



The Shorelines

September - December, 2018

Highland Park Senior Center
NEWSLETTER

54 Laurel Avenue
Highland Park, IL 60035
847.432.4110



Activity Registration

Returning Student Priority Registration:

Through Tuesday, August 21

Member Registration Begins:

Wednesday, August 22 at 9 am

Open Registration Begins:

Wednesday, August 29 at 9 am

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Special Activities

Labor Day Luncheon

Whitehall of Deerfield

300 Waukegan Road - Deerfield

Monday, September 3

12 - 1:30 pm

Fee: \$5 / NM: \$10

Join Whitehall of Deerfield Health Care Center in celebrating the Labor Day holiday. Enjoy a delicious lunch catered by a local favorite. Following, enjoy live entertainment with an all-American song set that will have you dancing in your seats. All participants will be entered into a drawing for wonderful raffle prizes.

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



Mix and Mingle Italiano

Viaggio

581 Roger Williams - Highland Park

Friday, September 21

4:30 - 6 pm

Fee: \$25 / NM: \$35

Partially Funded through Center Donations

Experience one of Highland Park's newest Ravinia neighborhood restaurants! Boasting traditional Italian cuisine, this early bird dinner features Caesar salad, your choice of entrée, penne pasta with vodka sauce, sautéed broccolini, dessert, and soft beverage. Enjoy a little taste of Italy in your own back yard. When registering, please indicate your choice of chicken Milanese, salmon oreganato, or eggplant parmesan.

Brunch and Learn

Heller Nature Center

2821 Ridge Road - Highland Park

10 - 11:30 am

Fee: \$10 / NM: \$15

Presented with the Park District of Highland Park

Sponsored by Comfort Keepers North Shore

Light brunch is catered by Panera Bread

September 27 Incredible Bats Live

Interactive multimedia presentation on current bat topics that will challenge perceptions on bats and the impact they have on the environment.

October 18 Terrarium Workshop

Create a small, year-round, indoor garden to keep!

Back Yard Bonfire

Highland Park Senior Center

54 Laurel Avenue - Highland Park

Monday, October 22

12 - 1:30 pm

Fee: \$10 / NM: \$15

Sponsored by Freedom Home Care

Bundle up and enjoy the cool, crisp, autumn weather! This back yard bash features lunch catered by Sunset Foods; broasted chicken, twice-baked potatoes, grilled asparagus, and apple cobbler for dessert, along with hot coffee and hot chocolate. Also enjoy live music and an old-fashioned campfire sing-along, while roasting marshmallows over an open fire.



Special Activities

Thanksgiving Luncheon

Ruth's Chris

933 Skokie Blvd. - Northbrook

Friday, November 16

12 - 2 pm

Fee: \$33 / NM: \$53



Sponsored by Whitehall of Deerfield

As autumn leaves turn brilliant hues, celebrate with friends, both old and new! Gather together for a delicious meal, making cherished memories is quite the appeal. With so much to be thankful for, good health and happiness are at the core.

Join others for a scrumptious lunch featuring Ruth's steak house salad, your choice of entrée, sausage herb stuffing, sweet potatoes, sautéed spinach, white chocolate bread pudding for dessert, and soft beverage. When ordering, please indicate your choice of roasted turkey breast, salmon, or petit filet.

Festival of Lights

CJE Weinberg Community

1551 Lake Cook Road - Deerfield

Thursday, December 6

12 - 1:30 pm

Fee: \$5 / NM: \$10

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

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

Glad Tidings Celebration

Brookdale Vernon Hills

145 N. Milwaukee Avenue - Vernon Hills

Tuesday, December 18

12 - 2 pm

Fee: \$5 / NM: \$10

Deck the halls! The trees are decorated, the treats are abundant, and the eggnog is flowing! You're invited to celebrate the holiday season with Brookdale! Enjoy a delicious meal in their beautifully decorated Fireside Lounge, followed by festive musical entertainment featuring holiday classics. Don't miss out on this holiday cheer, and celebrate this special time of year!

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



New Year's Eve Luncheon

Beelow's North Shore

1850 Second Street - Highland Park

Monday, December 31

11:45 am - 1:45 pm

Fee: \$33 / NM: \$53

Sponsored by Freedom Home Care

Ring in the New Year with good time cheer! This annual event with lunch and live entertainment is a Senior Center favorite! Countdown to 12 noon with a champagne toast, then enjoy a fabulous lunch including tomato basil soup, your choice of entrée, mashed potatoes, roasted vegetables, chocolate mousse cake, and soft beverage. Live music will fill the room with joy and good vibes! When registering, please indicate your choice of pork chops, New York strip steak, or petite lobster tail.





Special Activities

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 North Shore

September 26 Lyric Opera Season Preview

The Lyric Opera of Chicago is presenting Mozart's *Idomeneo* this fall. Geoffrey Edwards, award-winning author and stage director for the DuPage Opera Theatre, discusses the opera including an overview of the composer and an interpretive discussion of the opera with music examples. He will also highlight the other operas included in the Lyric's season.

October 31 The 2018 Midterm Elections

Professor Marquardt of Lake Forest College will address the effect of the elections to the House and Senate on key domestic and foreign policy issues, and draw parallels between the 2018 midterms and past midterm elections that resulted in both major political parties sharing power.

November 28 From Chicago to Vietnam

Author of the powerful memoir, *From Chicago to Vietnam*, Michael Duffy discusses the United States' involvement in Vietnam along with his personal experiences as an Army draftee during the war; he'll also present some interesting artifacts.

December 12 The Beatles

The Beatles, their story, their personalities, and most importantly, their music, have influence on culture and expectations of popular music. Gary Wenstrup of the College of DuPage discusses the Beatles' career from their development in Liverpool, through Beatlemania into their psychedelic phase, and finally their dissolution.

Live on the Links Concerts

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

Free for members / NM: \$10

Sponsored by Aperion Care



September 13 Klezmer, Yiddish & more

The Jazmer Duo offers a fresh creative approach to music. This delightful trio plays music from Eastern European (Klezmer, Yiddish, and Chassidic), the Middle East (Israeli), and Sephardic music of Judeo Spain. Jazmer also plays touches of Jazz with American influences bridging old world music with the new.

October 11 Songs that Almost Got Away

The world without *Over the Rainbow?* Crazy without Patsy Cline? Hard to imagine, but both songs just barely avoided oblivion before hitting their musical mark. In fact, many of our most valued musical treasures never would have been discovered if it weren't for the stars aligning just right. Join Hilary Ann Feldman with musical director Beckie Menzie for an afternoon of almost-lost musical treasures.

November 8 HPHS Veteran's Day Music

The Highland Park High School Wind Symphony has achieved both national and international recognition as an outstanding performing ensemble. Comprised of auditioned students, these talented artists will present an All-American concert with music that celebrates this nation and its Armed Forces.

December 13 Highland Park Strings Trio

The Highland Park Strings is celebrating it's 40th Anniversary Season. In this special performance, the Highland Park Strings Trio, Susan Merdinger, Piano, Yuriy Geyer, Violin, and Larry Block, cello, will present trios by Joseph Haydn (*The Gypsy*) and Ludwig von Beethoven (*The Ghost*), two of the most beloved trios in the repertoire.

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.

Broadway Composers

September 28 Irving Berlin:
America's Musical Heart

The most quintessentially American songwriter of all time, Irving Berlin, was not born in America. The composer of great standards for Christian holidays, such as *Easter Parade* and *White Christmas*, was Jewish, and the man who composed some of the most essential standards in the American popular song book could neither read nor write music! Explore Berlin's amazing 101 years of life with Barry Bradford!

October 12 George Gershwin:
America's Musical Genius

George Gershwin's life was short, but his impact on American music is still felt today! This musical genius composed some of the most beautiful and memorable Broadway tunes ever. Gershwin also wrote ballet, opera, and jazz standards that are still performed. This multimedia presentation will bring to life the genius of George Gershwin.

November 30 Cole Porter:
America's Naughty Genius

The icon of European sophistication and American high society, Cole Porter, was actually born in Peru, Indiana! His brilliant composing and hilarious, racy and sophisticated lyrics are still enjoyed by audiences today. Learn about Porter's unique life story and amazing body of work.

Film Showing and Discussion

Highland Park Public Library
Sundays, 2 - 4:30 pm
Free, and open to the community at large
Presented with the Highland Park Public Library
Sponsored by Renewal Care

Coming of Age

With Bob Coscarelli



September 16 Stand by Me (1986)

In a small town in Oregon, 1959, a group of friends search for a missing teenager's body. Wanting to be heroes in each other's and their hometown's eyes, they set out on an unforgettable two-day trek that turns into a journey of self-discovery.

October 14 Call Me by Your Name (2017)

In 1983 Italy, Elio, a precocious 17 year old, spends his days in his family's villa reading, playing music, and flirting with his friend, Marzia. One day, Oliver, a charming American scholar, arrives as the summer intern. Over the course of the summer, Elio and Oliver discover the beauty of awakening desire.

November 25 October Sky (1999)

Based on the true story of former NASA engineer Homer Hickam Jr., a high school student in rural West Virginia seemed destined to a harsh life working in the coal mines. One night he saw the Sputnik satellite in the sky and decided to break free of the mines and reach for the stars.

December 16 Rebel without a Cause (1955)

Jim Stark is the new kid in town. Overcome by loneliness, frustration, and anger, he gets into trouble, a problem that has forced his appearance-conscious parents to move from one town to another. Jim finds solace in his relationship with kindred spirits Judy and Plato, but he must still prove himself to his peers.

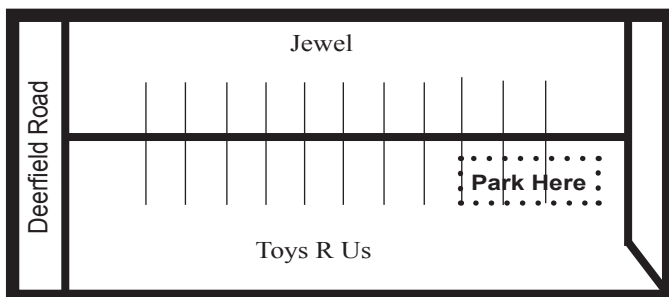


Day Excursions

Registration and Refunds

- 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.
- Regular registration fees will apply on or before the discount deadline date
- 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.
- Participants must register prior to the start of classes, trips and special events; payment is due upon 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 parking lot at
1610 Deerfield Road - Highland Park



Architectural Boat Ride & Lunch

Chicago River, Chicago

Thursday, September 6

Fee: \$100 / NM: \$120

Bus departs 1610 Deerfield Road at 10:45 am

Bus returns at approximately 4:45 pm

Be inspired by the captivating, visual art that is Chicago's legendary architecture, and the exceptional architects who created this ever-changing, dynamic legacy for all to enjoy and admire. This comprehensive tour will navigate through the heart of the city on all three branches of the Chicago River while your professionally-trained architectural guide tells the story of more than 130 years of innovation in design, style and technique. Also included is lunch at a wonderful Chicago restaurant.



Tootsie

Cadillac Palace Theatre

Wednesday, September 26

Fee: \$130 / NM: \$150

Bus departs 1610 Deerfield Road at 12:30 pm

Bus returns at approximately 5:30 pm

Discount Deadline: September 7

~ Registration for this trip is currently underway

A new comedy musical is coming to Chicago: TOOTSIE. It's the story of a talented, but difficult-to-work-with actor who will do anything to land the role of a lifetime - including adopting a new persona as Dorothy Michaels. Starring Tony® nominee Santino Fontana (*Cinderella, Frozen*), this new production features a score by Tony® winner David Yazbek (*The Band's Visit, The Full Monty*), a book by Robert Horn (*13, Dame Edna Back with a Vengeance*), choreography by Tony® nominee Denis Jones (*Holiday Inn, Honeymoon in Vegas*), and direction by eight-time Tony® nominee and Olivier Award winner Scott Ellis (*She Loves Me, On The Twentieth Century*).

Day Excursions

Mozart's Idomeneo & Lunch

Civic Opera House and Rivers Restaurant

Wednesday, October 10

Fee: \$60 / NM: \$80

Bus departs 1610 Deerfield Road at 10:30 am

Bus returns at approximately 6 pm

Discount Deadline: September 14

This trip was previously promoted and is currently filled. If interested, please call the Senior Center to have your name added to the wait list.

Beauty and the Beast & Lunch

Drury Lane, Oak Brook

Wednesday, November 14

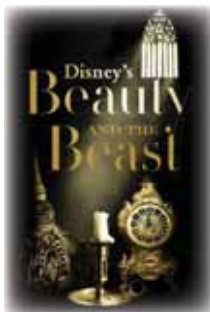
Fee: \$80 / NM: \$100

Bus departs 1610 Deerfield Road at 10:15 am

Bus returns at approximately 5:15 pm

Discount Deadline: October 26

Based on the beloved Academy Award winning Disney film, this nine-time Tony nominated musical continues to win the hearts of people all over the globe. Trapped in her provincial town life, an intelligent, young beauty risks everything to become the heroine of her own story and break a wicked spell imprisoning a castle full of enchanting misfits and a terrifying beast. Prior to the performance, enjoy lunch at Drury Lane including cream of asparagus soup, entrée choice of chicken or tilapia, and chef's choice of sides and dessert.



Dear Evan Hansen

Oriental Theatre, Chicago

Wednesday, March 6

Fee: \$140 / NM: \$160

Bus departs 1610 Deerfield Road at 12:30 pm

Bus returns at approximately 5:30 pm

Discount Deadline: December 14

A letter that was never meant to be seen, a lie that was never meant to be told, a life he never dreamed he could have. Evan Hansen is about to get the one thing he's always wanted: a chance to finally fit in.

DEAR EVAN HANSEN is the deeply personal and profoundly contemporary musical about life and the way we live it. Winner of six 2017 Tony® Awards including best musical and the 2018 Grammy® award for best musical theater album.

DEAR EVAN HANSEN features a book by Tony Award winner Steven Levenson, a score by Grammy®, Tony® and Academy Award® winners Benj Pasek and Justin Paul (*La La Land*, *The Greatest Showman*), and direction by four-time Tony® Award nominee Michael Greif (*Rent*, *Next to Normal*).

** Family and friends ages 16+ are welcome to attend*

Give the GIFT of Theater and more!

A Senior Center Gift Certificate is the perfect gift for any occasion. Available in any amount (minimum of \$10), these decorative certificates can be used for Senior Center membership, trips, classes, and special activities.

Please call 847.432.4110 for further details





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 of Deerfield will provide bagels, cream cheese, and coffee for lecture attendees on October 1 & December 3

September 3 No Program - Labor Day

September 10 No Program - Rosh Hashanah

September 17 Spain: Madrid & Toledo

Join Frank Kronthal as he continues his photo journalism tour from Barcelona to the modern and regal capital of Madrid to the historic first capital of Spain, Toledo. Kronthal will revisit Spain's folklore, art, history, and music. Take a look at initial impressions of Toledo's three stunning religious cultures, Christian, Jewish & Moorish from Roman times to the 20th Century.

September 24 Elizabeth Taylor: Violet Beauty

Join Steven Frenzel as he celebrates one of the most beautiful - and talented - women in the world, the great Elizabeth Taylor. Follow her cinematic history from child star (*National Velvet*) to blushing newlywed (*Father of the Bride*) to queen over all (*Cleopatra*). From films such as *Giant* to *Cat on a Hot Tin Roof* to *Who's Afraid of Virginia Woolf?* Elizabeth Taylor was a presence in film that will never be forgotten.

October 1 For the Love of Food

Would you like to learn new ideas for preparing meals for a few friends or just yourself? Eileen Boggins from JourneyCare will provide practical tips and new ideas! Share stories of your own culinary traditions and learn how cultures around the world enhance their celebrations with food and drink.

October 8 Movers & Shakers, Part 2

Experience the continuing story of Chicago's Movers and Shakers. Historian Hy Speck will share stories about Mies van der Rohe, one of the greatest architects of the 20th century and his romance with Dr. Edith Farnsworth. Explore the assassination of Mayor Anton Cermak, the rise and fall of Chicago's first billionaire, Samuel Insull, and America's favorite bank robber, John Dillinger. And of course, enjoy the tale of Sally Rand and see her famous fan dance that both shocked and delighted Chicago.

**October 15 Al Jolson:
You Ain't Seen Nothin Yet**

Al Jolson changed the entertainment world through his boisterous singing, dancing, and comedy routines and through his starring role in the first, full-length "talkie," *The Jazz Singer*. This complicated, driven man led a life that in many ways paralleled the plot of *The Jazz Singer*. Susan Benjamin explores what motivated Jolson in both personal and professional arenas. She also highlights his great performances with video clips of Jolson performing, as well as clips from the two movie biographies about his life.

October 22 No Program - Early Voting

October 29 No Program - Early Voting

November 5 No Program - Early Voting

November 12 Healthy Sleep

Getting the right amount of good, high-quality sleep is important for your physical and mental health. Join Steve Taich, health industry expert, to learn about some common sleep challenges and steps you can take to get better sleep.

Monday Speaker Series

November 19 Richard Rodgers: The Sweetest Sounds

Richard Rodgers wrote the world's most listened-to melodies. His gorgeous tunes were primarily complemented by the lyrics of Lorenz Hart and Oscar Hammerstein. No matter what personal demons he faced, he churned out singable, original melodies. From *We'll Take Manhattan* to *Climb Every Mountain* his music is not only beautiful to listen to, but helps to advance inspirational stories.

November 26 Canada, eh?

The USA's Northern neighbor, Canada just celebrated its 150th anniversary in 2017. Take a virtual sweep of Canada from West to East. Begin in striking Vancouver and Victoria. Explore Canada's fascinating history, its stunning architecture, and its beautiful arts. Relish its rivers, gardens, and great national parks. Bundle up for a visit to Quebec's ice hotel and finish in the iconic Niagara Falls. In addition, because US trade with Canada has often been in the news lately, Helene Turner will comment on the ups and downs of NAFTA.

December 3 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.

December 10 Harold Arlen: Beyond the Rainbow

Often considered the "songwriter's songwriter," Harold Arlen is sometimes not recognized for his significant contributions to the American Songbook. Through the chronology of his life, Susan Benjamin demonstrates how and why Arlen transcended *The Wizard of Oz* with such greats as *Stormy Weather*, *The Man That Got Away*, *Come Rain or Come Shine*, *That Old Black Magic* and *Get Happy*.

December 17 Music for the Winter Solstice

Jim Kendros returns for a morning of beautiful Winter Music! Experience the magical sounds of lyrical violins, resounding voices, mystical dulcimers and much more! Jim will explore the background of each selection with a festive twist to celebrate the Holiday season with expressive and highly enjoyable music!

December 24 No Program - Winter Break

December 31 No Program - Winter Break

Community Concerts

Pilgrim Chamber Players

Intimate Letters

Highland Park Community House

Sunday, November 4

3 pm

HPSC member price: \$10

*Tickets may be purchased at the Senior Center;
payable by cash or check written to:*

Pilgrim Chamber Players.

www.pilgrimplayers.org

Highland Park Strings

Tchaikovsky Piano Concerto No. 1

Highland Park High School

Sunday, October 21

3 pm

Free for the community at large

www.highlandparkstrings.org

Registration and Refunds

- 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.
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- Participants must register prior to the start of classes, trips and special events; payment is due upon 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, September 17 – October 22 (6 classes)

Fee: \$36 / NM: \$56

~ Mondays, November 5 – December 17 (7 classes)

Fee: \$42 / NM: \$62

~ Wednesdays, September 12 – October 24 (6 classes)

Fee: \$36 / NM: \$56

~ Wednesdays, November 7 – December 19 (7 classes)

Fee: \$42 / NM: \$62

Taught by certified fitness and *Matter of Balance* instructor Judy Samuelson, this program includes 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 9/19* *Level 1 / 2

Tai Chi

Tuesdays, 10:30 - 11:30 am



~ September 18 – October 23 (6 classes)

Fee: \$36 / NM: \$56

~ November 6 – December 18 (7 classes)

Fee: \$42 / NM: \$62

Tai Chi is a martial art that helps improve balance and body awareness. Its relaxed, slow, and precise body movements can enhance body strength and mind clarity. Instructor Ken Ning will guide you to nurture the Qi (life force) within, to flow smoothly and powerfully throughout the body to help concentration, energy, stress relief and harmony. *Level 2



Tai Chi FREE Introduction

Tuesday, September 11, 10:30 am

Register at 847.432.4110

Classes

Sit & Be Fit

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

~ Tuesdays, September 11 – October 23 (7 classes)

Fee: \$42 / NM: \$62

~ Tuesdays, November 6 – December 18 (7 classes)

Fee: \$42 / NM: \$62

~ Thursdays, September 13 – October 25 (7 classes)

Fee: \$42 / NM: \$62

~ Thursdays, November 8 – December 20 (6 classes)

Fee: \$36 / NM: \$56

Join Carol King for a fun workout done while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music, utilizing light weights and resistance tubes. *No class 11/22.* *Level 1



Fit for Life

Wednesdays, 9:45 - 10:45 am

~ September 12 – October 24 (6 classes)

Fee: \$36 / NM: \$56

~ November 7 – December 19 (7 classes)

Fee: \$42 / NM: \$62

Join this class 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. *No class 9/19*
*Level 3



Gentle Yoga

Fridays, 10:30 - 11:30 am

~ September 14 – October 26 (7 classes)

Fee: \$42 / NM: \$62

~ November 9 – December 21 (6 classes)

Fee: \$36 / NM: \$56

New instructor Joan Anundson-Ahr leads this class through gentle movements to increase flexibility, strength, and well-being. Students are led through stretches, yoga postures, breathing practices, and then guided into deep relaxation. Seated and standing poses only, no mat exercises. *No class 11/23*
*Level 1

Wii Games

Fridays, beginning September 7

1:30 - 3 pm

FREE!



If you love sports, this may be the opportunity you've been looking for - even if you haven't played in a while due to various physical limitations. These fun and socially engaging games are played at the Center utilizing the big screen TV, gaming consoles, and hand help devices that transpose your movement to the screen; you don't need a bowling alley, golf course, or tennis court when you have a Wii game system! Wii Fit has been shown to help improve fitness and balance in seniors. Give it a try - you'll love it!



Art

Watercolor Class Wednesdays, 2 - 4 pm



~ September 12 – October 24 (6 classes)

Fee: \$60 / NM: \$80

~ November 7 – December 19 (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 upon registration. *No class 9/19 & 11/21.*

Advanced Painting Class Thursdays, 1 - 3 pm

~ September 13 – October 25 (7 classes)

Fee: \$70 / NM: \$90

~ November 8 – December 20 (6 classes)

Fee: \$60 / NM: \$80

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. *No class 11/22.*

Open Art Studio Mondays & Fridays, 9 am - 4 pm

Join others for this drop-in, open art studio. Designated time allows artists to work in the Center's beautiful studio, while gathering energy and inspiration from one another. Please bring your own supplies.

Art

Crafter's Corner Fridays, 1:30 - 3 pm



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

Senior Center staff will guide you through the processes of creating these fun holiday crafts. Your personal creativity and inspiration will influence your individual piece. Please register a minimum of one (1) week prior to each class.

Halloween Bottle Decorations

October 5



Fall Wreaths

November 2



Gingerbread Houses

December 14



Classes

Cards and Games

Basics of Mah Jongg

Tuesdays, 1 – 3 pm

~ Tuesdays, September 25 – October 23 (5 classes)

Fee: \$60 / NM: \$80

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



Learn Canasta!

Beginning - Wednesdays, 1 - 3 pm

~ October 31 – December 12 (6 classes)

Fee: \$60 / NM: \$80

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 11/21.*



General

Conversational Spanish

Continuing: Fridays, 10 – 11 am

Advanced: Fridays, 11 am – 12 pm

~ October 5 – December 21 (11 classes)

Fee: \$66 / NM: \$86

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. *No class 11/23.*

Rules of the Road: Drivers Test Preparation Course

Thursday, September 13

9:30 - 11:45 am

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

AARP Smart Driver Course

Thursday & Friday, October 25-26

9 am - 1 pm

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

Held at the HP Senior Center

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.



Activities - Free For Members / NM: \$10

Book Club Discussion Group

Thursdays, 10 - 11:30 am

FREE for Members / NM: \$10

Please register one week 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.

September 20 Educated: A Memoir

An unforgettable memoir about a young girl who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University. *Educated* is an account of the struggle for self-invention; a tale of fierce family loyalty and of the grief that comes with severing the closest of ties. By Tara Westover

October 11 Lucky Boy

A gripping tale of adventure and searing reality, *Lucky Boy* gives voice to two mothers bound together by their love for one lucky boy; an emotional journey that will leave you certain of the redemptive beauty of this world. By Shanthi Sekaran

November 15 Eleanor Oliphant is Perfectly Fine

The smart, warm, and uplifting story of an out-of-the-ordinary heroine whose deadpan weirdness and unconscious wit make for an irresistible journey as she realizes.. The only way to survive is to open your heart. By Gail Honeyman

December 20 Anything is Possible

This short story collection explores the whole range of human emotion through the intimate dramas of people struggling to understand themselves and others. By Elizabeth Strout

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
Wii Games	Fridays	1:30 - 3 pm	Free

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. Check Calendar*

Free Blood Pressure Screening Mondays, 10/1, 11/12 & 12/3 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 & Fridays, 9 am - 4 pm

Join others for this drop-in, open art studio. Designated time allows artists to work in the Center's beautiful studio, while gathering energy and inspiration from one another.

Knitwits

Tuesdays, 9:30 - 11:30 am

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

Senior TV Production Team

Tuesdays, 12:30 - 3:30 pm

HP Public Access Center, 1677 Old Deerfield Road

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

Yiddish Conversation & Culture

Wednesdays, 1:30 - 2:30 pm

Join facilitator Ludmilla Coven for a fun and lively Yiddish group. Learn basic Yiddish phrases, sing songs, and watch movies in Yiddish. *No class 9/19.*

“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

Join others for an intellectual and respectful discussion on local and worldwide current events. Share your thoughts and opinions with this wonderful group.



Laurel Larks Singing Group

Fridays, 1:30 - 3 pm

September 14 - December 28

Please register in advance; 847.432.4110

Sponsored by First Bank of Highland Park

Highland Park’s very own co-ed, senior singers have been around for more than 20 years! The Laurel Larks rehearse and then take their show on the road, bringing their repertoire of show tunes, jazz standards, movie music and folk songs to local senior residence communities. 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!



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.



Notary Public - At Your Service!

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

Financial 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.

Grief Group

Thursdays, 1:30 - 2:30 pm

October 4 – November 1 (5 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 five 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 Tuesday, October 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.

Wise and Well

Community Education Series

Highland Park Country Club

Wednesdays, 1 - 2:30 pm

Free for members / NM: \$10

Presented with Family Service of Lake County

Sponsored by Sunrise Senior Living

September 26

Fall Prevention & Balance

October 17

Independence at Home

Advance registration is preferred; walk-ins welcome. To register and for more information, please contact Jennifer Aiello, at 847.432.4110.

Social Services

Prescription Drug Plan: Open Enrollment Assistance

Open enrollment for the Medicare Prescription Drug Plan extends from October 15 - December 7, 2018. During this period, you may change from your current drug plan or enroll for the first time. Everyone is encouraged to re-evaluate their insurance coverage due to changes in the drug plans or changes in your own prescriptions. Trained Senior Center volunteers are available to assist in navigating the Medicare Part D enrollment process in a personal appointment at the Senior Center. Please call Jennifer Aiello at 847.432.4110 to schedule an appointment.

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.

Well-Being Checks for Seniors

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

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

Ellen Batko
 Nancy & Richard Becker
 Tamar Ben-Ami
 Amy & Michael Berland
 Brad Bradford
 Mary Lou & Nick Brown
 Jeffrey Brunner
 Barbra Chevalier
 Caryl Cooper
 Judy Falk
 Luis Figueiredo
 Jack Fisher
 Kenneth Flacks
 Karen A. Fox
 Nikki Friedman
 Janice Gemp
 Allison Goldsmith
 Sandra & Joseph Goldstein
 Carol Greene
 Sally Havens
 Susan Holtzman
 Janet Kaplan
 Lois Lapine
 Howard Lipton
 Kay Lourdes Cardoz
 Sandra & David Marcus
 Jack McDonald
 Sharon Northup
 Pia Pasquesi
 Chris Passias
 Marjorie Passini
 Carol & Emilio Santi
 Kimberly Lawton Schulte
 Cissy Segal
 Laurie Serwer
 Laverne Sider
 Patricia & Harold Singer
 Eleanor Soldano
 Deborah & Bruce Spitzer
 Donna & Thomas Stone
 Naomi & Gary Topper
 Diane & Brent Weiss
 Karen Zucker

Donations

In memory of Lois Coss

From: Joan & Michael Weinberg

In memory of their mothers, Leona Swirsky and Pearl Rabin

From: Gail & Michael Rabin

In honor of Senior Services

From: Gerry Cohn

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

Nira Wolfe

September & October

Barbara Dolinger

November & December

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

September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>CLOSED</p> <p>Labor Day</p> <p>12:00 Labor Day Luncheon Whitehall of Deerfield</p>	<p>9:30 Knitwits</p> <p>12:30 Senior Producers</p>	<p>12:30 Open Poker</p> <p>1:30 Yiddish</p>	<p>10:00 Men's Only Group</p> <p>10:45 Chicago Boat Tour</p> <p>1:00 Open Mah Jongg</p>	<p>9:00 Open Art Studio</p> <p>10:00 News & Views</p> <p>1:30 Wii Games</p>
10	11	12	13	14
<p>9:00 Open Art Studio</p> <p>12:30 Duplicate Bridge</p> <p>1:00 Open Canasta</p>	<p>9:30 Knitwits</p> <p>10:30 Tai Chi FREE Intro</p> <p>12:30 Senior Producers</p> <p>1:30 Sit & Be Fit</p> <p>1:30 Living Alone</p>	<p>9:45 Fit for Life</p> <p>11:00 Balance</p> <p>12:30 Open Poker</p> <p>1:30 Yiddish</p> <p>2:00 Watercolor Class</p>	<p>9:30 Rules of the Road</p> <p>1:00 Advanced Painting</p> <p>1:00 Open Mah Jongg</p> <p>1:30 Sit & Be Fit</p> <p>1:30 Live on the Links</p>	<p>9:00 Open Art Studio</p> <p>10:00 News & Views</p> <p>10:30 Gentle Yoga</p> <p>1:30 Wii Games</p> <p>1:30 Laurel Larks</p>
				<i>Film Series - 9/16 @ 2pm</i>
17	18	19	20	21
<p>9:00 Open Art Studio</p> <p>10:30 Monday Speaker</p> <p>11:00 Balance</p> <p>12:30 Duplicate Bridge</p> <p>1:00 Open Canasta</p> <p>1:30 Monday Movie</p>	<p>9:30 Knitwits</p> <p>10:30 Tai Chi</p> <p>12:30 Senior Producers</p> <p>1:30 Sit & Be Fit</p>	<p>12:30 Open Poker</p>	<p>10:00 Book Club</p> <p>1:00 Advanced Painting</p> <p>1:00 Open Mah Jongg</p> <p>1:30 Sit & Be Fit</p>	<p>9:00 Open Art Studio</p> <p>10:00 News & Views</p> <p>10:30 Gentle Yoga</p> <p>1:30 Wii Games</p> <p>1:30 Laurel Larks</p> <p>4:30 Mix & Mingle: Viaggio</p>
24	25	26	27	28
<p>9:00 Open Art Studio</p> <p>10:30 Monday Speaker</p> <p>11:00 Balance</p> <p>12:30 Duplicate Bridge</p> <p>1:00 Open Canasta</p> <p>1:30 Monday Movie</p>	<p>9:30 Knitwits</p> <p>10:30 Tai Chi</p> <p>12:30 Senior Producers</p> <p>1:00 Basics of Mah Jongg</p> <p>1:00 Investment Club</p> <p>1:30 Sit & Be Fit</p> <p>1:30 Living Alone</p>	<p>9:45 Fit for Life</p> <p>10:30 Humanities</p> <p>11:00 Balance</p> <p>12:30 Trip: Tootsie</p> <p>12:30 Open Poker</p> <p>1:00 Wise & Well</p> <p>1:30 Yiddish</p> <p>2:00 Watercolor Class</p>	<p>10:00 Brunch & Learn</p> <p>1:00 Advanced Painting</p> <p>1:00 Open Mah Jongg</p> <p>1:30 Sit & Be Fit</p>	<p>9:00 Open Art Studio</p> <p>10:00 News & Views</p> <p>10:30 Gentle Yoga</p> <p>1:30 Wii Games</p> <p>1:30 Laurel Larks</p> <p>1:30 Barry Bradford</p>

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 Open Art Studio 10:00 Bagels 10:00 Blood Pressure 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie</p>	<p>2</p> <p>9:30 Knitwits 10:30 Tai Chi 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit</p>	<p>3</p> <p>9:45 Fit for Life 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Class</p>	<p>4</p> <p>10:00 Men's Only Group 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group</p>	<p>5</p> <p>9:00 Open Art Studio 10:00 News & Views 10:00 Continuing Spanish 10:30 Gentle Yoga 11:00 Advanced Spanish 1:30 Wii Games 1:30 Laurel Larks 1:30 Crafter's Corner</p>
<p>8</p> <p>9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie</p>	<p>9</p> <p>9:30 Knitwits 10:30 Tai Chi 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit 1:30 Living Alone</p>	<p>10</p> <p>9:45 Fit for Life 10:30 Trip: Lyric Opera 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Class</p>	<p>11</p> <p>10:00 Book Club 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group 1:30 Live on the Links</p>	<p>12</p> <p>9:00 Open Art Studio 10:00 News & Views 10:00 Continuing Spanish 10:30 Gentle Yoga 11:00 Advanced Spanish 1:30 Wii Games 1:30 Laurel Larks 1:30 Barry Bradford</p> <p><i>Film Series: 10/14 @ 2 pm</i></p>
<p>15</p> <p>9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie</p> <p>SHIP Open Enrollment Begins</p>	<p>16</p> <p>9:30 Knitwits 10:30 Tai Chi 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit</p>	<p>17</p> <p>9:45 Fit for Life 11:00 Balance 12:30 Open Poker 1:00 Wise & Well 1:30 Yiddish 2:00 Watercolor Class</p>	<p>18</p> <p>10:00 Brunch & Learn 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group</p>	<p>19</p> <p>9:00 Open Art Studio 10:00 News & Views 10:00 Continuing Spanish 10:30 Gentle Yoga 11:00 Advanced Spanish 1:30 Wii Games 1:30 Laurel Larks</p>
<p>22</p> <p>9:00 Open Art Studio 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 12:00 Back Yard Bonfire</p>	<p>23</p> <p>9:30 Knitwits 10:30 Tai Chi 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>24</p> <p>9:45 Fit for Life 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Class</p>	<p>25</p> <p>9:00 AARP Driver Safety 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group</p>	<p>26</p> <p>9:00 AARP Driver Safety 9:00 Open Art Studio 10:00 News & Views 10:00 Continuing Spanish 10:30 Gentle Yoga 11:00 Advanced Spanish 1:30 Wii Games 1:30 Laurel Larks</p>
<p>29</p> <p>9:00 Open Art Studio 12:30 Duplicate Bridge 1:00 Open Canasta</p>	<p>30</p> <p>9:30 Knitwits 12:30 Senior Producers</p>	<p>31</p> <p>10:30 Humanities 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish</p>		

November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00 Men's Only Group 1:00 Open Mah Jongg 1:30 Grief Group	2 9:00 Open Art Studio 10:00 News & Views 10:00 Continuing Spanish 11:00 Advanced Spanish 1:30 Wii Games 1:30 Laurel Larks 1:30 Crafter's Corner
5 9:00 Open Art Studio 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta	6 9:30 Knitwits 10:30 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit	7 9:45 Fit for Life 11:00 Balance 12:30 Poker 1:00 Learn Canasta 1:30 Yiddish 2:00 Watercolor Class	8 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links	9 9:00 Open Art Studio 10:00 News & Views 10:00 Continuing Spanish 10:30 Gentle Yoga 11:00 Advanced Spanish 1:30 Wii Games 1:30 Laurel Larks
12 9:00 Open Art Studio 10:00 Blood Pressure 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	13 9:30 Knitwits 10:30 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	14 9:45 Fit for Life 10:15 Trip: Beauty & the Beast 11:00 Balance 12:30 Poker 1:00 Learn Canasta 1:30 Yiddish 2:00 Watercolor Class	15 10:00 Book Club 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	16 10:00 News & Views 10:00 Continuing Spanish 10:30 Gentle Yoga 11:00 Advanced Spanish 12:00 Thanksgiving Luncheon 1:30 Laurel Larks
19 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	20 9:30 Knitwits 10:30 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit	21 9:45 Fit for Life 11:00 Balance 12:30 Poker 1:30 Yiddish	22 CLOSED Thanksgiving Holiday	23 CLOSED Thanksgiving Holiday 1:30 Laurel Larks <i>Film Series - 11/25 @ 2pm</i>
26 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	27 9:30 Knitwits 10:30 Tai Chi 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	28 9:45 Fit for Life 10:30 Humanities 11:00 Balance 12:30 Poker 1:00 Learn Canasta 1:30 Yiddish 2:00 Watercolor Class	29 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	30 9:00 Open Art Studio 10:00 News & Views 10:00 Continuing Spanish 10:30 Gentle Yoga 11:00 Advanced Spanish 1:30 Wii Games 1:30 Laurel Larks 1:30 Barry Bradford

December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:00 Open Art Studio 10:00 Bagels 10:00 Blood Pressure 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	9:30 Knitwits 10:30 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit	9:45 Fit for Life 11:00 Balance 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish 2:00 Watercolor Class	10:00 Men's Only Group 12:00 Festival of Lights 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	10:00 News & Views 10:00 Continuing Spanish 10:30 Gentle Yoga 11:00 Advanced Spanish 1:30 Laurel Larks
10	11	12	13	14
9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	9:30 Knitwits 10:30 Tai Chi 12:30 Senior Producers 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 Learn Canasta 1:30 Yiddish 2:00 Watercolor Class	1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links	9:00 Open Art Studio 10:00 News & Views 10:00 Continuing Spanish 10:30 Gentle Yoga 11:00 Advanced Spanish 1:30 Wii Games 1:30 Laurel Larks 1:30 Crafter's Corner <i>Film Series - 12/16 @ 2pm</i>
17	18	19	20	21
9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	9:30 Knitwits 10:30 Tai Chi 12:00 Glad Tidings Celebration 12:30 Senior Producers 1:30 Sit & Be Fit	9:45 Fit for Life 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Class	10:00 Book Club 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	9:00 Open Art Studio 10:00 News & Views 10:00 Continuing Spanish 10:30 Gentle Yoga 11:00 Advanced Spanish 1:30 Wii Games 1:30 Laurel Larks
24	25	26	27	28
CLOSED Winter Break	CLOSED Winter Break	CLOSED Winter Break	CLOSED Winter Break	CLOSED Winter Break 1:30 Laurel Larks
31				
CLOSED Winter Break 11:45 New Year's Eve Luncheon				



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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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

Mike Swanson

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 Park Parking Lot, located on the north side of Central Avenue and Lake Street. Shuttle service from the lot is available. No permit is necessary.

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

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

Holiday Schedule

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

Labor Day

Monday, September 3

Thanksgiving Break

Thursday, November 22 and Friday, November 23

Winter Break

Monday, December 24 - Tuesday, January 1