

THE SHORELINES

MAY - AUGUST, 2016

THE HIGHLAND PARK SENIOR CENTER

54 LAUREL AVENUE (847) 432-4110

CITY WEBSITE: WWW.CITYHPIL.COM

HOURS: MONDAY - FRIDAY
8 A.M. - 5 P.M.

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.



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.

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

Daniil 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

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.



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.

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*

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.

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.

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.



ACTIVITIES - FREE FOR MEMBERS / NM: \$10

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.*

GAME	DAY	TIME
Poker	Wednesdays	12:30 - 3 p.m.
Cribbage	Wednesdays	3 - 4:30 p.m.
Mah Jongg	Thursdays	1 - 3 p.m.
Rummikub	Fridays	1 - 3 p.m.



DAY EXCURSIONS

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.

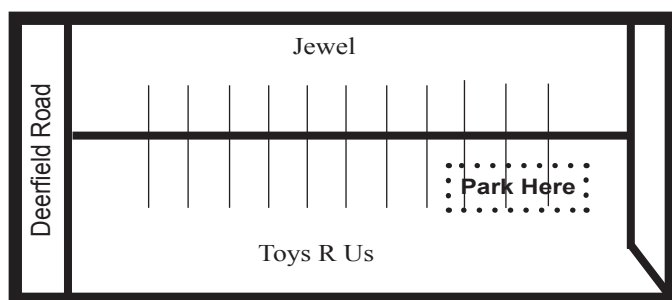
When possible, late registration will be accepted; however, a late fee of \$5 will be charged to help defray extra costs necessary to effect the late registration.

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.

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



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.

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.



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 Patterino'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 its 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



LYRIC OPERA OF CHICAGO

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, Salvatore 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

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'Connor. 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.



Discounted Ticket Passes

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

August 1 Expanding Lives

Expanding Lives is a not for 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.

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: \$62

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: \$62

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: \$62

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.

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.

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

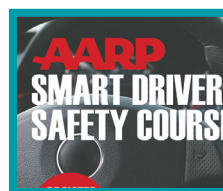
Thursday & Friday, June 16 & 17

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.



~ 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) 926-1868.

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.

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?" 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.



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

James Foster	Bonnie Levy
John Freeman	Saroj Puri
June Frydman	Camille Tadin
David Greenberg	Clara Sorrentino-Tortorici
Helene Keller	Diane E. Szymiski
Rochelle Klapman	Lorraine D. Viglione
Margo LaCosse	Karen Whittman
Dennis Levin	Mary Beth Wolcott

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

May 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Monday Movie	<div>3</div> 9:30 Knitwits 12:30 Senior Producers	<div>4</div> 10:00 Coloring Book Club 10:00 iPad Class 12:30 Open Poker 1:30 Yiddish 3:00 Open Cribbage 4:30 Artist's Reception	<div>5</div> 9:00 Open Registration 10:00 Men's Only Group 1:00 Open Mah Jongg	<div>6</div> 10:00 News & Views 1:00 Open Rummikub
<div>9</div> 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	<div>10</div> 9:30 Knitwits 10:00 Beginner's Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	<div>11</div> 9:45 Low Impact Aerobics 10:00 iPad Class 10:00 Coloring Book Club 12:30 Open Poker 1:30 Yiddish 3:00 Open Cribbage	<div>12</div> 9:00 Walking Club 10:00 Advanced Bridge 10:00 Beginner's Spanish 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links	<div>13</div> 10:00 News & Views 10:00 Advanced Spanish 10:30 Yoga 11:00 Cont. Spanish 12:00 Backyard Bash 1:00 Open Rummikub
<div>16</div> 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	<div>17</div> 9:30 Knitwits 10:00 Beginner's Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	<div>18</div> 9:45 Low Impact Aerobics 10:00 iPad Class 10:30 Humanities Series 12:30 Open Poker 1:30 Yiddish 1:30 Grief Group 3:00 Open Cribbage	<div>19</div> 9:00 Walking Club 10:00 Advanced Bridge 10:00 Beginner's Spanish 12:45 Trip: Irving Brelin 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	<div>20</div> 10:00 News & Views 10:00 Advanced Spanish 10:00 Brunch & Learn 10:30 Yoga 11:00 Cont. Spanish 1:00 Barry Bradford 1:00 Open Rummikub 1:00 Beginning Canasta
<div>23</div> 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	<div>24</div> 9:30 Knitwits 10:00 Beginner's Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	<div>25</div> 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:00 iPad Class 12:30 Open Poker 1:30 Yiddish 1:30 Grief Group 3:00 Open Cribbage	<div>26</div> 9:00 Walking Club 10:00 Advanced Bridge 10:00 Beginner's Spanish 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg	<div>27</div> 10:00 News & Views 10:00 Advanced Spanish 10:30 Yoga 11:00 Cont. Spanish 1:00 Open Rummikub 1:00 Beginning Canasta
<div>30</div> <div>CLOSED Memorial Day</div> <div>2:00 Ice Cream Social at Silverado</div>				

June 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:00 iPad Class 12:30 Open Poker 1:00 TV Production Class 1:30 Yiddish 1:30 Grief Group 3:00 Open Cribbage	2 9:00 Walking Club 10:00 Men's Only Group 10:00 Advanced Bridge 10:00 Beginner's Spanish 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	3 10:00 News & Views 10:00 Advanced Spanish 10:30 Yoga 11:00 Cont. Spanish 1:00 Open Rummikub 1:00 Beginning Canasta
6 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	7 9:30 Knitwits 10:00 Beginner's Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Mah Jongg Basics 1:30 Sit & Be Fit	8 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:00 iPad Class 12:30 Open Poker 1:00 TV Production Class 1:30 Yiddish 1:30 Grief Group 3:00 Open Cribbage	9 9:00 Walking Club 9:30 Rules of the Road 10:00 Advanced Bridge 10:00 Beginner's Spanish 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	10 10:00 News & Views 10:00 Advanced Spanish 10:30 Yoga 11:00 Cont. Spanish 12:00 Backyard Bash 1:00 Open Rummikub 1:00 Beginning Canasta
13 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie 7:00 Sr. Wellness Series	14 9:30 Knitwits 10:00 Beginner's Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Mah Jongg Basics 1:30 Sit & Be Fit 1:30 Living Alone	15 8:15 Trip: Milwaukee 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:00 iPad Class 12:30 Open Poker 1:00 TV Production Class 1:30 Yiddish 1:30 Grief Group 3:00 Open Cribbage	16 9:00 AARP Driving Class 9:00 Walking Club 10:00 Advanced Bridge 10:00 Beginner's Spanish 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	17 9:00 AARP Driving Class 10:00 News & Views 10:00 Advanced Spanish 10:00 Brunch & Learn 10:30 Yoga 11:00 Cont. Spanish 1:00 Barry Bradford 1:00 Open Rummikub 1:00 Beginning Canasta
20 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	21 9:30 Knitwits 10:00 Beginner's Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Mah Jongg Basics 1:30 Sit & Be Fit 3:00 Drumming Circle 5:00 Botanic Gardens Outing	22 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:00 iPad Class 12:30 Open Poker 1:00 TV Production Class 1:30 Yiddish 1:30 Grief Group 3:00 Open Cribbage	23 9:00 Walking Club 10:00 Advanced Bridge 10:00 Beginner's Spanish 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	24 10:00 News & Views 10:00 Advanced Spanish 10:30 Yoga 11:00 Cont. Spanish 1:00 Open Rummikub 1:00 Beginning Canasta
27 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Monday Movie	28 9:30 Knitwits 12:30 Senior Producers 1:00 Investment Club 1:00 Mah Jongg Basics 1:30 Living Alone	29 10:00 iPad Class 10:30 Crafter's Corner 10:30 Humanities Series 12:30 Open Poker 1:30 Yiddish 3:00 Open Cribbage	30 9:00 Walking Club 1:00 Open Mah Jongg 1:30 Live on the Links	

July 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 News & Views 1:00 Open Rummikub
4 CLOSED 4 th of July	5 9:30 Knitwits 12:30 Senior Producers	6 10:00 Coloring Book Club 12:30 Open Poker 1:30 Yiddish 3:00 Open Cribbage	7 9:00 Walking Club 10:00 Men's Only Group 1:00 Open Mah Jongg 4:30 Artist's Reception	8 10:00 News & Views 10:30 Yoga 12:00 Backyard Bash 1:00 Open Rummikub
11 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie 7:00 Sr. Wellness Series	12 9:30 Knitwits 10:00 Beginner's Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	13 9:45 Low Impact Aerobics 10:00 Trip: Lunch Cruise 10:00 Coloring Book Club 10:00 iPad Class 10:30 A Matter of Balance 12:30 Poker 1:30 Yiddish 3:00 Open Cribbage	14 10:00 Advanced Bridge 10:00 Beginner's Spanish 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	15 10:00 News & Views 10:00 Advanced Spanish 10:30 Yoga 11:00 Cont. Spanish 1:00 Barry Bradford 1:00 Open Rummikub 1:00 Continuing Canasta
18 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	19 9:30 Knitwits 10:00 Beginner's Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 3:00 Drumming Circle	20 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:00 iPad Class 10:30 A Matter of Balance 12:30 Poker 1:30 Yiddish 3:00 Open Cribbage	21 10:00 Advanced Bridge 10:00 Beginner's Spanish 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links	22 10:00 News & Views 10:00 Advanced Spanish 10:30 Yoga 11:00 Cont. Spanish 1:00 Open Rummikub
25 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	26 9:30 Knitwits 10:00 Beginner's Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	27 9:45 Low Impact Aerobics 10:30 A Matter of Balance 10:30 Humanities Series 12:30 Poker 1:30 Yiddish 3:00 Open Cribbage	28 10:00 Advanced Bridge 10:00 Beginner's Spanish 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	29 10:00 News & Views 10:00 Advanced Spanish 10:30 Yoga 11:00 Cont. Spanish 1:00 Open Rummikub 1:00 Continuing Canasta

August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	2 9:30 Knitwits 10:00 Beginner's Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 6:00 Ravinia Outing	3 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:30 A Matter of Balance 12:30 Open Poker 1:30 Yiddish 3:00 Open Cribbage	4 10:00 Men's Only Group 10:00 Advanced Bridge 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	5 10:00 News & Views 10:30 Crafter's Corner 1:00 Open Rummikub 1:00 Continuing Canasta 12:45 pm Sat. Aug. 6, Trip: War Paint
8 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie 7:00 Sr. Wellness Series	9 9:30 Knitwits 10:00 Beginner's Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	10 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:30 A Matter of Balance 12:30 Open Poker 1:30 Yiddish 3:00 Open Cribbage	11 10:00 Advanced Bridge 10:00 Beginner's Spanish 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	12 10:00 News & Views 10:00 Advanced Spanish 11:00 Cont. Spanish 12:00 Backyard Bash 1:00 Open Rummikub 1:00 Continuing Canasta
15 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	16 9:30 Knitwits 10:00 Beginner's Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 3:00 Drumming Circle	17 9:45 Low Impact Aerobics 10:30 A Matter of Balance 10:30 Humanities Series 12:30 Open Poker 1:30 Yiddish 3:00 Open Cribbage	18 10:00 Advanced Bridge 10:00 Beginner's Spanish 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	19 10:00 News & Views 10:00 Advanced Spanish 11:00 Cont. Spanish 1:00 Open Rummikub 1:00 Continuing Canasta
22 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	23 9:30 Knitwits 10:00 Beginner's Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	24 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:30 A Matter of Balance 12:30 Open Poker 1:30 Yiddish 3:00 Open Cribbage	25 10:00 Advanced Bridge 10:00 Beginner's Spanish 1:00 Continuing Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links	26 10:00 News & Views 10:00 Advanced Spanish 11:00 Cont. Spanish 1:00 Open Rummikub 1:00 Continuing Canasta
29 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Kalooki 1:30 Open Art Studio 1:30 Monday Movie	30 9:30 Knitwits 12:30 Senior Producers	31 10:00 Coloring Book Club 10:30 A Matter of Balance 12:30 Open Poker 1:30 Yiddish 3:00 Open Cribbage		



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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

Christina Earle

Program Coordinator

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.

Memorial Day

Monday, May 30

Independence Day

Monday, July 4