



# The Shorelines

January - April, 2018

The Highland Park Senior Center  
**NEWSLETTER**

54 Laurel Avenue  
Highland Park, IL 60035  
847.432.4110



## Activity Registration

### **Returning Student Priority Registration:**

Tuesday, January 2 at 9 am

### **Member Registration Begins:**

Thursday, January 4 at 9 am

### **Open Registration Begins:**

Thursday, January 11 at 9 am

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## New Year's Eve Lunch Celebration

**Beelow's North Shore**

**Sunday, December 31**

**11:45 am - 2 pm**

**Fee: \$33 / NM: \$53**

Registration is currently underway; deadline is December 22 at 12 Noon

**Sponsored by Freedom Home Care**

Ring in the New Year with loved ones, delicious food, fabulous music, and a champagne toast at 12 noon. Lunch includes butternut squash soup, your choice of entrée, mashed potatoes, sautéed spinach, white chocolate mousse cake for dessert, and coffee, tea or soda. During lunch, you'll enjoy festive music by Bob Moreen, who will play well-known and well-loved music. When registering, please indicate your choice of grilled lobster tail, petite filet, or grilled salmon. Seating arrangements will be set in advance; please indicate friendship requests upon registration. Doors open at 11:30; please, no early arrivals. Underground parking is available and recommended.



## Mardi Gras Lunch Outing

**Bluegrass Restaurant**

1636 Old Deerfield Road - Highland Park

**Friday, January 26**

**12 - 2 pm**

**Fee: \$22 / NM: \$32**

**Sponsored by Brookdale Senior Living**

Enjoy Mardi Gras with the authentic flavors of New Orleans, right here in Highland Park. Lunch begins with a sampling of favorites, including Louisiana alligator, dirty rice, and crawfish boudin, followed by your choice of entrée, and finishes with delicious French beignets. When registering, please indicate your choice of N'awlins sweet and spicy shrimp, jambalaya, crawfish etouffee, or grilled tilapia. Don't miss this fun and festive event with plenty of beads to go around!



## Valentine's Day Lunch & Concert

**Restaurant 210**

210 Green Bay Road - Highwood

**Wednesday, February 14**

**12 - 2:30 pm**

**Fee: \$22 / NM: \$32**

**Sponsored by Brookdale Senior Living**



Celebrate Valentine's Day with love and friendship at this trendy, local, hot spot - singles, couples, and groups are welcome! Lunch includes chopped salad, your choice of entrée, mashed potatoes, glazed carrots, flourless chocolate cake, and soft beverage. Following, fall in love all over again with legendary love songs of the silver screen. Becky Menzie and Tom Michael put their unique twist on memorable movie melodies as they revisit the best of RKO, MGM and contemporary cinema classics in this wonderful celebration of love. When registering, please indicate your choice of roasted chicken, Lake Huron whitefish, or home style meatloaf.

# Special Activities

## St. Patrick's Day Luncheon

### The Sheridan at Green Oaks

29330 North Waukegan Road - Lake Bluff

**Friday, March 16**

**12 - 2 pm**

**Fee: \$5 / NM: \$10**



**Sponsored by The Sheridan at Green Oaks**

Everyone is Irish on St. Patrick's Day! Enjoy a delicious lunch featuring corned beef and cabbage along with other traditional Irish favorites and traditional Irish entertainment. Wear your most festive St. Patrick's Day gear for a chance to win a "Pot of Gold."

Tours of this beautiful, newly developed senior living community will be available, and each participant will receive a special goody bag to take home.

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

## Italian Lunch Outing

### Bella Via

1899 Second Street - Highland Park

**Friday, April 20**

**12 - 2 pm**

**Fee: \$22 / NM: \$32**

**Sponsored by Brookdale Senior Living**

Bella Via provides an intimate and relaxed setting to enjoy authentic Italian food, with indulgence in mind. Lunch includes an appetizer portion of calamari fritti, your choice of entrée with chef's choice of sides, tiramisu for dessert and soft beverage. When registering, please indicate your choice of chicken marsala, grilled salmon, or eggplant parmesan.



## Passover Seder

### Aperion Care

50 Pleasant Avenue - Highwood

**Thursday, March 29**

**11:30 am - 1:30 pm**

**Fee: \$5 / NM: \$10**

**Sponsored by Aperion Care**

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

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

## Senior Citizen Prom

### Highland Park High School

433 Vine Avenue - Highland Park

**Saturday, May 5**

**5 - 7:30 pm**

**Fee: \$5 / NM: \$10**

**Sponsored by Aperion Care**



Aloha! Join members of the HPHS Class of 2021 for a Senior Citizen Prom with a Hawaiian Luau theme. This annual event features a buffet dinner catered by Sunset Foods, a sweet table with home baked goods from the students. Enjoy entertainment by some of the High School's best fine arts performance groups, and dance to the music of songs, handpicked just for you. Students are looking forward to dancing with members of the Senior Center and to hosting a special night to remember. Come dressed in your best Hawaiian outfit!



## Humanities Series

**Highland Park Public Library  
Wednesdays, 10:30 - 11:30 am**

**Free for members and the community at large**

Presented with the Highland Park Public Library  
Sponsored by Comfort Keepers Lake Forest

**January 31 Georgia O’Keeffe Portrayal**

Award-winning actress and historian Leslie Goddard returns to portray Georgia O’Keeffe, one of the most celebrated American modern artists.

**February 21 Love Letters in Music**

“If music be the food of love, play on!” Several of classical music’s greatest composers wrote music dedicated to their beloveds. Explore the romantic and sometimes scandalous stories behind these works, and delve into their music and meaning with a presentation by Chicago Symphony Orchestra Musicologist Laura Sauer.



**March 21 Rise of the Skyscraper**

Explore the wonders of Chicago. A docent from the Chicago Architecture Foundation discusses prominent historic and modern skyscrapers in our city covering Chicago’s early development and then proceeds to look at the work of our first great architects: William LeBaron Jenney, Burnham & Root, and Adler & Sullivan. The program traces their influence up through the work of contemporary designers of some of Chicago’s recent masterpieces.

**April 18 Climate Change**

Learn the most recent information about climate change, potential solutions, and what you can do to help. Presented by Elliot Rossen, a Climate Reality Leader with The Climate Reality Project, a worldwide non-profit founded by Nobel Laureate and former U.S. Vice President Al Gore.

## Live on the Links Concerts

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

Sponsored by Aperion Care

**February 1 HPHS Wind Symphony**

Under the direction of Josh Chodoroff, the High School’s wind symphony features talented musicians performing pieces from a variety of genres. You are sure to delight in this wonderful afternoon.

**March 1 Afternoon Cabaret**

Enjoy an afternoon of song by the talented Kaylee Durow. Kaylee entertains with stories and conversations as she delivers upbeat arrangements with her accompanist and co-arranger, John Hopkins. This lively performance features songs such as *Dream a Little Dream*, *Kiss Me Once* and a mixture of other classics.

**April 5 Songs from the Rails and Trails**

Climb aboard and enjoy classic railroad songs like *I’ve Been Workin’ On The Rail Road*, *16 Tons*, *The Chattanooga Choo Choo*, *The Wabash Cannonball* and *King Of The Road*. Then, Sing-along with Rick Pickren to well known cowboy songs like *Back In The Saddle Again*, *The Old Chisom Trail*, *I Ride an Old Paint*, *Home on the Range* and *Happy Trails*.





# Special Activities

## Barry Bradford Presents

Highland Park Police Department

**Fridays, 1:30 - 3 pm**

**Free for members / NM: \$10**

Sponsored by BrightStar Care

### American Icons

The Highland Park Senior Center is thrilled to welcome back internationally recognized, award winning public speaker Barry Bradford.

#### February 23      Audrey Hepburn

For about a decade, Audrey Hepburn was the epitome of grace and style on the silver screen. Barry will explore her great films and enduring allure. He will also take a look at her fascinating life - from serving as a courier for the Dutch Resistance to becoming the tireless advocate of the world's poorest children. Audrey Hepburn was a class act, on screen and off.

#### March 30      Henry Ford

America is in love with automobiles, and Henry Ford is the man who made that happen. While he did not invent the automobile, his lifelong quest to make the automobile work, make it lighter and then more affordable revolutionized the American way of life. He was a dynamic and driven man whose personality was complex and whose legacy is mixed. Barry Bradford will explore his unique life story and examine how Ford changed the world.



#### April 27      Jimmy Stewart

Jimmy Stewart is simply one of the greatest movie actors of all time! His screen persona – humble, loyal, self-effacing and committed to doing the right thing – mirrored America's self-image. He was brilliant in comedies, compelling in dramas and unforgettable in Westerns. Add to that his courageous service during World War II, Barry Bradford will highlight Stewart's lifetime of great accomplishments.

## Movies

### Monday at the Movies Highland Park Police Station 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; no movie 1/1, 1/15, 3/5, 3/12, & 3/19.*

### Film Showing and Discussion Highland Park Public Library Sundays, 2 pm

Free for members and the community at large

Presented with the Highland Park Public Library

Sponsored by Warren Barr North Shore

### Espionage Films discussion lead by Bob Coscarelli

#### January 28      Notorious

The lives of three individuals become intimately entangled during an espionage operation in Brazil.

#### February 18      Goldfinger

Investigating a gold magnate's smuggling, James Bond uncovers a plot to contaminate the Fort Knox gold reserve.

#### March 18      The Spy Who Came in from the Cold

British agent Alec Leamas refuses to come in from the Cold War during the 1960s, choosing to face another mission, which may prove to be his final one.

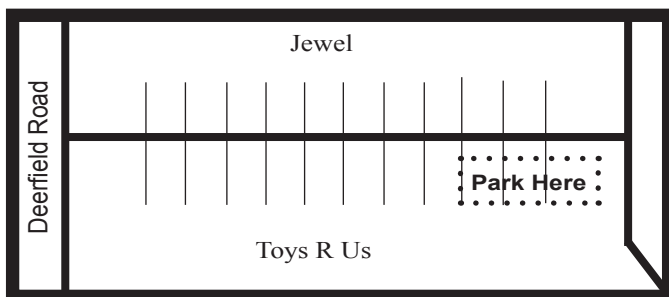
#### April 22      Three Days of the Condor

A bookish CIA researcher finds all his co-workers dead, and must outwit those responsible until he figures out who he can really trust.

## Registration and Refunds

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- 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



## Rivers Casino & Lunch

**Des Plaines, IL**

**Thursday, February 8**

**Fee: \$45 / NM: \$65**

Bus departs Toys R Us at 9:30 am

Bus returns at approximately 3 pm

*Discount Deadline: January 31*



Back by popular request! If you're looking for the hottest Chicago gaming action, Rivers Casino is the place for you. With over 1,000 of the newest slots, they pay out more than any other Chicagoland casino. If table games are more your style, they have over 50. Lunch at the Canopy Buffet features nine different stations including: salads, homemade soups, pizzas, Italian cuisine, carving stations, comfort food featuring a vertical rotisserie and an Asian station including sushi and seafood. *In case of inclement weather, this trip will be rescheduled for Thursday, February 15.*

## La Belle Ballet (The Sleeping Beauty)

**Les Ballets de Monte-Carlo**

**Auditorium Theater, Chicago**

**Sunday, March 4**

**Fee: \$135 / NM: \$155**

Bus departs Toys R Us at 12 noon

Bus returns at approximately 5:30 pm

*Discount Deadline: January 15*

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 *The Sleeping Beauty* (La Belle), a dazzling and visually-stunning version of Marius Petipa's classic story ballet. Artistic Director and award-winning choreographer Jean-Christophe Maillot has created an enthralling, fantastical adaptation of the original fairy tale, set to the famous Tchaikovsky score, in a production lauded as "absolutely sublime" by Dance Magazine. *Seats are located in the front orchestra, center, main floor.*



# Day Excursions

## South Pacific & Lunch

Drury Lane, Oakbrook

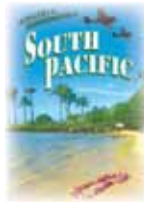
Wednesday, April 11

Fee: \$80 / NM: \$100

Bus departs Toys R Us at 10:15 am

Bus returns at approximately 5:15 pm

Discount Deadline: March 11



More timely than ever, this Rodgers & Hammerstein landmark musical proves that even the backdrop of a tropical paradise cannot shelter its residents from the prejudices of World War II. *South Pacific* is the winner of the 1950 Pulitzer Prize for Drama and ten Tony Awards including Best Musical. Lunch at Drury Lane includes mixed green salad, your choice of entrée, chef's choice of sides and dessert, and beverage. When registering, please indicate your choice of bistro steak or lake trout.

## Jesus Christ Superstar

Lyric Opera, Chicago

Thursday, May 10

Fee: \$100 / NM: \$120

Bus departs Toys R Us at 12 noon

Bus returns at approximately 5 pm

Discount Deadline: March 31

One of the greatest stories ever told comes to life in the ground breaking, iconic rock opera that reinvented musical theater for the modern age. With music by Andrew Lloyd Webber and lyrics by Tim Rice, this global blockbuster tells the story of the final weeks in the life of Jesus Christ, from the perspective of Judas Iscariot. As Christ's followers grow more fervent, Judas must make his fateful choice between faith and betrayal.



Filled with an exciting mix of musical styles that draw upon 1970s rock, gospel, folk, and funk themes, this contemporary imagining of the biblical tale features high-energy dance and powerful storytelling. A must-see Broadway hit of the new season! *Seats are located in the center, main floor, rows CC or better.*

## Anderson Japanese Garden & Lunch

Rockford, IL

Tuesday, June 12

Fee: \$70 / NM: \$90

Bus departs Toys R Us at 9 am

Bus returns at approximately 4 pm

Discount Deadline: May 14

Inspired by calm and tranquility, Anderson Japanese Gardens features a 12-acre award winning landscape, comprised of koi-filled ponds, winding paths, gentle streams, cascading waterfalls, raked gravel gardens, beautifully trained pines, and more. Master craftsmanship and 16th century traditional architecture is found throughout the garden. Three of the essential elements used to create a Japanese garden are stone, which form the structure of the landscape; water, representing life-giving force; and plants, which provide the color and changes throughout the seasons.

Enjoy a private and leisurely tour of these beautiful gardens, and a casual lunch on site.



## Hamilton: An American Musical

~~\$\$\$~~ Theatre

Wednesday in July

Fee: \$235 / NM: \$255

Bus departs Toys R Us at 12 noon

Bus returns at approximately 6 pm

Registration will be accepted January 16 - 31

HAMILTON is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and was the new nation's first Treasury Secretary. Featuring a score that blends hip-hop, jazz, blues, rap, R&B,



and Broadway, HAMILTON is the story of America then, told by America now. *Seats are located in the center mezzanine (walking and stairs required).*



# Monday Speaker Series

**Highland Park Police Department**  
**Mondays, 10:30 - 11:30 am**  
**Free for members / NM: \$10**

Sponsored by Whitehall of Deerfield

Bagels: Whitehall will provide bagels, cream cheese, and coffee for lecture attendees on 2/5 & 4/2.

**January 1** NO PROGRAM – New Year’s Day

**January 8 Jerry Lewis: Total Entertainer (I)**

Jerry was the first comedian to act like a manic boy, and, from his early career with Dean Martin, audiences loved him. However, he was much more than a comedian; Lewis was a singer, dancer, writer, producer and director. Susan Benjamin’s two-part program focuses on varied aspects of his career along with personal stories and examples of his unusual performing talent

**January 15** NO PROGRAM – MLK Jr. Day

Please consider attending the Martin Luther King Day of Service at the Recreation Center of Highland Park from 10 am - 2 pm.

**January 22 My Sister’s Mother**

Donna Urbikas, author of *My Sister’s Mother*, will share an untold story of WWII told from the unique vantage point of her Polish-born mother and half-sister who endured dehumanizing conditions during the war as slave laborers in Siberia. War and exile created a profound bond between mother and older daughter, one that Donna would struggle to find with either of them.

**January 29 Fine Arts for a Thriving Community**

Scott Phelps, founder and artistic director of Citadel Theater, will discuss how arts enrich the community and the ways in which the Citadel Theatre is committed to producing exciting, compelling, emotional and intellectually rich work of the highest caliber by bringing together gifted professionals from all theatrical disciplines.

**February 5 Mozart’s Violin**

Mozart was a violinist in addition to being one of the greatest composers who ever lived. Join Jim Kendros as he shares beautiful, youthful works by the immortal genius Mozart. He will also reveal some exciting research about the violin Mozart played. Celebrate Mozart and start the New Year with melodious music and Jim Kendros!

**February 12 Jerry Lewis: Total Entertainer (2)**

Susan Benjamin returns with more stories about the famous Jerry Lewis and his career as a comedian.

**February 19 Losing at the Oscars**

At the beginning of the year, Hollywood starts buzzing about the films and artists who might win an Academy Award. However there are many artists and movies that never won an Oscar. The list is shocking! Steven Frenzel will correct that with his fun, lively and fast-moving program that celebrates many of the greatest films and artists who never won an Oscar.



**February 26 The Right Move**

Sandy Werner and Joan Field, concierge realtors with Coldwell Banker, will walk you through the process of selling your home, offer advice on how to deal with the stress of a move, and bring you up to date on the current real estate market.

**March 5** NO PROGRAM – Early Voting

**March 12** NO PROGRAM – Early Voting

**March 19** NO PROGRAM – Early Voting



# Monday Speaker Series

## March 26 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.

## April 2 Poetry on Parade

Join in Highland Park Poetry’s celebration of National Poetry Month in April. Local poets will read their work employing a wide variety of poetic styles, themes and forms, including highlights from the 2018 Poetry Challenge. Attendees are invited to bring a favorite poem to share as well.

## April 9 Tony Bennett: A Life of Art & Music

Of all the great pop singers, at 91, Tony Bennett is the oldest one still singing and still swinging. Hy Speck will trace the rise of this child of immigrant parents to the top of the charts in both music and art. Bennett has recorded over 70 albums, sold over 100 million records and has won eighteen Grammy awards. Bennett is also an accomplished artist, with his paintings selling for over \$100,000.



## April 16 1972 Munich Olympics

Senior Center member and US Table Tennis Hall of Famer Steve Isaacson will speak about the 1972 Olympic Games in Munich, Germany, where eleven Israeli Olympic team members and a West German were executed by a Palestinian terrorist group, the Black September Organization.

## April 23 Jimmy Durante: Inka Dinka Delight

Jimmy Durante began performing as a pianist and branched into singing, song writing and comedy. With enough spunk and spirit for several men, he turned what could have been liabilities into assets: his nose (Schnozzola) and his mangling of the English language became sparks for humor. With his warmth and generous spirit, Durante was one of America’s most beloved entertainers. Susan Benjamin focuses on the progress of his career as well as significant moments in Durante’s personal life.



## April 30 Mozart & the Piano Concerto



Mozart’s genius and influence extended across many styles of music – including opera, symphony, concertos, chamber music and choral music. But his 27 piano concertos reign supreme among his accomplishments and were at the heart of his own virtuosic performances. He is the composer most strongly identified with development of the classical concerto form and the expressive capabilities of the piano. Stephanie Ettelson will share examples that illustrate the range of his creativity.



*The Highland Park Senior Center Laurel Larks take their show on the road!*

Sponsored by First Bank of Highland Park

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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

**Tuesdays and Fridays, 10:30 - 11:30 am**

~ Tuesdays, January 16 – February 27 (7 classes)

Fee: \$42 / NM: \$62

~ Tuesdays, March 13 – April 24 (7 classes)

Fee: \$42 / NM: \$62

~ Fridays, January 12 – March 2 (8 classes)

Fee: \$48 / NM: \$68

~ Fridays, March 16 – April 27 (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 3/30. \* Level 1*

### Sit & Be Fit

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

~ Tuesdays, January 16 – February 27 (7 classes)

Fee: \$42 / NM: \$62

~ Tuesdays, March 13 – April 24 (7 classes)

Fee: \$42 / NM: \$62

~ Thursdays, January 18 – March 1 (7 classes)

Fee: \$42 / NM: \$62

~ Thursdays, March 15 – April 26 (7 classes)

Fee: \$42 / NM: \$62

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. *\*Level 1*

# Classes

## Fit for Life

**Wednesdays, 9:45 - 10:45 am**

~ January 17 – February 28 (7 classes)

Fee: \$42 / NM: \$62

~ March 14 – April 25 (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 3

## Better Balance

**Mondays and Wednesdays, 11 am - 12 pm**

~ Mondays, January 22 – February 26 (6 classes)

Fee: \$36 / NM: \$56

~ Mondays, March 12 – April 23 (7 classes)

Fee: \$42 / NM: \$62

~ Wednesdays, January 17 – February 28 (7 classes)

Fee: \$42 / NM: \$62

~ Wednesdays, March 14 – April 25 (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 Class (Semi-Private)

**Thursdays, 10 am - 12 noon**

~ January 18 – March 1 (7 classes)

Fee: \$98 / NM: \$118

~ Thursdays, March 15 – April 26 (7 classes)

Fee: \$98 / NM: \$118

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. *Previous participation in this class or instructor approval required Max. 10*

### Basics of Mah Jongg

**Tuesdays, 1 – 3 pm**

~ March 27 – April 24 (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**

~ February 21 – March 28 (6 classes)

Fee: \$60 / NM: \$80

**Continuing - Wednesdays, 1 - 3 pm**

~ April 4 – April 25 (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

~ March 6 – 27 (4 classes)

Fee: \$20 / NM: \$40

~ April 3 – 24 (4 classes)

Fee: \$20 / NM: \$40



Join instructor and professional photographer Phil Goldman to learn the basics of camera use as well as how to archive and email images. 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

~ January 18 – March 1 (7 classes)

Fee: \$70 / NM: \$90

~ March 15 – April 26 (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 4/5; open studio available.*



### Advanced Painting Class Thursdays, 1 - 3 pm

~ January 18 – March 1 (7 classes)

Fee: \$70 / NM: \$90



~ March 15 – April 26 (7 classes)

Fee: \$70 / NM: \$90

NEW Instructor, Arlene Goldman, will guide experienced students toward improving their drawing and painting skills while working individually on their personal paintings. Arlene will offer support in developing use of color, composition, perspective, and more.

### Conversational Spanish Advanced: Fridays, 9 – 10 am Beginning: Fridays, 10 – 11 am

~ January 12 – April 27 (15 classes)

Fee: \$90 / NM: \$110

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 3/30.*

### Rules of the Road - Free

**Thursday, March 8, 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, July 12-13 9 am - 1 pm

Fee: \$20 / AARP members: \$15

Pre-registration with payment by check is required; please make checks payable to: AARP.

*Held at the HP Police Station; 1677 Old Deerfield Road*



# Activities - Free For Members / NM: \$10

## Free Blood Pressure Screening

**Mondays, 1/8, 2/5 & 4/2**

**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.

- Game organizers will help you find 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. *Yiddish will be on break during the month of January.*

## “For Men Only” Discussion Group

**First Thursday each month, 10 - 11:30 am**

Whether the topic is sports, politics, health, the best restaurants around, or whatever is making the headlines, join this men’s group for stimulating conversation and camaraderie. 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.

## Laurel Larks Singing Group

**Fridays, 1:30 - 3 pm**

Sponsored by First Bank of Highland Park

The Laurel Larks singing group rehearses and then takes 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 music director John Kula and piano accompanist Dave Massello, no auditions are necessary - just a love of music and a desire to sing out! Beginning 2/2; please register in advance. *No meeting on 3/30.*

## Open Game Play

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

Canasta	Monday	1 - 3:30 pm	Free
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.

### **Wise and Well Community Education Series**

**Hosted by the Highland Park Senior Center and  
Family Service of Lake County**

Highland Park Country Club

April, May, and June, Dates TBD

Wednesdays, 1:30-3pm

This spring education series will include: how to talk to your doctor and questions you should be asking, senior scams and financial exploitation and senior housing options including affordable opportunities. Please watch for specific dates and additional information.

### **Grief Group**

**Thursdays, 1:30 - 3 pm**

Thursdays, April 5 – May 10 (6 weeks)

Free



Grief is a difficult journey to walk alone when a loss occurs. Having a safe place to express feelings can offer great comfort. This group is for those who are experiencing grief due to the death of a loved one within the past year. Facilitated by Jennifer Aiello, LPC, this six week interactive group will address the process of mourning, provide coping skills and offer the support of others facing a similar loss. Each participant must attend the initial meeting in order to participate. Please register by Monday, April 2

### **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.

### **Senior Health Insurance Program**

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

### **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.



# 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.

## 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.

## 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

## Senior Transportation Opportunities

### Highland Park Connector

The City of Highland Park has recently acquired a new Connector bus with enhanced ADA accessibility options, which will replace the Connector currently in use. The new vehicle has room for two wheelchairs and a motorized ramp at the entry door. You can expect to see the new Connector around town in early 2018.

The City of Highland Park Connector operates Monday through Friday and is available for use by residents 50 years of age and older. The route is a continuous circuit, with stops at the Senior Center and other popular destinations around town. Please see page 18 for the current Senior Connector schedule.

### Moraine Township Taxi Coupon Program

Moraine Township provides a Taxi Coupon Program for seniors and disabled residents. Coupons reduce the cost of taxi rides by \$3, and can be used anywhere except the airport. Qualified residents can request a book of twenty coupons every other month. Residents make their own reservations with taxi companies serving this region; those companies and their phone numbers are listed on the coupon books. Residents may request the taxi coupon book by calling the Township Office at 847.432.3240.

### Moraine Township Door-to-Door Van Program

Moraine Township's Door-to-Door Van Program provides transportation for seniors and disabled residents. Call 847.432.3000 to schedule a ride. 1) Two paratransit vans with wheelchair lifts operate 8:30 am until 4:00 pm Monday through Friday. 2) Rides can be scheduled up to 48-hours in advance and take residents to destinations up to 15-miles from Township borders. 3) Medical trips are a priority, but depending on availability, vans may be available for quality-of-life trips. 4) Cost per ride is \$4 (\$2 if resident is income-qualified); caregivers ride free.

### RTA Passes

Seniors and disabled residents may apply for RTA passes at the Township Office. This service is free to Township residents; \$5 for nonresidents. RTA passes offer free bus and train rides to those who are income qualified. Other pass holders receive half off of the fares.



## Senior Center Featured Artist

### Art Students and Knitters

January & February

### Bill King

March & April

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 a perfect gift for the holidays!*

## Community Concerts

### Pilgrim Chamber Player Concerts

Held at the Highland Park Community House

Please call 847.433.0972 to reserve your seat

#### WINTER PASSIONS

January 21 at 3 pm

HPSC member price: \$10

Works by Beethoven, Tchaikovsky, O'Connor

#### LEONARD BERNSTEIN: 100TH ANNIVERSARY

March 11 at 3 pm

HPSC member price: \$10

Works by Bernstein

#### STARS OF TOMORROW

April 22 at 3 pm

A free performance featuring young artists

## Highland Park Strings Annual Benefit Concert

Held at Ravinia Festival

Bennett-Gordon Hall

For tickets, call 847.831.3622

#### THE CHOOI BROTHERS

February 11 at 3 pm

HPSC member price: \$15

The Gala Concert features the acclaimed Chooi brothers, who will perform Bach's beloved Concerto for two violins. Timothy will play Vitali's Chaconne and Nikki will present Tzigane by Ravel. The Strings will add Mozart's Symphony No. 40



## Welcome New Members

Lorene Davis  
Anne Simpson & Sam De Frank  
Gary & Sally Eide  
Milton & Karen Emold  
Valentina Feoktistova  
Lisa Fischer  
Ruth Fischer  
Sonia & Gerry Geffen  
Beverly & Steven Gordon  
Merle Heytow  
Ed Kaplan  
Sheryl & Fred Katzenstein  
Marcia Levine  
Susan Pristave  
Jeffrey Richardson  
Mary Lynn Saks  
Lynn Salit  
Marjoree Schnierow  
Marlene Skolnik  
Frances Wein  
Anne Wilson  
Maurice & Alice Wisel  
Helene Witt

## Charitable Donations

Honoring a loved one through a charitable gift to the Highland Park Senior Center is an especially meaningful way of paying tribute to someone special. Whether you would like to express congratulations or condolences, your tax-deductible donation will be greatly appreciated and gratefully acknowledged.

The Senior Center Tree of Honor was donated to the Center in 2005 by Michael and Joan Weinberg, and provides a momentous opportunity to honor others. Gifts in the amount of \$200 or more will be memorialized on the Center's Tree of Honor.

Please call 847.432.4110 for further information.

## Donations

### In Memory of Roberta Field

From: The American College of Surgeons  
The Sit & Be Fit Exercise Class

### In Memory of Sam Pass

From: June Berkowitz  
News & Views Discussion Group

### In Memory of Ruthie Gilman

From: Bernice Cohen  
Lou Frey

### In Memory of Margot Walton

From: Ceil Masler

### In Memory of Rosedale Spanier

From: Marilyn & Fred Feirstein  
Lou Frey

### In Memory of Bennett "Buddy" Sherman

From: Lou Frey  
News & Views Discussion Group

### In Honor of Ted Sorensen

From: Linda Heimann

### In Honor of Senior Services

From: Linda Heimann  
Allen Mandell

### In Honor of the Senior Center Staff

From: Bernice Cohen



# Highland Park Connector Bus Schedule

## Senior Connector Bus Route

Effective 2/27/2017

Sunset Woods Condos	9:30 AM	10:30 AM	11:30 AM	12:30 PM	1:30 PM	2:30 PM drop-offs only
654 Walnut	9:35 AM	10:35 AM	11:35 AM	12:35 PM	1:35 PM	2:35 PM drop-offs only
1695 Second St.	9:37 AM	10:37 AM	11:37 AM	12:37 PM	1:37 PM	2:37 PM drop-offs only
400 Central	9:40 AM	10:40 AM	11:40 AM	12:40 PM	1:40 PM	2:40 PM drop-offs only
Central Park parking lot	9:45 AM	10:45 AM	11:45 AM	12:45 PM	1:45 PM	
Senior Center	9:50 AM	10:50 AM	11:50 AM	12:50 PM	1:50 PM	
Library	9:53 AM	10:53 AM	11:53 AM	12:53 PM	1:53 PM	
Sunset Foods	9:56 AM	10:56 AM	11:56 AM	12:56 PM	1:56 PM	
Jewel Osco	10:02 AM	11:02 AM	12:02 PM	1:02 PM	2:02 PM	
Police Department	10:05 AM	11:05 AM	12:05 PM	1:05 PM	2:05 PM	
Sherwood Forest	10:08 AM	11:08 AM	12:08 PM	1:08 PM	2:08 PM	
CVS	10:12 AM	11:12 AM	12:12 PM	1:12 PM	2:12 PM	
Target	10:16 AM	11:16 AM	<b>12:16 PM</b>	1:16 PM	2:16 PM	
Brooke Estates	10:22 AM	11:22 AM	12:22 PM	1:22 PM	2:22 PM	
HP Hospital	10:24 AM	11:24 AM	12:24 PM	1:24 PM	2:24 PM	
Walgreens	10:28 AM	11:28 AM	12:28 PM	1:28 PM	2:28 PM	

*The Senior Connector will be providing transportation for Youth Program participants ONLY between 2:40 PM and 3:05 PM.*

*Senior transportation resumes at the Senior Center at 3:05 PM.*

The bus will make stops at the HP Metra Station and Hospital Medical Building upon request.

The Senior Connector operates daily Monday-Friday with the exception of City-observed holidays.

For more information please visit the City website, [www.cityhpil.com](http://www.cityhpil.com), or call the Transit Office at 847.432.3325 or Senior Center at 847.432.4110.

<b>Final trip</b>	
Senior Center	3:05 PM
Central Ave parking lot	3:07 PM drop-offs only
400 Central	3:10 PM drop-offs only
654 Walnut	3:13 PM drop-offs only
1695 Second St	3:15 PM drop-offs only
Sunset Woods condos	3:20 PM drop-offs only
Brooke Estates and Sherwood Forest	3:25 PM drop-offs only
Return to garage	3:30 PM

# January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED  <b>New Year's Eve Luncheon</b> Beelow's Sunday, Dec. 31 11:45	2 9:00 Returning Student Priority Registration 9:30 Knitwits 12:30 Senior Producers	3 12:30 Open Poker	4 9:00 Member Registration <b>10:00 Men's Only Group</b> 1:00 Open Mah Jongg	5 10:00 News & Views 1:00 Open Rummikub
8 10:00 Blood Pressure 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	9 9:30 Knitwits 12:30 Senior Producers 1:30 Living Alone	10 12:30 Open Poker	11 <b>9:00 Open Registration</b> 1:00 Open Mah Jongg	12 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub
15 CLOSED	16 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	17 9:45 Fit for Life 11:00 Balance 12:30 Open Poker	18 10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	19 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub
22 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	23 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	24 9:45 Fit for Life 11:00 Balance 12:30 Open Poker	25 10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	26 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga <b>12:00 Mardi Gras Lunch</b> 1:00 Open Rummikub  <i>Film Series - HP Library Sun. January 28 @ 2pm</i>
29 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	30 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	31 9:45 Fit for Life <b>10:30 Humanities</b> 11:00 Balance 12:30 Open Poker		

# February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00 <b>Men's Only Group</b> 10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 <b>Live on the Links</b> 1:30 Sit & Be Fit	2 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub 1:30 Laurel Larks
5 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	6 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	7 9:45 Fit for Life 11:00 Balance 12:30 Open Poker 1:30 Yiddish	8 9:30 <b>Trip: Casino</b> 10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	9 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub 1:30 Laurel Larks
12 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	13 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	14 9:45 Fit for Life 11:00 Balance 12:00 <b>Valentine's Lunch</b> 12:30 Open Poker 1:30 Yiddish	15 10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 10:30 Gentle Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit	16 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub 1:30 Laurel Larks  <i>Film Series - HP Library Sun. February 18 @ 2pm</i>
19 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	20 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	21 9:45 Fit for Life 11:00 Balance 10:30 <b>Humanities</b> 1:00 Learn Canasta 12:30 Open Poker 1:30 Yiddish	22 10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	23 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub 1:30 Laurel Larks 1:30 <b>Barry Bradford</b>
26 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	27 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	28 9:45 Fit for Life 11:00 Balance 1:00 Learn Canasta 12:30 Open Poker 1:30 Yiddish		



# March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			10:00 Advanced Bridge 10:00 Watercolor Workshop <b>10:00 Men's Only Group</b> 1:00 Advanced Painting 1:00 Open Mah Jongg <b>1:30 Live on the Links</b> 1:30 Sit & Be Fit	9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub 1:30 Laurel Larks  <i><b>Trip: La Belle</b></i> <i>Sun. March 4 @ 12 pm</i>
5	6	7	8	9
12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio	9:30 Knitwits 10:30 Photography 12:30 Senior Producers	12:30 Poker 1:00 Learn Canasta 1:30 Yiddish	<b>9:00 Rules of the Road</b> 1:00 Open Mah Jongg	9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 1:00 Open Rummikub 1:30 Laurel Larks
12	13	14	15	16
11:00 Balance 1:00 Open Canasta 12:30 Duplicate Bridge 1:30 Open Art Studio	9:30 Knitwits 10:30 Photography 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	9:45 Fit for Life 11:00 Balance 12:30 Poker 1:00 Learn Canasta 1:30 Yiddish	10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga <b>12:00 St. Patrick's Lunch</b> 1:00 Open Rummikub 1:30 Laurel Larks  <i>Film Series - HP Library</i> <i>Sun. March 18 @ 2pm</i>
19	20	21	22	23
11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio	9:30 Knitwits 10:30 Photography 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	9:45 Fit for Life 11:00 Balance <b>10:30 Humanities</b> 12:30 Poker 1:00 Learn Canasta 1:30 Yiddish	10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub 1:30 Laurel Larks
26	27	28	29	30
10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	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	9:45 Fit for Life 11:00 Balance 12:30 Poker 1:00 Learn Canasta 1:30 Yiddish	10:00 Advanced Bridge 10:00 Watercolor Workshop <b>11:30 Passover Seder</b> 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	10:00 News & Views 1:00 Open Canasta 1:00 Open Rummikub <b>1:30 Barry Bradford</b>

# April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	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	9:45 Fit for Life 11:00 Balance 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish	<b>10:00 Men's Only Group</b> 10:00 Advanced Bridge <b>1:30 Live on the Links</b> 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	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	11	12	13
10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	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	9:45 Fit for Life <b>10:15 Trip: South Pacific</b> 11:00 Balance 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish	10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub 1:30 Laurel Larks
16	17	18	19	20
10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	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	9:45 Fit for Life 11:00 Balance <b>10:30 Humanities</b> 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish	10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga <b>12:00 Italian Lunch</b> 1:00 Open Rummikub 1:30 Laurel Larks  <i>Film Series - HP Library            Sun. April 22 @ 2 pm</i>
23	24	25	26	27
10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	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 1:00 Investment Club 1:30 Living Alone	1:30 Fit for Life 11:00 Balance 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish	10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Rummikub 1:30 Laurel Larks <b>1:30 Barry Bradford</b>
30				
10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie				<b>Senior Citizen Prom-HPHS</b> <i>Sat. May 5 @ 5pm</i>

City of Highland Park

Highland Park Senior Center Membership Registration

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



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

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

1. Name Birthdate / /

Phone Cell E-Mail

2. Name Birthdate / /

Phone Cell E-Mail

Address City Zip

Current Member New Member Former Member Check: \$

Please list two people we could contact if necessary:

1. Name Relationship

Cell Address City

2. Name Relationship

Cell Address City

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. I also authorize use of my photo by the City of Highland Park for promotional purposes.

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 also authorize use of my photo by the City of Highland Park for promotional purposes.

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 / /



PRESORTED  
STANDARD  
POSTAGE PAID  
HIGHLAND PARK, ILLINOIS  
PERMIT NO. 97

**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. Shuttle service from the lot is available.

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

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

**Holiday Schedule**

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

**Winter Holiday \*** **December 25 - January 1**  
**Dr. Martin Luther King Jr. Day** **Monday, January 15**

\* The Senior Connector WILL run:

Tuesday, December 26 9:30 am - 2:40 pm  
Thursday, December 28 9:30 am - 2:40 pm