Activity Registration

Returning Student Priority Registration:
Through Monday, August 28

Member Registration Begins:
Tuesday, August 29

Open Registration Begins:
Tuesday, September 5

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**Thanksgiving Luncheon**

*Highland Park Country Club*

**Friday, November 17**

12 - 2:30 pm

Fee: $25 / NM: $45

Sponsored by Whitehall of Deerfield

Celebrate Thanksgiving with good food, good music, and good friends. Enjoy a buffet lunch featuring traditional favorites such as turkey, cranberries, stuffing, sweet potatoes, green beans almondine, and a delicious holiday dessert. Following lunch, you’ll be thankful for the wonderful music provided by the Highland Park High School Jazz Band. Enjoy a variety of jazz classics from Count Basie and Duke Ellington, while also exploring songs originated from more modern artists. Seating arrangements will be set in advance; please indicate friendship requests upon registration. Doors open at 11:45 am.

May your lives be filled with both THANKS and GIVING!

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**Labor Day Brunch * **

*Warren Barr North Shore*

2773 Skokie Valley Road - Highland Park

**Monday, September 4**

10:30 am - 12 noon

Fee: $5 / NM: $10

Join Warren Barr North Shore in celebrating the Labor Day holiday. Enjoy a delectable brunch designed to showcase the culinary skills of their in-house executive chef. Following brunch, the Gino Fontaine Trio will take you on a musical journey around the world. With 20 years of experience performing in Las Vegas, they will delight you with international music including big band tunes, Argentinian tangos, Viennese waltzes, French chansons, and more. You will have the opportunity to tour this beautiful, state of the art facility, and each guest will leave with a parting gift. *Registration is currently underway.*

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

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**Festival of Lights Celebration**

*CJE Weinberg Community*

1551 Lake Cook Road - Deerfield

**Tuesday, December 12**

12 - 2 pm

Fee: $5 / NM: $10

Celebrate the holidays with delicious food, wonderful music, fabulous friends, and plenty of fun! CJE Weinberg Community for Senior Living invites you to join them for a delicious kosher lunch including seared salmon with potato latkes and applesauce. There will also be other delectable sides and a sweet treat for dessert. You'll enjoy traditional music which is sure to get you into the holiday spirit. Each participant will receive a special goody bag, and facility tours will be available upon request.

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

Mix and Mingle

**12 - 1:30 pm**  
Sponsored by Freedom Home Care

**Senior Center Back Yard Bash**  
54 Laurel Avenue - Highland Park  
**Thursday, September 7** Fee: $10 / $15  
The Senior Center back yard provides some of the best views in Highland Park and is the perfect spot to enjoy a fun-filled afternoon. Enjoy live music and broasted chicken, catered by a popular local restaurant, for lunch.

**El Burén Caribbean Cuisine**  
331 Waukegan Avenue - Highwood  
**Friday, October 20** Fee: $20 / $30  
Caribbean cuisine is an incredible blending of tropical flavors and multicultural influences that have been refined over centuries. The co-owners, a husband and wife team, provide personal, friendly, professional service in this modern and energetic space. When registering, please indicate your entree choice of pollo Jamaicano (Jamaican Jerk Chicken), Ropa Vieja (shredded beef dish), filete de chillo (red snapper), or arroz con mariscos (Seafood with rice) add $5.

**Tanoshii**  
1935 Sheridan Road - Highland Park  
**Wednesday, November 1** Fee: $18 / NM: $28  
Enjoy this unique Japanese dining experience, in a lovely and comfortable setting. Sushi Mike is best known for Omakase - the Japanese tradition of letting a chef choose your order. When registering, please indicate your choice of chicken, salmon or beef bento box (including house salad, vegetable tempura, and California roll), or Sushi Omakase (including California roll or spicy tuna roll, and 4 pieces of chef’s choice nigiri).

Nature Brunch and Learn

**Thursdays**  
10 - 11:30 am  
Fee: $10 / NM: $15  
Sponsored by Comfort Keepers of Wheeling

**Brunch includes:**  
Fresh Fruit  
Choice of Baked Egg Soufflé: (Ham & Swiss or Spinach & Artichoke)  
Mini Scones (Blueberry & Orange)  
Coffee and Orange Juice

**September 14**  
**Restoration at Rosewood**  
Rosewood Beach  
883 Sheridan Road - Highland Park  
The Park District is proud to manage over 250 acres of restored and native prairie, woodland, ravine, and wetland habitat. These areas are crucial for giving Highland Park’s diverse plant and animal species a place to grow and thrive, and also as a place for residents to use for recreation and relaxation. Hear the District’s Natural Areas staff talk about these areas (with a focus on the newly restored Rosewood areas), who lives there, and the work that goes into maintaining them as healthy habitats.

**October 26**  
**Sandhill Cranes at Heller**  
Heller Nature Center  
2821 Ridge Road - Highland Park  
Sandhill cranes are a cherished part of Lake County’s restored ecosystems. Through restoration of their nesting and feeding habitats, the cranes’ population has increased. Learn about Sandhill crane biology and habitat requirements, and why Lake County provides a great home from a Lake County Forest Preserve District educator.
Barry Bradford

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

Television By the Decades

TV has been the greatest cultural game changer in American history. Barry Bradford will talk about the growth and changes in TV during each of its first three decades. Bradford will also look at how cultural trends were reflected in television and show societal shifts on issues like the role of women, the move to suburbia, and questions of race. Every presentation will focus on three classic shows from that decade, and there will be numerous video clips, background stories, and intriguing insights.

September 8  Television in the 1950s
Bradford’s presentation will feature shows from “The Golden Age of Television,” like *I Love Lucy* and *Milton Berle*, along with the quiz show scandals of the decade.

October 13  Television in the 1960s
Bradford will take a deeper look at shows from the Swinging Sixties, including *Bonanza* and the *Smothers Brothers*.

November 3  Television in the 1970s
From the decade that brought us the Watergate Scandal, go-go boots and *Star Wars*, Bradford shares highlights from shows like *The Mary Tyler Moore Show*, *All in the Family*, and *M*A*S*H*.

Live on the Links Concerts

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

September 28  Klezmer Trio
The klezmorim of Eastern Europe (Jewish folk musicians) drew upon the lyrical and haunting melodies of cantors, and the boisterous dances of the Russians, Rumanians, and Poles, to create a unique and evocative style of their own. This trio from the Maxwell Street Klezmer Band includes piano, violin, clarinet and vocals and will feature Klezmer, Jewish, Yiddish, as well American music, composed by some of the most loved Jewish composers.

October 19  Oktoberfest Band
Die Musikmeisters German Band is a lively band that performs standard German instrumental and vocal songs including polkas, waltzes, marches, dance music, and a variety of American favorites. They have over 500 songs in their repertoire. Fan favorites include *Edelweiss*, *Liechtensteiner Polka*, *Du Du Liegst Mir Im Herzen*, *Die Räuberbraut*, *Beer Barrel Polka*, *The Happy Wanderer*, *In München Steht Ein Hofbräuhaus*, *The Schnitzelbank Polka*, and many more songs.

December 21  Highland Park Strings Trio
Larry Block, cellist and founder of the Highland Park Strings, and friends, will present a program of Trios for piano, violin, and cello. The holiday concert will include music of Haydn, Beethoven and Mendelssohn.
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

September 27  Lyric Opera and Verdi’s Rigoletto  
Geoffrey Edwards, award-winning author and stage director for the DuPage Opera Theatre, discusses Verdi’s Rigoletto opera. His talk will include an overview of the composer and an interpretive discussion of the opera with music examples. Edwards will also highlight the other operas included in the Lyric’s current season.

October 18  Giants in the Park: The Histories Behind Lincoln Park’s Monumental Art  
Take a virtual sculpture tour of Lincoln Park, Chicago’s largest and historically most important park. Krista August, who leads tours of the park, will discuss some of the statues in the park, including La Salle, the statue most significant to Chicago’s history; Lincoln, considered the most successful Lincoln portrait statue; Grant, the park’s most prominent monument; and more. August brings alive important history in her lecture.

November 15  Madam President: The Secret Presidency of Edith Wilson  
After President Woodrow Wilson suffered a stroke in 1919, First Lady Edith Wilson began to handle the day-to-day responsibilities of the Executive Office. Mrs. Wilson had little formal education, yet in the tenuous peace following the end of World War I, she dedicated herself to managing the office of the president. Bestselling author William Hazelgrove discusses how Edith Wilson stepped into the Oval Office and became the acting president. Though her authority was acknowledged in Washington, D.C. circles at the time, her legacy as “First Woman President” is now largely forgotten.

December 13  The History of Handel’s Messiah  
From its origin as an Easter offering that burst onto the stage of Musick Hall in Dublin in 1742, to its modern incarnations as a fixture of the Christmas season, the Messiah has clearly stood the test of time, talent, and the ability to engage both concert performers and audiences. Lecturer Marjorie Skelly will discuss the piece and play portions of it.
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

Statue Stories Chicago Tour
Chicago Area
Wednesday, August 30
Fee: $80/ NM: $100
Bus departs Toys R Us at 9 am
Bus returns at approximately 5 pm
Enjoy a sounds and sights bus tour stopping at many of Chicago’s most interesting statues that are currently telling their stories. A stop for lunch is also included.

Cubs Game vs. Cardinals *
Wrigley Field, Chicago
Friday, September 15
Fee: $100 / NM: $120
Bus departs Toys R Us at 12 noon
Bus returns at approximately 6 pm
Discount Deadline: September 1
Cheer on the 2016 World Series Champion Chicago Cubs as they battle the St. Louis Cardinals! Wrigley Field is known for its ivy covered brick outfield wall, the iconic red marquee over the main entrance, and the hand turned scoreboard. You may bring your own lunch, or purchase food at one of the many food vendors. Seats are located in aisle 218, Rows 16 - 20. * Registration is currently underway.

Rigoletto and Lunch
Lloyd’s of Chicago and Civic Opera House
Wednesday, October 4
Fee: $60 / NM: $80
Bus departs Toys R Us at 10:30 am
Bus returns at approximately 6 pm
Discount Deadline: September 18
Performed in Italian with projected English translations
Italy was the birthplace of opera and Rigoletto is a quintessential example of Italian music. Perfect for those who are new to opera and a favorite of opera lovers. In Rigoletto, a father seeks revenge for the loss of his daughter’s innocence, but his vengeance consumes him and proves to be his curse. Prior to the performance, enjoy lunch at Lloyd’s of Chicago.
Day Excursions

Rigoletto and Lunch (continued)
When registering, please indicate your entree choice of pesto chicken, seared Haddock, or beef short ribs.

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

The Legend of Georgia McBride
Northlight Theater & Jameson’s Charhouse
Sunday, October 22
Fee: $110 / NM: $130
Bus departs Toys R Us at 12 noon
Bus returns at approximately 5:30 pm
Discount Deadline: October 2

When a drag show takes over the entertainment at a Florida Panhandle bar, a down-on-his-luck Elvis impersonator does what it takes to keep his job – including stepping into some high heels. This heartwarming, music-filled comedy celebrates the unexpected path to finding your true voice. Prior to the show, enjoy lunch at Jameson’s Charhouse.

When registering, please indicate your entree choice of London broil, chicken picante, or broiled tilapia.

Johnny Mathis Christmas Concert
Rosemont Theatre & Carlucci’s
Friday, December 1
Fee: $135 / NM: $155
Bus departs Toys R Us at 4:30 pm
Bus returns at approximately 11:30 pm
Discount Deadline: November 1

Get into the spirit of the season with Johnny Mathis, one of the biggest musical stars of the 20th century, when the legendary crooner and his 35-piece orchestra present a Christmas concert at the Rosemont Theatre. Mathis has been performing romantic jazz and pop standards for more than 60 years, selling more than 350 million albums in his career. Celebrated as the “King of the Christmas song,” Mathis is known for “Chances Are” and “Misty,” along with timeless Yuletide hits like “Silver Bells” and “It’s the Most Wonderful Time of the Year.” Prior to the performance, enjoy dinner at Carlucci’s.

When registering, please indicate your entree choice of pesce del giorno, petto di pollo alla parmigiana, or penne alla Napoletana.

Hollywood Casino
Aurora, IL
Tuesday, November 7
Fee: $40 / NM: $60
Bus departs Toys R Us at 9 am
Bus returns at approximately 4 pm
Discount Deadline: October 16

Challenge Lady Luck at Hollywood Casino - featuring 1,100 of the hottest slots (ranging from $.01 to $100) and 26 table games, including a live poker room with Texas Hold’em games, and a Bad Beat Jackpot. Enjoy lunch at their Epic Buffet and dig into a never-ending parade of flavors – with carving station favorites, pasta, salads, a sweet collection of desserts, and plenty more to satisfy your cravings. Fee includes lunch, 4 hours at the Casino, and transportation.

Les Ballets de Monte-Carlo: La Belle
Auditorium Theater
Sunday, March 4, 2018
Fee: $135 / NM: $155
Bus departs Toys R Us at 12 noon
Bus returns at approximately 5:30 pm
Discount Deadline: January 15

Enjoy Les Ballets de Monte-Carlo’s first appearance in Chicago since 1935! Les Ballets de Monte-Carlo, the premier dance company of Monaco that is known for its elegant, classical style, comes to the Auditorium Theatre with La Belle, a dark and beautiful reinterpretation of Marius Petipa’s classic ballet The Sleeping Beauty. Artistic Director and award-winning choreographer Jean-Christophe Maillot has created an enthralling version of the original fairy tale. Seats are located in the orchestra, center, main floor.
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 10/2, 11/6 & 12/4.

September 4       CLOSED – Labor Day

September 11     Carol Burnett: Musical Comedienne I
From an impoverished little girl who dreamt of being famous, to a multi-talented Broadway, television, and movie star, Carol Burnett persevered her way to the top. Along the way, she was married three times and became a mother. With humorous and poignant examples, Susan Benjamin illustrates Carol’s journey, which included surviving personal heartbreak and charting new entertainment territory.

September 18     Need a Ride?
The Regional Transit Authority is committed to assuring that riders in the region, regardless of income, age or physical ability, have access to and understand how to use the transit system. RTA Outreach Coordinator Jillian McClain will share information on how to safely ride accessible Metra, Pace, and CTA buses and trains. She will cover local transit options, accessibility features, fare programs (reduced and ride free), ADA paratransit, travel training, and trip planning.

September 25     The Divine Miss M
Bette Midler is a dazzling, exciting, and supremely talented performer. She has starred in movies and on 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.

October 2         Smart Meters Work 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!

October 9         Carol Burnett: Musical Comedienne II
Susan Benjamin returns with more stories about Carol Burnett.

October 16        Senior Fall Prevention Tips
The senior population has an increasing number of unintentional falls and injuries. Tom DiCarlo, Director of Renewal Rehab at Aperion of Highwood, will address the possibilities of why seniors fall, how to identify fall risks and how to address and reduce the risk of falling.

October 23        Senior Center Update
Mayor Rotering and City Manager Ghida Neukirch will provide members with a project update on the new Community Center that may include an expansion of the Library, relocation of youth services, and dedicated senior services space for an updated multipurpose center. Members will have an opportunity to provide feedback on the Senior Center space and other areas within the building.
# Monday Speaker Series

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Details</th>
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<tbody>
<tr>
<td>October 30</td>
<td>Discrimination and the Supreme Court</td>
<td>The Supreme Court has heard and ruled upon many cases about discrimination against various minority groups. These cases show the country’s attitudes and biases. Senior Center member and volunteer Buddy Schreiber will look at how the US has evolved as a nation toward achieving equality through a review of many landmark decisions throughout history.</td>
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<td>November 6</td>
<td>Beautiful Music from the Silver Screen</td>
<td>Jim Kendros returns for a delightful exploration into the wonderful world of film music! Enjoy favorites including <em>Moon River</em>, <em>The Windmills of Your Mind</em>, and <em>A Summer Place</em>, as Jim will share the “insider trade secrets” of each selection and the techniques that made every work a hit. Jim says, “Some of the finest music of the past 70 years comes from Hollywood!” Come for a magnificent morning of great movie hits with Jim Kendros!</td>
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<td>November 13</td>
<td>A Soldier’s Musical Salute</td>
<td>Share the laughs and sing along to some of the greatest songs of the World War II era with film expert Steven Frenzel in this collection of unforgettable moments featuring The Andrews Sisters, Judy Garland, Abbott and Costello, and more!</td>
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<tr>
<td>November 20</td>
<td>Scenic Norway &amp; Magnificent Fjords</td>
<td>Thrill to intimate train rides through steep mountain valleys, cruise first class overnight on the majestic fjords, and stay in the beautiful cities of Bergen and Trondheim while visiting the resident Norwegians, peaceful relatives of the fierce ancient Vikings. World traveler and photo journalist Bill Helmuth shows Mother Nature at her best.</td>
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<td>November 27</td>
<td>Protecting Retirement</td>
<td>Financial advisor Christian Vail will discuss estimating annual healthcare costs in retirement, including those not covered by Medicare, protecting against the costs of a significant health event that may require long-term care, and integrating healthcare costs into an overall retirement strategy.</td>
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<td>December 4</td>
<td>The Many Faces of Israel</td>
<td>Modern Israel is a kaleidoscope of diversity. Its Jews come from every continent and variety of Jewish culture. Secular universalism, liberal religion, fundamentalist religious nationalism, and “ultra-Orthodoxy” that opposes a non-Orthodox Jewish state all co-exist with Christian, Muslim, and Druze Arabs. Rabbi Adam Chalom discusses what the future might hold for this multi-ethnic democracy.</td>
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<td>December 11</td>
<td>Some Enchanted Afternoon Rodgers and Hammerstein</td>
<td>These musical partners were more than songwriters and musicians: they were social activists. Susan Benjamin shares how, through their music and stories, Rodgers and Hammerstein disseminated important messages about social issues of their time that are still relevant today.</td>
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<td>December 18</td>
<td>Happy 2018! Or is it?</td>
<td>The A.D. chronology is off by at least four years, all because a medieval monk made a mistake that led to a 12-centuries-long conspiracy. Imagine a Dan Brown novel without chases and beautiful heroines that is actually true. Eugene Finerman shares an entertaining guide to the politics and intrigues lurking behind the calendar.</td>
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</tbody>
</table>
| December 25| CLOSED – Christmas Day                           |                                                                                                                                                                                                 }
Classes

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.

Exercise

Gentle Yoga with Susan
Tuesdays and Fridays, 10:30 - 11:30 am
- Tuesdays, September 12 – October 24 (7 classes)
  Fee: $42 / NM: $62
- Tuesdays, November 7 – December 19 (7 classes)
  Fee: $42 / NM: $62
- Fridays, September 15 – October 27 (6 classes)
  Fee: $36 / NM: $56
- Fridays, November 10 – December 22 (6 classes)
  Fee: $36 / NM: $56

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 9/22 & 11/24. *Level 1

Sit & Be Fit
Tuesdays and Thursdays, 1:30 - 2:30 pm
- Tuesdays, September 12 – October 24 (7 classes)
  Fee: $42 / NM: $62
- Tuesdays, November 7 – December 19 (7 classes)
  Fee: $42 / NM: $62
- Thursdays, September 14 – October 26 (6 classes)
  Fee: $36 / NM: $56
- Thursdays, November 9 – December 21 (6 classes)
  Fee: $36 / NM: $56

Join Carol King for a fun workout done 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 9/21 & 11/23. *Level 1

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.
Classes

**Fit for Life**
*Wednesdays, 9:45 - 10:45 am*

- September 13 – October 25 (7 classes)
  Fee: $42 / NM: $62

- November 8 – December 20 (7 classes)
  Fee: $42 / NM: $62

Join instructor Judi Strange for a fabulous mix of fitness, fun and friendship consisting of cardio dance, strength training, balance and stretch. The focus will be to increase cardiovascular and muscular endurance as well as overall strength and balance for improved flexibility, mobility, joint stability and coordination. *Level 2 / 3

**Better Balance**
*Wednesdays, 11 am - 12 pm*

- September 13 – October 25 (7 classes)
  Fee: $42 / NM: $62

- November 8 – December 20 (7 classes)
  Fee: $42 / NM: $62

Taught by certified fitness and Matter of Balance instructor Judy Samuelson, this program includes lecture and discussion, chair exercises, and standing poses. Using small hand weights and balls, students will increase their strength and flexibility while improving posture and balance. *Level 1

**Cards and Games**

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

- September 14 – October 26 (6 classes)
  Fee: $60 / NM: $80

- November 9 – December 21 (6 classes)
  Fee: $60 / NM: $80

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. *No class 9/21 & 11/23.*

**Basics of Mah Jongg**
*Tuesdays, 1 – 3 pm*

- October 3 – October 31 (5 classes)
  Fee: $60 / NM: $80

Mah Jongg is an ancient Chinese game which is gaining popularity in the U.S. Join other beginners and learn the basics needed to play the game. Instructor Dale Solow is excited to share her knowledge and love of the game. A current Mah Jongg card is included in fee.

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

- October 4 – November 8 (6 classes)
  Fee: $60 / NM: $80

*Continuing - Wednesdays, 1 - 3 pm*

- November 15 – December 6 (4 classes)
  Fee: $40 / NM: $60

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

**Introduction to Digital Photography**
*Tuesdays, 10:30 am – 12 noon*
~ October 3 - 24 (4 classes)
Fee: $32 / NM: $52

Join instructor and professional photographer Phil Goldman to learn the basics of camera use as well as how to archive and email images, all while photographing the beautiful colors of fall. Please bring your digital camera, accessories and instructions, as well as your laptop (if you have one), to class.

**Watercolor Workshop**
*Thursdays, 10 am - 12 noon*
~ September 14 – November 2 (5 classes)
Fee: $50 / NM: $70
~ November 9 – December 21 (6 classes)
Fee: $60 / NM: $80

Watercolor is a versatile painting medium which allows the artist a fluid range of expression. Bari Fleischer returns to teach watercolor basics; supplies needed, preparing paper, creating value studies, painting washes, mixing colors, and more. *No class 9/21, 10/5, 10/12, 11/23; open studio available*

**Ceramics Winter Workshop**
*Wednesday, December 6, 10 am - 12 noon*
Fee: $15 / NM: $25

Unleash the hidden artist within! Participants will decorate a pre-molded and fired platter using a variety of painting, stenciling, and sponging techniques. Pieces are fired on-site, resulting in a festively finished serving tray for the holidays!

**Life Storytelling**
*Tuesday, October 3, 10:30 - 11:30 am*
Fee: $5 / NM: $10

Do you have untold stories to tell? Join Nora Kerr of Memoir for Me for a trip down memory lane! Brush the dust off those life stories you haven’t thought about in a while and share in a fun group setting. Leave the session with tips and resources to continue your life storytelling for your loved ones.

**Conversational Spanish**
*Advanced: Fridays, 9 – 10 am*
*Beginning: Fridays, 10 – 11 am*
~ September 15 – December 22 (11 classes)
Fee: $66 / NM: $86

Hola Amigos! Certified Spanish teacher Leslie Fenster teaches students the fundamentals of Spanish. Class is taught in a fun and supportive environment, and will focus on speaking, listening, and vocabulary. *No class 9/22, 10/20, 10/27 & 11/24.*

**Rules of the Road - Free**
*Thursday, September 14, 9:30 - 11:45 am*

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

**AARP Smart Driver Course**
*Thursday & Friday, October 26 & 27 9 am - 1 pm*
Fee: $20 / AARP members: $15

Instructor Earl Nicholas teaches current rules of the road and defensive driving techniques. Learn how to accommodate common age-related changes in vision, hearing and reaction time. Pre-registration with payment by check is required; make checks payable to: AARP. *Held at the HP Police Station.*
Activities - Free For Members / NM: $10

**Free Blood Pressure Screening**
**Mondays, 9/11, 10/2, 11/6 & 12/4**
**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 class 9/20.

**“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. Facilitators rotate each month.

**News & Views Current Events**
**Fridays, 10 - 11:30 am**
Ralph Bernstein moderates an intellectual discussion on worldwide current events. Share your thoughts and opinions with a wonderful group. No meeting 11/24 & 12/29.

**Laurel Larks Singing Group**
**Fridays, 1:30 - 3 pm**
Sponsored by First Bank of Highland Park
The Laurel Larks singing group rehearses for 10-weeks, then they take their show on the road bringing their repertoire of show tunes, jazz standards, movie music and folk songs to local senior residence facilities. Led by professional music director John Kula and piano accompanist Dave Massello, no auditions are necessary - just a love of music and a desire to sing out! The Laurel Larks begin rehearsals on September 8; please register in advance. No meeting on 9/29.

**Open Game Play**
Gather for an afternoon of fun and games. Please call ahead to reserve a spot in a desired game.

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<thead>
<tr>
<th>Game</th>
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<tr>
<td>Poker</td>
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<td>Mah Jongg</td>
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<td>Rummikub</td>
<td>Fridays</td>
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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.

Prescription Drug Plan Assistance

Open enrollment for the Medicare Prescription Drug Plan extends from October 15 - December 7, 2017. During this period, you may change from your current drug plan or enroll for the first time. Everyone is encouraged to re-evaluate their insurance coverage due to changes in the drug plans or changes in your own prescriptions. Trained Senior Center volunteers are available to assist in navigating the Medicare Part D enrollment process in a personal appointment at the Senior Center. Please call Jennifer Aiello to schedule an appointment.

Grief Group

Thursdays, 1:30 - 3 pm

October 5 – November 9 (6 weeks)
Free

Please register by Tuesday, October 3.

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.

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. No meeting on 12/26.

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.
Social Services

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

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

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

Medical Equipment Lending Closet
Monday - Friday, 9 am - 4 pm
Senior Center members and Highland Park residents may borrow medical equipment including wheelchairs, walkers, bath benches, and more. Items are available for an unlimited amount of time, and there is no charge for use. A liability waiver must be signed by the individual who will be using the equipment, prior to its use.

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

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

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, 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
Wise and Well Community Education Series

Highland Park Country Club
Wednesdays, 1 – 2:30 pm
Free

Presented with Family Service of Lake County
Sponsored by Sunrise Senior Living of Highland Park

September 13  Palliative vs. Hospice Care: Which is Right for You?
Michael Marschke, MD, is Division Chief of Palliative Care and Hospice at NorthShore University Healthsystem. He will discuss how hospice and palliative care differ, why they are important, and when this kind of care is appropriate.

October 25  Effective Communication Strategies for Alzheimer’s and Dementia
Brittany Mabry, Manager of Education and Outreach, Alzheimer’s Association, Illinois Chapter
As people with Alzheimer’s disease and other dementias progress in their journey, the ability to use words is often lost and families need new ways to connect. Learn to decode the verbal and behavioral messages and identify strategies to help you connect at each stage of the disease.

November 8  Have You Had the Conversation? An End of Life Seminar
Larry Magill, Elder Law Attorney, will offer advice on how to prepare legal documents to protect your rights and wishes including Trusts, Power of Attorney (Health and Property), Estate Planning, Living Will, Do Not Resuscitate, and more. A representative from Kelley and Spaulding will also present information on the funeral planning process.

Advance registration is preferred; walk-ins are welcome. To register and for more information, please contact Jennifer Aiello, Highland Park Senior Center, 847.926.1868, or Linda Magad, Family Service of Lake County, 847.432.4981 x110.
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 Showing and Discussion
Sundays, 2 pm
Free for members and the community at large
Sponsored by Warren Barr North Shore

20th Century American Drama

September 17 The Country Girl (1954)
Frank Elgin is an alcoholic actor and singer who gets a second chance at stardom. He is desperate to make a come back, and Bernie Dodd is the hotshot Broadway director in need of a star for his production.

October 15 Picnic (1955)
The story covers one Labor Day weekend in a small Kansas town and tells about the impact a virile drifter has on the lives of several women in town.

November 5 An Affair to Remember (1957)
Although each is engaged to someone else, when Nickie and Terry meet aboard an ocean liner, they fall in love. After they agree to rendezvous six months later atop the Empire State Building, tragedy strikes, and the lovers’ future takes an uncertain turn.

December 3 A Place in the Sun (1951)
A poor young man is determined to win a place in respectable society and the heart of a beautiful socialite. Consumed with fear and desire, he is ultimately driven to a desperate act of passion.

Senior Center Featured Artist

Arlene Goldman
September & October

Sharon Kogan
November & December

Please stop by the Center to view the artist’s work on display.

Discounted Ticket Passes

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

A Senior Center gift certificate is perfect for the holidays! Please call 847.432.4110 for details.
Welcome New Members

Marlene Benzuly
Gail & Carl Bordley
Irene Cohen
Philip Cohen
Garrett Cohn
Clarice Davis
Isaac De Leeuwe
Frederick Dose’
Tracy Fairman
Judy & Lloyd Falk
Penina Frankel
Ken & Arlene Freedman
Stuart & Grace Fuchs
Ruth Geiderman
Raymond & Ruth Ann Geraci
Amy Gilbert
Kay Hamood-Ginalski
Sharon Gonsky
David Gordon
Rivia Greenberger
Robert & Maxine Greenstein
Sue Hergott
Beverly Klein
Ruth Koehn
Ellie Kohler Marlene Kraft
Sarah Liebman
Helen Magid
Roberta Mann
Judy Markey
Ted Minorini
Mark & Abby Neumann
Merle Parker
Lynette & Paul Perkins
Jane Pickus
Gary Rhine
Rena Rich
David & Diana Rogers
Heidimarie Romero
Bernice Rosenstein
Irwin Rozner
Linda Rukin
Lawrence Schechter
Judy Schoenberg
Mark Stang
Neil Stein
Richard Stone

Donations

In Memory of Claire Vickman
From: Howard & June Berkowitz

In Memory of Mildred “Millie” Lasker
From: Howard & June Berkowitz

In Honor of Henry & Elaine Baron’s 75th Anniversary
From: Morrie & Betty Robinson

In Honor of Services for Seniors
From: Kenneth Tucker

Tree of Honor Donation

Silver Dove of Flight

In loving Memory of Eileen Wais
From: The Estate of Eileen Wais

Welcome Chris Kichka

In May, the Division of Senior & Youth Services was pleased to welcome Chris Kichka as our new Administrative Clerk. Chris’s focus is on maintaining the Center’s membership database, processing accounts payable and receivables, as well as a variety of special projects.

Chris holds a B.A. from Elmhurst College, where he studied Public Administration and Political Science. Chris has a passion for thoughtful public service and is a veteran of the public sector, having worked for the U.S. Senate, U.S. House of Representatives, and the Illinois State Senate.

In his free time, you can find Chris with his nose in a good book, volunteering with adults with disabilities, or at a local museum.

Chris has thoroughly enjoyed being a part of the City’s team and is looking forward to continue getting to know all of the members.
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<td>CLOSED</td>
<td>Labor Day</td>
<td>10:30 Labor Day Brunch</td>
<td>10:00 News &amp; Views</td>
<td>Monday Speaker</td>
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<td>9:30 Knitwits</td>
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<td>10:00 Men's Only Group</td>
<td>10:00 News &amp; Views</td>
<td>10:00 Advanced Spanish</td>
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<td>12:30 Senior Producers</td>
<td>1:30 Yiddish</td>
<td>12:00 Mix and Mingle</td>
<td>1:00 Barry Bradford</td>
<td>10:00 Advanced Bridge</td>
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<td>9:30 Knitwits</td>
<td>10:30 Gentle Yoga</td>
<td>9:45 Fit for Life</td>
<td>10:00 News &amp; Views</td>
<td>10:00 Beginning Spanish</td>
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<td>11:00 Better Balance</td>
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<td>1:00 Wise and Well</td>
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<td>12:30 Duplicate Bridge</td>
<td>9:30 Rules of the Road</td>
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# October 2017

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<th>Monday</th>
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<td><strong>2</strong></td>
<td>9:30 Knitwits</td>
<td>9:45 Fit for Life</td>
<td>10:00 Men’s Only Group</td>
<td><strong>9:</strong> Advanced Spanish</td>
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<td>10:00 Blood Pressure</td>
<td>10:30 Photography</td>
<td>10:30 Trip: Lyric Opera</td>
<td>10:00 Advanced Bridge</td>
<td>10:00 Beginning Spanish</td>
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<td>10:00 Bagels</td>
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# November 2017

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<tr>
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<tr>
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<td>12:00 Mix and Mingle</td>
<td>10:00 Men's Only Group</td>
<td>9:00 Advanced Spanish</td>
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<td>12:30 Open Poker</td>
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<td>1:30 Yiddish</td>
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<td>1:00 Barry Bradford</td>
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<td>10:00 Blood Pressure</td>
<td>9:00 Trip: Casino</td>
<td>9:45 Fit for Life</td>
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<td>1:30 Monday Movie</td>
<td>1:30 Sit &amp; Be Fit</td>
<td>1:00 Wise and Well Education Series</td>
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**Film Series - HP Library**
Sun. November 5 @ 2pm

**CLOSED**

Thanksgiving Holiday

1:30 Laurel Larks
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**December 2017**

**4:30 Trip: Johnny Mathis**

_Film Series - HP Library_
_Sun. December 3 @ 2pm_

**5**

9:30 Knitwits
10:30 Gentle Yoga
12:30 Senior Producers
1:30 Sit & Be Fit
1:30 Living Alone

**10:30 Monday Speaker**

**12:00 Festival of Lights Luncheon**

**12:30**

**13**

9:45 Fit for Life
10:00 Ceramics Workshop
11:00 Better Balance
12:30 Open Poker
1:00 Continuing Canasta
1:30 Yiddish

**10:00 Men's Only Group**

**10:00 Advanced Bridge**

**11:00**

**13**

9:00 Advanced Spanish
10:00 Beginning Spanish
10:00 News & Views
10:30 Gentle Yoga
1:00 Open Rummikub
1:30 Laurel Larks

**15**

9:00 Advanced Spanish
10:00 Beginning Spanish
10:00 News & Views
10:30 Gentle Yoga
1:00 Open Rummikub
1:30 Laurel Larks

**18**

9:30 Knitwits
10:30 Gentle Yoga
12:30 Senior Producers
1:30 Sit & Be Fit
1:30 Monday Movie

**19**

9:45 Fit for Life
10:00 Humanities
11:00 Better Balance
12:30 Open Poker
1:30 Yiddish

**10:00 Watercolor Workshop**

**10:00**

**20**

9:00 Advanced Spanish
10:00 Beginning Spanish
10:00 News & Views
10:30 Gentle Yoga
1:00 Open Rummikub
1:30 Laurel Larks

**21**

9:00 Advanced Spanish
10:00 Beginning Spanish
10:00 News & Views
10:30 Gentle Yoga
1:00 Open Rummikub
1:30 Laurel Larks

**25**

CLOSED

Christmas

**26**

CLOSED

Winter Holiday

**27**

CLOSED

Winter Holiday

**28**

CLOSED

Winter Holiday

**29**

CLOSED

1:30 Laurel Larks
City of Highland Park

Highland Park Senior Center Membership Registration

54 Laurel Avenue
Highland Park, IL  60035
Phone: (847) 432-4110; FAX: (847) 432-4531

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

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

Name_________________________________________ Birthdate _____ / _____ / _____
Name_________________________________________ Birthdate _____ / _____ / _____
Address________________________________________ City______________ Zip ______
Phone____________________ Cell _______________ E-Mail __________________

Current Member_______ New Member_______ Former Member_______ Check: $_________________

Credit (VISA, MC, Disc.) #__________________________ Exp._______ Signature:_________________

Please list two people we could contact if necessary:

1. Name_________________________________________ Relationship___________________
       Address________________________ City______________ Cell _______________
2. Name_________________________________________ Relationship___________________
       Address________________________ City______________ Cell _______________

Doctor’s name________________________ Phone_________________

Participant Liability Waiver and Hold Harmless Agreement

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

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

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

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

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

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

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

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

Signature ___________________________________ Signature _______________________________
Date ______ / ______ / ______ Date ______ / ______ / ______
The Shorelines

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

Mayor
Nancy Rotering

City Council
Anthony E. Blumberg
Daniel A. Kaufman
Alyssa Knobel
Kim Stone
Michelle L. Holleman
Adam Stolberg

City Manager
Ghida S. Neukirch

Senior Center
Laura Frey, CPRP
Manager of Senior and Youth Services

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

Christina Earle
Program Coordinator

Chris Kichka
Administrative Clerk

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 times 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:

Labor Day       Monday, September 4
Thanksgiving    Thursday, November 23 - Friday, November 24
Winter Holiday  Monday, December 25 - Monday, January 1

-The Center will be closed Friday, December 1 from 11 am - 1 pm
-The Senior Connector WILL run on Tuesday, December 26 & Thursday, December 28 from 9:30 am - 2:40 pm