternoons! Volunteer host Carole Shapiro is excited to teach new players the rules of Kalooki (also known as Jamaican Rummy). Games will begin May 9th with a refresher course on the rules.

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. Please call Christina at (847) 432-4110 for details and to schedule an introduction to the group.

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.

“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.

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
The Laurel Larks will be on break throughout the summer; resuming mid-September.
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.

<table>
<thead>
<tr>
<th>GAME</th>
<th>DAY</th>
<th>TIME</th>
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<tr>
<td>Poker</td>
<td>Wednesdays</td>
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<td>Cribbage</td>
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<td>3 - 4:30 p.m.</td>
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<td>Mah Jongg</td>
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<td>Rummikub</td>
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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.

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

An Ethnic Taste of Milwaukee
Milwaukee, WI
Wednesday, June 15
Fee: $95 / NM: $115
Bus departs Toys R Us at 8:15 a.m.
Bus returns at approximately 5 p.m.
Discount deadline: June 1

Travel to Milwaukee to enjoy the rich variety of its people and their neighborhoods. The ethnic, cultural, historical and industrial stories of this southeastern corner of Wisconsin can all be appreciated through a variety of experiences.

ST. JOSAPHAT’S BASILICA - Stained glass and wall paintings reflect the heritage of the Polish parish. This is the very first basilica in North America and the first basilica in Wisconsin. The design was inspired by St. Peter’s in Rome and Italian Renaissance prototypes. The architect used 500 railway flatcars of materials from the old Chicago Federal Building in the late 1890s.

JEWISH MUSEUM MILWAUKEE - The universal story of the immigrant experience is told here. Personal stories are enhanced by the display of original letters, clothing and other artifacts of daily life. The docent-led tour through daily life, religious institutions, secular clubs and social activities provides an overview of the community.

GLORIOSO ITALIAN MARKET - This store has offered the public rare Mediterranean treats for over six decades. The tour shows that four generations later the old world charm has been kept. Walk through deli, bakery, pasta and wine departments. Original family recipes for Nonno Felice’s sausage, house marinara sauce and others are still used.

WALKER’S POINT - Drive through one of the three villages that united to become Milwaukee in 1848. The majority of the buildings date from 1850-1910. The area was first settled by New Englander, followed by German and Swedish immigrants. Today the neighborhood has transitioned to become the heart of the Mexican-American community.

OLD TOWN SERBIAN RESTAURANT - Enjoy lunch in the old world atmosphere of this classic Serbian restaurant. The home-style cuisine has the traditional touch from the bread basket to the flaky strudel for dessert.

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.
This trip is currently filled; if interested, please call to have your name added to the wait list.
Odyssey of Chicago Luncheon Cruise
Navy Pier, Chicago
Wednesday, July 13
Fee: $85 / NM: $105
Bus departs Toys R Us at 10 a.m.
Bus returns at approximately 4 p.m.
Discount deadline: June 28
Escape on the lake aboard the Odyssey. Sit back as Chicago's famous skyscrapers drift past your window, music fills the air, and creative entrées are served right to your table. Experience all that Odyssey has to offer, including: three chic climate-controlled decks with LED lighting and a lit dance floor, a refreshed wine list and expanded microbrew selection, plated menu featuring creative cuisine, and a relaxing rooftop lounge with modern deck furniture. Prior to boarding the boat, you will have approximately one hour to explore Navy Pier.

War Paint
Goodman Theatre, Chicago
Saturday, August 6
Fee: $155 / NM: $175
Bus departs Toys R Us at 12:45 p.m.
Bus returns at approximately 6 p.m.
Discount deadline: July 19
War Paint tells the story of cosmetics titans Helena Rubinstein and Elizabeth Arden, who defined beauty standards for the first half of the 20th Century. Brilliant innovators with humble roots, both women were masters of self-invention who sacrificed everything to become the country’s first major female entrepreneurs. They were also fierce competitors, whose 50-year tug-of-war gave birth to an industry. From Fifth Avenue society to the halls of Congress, their remarkable rivalry was ruthless, relentless and legendary - pushing both women to build international empires in a world dominated by men. Patti LuPone and Christine Ebersole go head-to-head in this World Premiere musical. Following the show, you'll enjoy dinner at Petterino's Steak House. Dinner includes their Fritzel salad, your choice of entree, chef’s choice of vegetable and potato, cheesecake with fresh fruit for dessert, and beverage. When registering, please indicate your choice of chicken Armando, herb crusted whitefish, or braised short ribs of beef.

Chicago Cubs vs. Milwaukee Brewers
Wrigley Field, Chicago
Friday, September 16
Fee: $45 / NM: $65
Bus departs Toys R Us at 12 p.m.
Bus returns at approximately 6 p.m.
Discount deadline: August 30
Cheer on the Chicago Cubs as they battle the Milwaukee Brewers from excellent Terrace Reserved seats (section 223). Wrigley Field, which is currently being renovated, is known for its ivy covered brick outfield wall, the unusual wind patterns off Lake Michigan, the iconic red marquee over the main entrance, the hand turned scoreboard, and for being the last major league park to have lights installed for play after dark. Come see how the current phase of renovations have changed the bleacher experience, while trying to maintain as much of it’s original character. You may bring your own snack/lunch, or purchase food at one of the many food vendor options.

Lucia Di Lammermoor* & Lunch
Lyric Opera, Chicago
Tuesday, October 11
Fee: $60/ NM: $80
Bus departs Toys R Us at 10 a.m.
Bus returns at approximately 5 p.m.
Discount deadline: September 27
The most famous of all bel canto operas, Lucia di Lammermoor will sweep you away with its intense romance. You'll be transfixed by the passion of the heroine and her lover Edgardo and the vocal fireworks of Lucia’s dazzling mad scene, as she breaks your heart while sending spectacular coloratura and high notes soaring. Composer, Gaetano Donizetti; Librettist, Salvadore Cammarano. Prior to the show, you’ll enjoy lunch at Rivers Restaurant; established in 1996, Rivers is one of the Chicago Loop's most popular restaurants offering creative, seasonally changing contemporary American cuisine with influences from around the globe. Please indicate your choice of fish, chicken or vegetarian pasta. *Dress rehearsal.

This trip is partially funded with a grant from The Trillium Foundation, with tickets provided by the Lyric Opera

Please note: Yom Kippur begins at sundown (6:15 p.m.), and we anticipate returning prior to then. While staff understands this is not the most opportune time for a trip, the date was determined by the Lyric Opera, and their generosity is greatly appreciated.
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 May 2, June 6, and August 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.

May 2  A Journey Through Sacred Music
The Holocaust brought the 1,000 year old Jewish civilization in Europe to an end. For much of its history, Jews lived separately from Christians. This changed in the early 19th century and was the beginning of “interfaith.” Rabbi Michael Davis will examine the coming together of Jewish with Christian life through the lens of sacred music.

May 9  Leonard Bernstein (Part 1)
Leonard Bernstein’s talent and contributions ranged from classical composer, to musical theater composer, conductor, pianist, teacher, TV personality and author. His work, ranging from Candide to On the Town to West Side Story and more helped to define American music in the 20th century. Susan Benjamin highlights his multi-faceted contributions juxtaposed with stories of his complicated personal life.

May 16  Honor Flight
Honor Flight Chicago flies WWII and Korean War veterans to Washington DC to visit the national war memorials built in their honor. Join Mary Pettinato, CEO and Co-Founder, along with two of our senior war heroes, as they share firsthand accounts of this special day. Watch a short video about the day and learn how this trip changes lives forever.

May 23  Are the Commandments Obsolete?
Temple and church attendance and membership are changing, and also our beliefs in God. Where will we be in one hundred years? For many years, member Buddy Schreiber has taught religion classes to both youth and adults here in Highland Park as well as in Florida. Buddy’s presentation will stimulate a lively discussion about the future.

May 30  Closed – Memorial Day

June 6  Stars of the Silver Screen
Roberta Randall gives an in depth and intimate portrayal of the most famous actresses in film history (Betty Davis, Judy Garland and Elizabeth Taylor), including scenes from their most memorable films.

June 13  Leonard Bernstein (Part 2)
In part two of this program, Susan Benjamin highlights Leonard Bernstein’s multi-faceted contributions juxtaposed with stories of his complicated personal life.

June 20  Gifts for the Future
If you could give a child in your life one gift for the future, what would it be? Financial services professional Gary Martin will discuss grandparent gifting of permanent life insurance policies for grandchildren. These policies can be used to fund a variety of areas for the insured child, such as college savings, down payment for a first-home, retirement savings, and more.

June 27  Comedians from the 1940s
The 1940s enabled comedians to demonstrate some of their talents on recordings and radio and in the movies. Representing this decade are humorists like Spike Jones, Jimmy Durante, Martha Raye, Bob Hope, Danny Kaye and Donald O’Conner. Bob Levi’s program incorporates video clips of these talented comedians performing musical numbers.
**July 4**  No Program – Independence Day

**July 11**  Patagonia, Buenos Aires, & Chile
Relax in a comfortable chair and prepare for an adventurous travel experience. Join Marla Schachtel for a photographic recap of her trip through Patagonia, showing its glaciers, fjords, and mountains, in all their majestic beauty. Discover Argentina, from the exhilarating city of Buenos Aires, down to the southernmost tip of land mass at Cape Horn.

**July 18**  State of the City Address
Mayor Nancy Rotering will share an update on the current state of Highland Park regarding topics such as business development, community outreach and City departments. Mayor Rotering was elected Mayor of the City of Highland Park in April 2011 and served as City Councilman from 2009 - 2011.

**July 25**  Wish You Were Here
Richard Klein gives a grand tour of some historic Jewish resorts located in the Wisconsin countryside, the Michigan Shore, the Catskill Mountains of New York, Atlantic City, Miami Beach, and other places. For immigrants, vacations were an opportunity to uniquely enter American culture. Today, their travel is often heritage travel, which helps give understanding to one’s roots.

**August 1**  Expanding Lives
Expanding Lives is a non profit which provides education and leadership experiences to young women in West Africa and young people in the United States. Leslie Natzke, founder and Executive Director of Expanding Lives, will talk about the work done by the organization, the motivation behind it, and the successes of past participants.

**August 8**  Sammy Davis Jr.
Sammy Davis Jr. grew up on the road, watching his father perform. As a young child, he became part of the dance act. Although not schooled in any traditional sense, he learned the craft of entertaining superbly – and, in his multi-faceted approach, he did it better than anyone else: dancer, singer, actor, comedian, impressionist and musician. Susan Benjamin’s program focuses on his extraordinary talent, along with personal tragedy and triumph.

**August 15**  Stories from Our Past
Rick Leslie and Donna Lubow, founders of Short Story Theatre, will share stories from their past. Leslie will tell two stories: one entitled The Untold War Story, about his father’s secret adventures as a Marine in WWII; his other story - The Born Smiler recalls how his 5th-grade teacher took away Rick’s smile. Lubow will reminisce about the boy she wouldn’t kiss back in high school in her story Sparks.

**August 22**  Amazing Adventure of Bertha Benz
In a secret attempt to visit her mother in August of 1888, a young mother of five named Bertha Benz became the first person ever to drive an automobile over a long distance. Join German historian Anette Isaacs as she shares this exciting and history-making adventure 130 years after Carl Benz, Bertha’s husband, received the patent for the world’s first automobile!

**August 29**  Hollywood on the Prairie
Lake County Forest Preserves will share the story of the motion picture industry from the 1890s to 1910s, beginning with Thomas Edison’s laboratory in Menlo Park, NJ, to Edward Amet’s backyard movie studio in Waukegan, Illinois, and Lake County’s connection to Essanay Studios in Chicago.
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.

Move, Breath & Relax
Mondays, May 9 – June 20 (6 classes)
1:30-2:30 p.m.            Fee: $36 / NM: $56
Mondays, July 11 – August 22 (7 classes)
1:30-2:30 p.m.           Fee: $42 / NM: $62
Susan Smolin teaches this calm and relaxing class that allows you to listen to your body and let go. Guided by the connection between breath and movement, participants are led through gentle stretches, standing postures and deep relaxation. The class is designed to increase flexibility and balance while creating inner peace. No class 5/30. * Level 1 / 2

Tuesday Gentle Yoga
Tuesdays, May 10 – June 21 (7 classes)
10:30 – 11:30 a.m.           Fee: $42 / NM: $62
Tuesdays, July 12 – August 23 (7 classes)
10:30 – 11:30 a.m.           Fee: $42 / NM: $62
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

Tuesday Sit & Be Fit
Tuesdays, May 10 – June 21 (6 classes)
1:30 – 2:30 p.m.           Fee: $36 / NM: $56
Tuesdays, July 12 – August 23 (7 classes)
1:30 – 2:30 p.m.           Fee: $42 / NM: $62
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. No class 5/31. * Level 1

Low Impact Dance Aerobics
Wednesdays, May 11 – June 22 (7 classes)
9:45 – 10:45 a.m.         Fee: $42 / NM: $62
Wednesdays, July 13 – August 24 (7 classes)
9:45 – 10:45 a.m.         Fee: $42 / NM: $62
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 3
A Matter of Balance
* Wednesdays, July 13 – August 31 (8 classes)
  10:30 a.m. – 12 noon          Fee: $48 / NM: $68
Taught by experienced certified fitness instructors, Ida Greenfield and Judy Samuelson, this nationally recognized program will help you perceive falls as controllable, set goals for increasing activity, make changes to reduce falls at home, and exercise to increase strength and balance.
* Level 1

Walking Club
* Thursdays, May 12 – June 30 (8 weeks)
  9 - 10 a.m.          Fee: $5 / NM: $25
Sponsored by Traycee Home Care
Being active is the secret to staying healthy and walking is one of the safest and easiest ways to exercise. Join Jennifer for weekly walks through various local scenic sites. Walks will move at two different paces: a slower stroll and a brisk walk. Please wear comfortable clothing and appropriate shoes. The first walk will begin at the Senior Center and a schedule will be distributed at that time.
* Level 3

Thursday Sit & Be Fit
* Thursdays, May 12 – June 23 (6 classes)
  1:30 – 2:30 p.m.          Fee: $36 / NM: $56
Thursdays, July 14 – August 25 (7 classes)
  1:30 – 2:30 p.m.          Fee: $42 / NM: $62
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. No class 5/26.
* Level 1

Friday Gentle Yoga
* Fridays, May 13 – July 29 (11 classes)
  10:30 – 11:30 a.m.          Fee: $66 / NM: $86
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, and then guided into deep relaxation. All movements are performed either standing or in a chair. No class 7/1.
* Level 1 / 2

Crafter’s Corner
* Fee: $10 / NM: $20
Please register a minimum of one (1) week in advance.
Sponsored by Traycee Home Care

Star Spangled Banners
* Wednesday, June 29
  10:30 a.m. – 12 noon
Put your patriotic spirit on display with American Flag inspired crafts! These 4th of July themed crafts will be fun red-white-and-blue takes on the holiday!

Enchanted Fairy Gardens
* Friday, August 5
  10:30 a.m. – 12 noon
Create a miniature, magical fairy garden, featuring whimsical dwellings, tiny accessories and dwarf plants. Fairy gardens are designed to give your green thumb a place to tend year-round and to lure fairies and good luck to your home.

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. Please call on Tuesdays to let us know if you will be coming. No meeting on Humanities Wednesdays: 5/18, 6/29, 7/27, & 8/17.

Advanced Painting Studio
* Thursdays, May 12 – June 23 (7 classes)
  1 – 3 p.m.          Fee: $56 / NM: $76
Thursdays, July 14 – August 25 (7 classes)
  1 – 3 p.m.          Fee: $56 / NM: $76
Experienced students are guided toward improving their drawing and painting skills while working individually on their personal paintings. Instructor Larry Lubeck will offer support in developing use of color, composition, perspective, and more.
Classes

Beginning Bridge
Tuesdays, May 10 – June 21 (7 classes)
10 a.m. – 12 p.m. Fee: $70 / NM: $90
Tuesdays, July 12 – August 23 (7 classes)
10 a.m. – 12 p.m. Fee: $70 / NM: $90
Learn the basics of this fun and engaging card game! This class is designed for players with little or no previous knowledge of the game. Instructor Elaine Morrison will cover the basic rules and terminology, along with topics such as strategy, bidding, scoring, and more!

Continuing Bridge: Conventions
Thursdays, May 12 – June 23 (7 classes)
1 – 3 p.m. Fee: $70 / NM: $90
Thursdays, July 14 – August 25 (7 classes)
1 – 3 p.m. Fee: $70 / NM: $90
Using the ACBL Commonly Used Conventions as a reference, Elaine Morrison will continue to teach the play of modern conventions. Previous experience and basic knowledge of bidding and play of the hand is required.

Advanced Bridge Lessons
Thursdays, May 12 – June 23 (7 classes)
10 a.m. – 12 p.m. Fee: $70 / NM: $90
Thursdays, July 14 – August 25 (7 classes)
10 a.m. – 12 p.m. Fee: $70 / NM: $90
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.

Learn Canasta!
Beginning
Fridays, May 20 – June 24 (6 classes)
1 – 3 p.m. Fee: $60 / NM: $80
Continuing
Fridays, July 15 – August 26 (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 among both men and women. Instructor Terri Argentar teaches canasta in a learn-as-you-play game, supplemented by handouts of the rules. No class 7/22.

Mah Jongg Basics
Tuesdays, May 31 – June 28 (5 classes)
1 – 3:30 p.m. Fee: $70 / NM: $90
Four Bam! Three Crak! Two Dot! Mah Jongg is an ancient Chinese game that is fun, sociable, and relaxing. Join other beginners for this Mah Jongg class, which will start at tile 1, and teach you the basics needed to play the game. Instructor Dale Solow is excited to be a part of the Senior Center team and share her knowledge and love of the game. A 2016 card is included in fee.

Conversational Spanish
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. No class 8/4 & 8/5.

Beginning
Thursdays, May 12 – June 23 (7 classes)
10 a.m. – 11 a.m. Fee: $42 / NM: $56
Thursdays, July 14 – August 25 (6 classes)
10 a.m. – 11 a.m. Fee: $36 / NM: $56

Continuing
Fridays, May 13 – June 24 (7 classes)
11 a.m. – 12 noon Fee: $42 / NM: $56
Fridays, July 15 – August 26 (6 classes)
11 a.m. – 12 noon Fee: $36 / NM: $56

Advanced
Fridays, May 13 – June 24 (7 classes)
10 - 11 a.m. Fee: $42 / NM: $56
Fridays, July 15 – August 26 (6 classes)
10 - 11 a.m. Fee: $36 / NM: $56

Life Rhythms Drumming Circle
Tuesdays, May 31, June 21, July 19 & August 16
3 – 4 p.m. Fee: $28 / NM: $48
Life Rhythms aims to facilitate health and wellness through the power of rhythmic music. Designed for participants to express their creative spirit, reduce stress, improve brain activity, and synchronize a healthy and beneficial life rhythm, drumming circles provide an uplifting environment where self-expression, movement, socialization and team building are encouraged. Facilitator Noah Plotkin provides a variety of instruments including drums and percussions, which allows participants to shake up the fun! Daily registration available for $8 per class.
Introduction to iPad Classes

Wednesdays, 10 a.m. - 12 noon
Fee per class: $25 / NM: $45
To allow for a better and more complete learning experience, each week will cover one specific topic, with plenty of time to learn and practice each subject. Workshops will include an in-depth lesson of the topic as well as handouts. Please bring your own iPad.

May 4  FREE Seminar*
May 11 iPad Basics
May 18 iPad Internet
May 25 iPad eMail
June 1 iPad Standard Apps
June 8 iPad Camera & Video
June 22 iPad Facetime and Skype
June 29 iPad Basics
July 13 iPad eMail
July 20 iPad Internet

*Please do not bring iPads to free seminar on May 4th

Cable TV Production Classes

Wednesdays, June 1 - June 22 (4 classes)
1 - 3 p.m. Free; advanced registration is required
Designed to introduce members to the world of cable TV productions, this 4-week class will begin with a cable studio overview and orientation including an Access Center tour, review of studio rules, and an introduction to basic production principles. Participants will learn studio operations including camera usage, set design, layout, lighting and sound. Instructor Vic Walter will also teach control room operations such as use of the audio and character generator controls and show direction. The final class will include course review, time for questions, and certification testing. Additionally a member of the Senior Producers will give an introduction and invitation to their unique and enticing production group.

Rules of the Road

Thursday, June 9
9:30 - 11:45 a.m. Free
The Rules of the Road Review Course is designed to give drivers — especially senior citizens — the knowledge and confidence needed to renew or obtain a driver’s license. The Review Course combines an explanation of the driving exam with a practice written exam. The questions and information in the Rules of the Road Review Course are provided only to help measure knowledge of driving skills and Illinois traffic laws. Participants will not be graded on their answers on the practice exam. Advanced registration is required: call (847) 432-4110.

AARP Smart Driver Course

Thursday & Friday, June 16 & 17
9 a.m. - 1 p.m. Fee: $20 / AARP members: $15
Held at the Highland Park Fire Station #33
Instructor Earl Nicholas teaches this driver safety course and teaches the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today’s increasingly challenging driving environment. Learn how to manage and accommodate common age-related changes in vision, hearing and reaction time. Pre-registration with payment by check is required; please make checks payable to: AARP.

Senior Adult Travel Golf League

Wednesday Mornings, May - September
Tee off between 7 - 9 a.m.
Fee: $40 / NM: $60
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.

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 how long they can be kept out.
Grief Group
Wednesdays, May 18 – June 22 (6 weeks)
1:30 - 3 p.m.                                                                 Free
Please register by Monday, May 16
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. *Please note the dates have changed
from the previous newsletter.

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.

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.

Telephone Reassurance –“R.U.OK?”
The Lake County Sheriff’s Office “Are You OK?” pro-
gram 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.

Senior Wellness Series
Mondays, 7:00 – 8:30 p.m.
June 13 - Caregiving strategies
July 11 - Supporting family members with dementia
August 8 - Home safety and fall prevention
Free and open to the community.
Held at Highland Park Police Department
Only when we first help ourselves can we effectively
help others. The responsibilities and challenges of
caring for a loved one can place considerable stress
on the family caregiver. Knowing what resources are
available can help alleviate some of that stress, both
for you and your loved one. The Highland Park Senior
Center and Family Service of Lake County invite you
to a three-part educational series focusing on ways to
help yourself as you help your loved one. For further
information or to register, please contact Jennifer Aiello
at (847) 926-1868.
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.

Financial Scholarship
Scholarship dollars may be used by residents toward membership, and 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.

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.

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.

**Senior Center Featured Artists**

**Frank Kronthal**
*May and June*
*Artist Reception: May 4, 4:30 - 6 p.m.*

**Jill Hurwitz**
*July and August*
*Artist Reception: July 7, 4:30 - 6 p.m.*

Please stop by and enjoy the bi-monthly art exhibits.

**Welcome New Members**

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<tr>
<th>James Foster</th>
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<td>John Freeman</td>
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<td>David Greenberg</td>
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<td>Margo LaCosse</td>
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<td>Dennis Levin</td>
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**Donations**

**In Memory of Marilyn Adler**
*From: Karen Connell*

**In Memory of James Cowen**
*From: Gordon & Jacqueline Burnside*
*Michael & Irene Feit*
*Lou Frey*
*Stephanie Kleiman*
*Monday Duplicate Bridge Players*

**In Memory of Iris Manson**
*From: Gerald Crohn*
*Elizabeth Hahn*
*Susan Hahn*
*Eleanor Nadbielny*
*Bobbie Petz*
*Ed & Ursula Wittert*

**In Appreciation of Services for Seniors**
*From: Matthew & Adela Lassen*
*Betty Levin*
*Thelma Ross*
*Dorothy Solomon*
*Michael & Joan Weinberg*
*Traycee Home Care*

**Tree of Honor Donation**

**Gold Leaf**

**In Memory of Iris Manson**
*From: Family and Friends*
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<td>1:30 Sit &amp; Be Fit</td>
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<td>10:30 Monday Speaker</td>
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<td>12:30 Duplicate Bridge</td>
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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>Holiday</th>
<th>Date</th>
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<tbody>
<tr>
<td>Memorial Day</td>
<td>Monday, May 30</td>
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<tr>
<td>Independence Day</td>
<td>Monday, July 4</td>
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