



The Shorelines

September - December, 2017

The Highland Park Senior Center
NEWSLETTER

54 Laurel Avenue
Highland Park, IL 60035
847.432.4110



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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Special Activities

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.

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.

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!*

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 Jamaquino (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.

Special Activities

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.



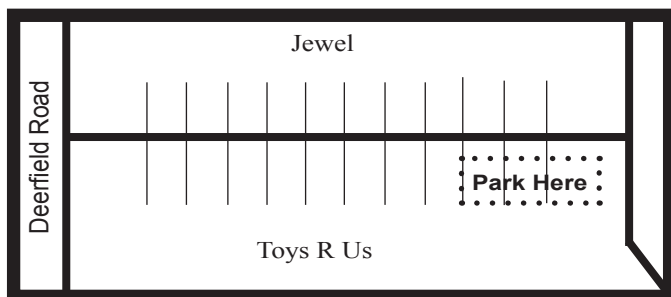


Day Excursions

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.



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.



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.



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

October 30 **Discrimination and the Supreme Court**

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.

November 6 **Beautiful Music from the Silver Screen**

Jim Kendros returns for a delightful exploration into the wonderful world of film music! Enjoy favorites including *Moon River*, *The Windmills of Your Mind*, and *A Summer Place*, 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!

November 13 **A Soldier's Musical Salute**



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!

November 20 **Scenic Norway & Magnificent Fjords**

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.

November 27 **Protecting Retirement**

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.



December 4 **The Many Faces of Israel**

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.

December 11 **Some Enchanted Afternoon Rodgers and Hammerstein**

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.

December 18 **Happy 2018! Or is it?**

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.

December 25 **CLOSED – Christmas Day**

Registration and Refunds

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- 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.

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

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 repertory 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.

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.

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.*

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

September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub 1:00 Watercolor Workshop
4 CLOSED Labor Day 10:30 Labor Day Brunch	5 9:30 Knitwits 12:30 Senior Producers	6 12:30 Open Poker 1:30 Yiddish	7 10:00 Men's Only Group 12:00 Mix and Mingle 1:00 Open Mah Jongg	8 10:00 News & Views 1:00 Barry Bradford 1:00 Open Rummikub 1:30 Laurel Larks
11 10:00 Blood Pressure 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	12 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Living Alone 1:30 Sit & Be Fit	13 9:45 Fit for Life 11:00 Better Balance 12:30 Open Poker 1:00 Wise and Well Education Series 1:30 Yiddish	14 9:30 Rules of the Road 10:00 Watercolor Workshop 10:00 Advanced Bridge 10:00 Brunch and Learn 1:00 Open Mah Jongg 1:30 Sit & Be Fit	15 9:00 Advanced Spanish 10:00 Beginning Spanish 10:30 Gentle Yoga 10:00 News & Views 12:00 Trip: Chicago Cubs 1:00 Open Rummikub 1:30 Laurel Larks <i>Film Series - HP Library Sun. September 17 @ 2pm</i>
18 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	19 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	20 9:45 Fit for Life 11:00 Better Balance 12:30 Open Poker	21 1:00 Open Mah Jongg	22 10:00 News & Views 1:00 Open Rummikub 1:30 Laurel Larks
25 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	26 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Living Alone 1:30 Sit & Be Fit	27 9:45 Fit for Life 10:30 Humanities 11:00 Better Balance 12:30 Open Poker 1:30 Yiddish	28 10:00 Watercolor Workshop 10:00 Advanced Bridge 1:00 Open Mah Jongg 1:30 Live on the Links 1:30 Sit & Be Fit	29 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub

October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	3 9:30 Knitwits 10:30 Photography 10:30 Gentle Yoga 10:30 Life Storytelling 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit	4 9:45 Fit for Life 10:30 Trip: Lyric Opera 11:00 Better Balance 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish	5 10:00 Men's Only Group 10:00 Advanced Bridge 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	6 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub 1:30 Laurel Larks
9 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	10 9:30 Knitwits 10:30 Photography 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit 1:30 Living Alone	11 9:45 Fit for Life 11:00 Better Balance 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish	12 10:00 Advanced Bridge 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	13 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Barry Bradford 1:00 Open Rummikub 1:30 Laurel Larks <i>Film Series - HP Library Sun. October 15 @ 2pm</i>
16 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	17 9:30 Knitwits 10:30 Photography 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit	18 9:45 Fit for Life 10:30 Humanities 11:00 Better Balance 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish	19 10:00 Watercolor Workshop 10:00 Advanced Bridge 1:00 Open Mah Jongg 1:30 Live on the Links 1:30 Sit & Be Fit 1:30 Grief Group	20 10:00 News & Views 10:30 Gentle Yoga 12:00 Mix and Mingle 1:00 Open Rummikub 1:30 Laurel Larks <i>Sun. October 22 12:00 Trip: Northlight Theater</i>
23 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	24 9:30 Knitwits 10:30 Photography 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	25 9:45 Fit for Life 11:00 Better Balance 12:30 Open Poker 1:00 Learn Canasta 1:00 Wise and Well Education Series 1:30 Yiddish	26 9:00 AARP Driver Safety 10:00 Watercolor Workshop 10:00 Advanced Bridge 10:00 Brunch & Learn 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	27 9:00 AARP Driver Safety 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub 1:30 Laurel Larks
30 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	31 9:30 Knitwits 12:30 Senior Producers 1:00 Basics of Mah Jongg			

November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 12:00 Mix and Mingle 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish	2 10:00 Men's Only Group 10:00 Watercolor Workshop 1:00 Open Mah Jongg 1:30 Grief Group	3 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 1:00 Barry Bradford 1:00 Open Rummikub 1:30 Laurel Larks <i>Film Series - HP Library Sun. November 5 @ 2pm</i>
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 9:00 Trip: Casino 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	8 9:45 Fit for Life 11:00 Better Balance 12:30 Open Poker 1:00 Learn Canasta 1:00 Wise and Well Education Series 1:30 Yiddish	9 10:00 Watercolor Workshop 10:00 Advanced Bridge 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	10 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub 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 1:30 Living Alone 1:30 Sit & Be Fit	15 9:45 Fit for Life 10:30 Humanities 11:00 Better Balance 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish	16 10:00 Watercolor Workshop 10:00 Advanced Bridge 1:00 Open Mah Jongg 1:30 Sit & Be Fit	17 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 12:00 Thanksgiving Lunch 1:30 Laurel Larks
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	22 9:45 Fit for Life 11:00 Better Balance 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish	23 CLOSED Thanksgiving Holiday	24 CLOSED Thanksgiving Holiday 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 Investment Club 1:30 Living Alone 1:30 Sit & Be Fit	29 9:45 Fit for Life 11:00 Better Balance 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish	30 10:00 Watercolor Workshop 10:00 Advanced Bridge 1:00 Open Mah Jongg 1:30 Sit & Be Fit	

December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 11-1 Building Closed 1:00 Open Rummikub 1:30 Laurel Larks 4:30 Trip: Johnny Mathis <i>Film Series - HP Library</i> <i>Sun. December 3 @ 2pm</i>
4 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	5 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	6 9:45 Fit for Life 10:00 Ceramics Workshop 11:00 Better Balance 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish	7 10:00 Men's Only Group 10:00 Watercolor Workshop 10:00 Advanced Bridge 1:00 Open Mah Jongg 1:30 Sit & Be Fit	8 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub 1:30 Laurel Larks
11 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	12 9:30 Knitwits 10:30 Gentle Yoga 12:00 Festival of Lights Luncheon 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	13 9:45 Fit for Life 10:30 Humanities 11:00 Better Balance 12:30 Open Poker 1:30 Yiddish	14 10:00 Watercolor Workshop 10:00 Advanced Bridge 1:00 Open Mah Jongg 1:30 Sit & Be Fit	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 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	19 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	20 9:45 Fit for Life 11:00 Better Balance 12:30 Open Poker 1:30 Yiddish	21 10:00 Watercolor Workshop 10:00 Advanced Bridge 1:00 Open Mah Jongg 1:30 Live on the Links 1:30 Sit & Be Fit	22 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 Winter Holiday 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 _____ / _____ / _____



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PERMIT NO. 97

The Highland Park Senior Center

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

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Nancy Rotering

City Council

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Michelle L. Holleman
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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