



The Shorelines

January - April, 2017

The Highland Park Senior Center

54 Laurel Avenue

Highland Park, IL 60035

847.432.4110



Activity Registration

Returning Student Registration Begins:

Wednesday, January 4 at 9 am

Member Registration Begins:

Tuesday, January 10 at 9 am

Open Registration Begins:

Friday, January 13 at 9 am

Hamilton Lottery:

Wednesday, January 25 from 9 am - 2 pm

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New Year's Eve Celebration

Beelow's NorthShore
Saturday, December 31
11:45 am - 2 pm
Fee: \$33 / NM: \$53

Sponsored by Freedom Home Care



Ring in the New Year with loved ones, delicious food, fabulous music, and a champagne toast at 12 noon. Beelow's Steakhouse is proud to feature locally raised beef along with fresh seafood and locally sourced produce. Lunch includes asparagus soup, your choice of entree, mashed potatoes, mixed vegetables, decadent flourless chocolate cake for dessert, and coffee, tea or soda. During lunch, you'll enjoy festive music by Bob Moreen, who will play well-known and well-loved music. When registering, please indicate your entree choice of grilled lobster tail, petite filet, or grilled salmon. Seating arrangements will be set in advance: please indicate friendship requests upon registration. Doors open at 11:30; please, no early arrivals. Underground parking recommended.

Registration for this event is currently underway; deadline is Friday, December 23.

Mardi Gras Luncheon

Bluegrass Restaurant
Thursday, January 26
11:30 am - 1 pm
Fee: \$22 / NM: \$33

Enjoy Mardi Gras with the authentic flavors of New Orleans, right here in Highland Park. Enjoy a chef's choice tasting menu featuring many Bourbon Street favorites including Louisiana alligator, nawlins' sweet and spicy shrimp, jambalaya, crawfish etouffee, chocolate chip bread pudding for dessert, and your choice of beverage. There will also be plenty of Mardi Gras beads to go around!



Valentine's Day Celebration

Restaurant 210
Tuesday, February 14
12 - 2 pm
Fee: \$25 / NM: \$38

Sponsored by Brookdale Senior Living Solutions

Celebrate Valentine's Day with those you love. Whether it's family or friends, you are sure to enjoy this wonderful afternoon. Lunch includes Caesar salad, your choice of entree, chef's choice of sides, a decadent dessert, and choice of coffee, tea, or soda. Following lunch, enjoy fantastic entertainment by the Savoy Singers. Their program, entitled *Love is in the Air*, features love songs made famous throughout the years. When registering, please indicate your choice of salmon, chicken, or a vegetarian meal.



Special Activities

Evita Performance

Highland Park High School

Thursday, February 16

9:30 am

Fee: \$5; for members only

The talented students at Highland Park High School invite you to a special presentation of *Evita*! With music by Andrew Lloyd Webber and lyrics by Tim Rice, *Evita* concentrates on the life of Argentine political leader Eva Perón, the second wife of Argentine president Juan Perón. The story follows *Evita*'s early life, rise to power, charity work, and eventual death. Tickets may be purchased at the Senior Center, and must be presented upon entering the school, along with a photo ID. Please carpool, and park in the Vine Avenue/South Parking lot, then enter through the school's main entrance.

Passover Seder

Aperion Care

Friday, April 7

11:30 am - 1:30 pm

Fee: \$5 / NM: \$10

Sponsored by Aperion Care

Enjoy a traditional Passover Seder and lunch featuring many delicious favorites. Participate in a condensed service led by Rabbi Isaac Serotta from Lakeside Congregation in Highland Park. After the service, enjoy a delicious holiday meal featuring chopped liver, matzo ball soup, gefilte fish, brisket, chicken, noodle kugel, tzimmes, green beans, and a variety of desserts. Members of all faiths are welcome to attend and will learn about the holiday's history and traditions.

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

St. Patrick's Day Luncheon

Mather Place

Friday, March 17

11 am - 1 pm

Fee: \$5 / NM: \$10

Sponsored by Mather Place

Everyone is Irish on St. Patrick's Day! Mather Place in Wilmette, a unique lifestyle residence for those 62 and better, invites you to join them for a St. Patrick's Day celebration! Feast on a delicious lunch featuring corned beef and cabbage along with other traditional Irish favorites. Tours of this beautiful, newly renovated community will be available, and each participant will receive a special goody bag to take home.

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

Senior Citizen Prom

Highland Park High School

Saturday, April 22

5 - 7:30 pm

Fee: \$5 / NM: \$10

Sponsored by Aperion Care



The Highland Park High School Class of 2020 invites you to join them for a Night at the Disco. Enjoy a fabulous evening of dinner, dancing, and entertainment. Guests will enjoy dinner catered by Real Urban Barbecue and a sweet table with home-baked goodies. The HPHS DJ Club will provide music, and some of the high school's most talented artists will perform throughout the evening. The student hosts will be all dressed up...ready to serve, ready to dance, and ready to entertain. Disco attire welcome! Advanced registration required; please call 847.432.4110.



Barry Bradford

Highland Park Public Library

Fridays, 1 - 2:30 pm

Free for members / NM: \$10

Sponsored by BrightStar Care

Broadway Shows Play in Chicago

February 10 Carol King's Beautiful

Beautiful is a stunning and powerful musical, rich with nostalgia and familiar songs. It is the biography of a woman who changed popular culture and the biography of the times. Carole King wrote music that sold millions of copies and made stars out of many performers. However, she was also a very young woman working in a man's world, negotiating the sexism and excitement of the 1960s as she worked her way to the top. Bradford will examine Carole King's absolutely fascinating personal biography as well as taking a long multimedia look at this brilliant Broadway production.

March 10 Finding Neverland

Finding Neverland is the rich and poignant story of how J.M. Barrie came to write *Peter Pan*. Make no mistake - this is not a children's story. It is a deep and fascinating look at the process of creation, invention and a man's fight to reclaim himself. The music is powerful and the staging is imaginative - no wonder Broadway loves *Finding Neverland*!

April 21 Singin' in the Rain

Singin' in the Rain has been called the best movie ever that never won a single Oscar. The remarkable story of how this dazzling musical came to be is both charming and enlightening. Bradford will share behind the scenes stories of this production and its stars. Derek Hough will lead a Broadway revival of the classic show in 2017, so take a long and unique look at how the classic Hollywood hit appears on the Broadway stage!

Humanities Series

Highland Park Public Library

Wednesdays, 10:30 - 11:30 am

Free for members / NM: \$10

Presented with the HP Public Library

Sponsored by The Sheridan at Green Oaks

January 18 Ronald Balson: Karolina's Twins

Bestselling author Ronald Balson discusses his book, *Karolina's Twins*. Inspired by true events, the book tells the story of a Holocaust survivor's quest to fulfill a promise made to a friend long ago - to return to Poland and find two sisters lost during the war.

February 8 Lisa Napoli: Ray & Joan

Veteran reporter Lisa Napoli discusses her book, the first in-depth look at the passionate and tumultuous relationship between fast-food billionaire Ray Kroc and his third wife, Joan, a liberal Midwesterner who risked her marriage and reputation to promote controversial causes in which she believed. The event will conclude with a McDonald's surprise.

March 15 Historical Sadie Garland Dreikurs

Megan Wells, acclaimed actress and award-winning storyteller, performs a world premiere of a one-woman show about Sadie Garland Dreikurs, a Hull House kid, long-time Hull House resident, and aide to Jane Addams. The show is authored by Highland Park resident Barbara Garland Polikoff, and concludes at noon.

April 26 Disney and World War II

Although the Disney Studios was the toast of Hollywood animation in the 1930s, its fortunes fell quickly on the eve of WWII. Film instructor Jason Sperb's multi-media presentation discusses Disney's vital but now forgotten contribution to the war effort, which not only helped save the country but also the studio that would go on to be an American cultural institution.

Special Activities

Live on the Links Concerts

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

January 12 The Honigberg Trio
Join three generations of Honigbergs for a musical feast featuring: Carol Honigberg, pianist; son Steven Honigberg, cellist; and granddaughter Lily Honigberg, violinist. Together, they will present a varied program of Tchaikovsky solos, Glière Duos for violin and cello and the Shostakovich Piano Trio No. 2.

February 9 HPHS Jazz Band
The Highland Park High School Jazz Ensemble is the school's capstone jazz group. Comprised of students in grades 9-12, this group performs a wide variety of jazz repertoire. The band prides itself on playing jazz classics from Count Basie and Duke Ellington, while also exploring more modern artists. From swing to Latin to funk, this band does it all!

March 16 The Life of Carol Burnett
The world has enjoyed a love affair with Carol Burnett for over fifty years. Carol can do it all - sing, dance, act, make you laugh, and break your heart. Hilary Ann Feldman, along with pianist/comic foil Beckie Menzie, guide your tour of Carol Burnett's life and laughs and bring back some of her most memorable characters.

April 20 Cowboy Music Concert
Actor-Singer-Songwriter Rick Pickren has shared the stage with famous country singers including George Strait, Merle Haggard, Alabama, The Judds, Dolly Parton, and more. Rick will perform his favorite cowboy songs from the lonesome prairie, along with traditional American folk songs, for a concert you are sure to enjoy.

Movies

Monday at the Movies
Mondays, 1:30 pm

Free for members / NM: \$10

Sponsored by Gentle Home Services



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

Film Discussion & Showing:
Magical Realism in Film
Sundays, 2 pm

Free and open to all

Presented with the Highland Park Public Library

Sponsored by Companion Services of America - Deerfield

Join film instructor Bob Coscarelli for an introduction, screening, and discussion of wonderful, classic films.

January 22	Like Water for Chocolate
February 19	Big Fish
March 19	Pan's Labyrinth
April 23	Moulin Rouge

Featured Artist

Kay Thomas

January & February

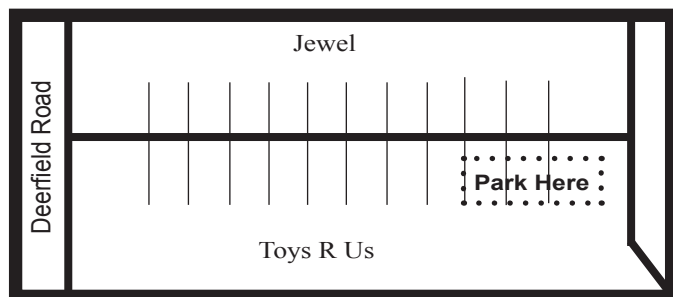
Art Students

March & April

Registration and Refunds

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

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



By George!

The Pops Plays Gershwin & Dinner Auditorium Theatre

Friday, March 31

Fee: \$155 / NM: \$175

Bus departs Toys R Us at 4 pm

Bus returns at approximately 10:30 pm

Discount Deadline: February 28

Experience a night of George Gershwin with Conductor Keith Lockhart and the Boston Pops as they bring their own unique swagger to a rarely heard original orchestration of *Rhapsody in Blue*, performing the music as Gershwin first heard it. Then, the Pops present the world-premiere performance of a reconstruction of Paul Whiteman's tight and jazzy version of *An American in Paris*, performed as it was in the 1920s. Enjoy the Pops from excellent orchestra seats, bringing you Gershwin as you've never heard it before! Prior to the performance, enjoy an upscale dinner at a popular Chicago area restaurant.

Hamilton: An American Musical

Private Bank Theatre

Wednesday, April 5

Fee: \$230; for members only

Bus departs Toys R Us at 12 noon

Bus returns at approximately 6 pm

Discount deadline: February 28

Hamilton is the story of America's Founding Father, Alexander Hamilton, an immigrant from the West Indies, who became George Washington's right-hand man during the Revolutionary War and was the new nation's first Treasury Secretary. Featuring a score that blends hip-hop, jazz, blues, rap, R&B, and Broadway, *Hamilton* is the story of America then, told by America now. Tickets are for center mezzanine seats and will be passed out on the bus; please read full lottery details to the right.

Day Excursions

Chicago the Musical and Lunch

Drury Lane, Oak Brook

Thursday, May 11

Fee: \$80 / NM: \$100

Bus departs Toys R Us at 10:30 am

Bus returns at approximately 4:30 pm

Discount Deadline: April 7

After 30 years, the hit musical *Chicago* returns to Chicagoland by kicking off their 2017-2018 season. This razzle-dazzle musical is the #1 longest running American musical in Broadway history. Filled with fame, fortune, and all that jazz, this edge-of-your seat story features one Fosse showstopper after another. If you liked the Academy Award® winning film, you'll love this live production. Prior to the performance, you'll enjoy lunch at the newly renovated Drury Lane. When registering, please indicate your entree choice of lake trout, grilled chicken, or vegetable linguine pomodoro.

Chicago Cubs Game

Wrigley Field, Chicago

May; date will be available at registration

Fee: \$50 / NM: \$70

Bus departs Toys R Us at 12 noon

Bus returns at approximately 6 pm

Discount Deadline: April 7

Cheer on the 2016 World Series Champion Chicago Cubs! Wrigley Field 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.



Aladdin

Private Bank Theatre

Wednesday, June 14

Fee: \$130 / NM: \$150

Bus departs Toys R Us at 12:30 pm

Bus returns at approximately 6 pm

Discount deadline: April 7

Discover a whole new world at the hit Broadway musical *Aladdin*. From the producer of *The Lion King* comes the timeless story of *Aladdin*, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. This is a perfect show for the entire family and you are welcome to invite your loved ones; fee for family members ages 18 and under is \$140.

Hamilton Tickets & Lottery:

- For individuals who did not attend the November trip, a lottery for *Hamilton* tickets will be held on Wednesday, January 25, from 9 am - 2 pm.
- All registration received between these hours will be entered into the lottery.
- A member may register for themselves and one other current member. If registering for two, both names will be submitted on the same lottery ticket. Each member will only be entered into the lottery once.
- Registration must be accompanied by payment. Payment will be processed only upon selection to receive a ticket(s).
- Names will be drawn, and each registrant will be notified if they have been selected to receive a ticket or if they have placed on the wait list.
- Staff will do its best to ensure friendship/spouse requests will be seated together; however cannot make any guarantees.
- These tickets are not transferrable, and must be used by the original purchaser. If you are unable to use your ticket, please notify the Senior Center staff, for distribution through the Center's wait list.



Monday Speaker Series

Highland Park Police Department
Mondays, 10:30 - 11:30 am
Free for members / NM: \$10
 Sponsored by [Whitehall of Deerfield](#)

Bagels: Whitehall will provide bagels, cream cheese, and coffee for lecture attendees on 2/6 & 3/6.

January 2 Closed – New Year’s Day Observed

January 9 Oscar Hammerstein: Part I

Oscar Hammerstein was born into a storied theater family; yet, following his father’s wishes, he tried to become a lawyer. However, musical theater was his calling and, along with a number of collaborators, his work re-shaped and re-defined this American art form. Susan Benjamin highlights some of Oscar’s most memorable lyrics, from *Showboat* to *The Sound of Music*, with explanations of how his personal life led to his writing songs that read like poetry.

January 16 Closed – Martin Luther King Jr. Day

January 23 From Baseball to Improv

Ethan Blumenthal is a former professional baseball player turned comedian. From rural America to the shores of Australia, the life of a professional athlete does not always involve glory. After good times, injuries, and a career well spent, he shares the easy career choice he made to become a comedian. Learn about the world of comedy as Blumenthal puts on his acclaimed one person improv show.

January 30 Hong Kong - East Meets West

Many consider Hong Kong to be one of the most beautiful cities in the world. Discover how Hong Kong’s 20th century history differed from that of China’s, and explore its many fascinations as educator and author Helene Turner takes you on an adventure through the Far East.

February 6 Advance Directives

A representative from the Highland Park Legal Aid Clinic will explain what an advance directive is and why to consider creating one, including a discussion of different legal instruments such as powers of



attorney and living wills. Come learn about these important legal decisions and if they could be the right fit for you!

February 13 Oscar Hammerstein: Part II

Susan Benjamin delves deeper into the intriguing life of Oscar Hammerstein and the theater world in Part 2 of this series.

February 20 African-American Performers

While African-American movie performers faced discrimination and often “invisibility,” there were memorable contributions. Richard Klein shares how stars like William Warfield, the Nicholas Brothers, Cab Calloway, and many others lit up the screen with their singing, dancing, acting and comedy!



February 27 New Treatments for Arthritis

PRP (platelet-rich plasma) and stem cells are new treatments for arthritis and tendinitis that use your own body’s natural healing abilities to decrease pain and improve function. Both treatments can be performed in a doctor’s office and may delay or remove the need for joint replacement or other surgery. Dr. Prodromos, a leading orthopedic in this field, will discuss these treatments and the results.

Monday Speaker Series

March 6 Stories from Our Past

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

March 13 Tchaikovsky's Fourth Symphony

According to Tchaikovsky, the opening motto of his Fourth Symphony represented fate and signified man's struggle against that fate. Tchaikovsky also wrote a letter to his patroness sharing the symphony's musical journey reflecting the despair of his emotional state following his brief and disastrous marriage. Stephanie Ettelson is a renowned lecturer and teacher who brings a unique perspective to "The Art of Listening" as both an orchestral and chamber music violinist.

March 20 Smart Meters: Working for You!

Learn about the electric smart meter now installed at your home. ComEd Representative Sergio Alzate will help you understand how the meter can benefit you and how the smart grid works and helps improve reliability. Alzate will also share ways to utilize personalized online energy-management tools to show how you use electricity and ways to save energy and money on your next bill!

March 27 The Divine Miss M

Bette Midler is a dazzling, exciting, and supremely talented performer. She has starred in movies, television, stage, and records for almost fifty years, winning every major award given in the performing arts. Hy Speck takes you on her journey to stardom



that started in Hawaii and reaches to Hollywood, Broadway, and every major theatrical venue in the country.

April 3 No Lecture - Early Voting Conflict

April 10 Beautiful Spring Music by Mozart

The North Shore's favorite music historian, Jim Kendros, will introduce you to Wolfgang Amadeus



Mozart, a child prodigy and prolific and influential composer of the Classical era. Mozart's music is the perfect accompaniment to the beautiful imagery of spring in full bloom!

April 17 Dick Van Dyke: A Jolly Holiday

Despite years of personal struggles, Dick Van Dyke ascended from rags to riches by virtue of charm, talent and hard work. Along the way, he had three long-term romantic relationships, four children and established himself as the consummate performer in wholesome, family-oriented entertainment. Susan Benjamin provides insights into his personal life along with samples of his delightful on-screen and on-air presence.

April 24 Fritz Bauer: A Heroic Story

Fifty-five years after the end of his trial in Jerusalem, it has become common knowledge that Adolf Eichmann was captured by Mossad agents in Argentina and brought to justice in Israel. It was a German Jew, the Hessian attorney general Fritz Bauer, who provided pivotal information about Eichmann's whereabouts in South America to the Israeli authorities. Join German Historian, Anette Isaacs, as she pays homage to this true hero and indomitable spirit who confronted post-war German society with its guilt (and denial thereof) and who initiated the Auschwitz Trials of the mid-1960s.

Registration and Refunds

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

Coffee Break

Sponsored by Traycee Home Care

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

Fitness Class Levels

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

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

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

Cards and Games

Advanced Bridge Lessons

Thursdays, 10 am - 12 noon

Thursdays, January 19 - February 23 (6 classes)

Fee: \$60 / NM: \$80

Thursdays, March 9 - April 20 (7 classes)

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. Elaine Morrison will begin each lesson with a mini-lecture, followed by play of pre-set hands related to the presented topic.

Learn Canasta!

Wednesdays, 1 - 3 pm

March 8 - April 19 (6 classes)

Fee: \$60 / NM: \$80

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 4/12.

Basics of Mah Jongg

Tuesdays, 1 - 3 pm

March 7 - April 4 (5 classes)

Fee: \$60 / NM: \$80

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

Classes

Exercise

Gentle Yoga with Susan

Tuesdays and Thursdays, 10:30 - 11:30 am

Tuesdays, January 17 - February 21 (6 classes)

Fee: \$36 / NM: \$56

Tuesdays, March 7 - April 18 (6 classes)

Fee: \$36 / NM: \$56

Thursdays, January 19 - February 23 (6 classes)

Fee: \$36 / NM: \$56

Thursdays, March 9 - April 20 (7 classes)

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. No class 4/11.

* Level 1

Sit & Be Fit

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

Tuesdays, January 17 - February 28 (6 classes)

Fee: \$36 / NM: \$56

Tuesdays, March 7 - April 18 (6 classes)

Fee: \$36 / NM: \$56

Thursdays, January 19 - February 23 (6 classes)

Fee: \$36 / NM: \$56

Thursdays, March 9 - April 20 (7 classes)

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, utilizing light weights and resistance tubes. No class 2/7 & 4/11.

Free Dance Party

Wednesday, March 1

9:45 - 10:45 am

Move it, shake it and feel the beat in this fun, stress free atmosphere! Try Kris' class for free before signing up for Low Impact Dance Aerobics. You'll be sure to get your feet moving and your blood pumping during this energizing class! Advanced registration required; call 847.432.4110.

Low Impact Dance Aerobics

Wednesdays, 9:45 - 10:45 am

Wednesdays, March 8 - April 19 (7 classes)

Fee: \$42 / NM: \$62

Enjoy a fabulous mind-body workout while dancing your way to better health! This upbeat class combines positive support, low-impact aerobics, music and fun! You'll boost your mood, burn fat, build stronger bones, improve your stamina and increase your heart and brain health. Dance Therapist Kris Larsen will help you move into a more vibrant life of wellness.

* Level 3



A Matter of Balance

Wednesdays, 11 am - 12:30 pm

Returning in May of 2017; watch for details in the next issue of the Shorelines Newsletter.

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

General

Beat the Winter Blues - Free Drumming Circle **Tuesdays, 1:30 - 2:30 pm**

Sponsored by BrightStar Care

January 31, February 21, March 21, & April 18

Free for members / NM: \$10

Designed for participants to express their creative spirit, reduce stress, improve brain activity, and synchronize a healthy and beneficial life rhythm, Beat the Winter Blues will 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 to shake up the fun! Registration required a minimum of 1 week in advance.

Instant Artist Workshop **Fridays, 12:30 - 3 pm**

March 24 & April 28

Per Session Fee: \$25 / NM: \$45

Our talented instructor, Bari Fleisher, will guide you through the afternoon's featured painting stroke by stroke. You will be amazed at the masterpiece you can create with a little professional guidance; no experience necessary. Whether you are looking to explore your creative side or just want to be entertained, this is a unique experience you won't soon forget. Fee includes all supplies and instruction. Soft beverages provided; participants are welcome to bring a snack to share.



Crafters Corner

First & Third Wednesdays, 10 - 11:30 am

Free; for members only

Embrace your creativity and join this fun new crafting group. Staff will lead participants in a variety of fun projects, which will then be put on sale at the Center. Activities may include jewelry-making, paper crafts, plants & terrariums, gift-making, holiday crafts, home decor, and more!

- Begins February 1, 2017

Conversational Spanish

Continuing: Fridays, 9 - 10 am

Advanced: Fridays, 10 - 11 am

January 13 - February 17 (6 classes)

Fee: \$36 / NM: \$56

March 10 - April 21 (6 classes)

Fee: \$36 / NM: \$56

Hola Amigos! Certified Spanish teacher Leslie Fenster teaches students the fundamentals of Spanish, including everyday vocabulary, pronunciation, and grammar. Class will focus on speaking, listening and vocabulary, and is taught in a fun and supportive environment. No class 4/14.

Rules of the Road - Free

Thursday, 9:30 - 11:45 am

March 9

The Rules of the Road Review Course is designed to give drivers 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. Advanced registration is required: call 847.432.4110.

Activities - Free For Members / NM: \$10

Free Blood Pressure Screening

Mondays, 1/9, 2/6, 3/6, & 4/10

10 - 10:30 am

Provided by Traycee Home Care Services

Highland Park Police Station

Duplicate Bridge

Mondays, 12:30 - 3:30 pm

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

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

Open Art Studio

Mondays, 1:30 - 3:30 pm

or by appointment when the studio is not in use

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

Knitwits

Tuesdays, 9:30 - 11:30 am

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

Senior TV Production Team

Tuesdays, 12:30 - 3:30 pm

HP Public Access Center, 1677 Old Deerfield Road

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

Yiddish Conversation & Culture

Wednesdays, 1:30 - 2:30 pm

Join facilitator Ludmilla Coven for a fun and lively Yiddish group. Learn basic Yiddish phrases, sing songs and watch movies in Yiddish. No meetings in January.

“For Men Only” Discussion Group

First Thursday each month, 10 - 11:30 am

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

News & Views Current Events

Fridays, 10 - 11:30 am

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

Laurel Larks Singing Group

Fridays, 1:30 - 3 pm

Sponsored by First Bank of Highland Park

Join this joyful singing group which practices for 10 weeks, and then takes the show on the road.

- Held at the Peers Building, 400 Central Avenue
- February 17 - June 2

Open Game Play

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

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



Social Services Coordinator

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

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

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

Senior Health Insurance Program

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

Notary Public - At Your Service!

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

Grief Group

Thursdays, 1:30 - 3 pm

May 11 – June 15 (6 weeks)

Free

This group is for those who are experiencing grief due to the death of a loved one within the past year. This 6-week interactive group will address the process of mourning, provide coping skills, and offer the support of others facing a similar loss. Facilitated by Jennifer Aiello, LPC, each participant must attend the initial meeting in order to participate. Please register by 5/9.

Living Alone Today - Support Group

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

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

Financial Scholarship

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

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

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

Care & Concern

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

Well-Being Checks for Seniors

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

Telephone Reassurance –“R.U.OK?”

The Lake County Sheriff's Office "Are You OK?" program offers a personal wellness check by making phone calls to those who are homebound and living alone. Those interested in participating in the program can request an application by contacting the Lake County community services team at (847) 377-4211.

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

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



Welcome New Members

Jeffrey Adduci	Janet Key
Beth Avraham	Mildred Kirsch
Kenneth & Louise Baygood	Pam Fenning Lifschitz
James Champlin	Julie Mendelson
Mark T. Chen	Lorrie Melnicoff
Sandra Cohn	Annette Michaelson
Dino & Helen Georgoulas	Margot Nathan
George Goldeen	Alan Rosenberg & Barbara Perlmutter
Edward & Paula Golden	Lorraine Rosner
Estelle Goldstein	Sheldon & Illean Schwartz
Sheila Gouldstone	Morton Skidelsky & Sandra Satinover
Marlene Harris	Judy Sheck
Sandra Hersh	Dolores Sherony
Susan Heymann	Nancy H. Smith
Joanne S. Hoffman	Ernest Smolen
Joan Holland	Kim David Tetzloff
Rosemary Hrabe	

Donations

In Memory of Claire Shapiro

From: Lou Frey
Mayer Stiebel & Cara Madansky

In Memory of Russell Kogan

From: Morris & Betty Robinson

In Memory of Dolores Sherman

From: Leonard Adler	Sondra Mount
Howard & June Berkowitz	Sam Prainito
James & Mary Drolte	Morrie & Betty Robinson

In Memory of Debra Volchenbom

From: Howard & June Berkowitz

In Honor of Steve Isaacson

From: Howard & June Berkowitz

In Honor of Larry Byer for SHIP Assistance

From: Nancy Gandelman & Debbie Siegel

January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED <i>New Year's Eve Lunch Sat. Dec. 31 @ 11:45 am Beelow's NorthShore</i>	3 9:30 Knitwits 12:30 Senior Producers	4 12:30 Open Poker	5 10:00 Men's Only Group 1:00 Open Mah Jongg	6 10:00 News & Views 1:00 Open Canasta
9 10:00 Blood Pressure 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	10 9:30 Knitwits 12:30 Senior Producers 1:30 Living Alone	11 12:30 Open Poker	12 1:00 Open Mah Jongg 1:30 Live on the Links	13 9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 1:00 Open Canasta
16 CLOSED	17 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	18 10:30 Humanities 12:30 Open Poker	19 10:00 Advanced Bridge 10:30 Gentle Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit	20 9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 1:00 Open Canasta Film Series - HP Library Sun. January 22 @ 2pm
23 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	24 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	25 12:30 Open Poker	26 10:00 Advanced Bridge 10:30 Gentle Yoga 11:30 Mardi Gras Lunch 1:00 Open Mah Jongg 1:30 Sit & Be Fit	27 9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 1:00 Open Canasta
30 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	31 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Drumming Circle			

February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Crafter's Corner 12:30 Open Poker 1:30 Yiddish	2 10:00 Men's Only Group 10:00 Advanced Bridge 10:30 Gentle Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit	3 9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 1:00 Open Canasta
6 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	7 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers	8 10:30 Humanities 12:30 Open Poker 1:30 Yiddish	9 10:00 Advanced Bridge 10:30 Gentle Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links	10 9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 1:00 Open Canasta 1:00 Barry Bradford
13 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	14 9:30 Knitwits 10:30 Gentle Yoga 12:00 Valentine's Lunch 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	15 10:00 Crafter's Corner 12:30 Open Poker 1:30 Yiddish	16 9:30 Evita 10:00 Advanced Bridge 10:30 Gentle Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit	17 9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 1:00 Open Canasta 1:30 Laurel Larks Film Series - HP Library Sun. February 19 @ 2pm
20 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	21 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Drumming Circle	22 12:30 Open Poker 1:30 Yiddish	23 10:00 Advanced Bridge 10:30 Gentle Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit	24 10:00 News & Views 1:00 Open Canasta 1:30 Laurel Larks
27 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	28 9:30 Knitwits 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone			

March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:45 Free Dance Party 10:00 Crafter's Corner 12:30 Poker 1:30 Yiddish	2 10:00 Men's Only Group 1:00 Open Mah Jongg	3 10:00 News & Views 1:00 Open Canasta 1:30 Laurel Larks
6 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	7 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit	8 9:45 Low Impact Aerobics 12:30 Poker 1:00 Learn Canasta 1:30 Yiddish	9 9:30 Rules of the Road 10:00 Advanced Bridge 10:30 Gentle Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit	10 9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 1:00 Open Canasta 1:00 Barry Bradford 1:30 Laurel Larks
13 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	14 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit 1:30 Living Alone	15 9:45 Low Impact Aerobics 10:00 Crafter's Corner 10:30 Humanities 12:30 Poker 1:00 Learn Canasta 1:30 Yiddish	16 10:00 Advanced Bridge 10:30 Gentle Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links	17 9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 11:00 St. Patrick's Lunch 1:00 Open Canasta 1:30 Laurel Larks Film Series - HP Library Sun. March 19 @ 2pm
20 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	21 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit 1:30 Drumming Circle	22 9:45 Low Impact Aerobics 12:30 Poker 1:00 Learn Canasta 1:30 Yiddish	23 10:00 Advanced Bridge 10:30 Gentle Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit	24 9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 12:30 Instant Artist 1:00 Open Canasta 1:30 Laurel Larks
27 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	28 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	29 9:45 Low Impact Aerobics 12:30 Poker 1:00 Learn Canasta 1:30 Yiddish	30 10:00 Advanced Bridge 10:30 Gentle Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit	31 9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 1:00 Open Canasta 1:30 Laurel Larks 4:00 Trip: By George!

April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> 12:30 Duplicate Bridge 1:30 Open Art Studio	<div>4</div> 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit	<div>5</div> 9:45 Low Impact Aerobics 10:00 Crafter's Corner 12:00 Trip: Hamilton 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish	<div>6</div> 10:00 Men's Only Group 10:00 Advanced Bridge 10:30 Gentle Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit	<div>7</div> 9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 11:30 Passover Seder 1:00 Open Canasta 1:30 Laurel Larks
<div>10</div> 10:00 Blood Pressure 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>11</div> 9:30 Knitwits 12:30 Senior Producers 1:30 Living Alone	<div>12</div> 9:45 Low Impact Aerobics 12:30 Open Poker 1:30 Yiddish	<div>13</div> 10:00 Advanced Bridge 10:30 Gentle Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit	<div>14</div> 10:00 News & Views 1:00 Open Canasta 1:30 Laurel Larks
<div>17</div> 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>18</div> 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Drumming Circle	<div>19</div> 9:45 Low Impact Aerobics 10:00 Crafter's Corner 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish	<div>20</div> 10:00 Advanced Bridge 10:30 Gentle Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links	<div>21</div> 9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 1:00 Open Canasta 1:00 Barry Bradford 1:30 Laurel Larks Senior Citizen Prom-HPHS Sat. April 22 @ 5pm Film Series - HP Library Sun. April 23 @ 2pm
<div>24</div> 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>25</div> 9:30 Knitwits 12:30 Senior Producers 1:00 Investment Club 1:30 Living Alone	<div>26</div> 10:30 Humanities 12:30 Open Poker 1:30 Yiddish	<div>27</div> 1:00 Open Mah Jongg	<div>28</div> 10:00 News & Views 12:30 Instant Artist 1:00 Open Canasta
				Upcoming May 11 Chicago the Musical May Cubs Game June 14 Aladdin



The Highland Park Senior Center

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

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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

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

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

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

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

Holiday Schedule

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

Winter Break:

Monday, December 26 - Monday, January 2

** Bus service will be available Dec. 23, 28, & 30*

Martin Luther King Jr. Day:

Monday, January 16