



The Shorelines

May - August, 2018

Highland Park Senior Center
NEWSLETTER

54 Laurel Avenue
Highland Park, IL 60035
847.432.4110



Activity Registration

Returning Student Priority Registration:

Through Monday, April 23

Member Registration Begins:

Tuesday, April 24 at 9 am

Open Registration Begins:

Tuesday, May 1 at 9 am

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Special Activities

Senior Prom Dinner Dance

Highland Park High School

433 Vine Avenue - Highland Park

Saturday, May 5

5 - 7:30 pm

Fee: \$5 / NM: \$10



Sponsored by Aperia 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 and 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 hosting a special night to remember. Come dressed in your best Hawaiian outfit!

Memorial Day Indoor BBQ

Sunrise Senior Living

1601 Green Bay Road - Highland Park

Monday, May 28

3 - 5 pm

Fee: \$5 / NM: \$10



Sponsored by Sunrise Senior Living

Kick-off the start of summer with a Memorial Day barbecue. This indoor celebration features many of your favorite BBQ foods including hamburgers, hot dogs, grilled chicken, potato salad, coleslaw, corn bread, and more. Following lunch, enjoy a few games of bingo with prizes. Community tours will be available, and all guests will receive a thank you gift bag. Valet parking will be provided.

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

Flag Day Brunch

North Shore Place

1000 Sunset Ridge Road - Northbrook

Thursday, June 14

9:30 - 11:30 am

Fee: \$5 / NM: \$10



Sponsored by North Shore Place

Flag Day honors the adoption of the United States flag on June 14, 1777, and is also the day the US Army celebrates the adoption of the American continental army in 1775. North Shore Place invites you to celebrate these two important historical days with a delicious brunch and wonderful entertainment. Facility tours will be available, and all guests will receive a party favor. Valet parking will be provided.

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

Dinner Outing

MLG

181 E. Laurel Avenue - Lake Forest

Wednesday, June 27

5 - 7 pm

Fee: \$25 / NM: \$35

Enjoy dinner with friends, both old and new, at this Marcus Lemonis Group suburban restaurant. Featuring inventive, new American cuisine in a swanky, upscale environment - they create a perfect fusion of art, food, and wine. Dinner includes fried calamari, garden salad, entree, wild rice, crispy Brussels sprouts, Lemonis cheesecake, and your choice of soft beverage. When registering, please indicate your entree choice of seasonal fresh fish, Grecian chicken, or pork chops.

Special Activities

Escape Room Adventure

Play No Escape

1501 W. Dundee Road - Buffalo Grove



Thursday, July 26

10 am - 2 pm

Fee: \$20 / NM: \$30

Escape rooms are an exciting new form of live action entertainment. These hour-long, locked room mysteries, offer adventurers the opportunity to crack codes, discover clues, and solve puzzles with friends. Play No Escape in Buffalo Grove offers two distinct escape rooms including The Police Station and The Law Breakers - both offering a great interactive experience. After the adventure, enjoy dutch treat lunch at **Pita Inn**, featuring fresh, delicious, and healthy Mediterranean food.

Carpools are suggested. Transportation is available for \$10; please indicate when registering.

Ravinia Dinner & Concert

Ravinia Festival

418 Sheridan Road - Highland Park

Sunday, August 5

6 - 10 pm

Fee: \$55 / NM: \$65

Enjoy the sounds of summer at the Senior Center's annual Ravinia outing. Experience dinner at Ravinia's new Tree Top dining concept, where gourmet foods will be self-served from chef's tables and carving stations with a focus on "micro-seasonal" presentations of fresh, locally sourced foods. Following, delight in an intimate evening with David Foster's Hitman Tour concert. Foster is an award-winning musician, songwriter, composer, arranger, producer, and recording artist.



Back Yard Bashes

Fridays

12 - 1:30 pm

Fee: \$10 / NM: \$15

Sponsored by Freedom Home Care

The Senior Center back yard provides some of the best views in Highland Park. Overlooking beautiful Lake Michigan, it is the perfect spot to enjoy a fun-filled afternoon. Sit back and listen to live entertainment, enjoy a meal catered by a popular local restaurant, and play some games including bocce, baggo, & horseshoes. Relax at the new picnic tables, featuring seats with backs and umbrellas to provide shade. Early registration deadline: 1 (one) week in advance.

June 22 **Il Forno Pizza**

With music by L.J. Slavin

L.J. is an award winning multi-instrumentalist who is well versed in a wide variety of styles. While this concert features guitar and harmonica, he also plays the flute, fiddle, mandolin, pennywhistle, banjo, autoharp, jew's harp, dulcimer and musical saw.

July 13 **Real Urban Barbecue**

With music by Steve Justman

Steve showcases a well-loved collection of songs in his performances. Singing a mix of folk, pop, rock & roll, rockabilly, and classic country, he focuses on connecting with his audience and providing pure entertainment.

August 17 **La Casa de Isaac y Moishe**

With music by Johnny Martinez

Born and raised in the Caribbean island of Puerto Rico and now Chicago-based, Johnny Martinez is a self-contained unit, a musical power-house and a multifaceted artist bringing Latin music, with his own style, to the Center.

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

Buffalo Grove - Lake Forest

May 30 Northlight Theatre Inside Look

Cry It Out by Molly Smith Metzler is an insightful comedy that takes an honest look at the absurdities of new motherhood, the dilemma of returning to work versus staying at home, and how class impacts parenthood and friendship. Explore the context of the new play with dramaturg Lauren Shouse and guest artists from the production.

June 13 Investigative Journalism

ProPublica is an independent, nonprofit newsroom that produces investigative journalism with moral force. Reporter Jodi Cohen and director of development Jane Nicholson discuss the importance of investigative journalism and how reporters pursue sources and investigate stories.

July 11 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.

August 8 Chicago River: Past and Present

Join Laurie Petersen, editor of the third edition of the *AIA Guide to Chicago*, for an illustrated presentation on the history of the Chicago River, including recent developments on the Chicago River Walk.

Live on the Links Concerts

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

Sponsored by Aperion Care

May 3 Cinco de Mayo Music

Celebrate Cinco de Mayo! Enjoy Latin music by one of Chicago's hottest Latin ensembles, playing everything from Latin Boogaloo to Brazilian Jazz to Latin Jazz to Salsa. The Contrabanda Trio will have you dancing in your seats.



June 7 Summer Celebration

It's summer time! Whether that means heading to the beach, firing up the grill, or sitting in the yard with a summer drink and a few of the best summer songs ever made, this concert featuring Andrew Blendermann and Audrey Billings has you covered with a selection of summer songs.

July 5 All American Classics

Enjoy a Patriotic Salute to this great country and the men and women who have served. The Savoy Trio, featuring vocalists Diane Adamski and Randy Toelke and arranger/accompanist Steve Brurke, will perform well-known and well-loved music with an All-American theme.



August 2 All That Jazz

Jim Jacobs Trio has been serving up tasty jazz from Chicago to Milwaukee, performing jazz standards and music from the American songbook in a soothing style with undertones of Miles Davis, Roy Eldridge, and Chet Baker. Join Jim on trumpet, Bill Chapin on piano, and Sean Jacobi on bass for a warm afternoon of cool jazz.

Special Activities

Barry Bradford Presents

Highland Park Police Department
Fridays, 1:30 - 3 pm
Free for members / NM: \$10

Sponsored by BrightStar Care

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

America's Favorite Pastime

This two-part series traces the history of one of the most beloved sports franchises in America!

June 29 The Chicago Cubs: 1876 – 1944

Part I looks at the Cubs from their inception in the 1870s through their glory years of championships and pennants. There was a time when the Cubs were a consistently outstanding team! Then came the 1940s...



July 6 The Chicago Cubs: 1945 – 2015

Part II traces the Cubs from the World Series of 1945 into the wilderness years of becoming "lovable losers" throughout the 50s, 60s, 70s, and 80s. Rare video clips, amazing anecdotes and warm memories will flood the story of the Cubs from their beginnings through today.

August 31 Jackie Robinson

Even Americans who are not baseball fans know the name Jackie Robinson - the first African American player in the Major Leagues. But Robinson's story is more profound - his college career, Army service during WWII and court-martial for protesting segregation all preceded his breaking of baseball's color line. His civil-rights advocacy, business career and visible support of Republican candidates came after! Jackie Robinson's life is a fascinating story of courage and determination!

Brunch and Learn

Heller Nature Center
Thursdays, 10:00 - 11:30 am
Free for members / NM: \$10

Presented with the
Park District of Highland Park

Sponsored by **Comfort Keepers**
Buffalo Grove - Lake Forest

Brunch includes: fresh fruit, assorted pastries, coffee, orange juice and your choice of Baked Egg Soufflé (Ham & Swiss or Spinach & Artichoke)

April 26 Live Raptors!

Come learn about owls, hawks, and other types of raptors and how to identify them. Get an up close look at these beautiful birds of prey and their distinctive features.



May 24 The Sweet Life of Honeybees

Visit Heller's apiary to take a glimpse into the life of honey bees. Where does the honey come from? What does it taste like? How do bees live? All of these questions and more will be answered as you get a closer look at the Heller hives.



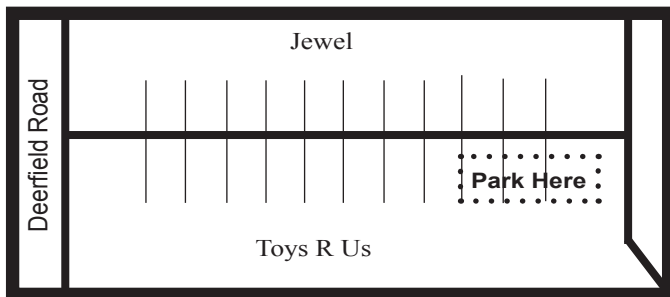


Day Excursions

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



Jesus Christ Superstar

Lyric Opera, Chicago

Thursday, May 10

Fee: \$105 / NM: \$125

Bus departs Toys R Us at 12 noon

This trip was previously promoted and is currently filled; please call to add your name to the wait list.

Chicago Cubs Game

Wrigley Field, Chicago

Friday, May 25

Fee: \$55 / NM: \$75

Bus departs Toys R Us at 12 noon

Bus returns at approximately 6 pm

Discount Deadline: May 6



Cheer on the 2016 World Series Champion Chicago Cubs as they battle the San Francisco Giants! Wrigley Field is known for its ivy covered brick outfield wall and the iconic hand turned scoreboard. You may bring your own lunch, or purchase food at one of the many food vendors. Seats are located in section 228, rows 14 – 18. *Registration is currently underway; please call for availability.*

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. Enjoy a private and leisurely tour of these beautiful gardens, and a casual lunch on site. When registering please indicate your choice of avocado turkey wrap or shrimp scampi wrap. *Registration is currently underway; please call for availability.*

Day Excursions

Waitress

Cadillac Palace Theatre, Chicago

Wednesday, July 11

Fee: \$130 / NM: \$150

Bus departs Toys R Us at 12:30 pm

Bus returns at approximately 6 pm

Discount Deadline: June 11

Inspired by Adrienne Shelly's beloved film, *WAITRESS* tells the story of Jenna – a waitress and expert pie maker, Jenna dreams of a way out of her small town and loveless marriage. A baking contest and the town's new doctor may offer her a chance at a fresh start, while her fellow waitresses offer their own recipes for happiness. This irresistible new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles, a book by acclaimed screenwriter Jessie Nelson, and direction by Tony Award® winner Diane Paulus.

Seats are located main floor rows T - V. *Registration is currently underway; please call for availability.*



Anything Goes & Lunch

Music Theater Works, Evanston

Thursday, August 23

Fee: \$105/ NM: \$125

Bus departs Toys R Us at 11:15 am

Bus returns at approximately 5:45 pm

Discount Deadline: July 23

Music, dance, laughs and the age-old tale of Boy Meets Girl—no musical puts it on stage better than *Anything Goes!* A shipboard romance of the 1930s, with these Cole Porter Classics: *I Get a Kick Out of You*, *It's De-Lovely*, and *You're the Top*. Prior to the performance, enjoy brunch at Farmhouse Evanston; delivering warm hospitality and wonderful food. When registering, please indicate your entree choice of eggs Benedict, spinach and tomato frittata, brown sugar French toast, or chicken salad croissant. *Registration is currently underway; please call for availability.*



Architectural Boat Ride & Lunch

Chicago River, Chicago

Thursday, September 6

Fee: \$95 / NM: \$105

Bus departs Toys R Us at 10:45 am

Bus returns at approximately 4:45 pm

Discount Deadline: August 6

This 90-minute excursion tells the story of more than 200 years of fascinating social, cultural and political history, and explores more than a century of groundbreaking architecture. The journey begins with an up-close perspective of Chicago's internationally-known architecture as seen from the Chicago River. Then venture through the Chicago Lock to the calm, cool



waters of Lake Michigan for expansive views of Chicago's extraordinary skyline. Also included is lunch at a wonderful Chicago restaurant.

Mozart's Idomeneo & Lunch

Civic Opera House and River's Restaurant

Wednesday, October 10

Fee: \$60 / NM: \$80

Bus departs Toys R Us at 10:30 am

Bus returns at approximately 6 pm

Discount Deadline: September 14

Shipwrecked, King Idomeneo gets safely to shore only after promising Neptune to sacrifice the first person he sees—but it's his son, Idamante. Through all their sorrows and joys, the constant is Mozart's heavenly music—ravishing in its beauty, stirring in its eloquence, and reaching deeply into the soul of every character. Prior to the performance, enjoy lunch at the delightful Rivers Restaurant. When registering, please indicate your entree choice of whitefish, chicken, or crab cakes.





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 5/7, 6/4, 7/2 & 8/6.

May 7 Baseball in the Movies

Celebrate America’s national pastime with this fun and moving collection of scenes from your favorite baseball movies! Steven Frenzel is back to show scenes from *The Natural*, *Field of Dreams*, *The Pride of the Yankees*, *Bull Durham*, and many more. Frenzel will share funny baseball stories, and Abbott and Costello will answer that immortal question, “Who’s on first?”

**May 14 Jerry Herman:
Savoring the Show Tune**

Jerry Herman has the distinction of being the only composer-lyricist in history to have three musicals that ran over 1,500 performances each on Broadway. Master of the hummable show tune, his show-stopping numbers in *Hello Dolly*, *Mame*, *Le Cage Aux Folles* and other musicals have left an indelible imprint on musical theater. Susan Benjamin highlights elements of his personal story as well as his show-stopping musical numbers.

**May 21 The Other Bucket List:
25 Essential Documents**

Prepare for the unexpected – advanced planning is critical to ensure your wishes are known prior to a crisis. Getting the proper documents filled out correctly, and having them organized, will help give everyone peace of mind. Kerry Peck, managing partner of Peck Ritchey, LLC, will help you consider the “what ifs” of life and will offer steps to help develop a plan.

May 28 NO PROGRAM – Memorial Day

June 4 Sweet Serenades

During this relaxing time of year, enjoy sweet summer serenades with Jim Kendros! He will share the wonderfully expressive musical selections of Mozart, Beethoven, Schubert, Dvorak and more! Discover the musical structures used by the composers which enabled them to express many different feelings. Kendros will provide fascinating insights into the lives of each composer.

June 11 Johnny Mercer: Songbird

Johnny Mercer’s music was permeated by images of nature. This multi-talented singer, composer and lyricist produced songs including *Something’s Gotta Give*, *Dream*, *That Old Black Magic* and *Moon River*. Eighteen Academy Award nominations and four Academy Awards only begin to demonstrate how his work was recognized by others. Susan Benjamin highlights his great body of work as well as examples from his mercurial personal life.



June 18 City Update

Mayor Rotering, Councilman Dan Kaufman and City Manager Neukirch will provide an update of major City projects and initiatives including the relocation of the Senior Center to the Highland Park Country Club, sale of the golf course to the Park District and other endeavors.

**June 25 Forensic Detectives:
The Search for Jack the Ripper**

The most famous serial killer in history, Jack the Ripper, terrorized London in the fall of 1888. Despite a heavy police presence in the Whitechapel area, Jack committed his ghastly crimes outdoors but still eluded capture. Over 150 suspects were identified, ranging from royals, physicians, and artists, but the elusive killer was never caught. Dr. Hal Tinberg will share how new DNA evidence may have narrowed the suspect field and finally solved this timeless mystery.

Monday Speaker Series

July 2 President Roosevelt

Historian Laurence Stern returns to discuss FDR's presidency, highlighting the plight of the MS St. Louis, the decision not to bomb concentration camps, anti-Semitism in the US State Department, and the virtuous activities of Rabbi Steven Wise and Eleanor Roosevelt. Stern's presentation will lay out historical facts, discuss what can be learned from the past, and why it is relevant to current events.



July 9 Louis Armstrong: From Jazz Master to Musical Icon

Born into the depths of poverty, Louis Armstrong grew into a musical icon. However he performed, from playing his trumpet to singing, his personality was as compelling as his artistry. Susan Benjamin details significant moments in his personal life complemented by examples of his musical mastery.

July 16 Travelogue: Catalonia, Spain

Join Frank Kronthal on a trip to Barcelona and Montserrat, Spain through his detailed presentation of photographic journalism. Kronthal will highlight recent political insights into Barcelona's secession from Spain, along with the beautiful sights from this unique region of the country.

July 23 Moral Issues in America Today

Oscar Wilde said "morality, like art, means drawing a line someplace", but in today's world, is the line drawn on morality too soon? The country is facing controversial issues – guns, drugs, sexual harassment, immigration, and more. Americans must ask, where do they stand on these matters? Where should they be? How do they get there? Join Buddy Schreiber for a lively and intensive discussion on these and other moral issues that the nation is facing today.

July 30 Conscious Aging

Andy Rooney once said, "It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." Judith Perlman, LCSW, will share how we can transform limitation and fear into wholeness, compassion and joy. Can you go from being a Senior to becoming an Elder? Which do you want your legacy to be?

August 6 Movers & Shakers - Part I

The Colonel Robert McCormick, Bertha Palmer, Ada and Minna Everleigh, and Hizzoner are just a few of the larger than life movers and shakers that made Chicago, Chicago. See these influential figures come alive in this exciting presentation by historian Hy Speck. *Join Speck for part II on 10/8/18*

August 13 John F. Kennedy in Berlin

2018 marks the 55th anniversary of President Kennedy's epoch making visit to Berlin. For almost 45 years the German Metropolis, divided by a 98 mile long concrete wall, was synonymous with the Cold War in Europe. Join historian Anette Isaacs for a fascinating look back to June of 1963, an event so tremendous it inspired the President to turn to his aide Ted Sorensen and say, "We'll never have another day like this one, as long as we live."

August 20 Healthy Home, Healthy You!

Personal trainer Jim Crowder will share how to create a customized in-home training program, ranging from fitness and performance to increasing mobility and basic functional capabilities. Exercise helps to prevent falls and injuries, slows down functional decline and can extend your ability to safely live independently.

August 27 Medicare 101

Alexandria Ungari, community educator from Humana, will provide important information on Medicare facts, options, costs and important dates. Ungari will go over Medicare Parts A, B, C, and D and what they mean, as well as when they can enroll.



Classes

Registration and Refunds

- Participants must register prior to the start of classes, trips and special events; payment is due upon registration.
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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.

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

Better Balance

Mondays and Wednesdays, 11 am - 12 pm

~ Mondays, May 14 – June 25 (6 classes)

Fee: \$36 / NM: \$56

~ Mondays, July 9 – August 27 (8 classes)

Fee: \$48 / NM: \$68

~ Wednesdays, May 16 – June 27 (7 classes)

Fee: \$42 / NM: \$62

~ Wednesdays, July 11 – August 29 (8 classes)

Fee: \$48 / NM: \$68

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. *No class 5/28*
*Level 1 / 2

Sit & Be Fit

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

~ Tuesdays, May 15 – June 26 (7 classes)

Fee: \$42 / NM: \$62

~ Tuesdays, July 10 – August 28 (8 classes)

Fee: \$48 / NM: \$68

~ Thursdays, May 17 – June 28 (7 classes)

Fee: \$42 / NM: \$62

~ Thursdays, July 12 – August 30 (8 classes)

Fee: \$48 / NM: \$68

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

Gentle Yoga

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

~ Tuesdays, May 15 – June 26 (7 classes)

Fee: \$42 / NM: \$62

~ Tuesdays, July 10 – August 28 (8 classes)

Fee: \$48 / NM: \$68

~ Fridays, May 18 – June 29 (7 classes)

Fee: \$42 / NM: \$62

~ Fridays, July 13 – August 31 (8 classes)

Fee: \$48 / NM: \$68

This class explores gentle movements to increase flexibility, strength, and well-being. Students are led through stretches, yoga postures, breathing practices, and then guided into deep relaxation.

*Level 1

Fit for Life

Wednesdays, 9:45 - 10:45 am

~ Wednesdays, May 16 – June 27 (7 classes)

Fee: \$42 / NM: \$62

~ Wednesdays, July 11 – August 29 (8 classes)

Fee: \$48 / NM: \$68

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



Walking Club - FREE Begins Thursdays, May 17 9 - 10 am



Being active is the secret to staying healthy and walking is one of the safest and easiest ways to exercise. Join Senior Center staff for weekly walks through various local scenic sites including Heller Nature Center, Fink Park, Botanic Gardens, and more. Walks will move at two different paces: a slower stroll and a brisk walk. Please wear comfortable clothing and appropriate shoes. The first walk will begin at the Senior Center and a walk location schedule will be distributed at that time.

Advance registration required; and a weekly RSVP requested. * Level 3



Six County Senior Games

Location: Suburban Communities

Dates: July 6 – July 25

Fee: \$16 single day/\$22 unlimited

Ages: 50 years and older

**Sponsored by Aperion Care,
Sunrise Senior Living, and Bath Planet**

The IPRA Six County Senior Games provides an opportunity for older adults to compete with their peers in an atmosphere of friendship and support, and to receive recognition for their efforts and achievements. The event is open to seniors of all ability levels and hosts more than 30 events including: golf, tennis, bowling, swimming, biking, track & field, bocce, volleyball, pickleball, and more. All participants will receive a Senior Games T-shirt, and medals will be awarded in each age/gender category. Call 847.432.4110 for further details.

Art

Digital Photography Workshop

Tuesdays, 9:30 - 11:30 am

Fee per class: \$10 / NM: \$20

June 5

July 17



Join professional photographer Phil Goldman to learn the basics of camera use, shooting techniques and hands on demonstrations. Please bring your digital camera, accessories and instructions, as well as your laptop (if you have one), to class.

Twisted Fiber Crafts

Tuesdays, 1:30 - 3:30 pm

Fee per class: \$10 / NM: \$20



June 19 Fairy Garden Pots

August 21 Upcycled Book Page Wreaths

Recognize your creative spirit through a craft class with Shari Pontillo in an inspiring, artistic, fun, and enjoyable atmosphere. All materials included.

Watercolor Class

Wednesdays, 1 - 3 pm

~ May 23 – June 27 (7 classes)

Fee: \$70 / NM: \$90

~ July 11 – August 15 (6 classes)

Fee: \$60 / NM: \$80



Watercolor is a versatile painting medium which allows the artist a fluid range of expression. Learn the watercolor basics: supplies needed, preparing paper, creating value studies, painting washes, mixing colors, and more. Participants will receive a supply list at the start of class.

Art

Advanced Painting Class

Thursdays, 1 - 3 pm

~ May 17 – June 28 (7 classes)

Fee: \$70 / NM: \$90

~ July 12 – August 30 (8 classes)

Fee: \$80 / NM: \$100

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. Participants will receive a supply list at the start of class.

Paint, Pour & Party!

Fridays, 1:30 - 3:30 pm

Fee per class: \$25 / NM: \$35



Friday, June 8 - Canvas Painting

Friday, August 10 - Pair of Wine Glasses Painting

Bottle and Bottega is one of the hottest new businesses in town, and you're invited! Release your inner artist during this fun and easy painting party, and be amazed with your artistic accomplishments. Their professional art instructor will guide you step-by-step in creating your own personal art work. All participants will work on the same design, but each outcome will be different based on your own personal style and choices. All supplies are included, and snacks will be provided; please feel free to Bring Your Own Beverage. *1894 Sheridan Road, HP*

It's Friday-Funday, let the weekend begin!



Classes

Cards and Games

Basics of Mah Jongg

Tuesdays, 1 – 3 pm

~ May 29 – June 26 (5 classes)

Fee: \$60 / NM: \$80



~ July 10 – August 7 (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 the registration fee.

Learn Canasta!

Beginning - Wednesdays, 1 - 3 pm

~ May 30 – July 11 (6 classes)

Fee: \$60 / NM: \$80

Continuing - Wednesdays, 1 - 3 pm

~ July 18 – August 8 (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. *No class 7/4.*



General

Conversational Spanish

Beginning: Fridays, 9 – 10 am

Advanced: Fridays, 10 – 11 am

~ May 18 – June 29 (7 classes)

Fee: \$42 / NM: \$62

~ July 13 – August 31 (8 classes)

Fee: \$48 / NM: \$68

Hola Amigos! Certified Spanish teacher Leslie Fenster teaches students the fundamentals of Spanish, in a fun and supportive environment, and will focus on speaking, listening, and vocabulary.

Cable TV Production Classes - FREE

Thursdays, 1 - 3 pm

~ June 7 - 28 (4 classes)

Designed to introduce members to the world of cable TV production, this orientation includes an Access Center tour and introduction to basic production principles. Instructor Vic Walter will lead training on audio visual equipment, control room operations and show direction.

Improv Workshop:

Let the Laughter Begin

Tuesdays, 11 am - 12 noon

~ July 10 - 31 (4 classes)



Use your imagination and discover how to bring your ideas to life through games and other forms of play. Each class fosters collaboration among participants and promotes creative problem solving. Learn how to support others, build an ensemble and develop relationships in this fun and supportive environment. No experience necessary, just a desire to laugh a lot and have a good time!



Activities - Free For Members / NM: \$10

Book Club Discussion Group

NEW

Thursdays, 10 - 11:30 am

FREE for Members / NM: \$10

RSVP 2 weeks in advance - Space limited

Interested in reading, discussing new books, and meeting new people? Join professional facilitator Alice Moody as she leads an engaging and topical discussion. Explore notions of theme, style, tone and perspective, and connect the reading with your own personal experiences.

June 21 A Gentleman in Moscow

Set in 1922, Count Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal and sentenced to house arrest in a grand hotel across the street from the Kremlin. Rostov must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside. His reduced circumstances provide him entry into a much larger world of emotional discovery. By Amor Towles

July 19 The Nightingale

France, 1939 - In the quiet village of Carriveau, Vianne Mauriac says goodbye to her husband, Antoine, as he heads for the Front. She doesn't believe that the Nazis will invade France... but invade they do. When a German captain requisitions Vianne's home, she and her daughter must live with the enemy or lose everything. As danger escalates all around them, she is forced to make one impossible choice after another to keep her family alive. By Kristin Hannah

August 16 Lillian Boxfish Takes a Walk

She took 1930's New York by storm, working her way up at R.H. Macy's to become the highest paid advertising woman in the country. Now it's the last night of 1984 and Lillian is on her way to a party. On a walk through the city, she reviews her life, illuminating all the ways her world has changed - and has not. By Kathleen Rooney

Monday at the Movies

Highland Park Police Station

Mondays, 1:30 pm

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 5/28.*

Free Blood Pressure Screening

Mondays, 5/7, 6/4, 7/2 & 8/6

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. *No class 7/4.*

“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

This group of members meets for 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 will be on break during the summer and will resume on September 14.

Open Game Play - Please call for details.

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

Rules of the Road - Drivers Test Prep

Thursday, June 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, July 12 - 13

9 am - 1 pm

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

Held at the HP Police Station

Instructor Earl Nicholas teaches this driver safety course which covers current rules of the road, defensive driving techniques, and how to operate a vehicle more safely in today’s challenging driving environment. Learn how to manage and accommodate common age-related changes in vision, hearing, and reaction time. Pre-registration with payment by check is required; please make checks payable to: AARP.



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.



Social Services

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.

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.

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.

Wise and Well Community Education Series

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

Highland Park Country Club
Wednesdays, 1 - 2:30 pm

Advance registration is preferred; walk-ins 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.

May 16 Senior Scams and Exploitation

Financial fraud is the fastest growing form of elder abuse. Staying alert and knowing where to report financial exploitation can help stop scammers from claiming more victims. Learn how to protect yourself. Presented by: Amy Kahhat and Tricia Poisson, First Bank of Highland Park

June 20 Be Your Own Best Advocate

How can you advocate for yourself and your loved ones? What community resources including gerontologists and geriatric care managers can help you navigate through the medical community? What defines a hospitalist and admittance to the hospital as an inpatient or as observation status? Presented by: Julie Fohrman, North Shore Geriatric Care Management

July 18 Preparing for Long-Term Care

Since Medicare does not pay for it all, what are your long-term care options to maximize a person's quality of life? What about Medicare, Medicaid, long-term care insurance and personal care contracts? Presented by: Kathryn C. Casey, Dutton Casey & Mesoloras, Attorneys at Law

Social Services

Grief Group

Thursdays, 1:30 - 3 pm

Thursdays, May 24 – June 28 (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, May 21.

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.

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 Scholarships

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.

Senior Transportation Opportunities

Highland Park Connector

The City of Highland Park has recently acquired a new Connector bus with enhanced ADA accessibility options. The new vehicle has room for two wheelchairs and a motorized ramp at the entry door.

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.

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.



Welcome New Members

Stuart Bulmas
 Linda Cohen
 Eldon DeWeerth
 Eleanor Domash
 Cecilia Fell
 Marhsall Frishman
 Shirley Gans
 Robert Gilden
 Mercedes Graf
 Esther Hedberg
 Larry & Toby Hollander
 Deanna Kaplan
 Gail Katz
 Rita Kramer
 Donald & Ellen Lavin
 Sheri Offenbach
 Susan Rose
 Carol Rosenberg
 Toby Sansiper
 Barbara Shlossman -Traycee
 Helen Siegel
 Merle Simkin
 Fred Soderberg
 Concetta & Jerome Stachniw
 Margaret Tower
 Miriam & Paul Trogi
 Ken & Marsha Tucker
 Janice & Warren Weber

Donations

In Memory of Hilda Eisenberg

From: Barbara Eisenberg
 Sylvia Dennis

In Memory of Flo Sterman

From: Bernice Cohen

In Honor of Kris Larsen's Birthday

From: Linda Heimann

In Appreciation of the Senior Center Staff

From: Adela & Matthew Lassen

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.

Senior Center Featured Artist

Frank Kronthal

May & June

Jackie Siegel

July & August

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

May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Open Registration 9:30 Knitwits 12:30 Senior Producers	2 12:30 Open Poker 1:30 Yiddish	3 10:00 Men's Only Group 1:00 Open Mah Jongg 1:30 Live on the Links	4 10:00 News & Views 1:00 Rummikub 1:30 Laurel Larks Senior Citizen Prom-HPHS <i>Sat. May 5 @ 5pm</i>
7 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	8 9:30 Knitwits 12:30 Senior Producers 1:30 Living Alone	9 12:30 Open Poker 1:30 Yiddish	10 12:00 Trip: JC Superstar 1:00 Open Mah Jongg	11 10:00 News & Views 1:00 Rummikub 1:30 Laurel Larks
14 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	15 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	16 9:45 Fit for Life 11:00 Balance 12:30 Open Poker 1:00 Wise & Well 1:30 Yiddish	17 9:00 Walking Club 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	18 9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Rummikub 1:30 Laurel Larks
21 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	22 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	23 9:45 Fit for Life 11:00 Balance 12:30 Open Poker 1:00 Watercolor Class 1:30 Yiddish	24 9:00 Walking Club 10:00 Brunch and Learn 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	25 9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 12:00 Trip: Cubs Game 1:00 Rummikub 1:30 Laurel Larks
28 CLOSED Memorial Day Memorial Day BBQ 3:00 pm	29 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit	30 9:45 Fit for Life 10:30 Humanities 11:00 Balance 12:30 Open Poker 1:00 Watercolor Class 1:00 Learn Canasta 1:30 Yiddish	31 9:00 Walking Club 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	

June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	1 9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Rummikub
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 9:30 Photography Workshop 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 Watercolor Class 1:00 Learn Canasta 1:30 Yiddish	9:00 Walking Club 10:00 Men's Only Group 1:00 TV Production Class 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links 1:30 Grief Group	9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Rummikub 1:30 Paint, Pour & Party
11	12	13	14	15
10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie	9:00 Trip: Japanese Garden 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit 1:30 Living Alone	9:45 Fit for Life 10:30 Humanities 11:00 Balance 12:30 Open Poker 1:00 Watercolor Class 1:00 Learn Canasta 1:30 Yiddish	9:00 Walking Club 9:00 Rules of the Road 9:30 Flag Day Brunch 1:00 TV Production Class 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Rummikub
18	19	20	21	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	9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit 1:30 Twisted Fiber Crafts	9:45 Fit for Life 11:00 Balance 12:30 Open Poker 1:00 Wise & Well 1:00 Watercolor Class 1:00 Learn Canasta 1:00 Learn Canasta 1:30 Yiddish	9:00 Walking Club 10:00 Book Club 1:00 TV Production Class 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 12:00 Back Yard Bash 1:00 Rummikub
25	26	27	28	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	9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Investment Club 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit 1:30 Living Alone	9:45 Fit for Life 11:00 Balance 12:30 Open Poker 1:00 Watercolor Class 1:00 Learn Canasta 1:30 Yiddish 5:00 MLG Dinner Outing	9:00 Walking Club 1:00 TV Production Class 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Rummikub 1:30 Barry Bradford

July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>3</p> <p>9:30 Knitwits 12:30 Senior Producers</p>	<p>4</p> <p>CLOSED Independence Day</p>	<p>5</p> <p>9:00 Walking Club 10:00 Men's Only Group 1:00 Open Mah Jongg 1:30 Live on the Links</p>	<p>6</p> <p>10:00 News & Views 1:00 Rummikub 1:30 Barry Bradford</p>
<p>9</p> <p>10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>10</p> <p>9:30 Knitwits 10:30 Gentle Yoga 11:00 Improv 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit 1:30 Living Alone</p>	<p>11</p> <p>9:45 Fit for Life 10:30 Humanities 11:00 Balance 12:30 Trip: Waitress 12:30 Poker 1:00 Watercolor Class 1:00 Learn Canasta 1:30 Yiddish</p>	<p>12</p> <p>9:00 Walking Club 9:00 AARP Driver Safety 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit</p>	<p>13</p> <p>9:00 AARP Driver Safety 9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 12:00 Back Yard Bash 1:00 Rummikub</p>
<p>16</p> <p>10:30 Monday Speaker 11:00 Balance 1:00 Open Canasta 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>17</p> <p>9:30 Knitwits 9:30 Photography Workshop 10:30 Gentle Yoga 11:00 Improv 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit</p>	<p>18</p> <p>9:45 Fit for Life 11:00 Balance 12:30 Poker 1:00 Wise & Well 1:00 Watercolor Class 1:00 Continuing Canasta 1:30 Yiddish</p>	<p>19</p> <p>9:00 Walking Club 10:00 Book Club 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit</p>	<p>20</p> <p>9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Rummikub</p>
<p>23</p> <p>10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>24</p> <p>9:30 Knitwits 10:30 Gentle Yoga 11:00 Improv 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone</p>	<p>25</p> <p>9:45 Fit for Life 11:00 Balance 12:30 Poker 1:00 Watercolor Class 1:00 Continuing Canasta 1:30 Yiddish</p>	<p>26</p> <p>9:00 Walking Club 10:00 Escape Room 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit</p>	<p>27</p> <p>9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Rummikub</p>
<p>30</p> <p>10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>31</p> <p>9:30 Knitwits 10:30 Gentle Yoga 11:00 Improv 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit</p>			

August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:45 Fit for Life 11:00 Balance 12:30 Open Poker 1:00 Watercolor Class 1:00 Continuing Canasta 1:30 Yiddish	2 9:00 Walking Club 10:00 Men's Only Group 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links	3 9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Rummikub <i>Ravinia Outing</i> <i>Sun. August 5 @ 6:00 pm</i>
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	7 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit	8 9:45 Fit for Life 10:30 Humanities 11:00 Balance 12:30 Open Poker 1:00 Watercolor Class 1:00 Continuing Canasta 1:30 Yiddish	9 9:00 Walking Club 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	10 9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Rummikub 1:30 Paint, Pour & Party
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	14 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	15 9:45 Fit for Life 11:00 Balance 12:30 Open Poker 1:00 Watercolor Class 1:30 Yiddish	16 9:00 Walking Club 10:00 Book Club 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	17 9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 12:00 Back Yard Bash 1:00 Rummikub
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	21 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Twisted Fiber Crafts	22 1:30 Fit for Life 11:00 Balance 12:30 Open Poker 1:30 Yiddish	23 9:00 Walking Club 11:15 Trip: Anything Goes 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	24 9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Rummikub
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	28 9:30 Knitwits 10:30 Gentle Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:00 Investment Club 1:30 Living Alone	29 1:30 Fit for Life 11:00 Balance 12:30 Open Poker 1:30 Yiddish	30 9:00 Walking Club 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	31 9:00 Beginning Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Gentle Yoga 1:00 Rummikub 1:30 Barry Bradford Fall Trips Sept. 6 Wendella Boat Tour Oct. 10 Lyric Opera



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 / /



Highland Park Senior Center

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

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City Council

Anthony E. Blumberg
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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

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 Park 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:

- | | |
|-------------------------|----------------------------|
| Memorial Day | Monday, May 28 |
| Independence Day | Wednesday, July 4 |
| Labor Day | Monday, September 3 |