



The Shorelines

May - August, 2019

Highland Park Senior Center
NEWSLETTER

54 Laurel Avenue
Highland Park, IL 60035
847.432.4110



Activity Registration

Returning Student Priority Registration:

Through Tuesday, April 16

Member Registration Begins:

Wednesday, April 17 at 9 am

Open Registration Begins:

Wednesday, April 24 at 9 am

In This Issue

Special Activities	Pages 2 - 5
Day Excursions	Pages 6 - 7
Monday Speaker Series	Pages 8 - 9
Classes	Pages 10 - 13
Free Activities	Page 14 - 15
Social Services	Pages 16 - 17
Calendars	Pages 19 - 22
Membership Application	Page 23



Special Activities

Senior Adult Prom

Highland Park High School

433 Vine Avenue - Highland Park

Saturday, May 4

5 - 7:30 pm

Fee: \$5 / NM: \$10

The Highland Park High School Class of 2022 invites you to join them for a Night at the Prom. Enjoy a fabulous evening of dinner, dancing, and entertainment. Guests will enjoy dinner catered by Back Yard Grill and a sweet table with home-baked goodies. The HPHS DJ Club will provide music, and some of the high school's most talented artists will perform throughout the evening. The student hosts will be dressed up... ready to serve, ready to dance, and ready to entertain.

*Advanced registration required
Please call 847.432.4110*

Indoor Barbecue

Sunrise Senior Living

1601 Green Bay Road - Highland Park

Monday, May 27

1 - 3 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 favorites including hamburgers, hot dogs, grilled chicken, potato salad, coleslaw, corn bread, and more. Following lunch, enjoy wonderful entertainment with a summer theme. Community 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.

Japanese Luncheon

Sushi Badaya

600 Central Ave - Highland Park

Friday, June 21

11:30 am - 1:30 pm

Fee: \$18 / NM: \$23

Enjoy a delicious and traditional Japanese lunch at this Highland Park gem! Lunch includes edamame, miso soup, a bento box (which includes your choice of protein, salad, rice and California roll), dessert, and soft beverage.

When registering, please indicate your entree choice of Teriyaki salmon, chicken or beef, or shrimp and vegetable tempura.



Culinary Demonstration

Binny's Demonstration Kitchen

153 Skokie Valley Road - Highland Park

Fee per Demo: \$5 / NM: \$10

Sponsored by Radford Green HealthCare & Rehab

June 12 Brunch - Egg White Frittata
10 - 11:30 am

July 10 Lunch - Chicken Salad Sandwich
12 - 1:30 pm

August 28 Dinner - Seared Halibut
5 - 6:30 pm

Resident Chef Scott Becker will lead you through an exquisite culinary experience in Binny's state-of-the-art demonstration kitchen. Participants will learn how to make a healthy meal and enjoy the delicious creation as part of the demonstration.

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

Special Activities

B - I - N - G - O

Aperion Care

50 Pleasant Avenue - Highwood

1st Tuesday of the Month

May 7, June 4, July 2 & August 6

1:30 – 3 pm

Registration (4 games): \$5 / NM: \$10

Sponsored by Aperion Care of Highwood

Calling all Bingo lovers! Enjoy an afternoon of fun with the chance to win fun prizes. Light refreshments will be provided to sweeten the afternoon.



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

Bocce Bonanza!

Highwood Bocce Courts

440 Bank Lane - Highwood

3rd Tuesday of the Month

May 21, June 18, July 16 & August 20

2 - 4 pm

Fee: \$20 / NM: \$40

Drop in Fee: \$10 / NM: \$15

Sponsored by Aperion Care of Highwood

Join other Senior Center members for an afternoon of friendly competition! This leisurely Italian game is easy to learn and sure to spice up your afternoon. Enjoy some camaraderie, light refreshments and a cash bar. Sign up as an individual or pair – team pairings will be randomly selected each week. Fee is for all four dates; drop in play available for \$10/\$15.

Nature Brunch & Learn

Heller Nature Center

2821 Ridge Road - Highland Park

Thursdays, 10 - 11:30 am

Fee: \$10 / NM: \$15

*Presented with the Park District of Highland Park
Sponsored by Radford Green HealthCare & Rehab*

*Brunch includes: Fresh Fruit, Assorted Pastries,
Coffee & Orange Juice, Choice of Egg Soufflé
Ham & Swiss or Spinach & Artichoke*

May 9 Monarchs & Butterfly Gardening

What is happening in the world of Monarchs? What can we do to help? What are the best plants to grow for them?

June 6 Coyotes & Canines of Lake County

Learn about the natural history and special adaptations of coyotes and other canines in Lake County through experiences with natural artifacts.

Community Service Projects

Gather with other service minded members and dedicate a few hours a month to produce meaningful and positive change. Please register in advance.

Thursday, May 16

My Starving Children
2:30 - 4:30 pm

Meal Packing

Libertyville

Tuesday, June 11

HPSC
9:30 - 11:30 am

Blanket Making

Highland Park

Tuesday, July 9

HPSC
10 am - 12 pm

Shelter Toy Making

Highland Park

Thursday, Aug 29

Northern Illinois Food Bank
9 - 11:30 am

Food Distribution

Park City

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

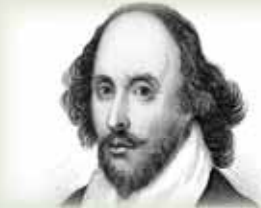
Sponsored by Sunrise Senior Living

**May 15 The Museum of Contemporary
 Photography's Current Exhibit**

Karen Irvine, Chief Curator and Deputy Director of the Museum of Contemporary Photography at Columbia College Chicago, previews the current exhibit that responds to the 1963 bombing of the 16th Street Baptist Church in Birmingham, Alabama that resulted in the deaths of black children by white supremacists.

June 26 An Introduction to Shakespeare

Peter Garino, the artistic director of The Shakespeare Project of Chicago, discusses the life and work of William Shakespeare, the greatest dramatist in the history of the English language. He traces Shakespeare from his birthplace in Stratford-upon-Avon, to his sojourn to London and his eventual return to Stratford.



July 10 Manet and Modern Beauty

Katie Kremnitzer, research associate at the Art Institute of Chicago, discusses the museum's exhibit, *Manet and Modern Beauty*, the first Art Institute exhibition devoted exclusively to Manet in more than 50 years. The exhibit focuses on the transformation of Manet's style in his later years.

Live on the Links Concerts

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

Free for members / NM: \$10

Sponsored by Aperion Care

Friday, May 3 Cinco de Mayo

Celebrate Cinco de Mayo with the sounds and sights of lively Latin music, featuring Patricia Ortega, vocals; David Chiriboga, guitar; and Chiara Mangiameli, Flamenco dancer. Enjoy the exotic sounds of Spain, Mexico and Cuba accompanied by the spectacular intensity of flamenco dance.



Thursday, June 27 That 60s Show

Menzie & Michael celebrate the decade that forever revolutionized popular music. From the idyllic early Motown sound and British invasion to the free love of the Woodstock era, *That 60s Show* features songs by many of the decades favorite performers including The Beatles, The Supremes, Petula Clark, The Everly Brothers, Andy Williams, Sinatra and many more.

Thursday, July 25 A Musical Staycation

Kevin Wood presents *Sentimental Journey – A Cabaret Staycation*. Kevin serves as your tour guide on our travels through story and songs-familiar and new! Kevin's cabaret career takes him around the country, and the Highland Park Senior Center is thrilled to have him perform here.

Thursday, August 8 String Ensemble

The Continental String Ensemble, led by violin virtuoso Edgar Gabriel, performs light 'European' classical music, rags, tangos, Irish jigs and reels, gypsy music and more. The core ensemble features violin, viola, and guitar, to create a unique and beautiful combination.

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.

Abraham Lincoln: A History

June 28 The Life of Lincoln

In celebration of the 210th birthday of Abraham Lincoln, Barry kicks off this three-month series with a fascinating and insightful biography of Lincoln, the man.

July 26 Lincoln on Film

From the earliest days of silent films, President Lincoln has been featured in more movies than all other US presidents combined. Even in contemporary films such as Spielberg's *Lincoln*, the myth of Honest Abe develops with each movie. In this insightful, mesmerizing and nostalgic multimedia presentation, Barry will show how Lincoln's story evolved on screen.

August 23 Leadership, Lincoln Style

In this nationally acclaimed presentation, master storyteller and presidential award-winning historian Barry Bradford shows audiences of all ages how to make use of Leadership Lincoln Style. Combining raucously funny stories with deeply moving anecdotes and intriguing insights, Barry will engage and entertain as you learn how you can utilize Lincoln's strategies to be happier and more productive.



Back Yard Bash

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 picnic tables, featuring seats with backs and umbrellas to provide shade. Early registration deadline: 1 (one) week in advance.

June 7 Real Urban Barbecue

Entertainment: LJ 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.

Jeff Shapiro, owner of Real Urban BBQ brings his lifelong obsession for the best BBQ in Highland Park to the Senior Center.

Rain date: June 14

August 9 La Casa de Isaac & Moishe

Entertainment: Latin Styles

Enjoy a Latin based concert to go with this Mexican themed luncheon. Enjoy favorites such as *Guantanamera* and *Bésame Mucho*.

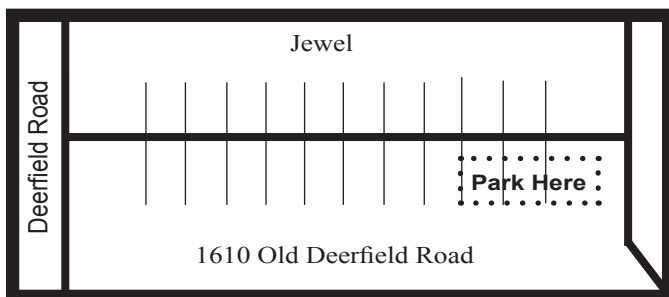
Isaac and Moishe Nava bring authentic home-style Mexican cuisine from their home town of Huitzuco to the Center for all to enjoy!

Rain date: August 16

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- 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



West Side Story

**Civic Opera House and Lloyd's
Thursday, May 2**

Fee: \$50 / NM: \$70

Bus departs 1610 Deerfield Road at 10:30 am
Bus returns at approximately 5:30 pm

Enjoy this special opportunity to see the Lyric Opera's dress rehearsal! Tony and Maria are two wide-eyed teenagers from opposing gangs who fall in love. As their friends and family battle with one another, Tony and Maria long for “a place for us... somewhere.” Their songs illuminate every scene and permeate our culture, from the romance of *Maria* and *Tonight* to the exuberance of *America* and the humor of *Gee*, *Officer Krupke*. Add to that the bold, sexy, iconic dances of Jerome Robbins that smolder and sizzle with energy, and you have a musical-theater experience you’ll never forget. Prior to the performance, enjoy lunch at Lloyd's of Chicago; when registering please indicate your choice of lemon chicken, seared Haddock, or beef short rib.

Matilda and Lunch

**Drury Lane Theater & Banquet Hall
Thursday, May 9**

Fee: \$93 / NM: \$113

Bus departs 1610 Deerfield Road at 10:15 am
Bus returns at approximately 5:45 pm

Wonder and amazement abound with this award-winning musical. Based on the novel by Roald Dahl, *Matilda* tells the tale of a precocious 5-year-old girl with special talents. Facing many obstacles caused by her family and school, the book-loving Matilda befriends her teacher and helps the woman to reclaim her life. Prior to the show, lunch at Drury Lane includes garden salad, your choice of entree, mashed potatoes, chef's choice of vegetable, and coffee or tea. When registering, please indicate your choice of bistro steak or grilled chicken breast with vesuvio sauce.

Day Excursions

Chicago Cubs Game

Wrigley Field, Chicago

Thursday, May 23

Fee: \$55 / NM: \$75

Bus departs 1610 Old Deerfield Road at 11:30 am

Bus returns at approximately 5:30 pm

Discount Deadline: Monday, May 6

Cheer on the 2016 World Series Champion Cubbies as they battle the Philadelphia Phillies. Wrigley Field is known for its ivy covered brick outfield wall, the iconic red marquee over the main entrance, and the hand turned scoreboard. You may bring your own lunch, or purchase food at one of the many food vendors. *Seats are in Section 213, rows 17-22.*

Spirit of Chicago Buffet Lunch Cruise

Navy Pier, Chicago

Tuesday, June 25

Fee: \$90 / NM: \$110

Bus departs 1610 Deerfield Road at 9:30 am

Bus returns at approximately 4 pm

Discount Deadline: Monday, June 3

Take in the sights of Chicago's skyline, a truly engaging show, featuring live performances from sing-along show tunes to timeless jazz standards, along with a delicious buffet and a few fun facts about Chicago's famous skyline along the way. This two-hour cruise is perfect for an afternoon getaway on a warm summer's day. Prior to boarding, you'll have time to explore the sights and sounds of Navy Pier.

Hamilton: The Exhibition & Lunch

Northerly Island, Chicago

Thursday, July 18

Fee: \$100 / NM: \$120

Bus departs 1610 Deerfield Road at 9:15 am

Bus returns at approximately 4:15 pm

Discount Deadline: Monday, May 20

Continued (Hamilton: The Exhibition)

Now you can see Alexander Hamilton's remarkable story through his eyes in this exhibition inspired by the revolutionary musical. Featuring an audio tour narrated by the musical's author, Lin-Manuel Miranda, and a dynamic and interactive mix of lighting, sound, multimedia, music and historical artifacts, *Hamilton: The Exhibition* is designed to take visitors deeper into the life and times of Alexander Hamilton, while at the same time chronicling the American Revolution and the creation of the United States of America. Enjoy lunch prior to the show at a wonderful Chicago restaurant.

Come From Away

Cadillac Palace Theatre, Chicago

Saturday, August 17

Fee: \$150 / NM: \$170

Bus departs 1610 Deerfield Road at 12:30 pm

Bus returns at approximately 5:30 pm

This trip was previously promoted and is filled.

Please call to add your name to the wait list.

The Hunchback of Notre Dame

Music Theater Works, Evanston

Wednesday, August 21

Fee: \$70 / NM: \$90

Bus departs 1610 Deerfield Road at 1 pm

Bus returns at approximately 6 pm

Discount Deadline: Monday, July 22

As the bells of Notre Dame's cathedral sound in 15th-century Paris, Quasimodo - a captive bell-ringer - escapes his captor to join the Feast of Fools, and is rejected by every reveler except one. A lushly-scored retelling of Victor Hugo's epic story of love and acceptance, by the creators of *Wicked* and *Beauty and the Beast*.

The Band's Visit

Wednesday, September 4

Fee: \$130/ NM: \$150

Discount Deadline: Monday, August 8



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 May 6, June 3, & July 1.

May 6 Tips and Tricks for Stress Reduction

Prolonged high levels of stress and anxiety have unhealthy emotional and physical effects on people. Abby Koch, LCSW and Heather Goldman, MSW, LSW will share effective methods to reduce stress and anxiety through mindfulness. Koch and Goldman work with couples, children, teens, and adults including the senior population through Good Therapy counseling.

May 13 Marvelous Mothers in the Movies

Honor the many mothers in movie history - the good, the bad, and the devious! Steven Frenzel will honor loving mothers, gangster mothers, funny, evil, wise, and even expectant mothers! Watch scenes that celebrate the power of a mother's love for her child, and why it's the strongest force in the world! Movies include *Terms of Endearment, GoodFellas, I, Tonya, Fargo, Erin Brockovich, Lady Bird, National Velvet,* and much more!

May 20 Spring Delights

Jim Kendros returns with beautiful spring selections! Celebrate the warmth of the season with romantic and expressive music. Explore the Spring Sonata of Beethoven, revel in the dramatic passions of Brahms, delight in the mystique of Fauré, and experience a Stravinsky surprise of wonderful beauty!

May 27 NO PROGRAM – Memorial Day

June 3 Hate in America

Hate against minority groups has become an epidemic in America. Who are the targets, why is it happening, and what can we do about it? Join Buddy Schreiber for a lively and intensive discussion on this important issue the nation is facing today.

June 10 Irving Berlin: America's Songwriter

A look (and listen) into the music of Irving Berlin, performed through the chronology of his life. In addition to sharing his personal story, Susan Benjamin explores how his music affected national feelings.

June 17 New Discoveries in Medical Research

Researcher Tom O'Donnell shares a simple, entertaining and innovative report explaining what experts are researching to discover cures for disease and the fountain of youth in the near future with stem cell treatment and other cutting edge techniques.

June 24 Hawaii: The Aloha State

Hawaii is unique in its combination of beauty in the natural, physical environment, in its people and their Aloha spirit, and in its cosmopolitan mixing of ethnic groups, cultures, religions, and lifestyles. In this colorful program, Donna Horwitz will discuss Hawaii's geography, history, people, economy, and landmarks.



July 1 Segregation & Martin Luther King, Jr.

Steve Isaacson will discuss the abomination of racial segregation in America's southern states. Isaacson lived in North Carolina during much of the 1960s, in the midst of the Civil Rights movement. Isaacson will recount personal experiences, as well as infamous historical events, such as Emmet Till, Rosa Parks, "Bull" Connor and Dr. Martin Luther King, Jr. He will also share the heartbreaking truth behind the best-selling book *Three Lives for Mississippi*.

Monday Speaker Series

July 8 Frank Loesser: A Most Musical Fella

Frank Loesser has been called “the most versatile of all American composers.” He wrote lyrics for over 700 songs, and composed entire scores of several musicals. His works such as *Guys and Dolls*, *How to Succeed in Business Without Really Trying*, *Hans Christian Andersen*, and *The Most Happy Fella*, were recognized with critical acclaim and audience enthusiasm. In this program, Susan Benjamin will explore aspects of his best work and delve into what drove him and why he didn't feel satisfied with success.

July 15 Effective Communication Strategies

Communication is more than just talking and listening – it's also sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's or dementia progress in their journey and the ability to use words is lost, friends and families need new ways to connect. A representative from the Alzheimer's Association will share how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages, and identify strategies to help you connect and communicate at each stage of the disease.

July 22 PAWS - Building No Kill Communities

Hear about the life saving work done at PAWS Chicago and how you can help homeless dogs and cats in need! A PAWS volunteer will share their experiences and talk about the important work being done at PAWS Chicago.

July 29 The Case for Kindness

The old English proverb remains - "You catch more flies with honey than vinegar," but what does it really mean in the world of today? Does it really pay to be kind? How does kindness really help in today's fast-paced world? Organizational leader Marie Pawlak will provide insight and humor to what it really means to be kind and how being kind is the secret ingredient to being successful.

August 5 NO PROGRAM – Scheduling Conflict

August 12 Vic Damone: Singing Star

Vito Farinola (Vic Damone) wanted to be a singing star, but this accomplishment was a long shot. However, recognition by Arthur Godfrey, Milton Berle and Frank Sinatra moved him toward success. Despite his checkered personal life (five wives and unsavory acquaintances), Frank Sinatra promoted him as “the kid with the best pipes in the business.” Susan Benjamin spotlights Vic's personal trajectory and provides examples to demonstrate why he became a star.



August 19 Identifying America's Fallen Heroes

There are more than 1600 MIAs still unaccounted for from the Vietnam War. DNA testing can provide closure for the families by identifying their loved ones. The story of the *Unknown Vietnam Soldier* is one filled with mystery, politics, and intrigue. Was he truly “Unknown?” In the early days of the Vietnam conflict, America suffered its first casualty of this war, a man destined to be MIA. Hal Tinberg will share how detective work and state of the art testing by the Armed Forces DNA Identification Laboratory were used to put a name to the remains of these two American Heroes.

August 26 Normal Changes with Aging

Physical Therapists Dr. Alex Bendersky and Dr. Megan Hyatt will discuss normal anatomical changes that occur with aging. They will define common medical terminology, present the prevalence of orthopedic findings seen through X-Ray or MRI, and discuss how these findings impact function. Language has a powerful impact on function. This lecture is designed to help you understand and have more confidence about your “wrinkles on the inside.”

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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.

Fitness Class Levels

Level 1 - Designed for those with limited physical fitness ability. These classes are slower paced and may be done while seated.

Level 2 - Designed for those with moderate physical fitness ability. These classes include some aerobic activity and participants must have good balance.

Level 3 - Designed for those with strong physical fitness ability. These classes 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 6 – June 24 (7 classes)

Fee: \$49 / NM: \$69

~ Wednesdays, May 8 – June 26 (8 classes)

Fee: \$56 / NM: \$76

~ Mondays, July 8 – August 26 (8 classes)

Fee: \$56 / NM: \$76

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

Fee: \$56 / NM: \$76

Taught by Lisa Jacobs (Mondays) and Judy Samuelson (Wednesdays), 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 5/27* * Level 1 / 2

Tai Chi

Tuesdays, 11:15 am – 12:15 pm

~ May 7 – June 25 (8 classes)

Fee: \$56 / NM: \$76

~ July 9 – August 27 (8 classes)

Fee: \$56 / NM: \$76

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



Classes

Sit & Be Fit

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

- ~ Tuesdays, May 7 – June 25 (8 classes)
Fee: \$56 / NM: \$76
- ~ Thursdays, May 9 – June 27 (8 classes)
Fee: \$56 / NM: \$76
- ~ Tuesdays, July 9 – August 27 (8 classes)
Fee: \$56 / NM: \$76
- ~ Thursdays, July 11 – August 29 (8 classes)
Fee: \$56 / NM: \$76

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

Fit for Life

Mondays & Wednesdays, 9:15 – 10:15 am

- ~ Mondays, May 6 – June 24 (7 classes)
Fee: \$49 / NM: \$69
- ~ Wednesdays, May 8 – June 26 (8 classes)
Fee: \$56 / NM: \$76
- ~ Mondays, July 8 – August 26 (8 classes)
Fee: \$56 / NM: \$76
- ~ Wednesdays, July 10 – August 28 (8 classes)
Fee: \$56 / NM: \$76

Join instructor Lisa Jacobs to start moving your body through vibrant exercise. Low-impact aerobics increases your oxygen intake and improves cognitive functioning. Think clearer, raise your spirits, and give yourself the energy to take on the day! 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. Take on the world, one fitness class at a time! *No class 5/27.* * Level 3

Gentle Yoga

Wednesdays and Fridays

(W - Mat Work Optional; F - Seated & Standing)

10:30 - 11:30 am

- ~ Wednesdays, May 8 – June 19 (7 classes)
Fee: \$49 / NM: \$69
- ~ Fridays, May 10 – June 21 (7 classes)
Fee: \$49 / NM: \$69
- ~ Wednesdays, July 10 – August 28 (8 classes)
Fee: \$56 / NM: \$76
- ~ Fridays, July 12 – August 30 (8 classes)
Fee: \$56 / NM: \$76

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. Wednesdays please bring your own mat. * Wednesdays Level 2 / 3; Fridays Level 1 / 2

Tap Fitness

Thursdays, 2:45 - 3:45 pm

- ~ Thursdays, May 9 – June 27 (8 classes)
Fee: \$56 / NM: \$76
- ~ Thursdays, July 11 – August 29 (8 classes)
Fee: \$56 / NM: \$76

Ever wanted to try Tap? Instructor Lisa Jacobs shares her extensive dance background through tap steps, shuffles, maxi fords, shuffle off to Buffalo, and soft shoe. Tap Fitness promotes fitness in body, mind, and spirit. Tap or stomp your feet for fun, and feel like a kid again. Don't miss out on this time step!

All levels invited; tap shoes are welcome, but not mandatory.

* Level 2 / 3



Art

Watercolor Class

Wednesdays, 2 - 4 pm

~ May 8 – June 26 (7 classes)

Fee: \$84 / NM: \$104

~ July 10 – August 14 (5 classes)

Fee: \$60 / NM: \$80

Watercolor is a versatile painting medium which allows the artist a fluid range of expression. Linny Freeman teaches watercolor basics: supplies needed, preparing paper, creating value studies, painting washes, mixing colors, and more. All levels welcome. Participants will receive a supply list upon registration. *No Class 5/15 & 7/17.*

Advanced Painting Class

Thursdays, 1 - 3 pm

~ May 9 – June 27 (8 classes)

Fee: \$96 / NM: \$116

~ July 11 – August 29 (8 classes)

Fee: \$96 / NM: \$116

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.

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.

Cards and Games

Basics of Mah Jongg

Tuesdays, 1 - 3 pm

~ July 30 – August 27 (5 classes)

Fee: \$70 / NM: \$90

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

~ May 22 – June 26 (6 classes)

Fee: \$72 / NM: \$92

Continuing - Wednesdays, 1 - 3 pm

~ July 10 – July 31 (4 classes)

Fee: \$48 / NM: \$68

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

Interested in Bridge?

Check out page 14 for more details about the Center's free Duplicate Bridge game on Monday afternoons!

Classes

General

Conversational Spanish

Continuing: Fridays, 10 – 11 am

Advanced: Fridays, 11 am – 12 pm

~ Fridays, May 10 – June 28 (8 classes)

Fee: \$56 / NM: \$76

~ Fridays, July 19 – August 30 (6 classes)

Fee: \$42 / NM: \$62

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 8/2.*

Rules of the Road: Drivers Test Preparation Course

Thursday, June 13

10 am - 12 pm

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 11 & 12

9 am - 1 pm

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

Held at the HP Police Department

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.

General

Take Charge of Your Health Chronic Disease Self-Management Thursdays, 10 am - 12 pm

~ July 18 – August 22 (6 classes)

Fee: \$5 / NM: \$15

This Chronic Disease Self-Management Program (CDSMP) specifically addresses arthritis, diabetes, lung and heart disease and teaches skills useful for managing a variety of chronic diseases. Workshops are facilitated by two trained leaders, covering techniques to deal with problems associated with chronic disease, appropriate exercise, appropriate use of medications, communicating effectively, nutrition, and how to evaluate new treatments. Participants will see significant improvements in exercise, ability to do social and household activities, fear and frustration or worry about their health, reduced depression, reduction in symptoms like pain, and increased confidence in their ability to manage their condition.

Senior Center Featured Artist

Janet Poppe

May & June

Pearl Zaid

July & August

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



Activities - Free For Members / NM: \$10

Book Club Discussion Group

Tuesdays, 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.

May 21 The Alice Network

In an enthralling new historical novel, two women—a female spy recruited to the real-life Alice Network in France during World War I and an unconventional American socialite searching for her cousin in 1947—are brought together in a mesmerizing story of courage and redemption. By Kate Quinn

June 18 Where the Crawdads Sing

Where the Crawdads Sing is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps. By Delia Owens

July 16 Home Fire

The suspenseful and heartbreaking story of an immigrant family driven to pit love against loyalty, with devastating consequences. By Kamila Shamsie

August 20 The Friend

A moving story of love, friendship, grief, healing, and the magical bond between a woman and her dog. *Elegiac* and searching, is both a meditation on loss and a celebration of human-canine devotion. By Sigrid Nunez

Open Game Play - Please call for details.

Canasta	Mon. & Fri.	1 - 3:30 pm	Free
Poker	Wednesdays	12:30 pm	\$2 / \$3
Mah Jongg	Thursdays	1 - 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, 5/6, 6/3, 7/1 & 8/12** **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

No experience necessary! This group is looking for more members to create new shows and help out behind the scenes. 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.

“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. *No meeting 7/4.*

News & Views Current Events

Fridays, 10 - 11:30 am

Join others for an intimate, intellectual and respectful discussion on local and worldwide current events. Share your thoughts and opinions with this wonderful group, where all opinions are welcome and open for discussion.



Laurel Larks Singing Group

Fridays, 1:30 - 3 pm

Spring season ends May 31

Fall season begins September 6

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.

Reduced Rates for City Services

Resident households who qualify under the federal HUD low-income rates are eligible for reduced rates of garbage, sewer, diseased elm tree removal and vehicle sticker fees. Call Highland Park's City Hall at 847.432.0800 for further information.

Grief Group

Thursdays, 1:30 - 2:30 pm

August 1 - 29 (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 Monday, July 29.*

Living Alone Today - Support Group

2nd & 4th Tuesdays monthly, 1:30 - 3 pm

Looking to share some laughs, discuss an interesting topic or for someone to lend a compassionate ear? This free group welcomes those who are living alone and are seeking to spend some time in the company of others in a safe and supportive atmosphere. Guided by Jennifer Aiello, LPC, participants are encouraged to share delights, plights or ways to help handle life's transitions.

Senior Health Insurance Program

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

Well-Being Checks for Seniors

The Highland Park Police Department offers courtesy well-being checks to seniors during periods of extreme weather and temperatures. Please contact Detective Eric Robertstad at 847.926.1123.

Social Services

Wise and Well Community Education Highland Park Country Club Wednesdays, 1 - 2: 30 pm

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

Sponsored by Sunrise Senior Living

May 15 Alternative Senior Living Options

Jen Kosar, LSW , A Place for Mom

June 19 Hearing Well with Hearing Loss

Sue Sherman, Clinical Audiologist

July 17 Mindfulness

Angela Thomas, North Shore Holistic Health

Advance registration is preferred; walk-ins welcome. To register and for more information, please contact Jennifer Aiello, at 847.926.1868.

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.

Illinois Benefit Access Program

Help from the State of Illinois may be available for Illinois residents who are age 65 and older, or age 16 and older and totally disabled. To be determined eligible for these benefits, applications must be submitted on the Internet. Please call Jennifer at 847.432.4110 for further information or assistance completing the on-line application.

- License Plate Discount
- Senior/Persons with Disabilities Free Transit Ride

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

Luz Cepeda	Wilma Lakin
Reta Cohen	Lenore Macdonald
Myrna & Garrett Cohn	Rana Matteson
Adele Diamond	Christina Meyers
Sheila Draft	Michael Miller
Bill Ernst	Carrie Parks
Michele Feinberg	Surender Puri
John Field	George & Mary Ritzlin
Seymar & Judith Fleischman	Susan Schencker
Barbara Gunther	Phyllis Schwartz
Nancy Horner	Judith Sinclair
Adrienne Kamp	Joan Stone
Bernyce Kosoglad	Russell Whittman

Donations

In Memory of Irving Moses

From: Janet F Appel
June & Howard Berkowitz
Shirley Epstein
Teddy Felix
Harriet & Leonard Klein
Iris Morgan
Barbara Nathan
Marjorie Rissman
Arlene & Steven Steinberg
Francine Steinman
Linda Wallace

In Memory of Leonard Adler

From: Howard and June Berkowitz

Well Wishes to Sylvia Landau

From: Howard and June Berkowitz

In Honor of Nate Firestone's 100th Birthday

From: Natalie and Stuart Miller
Bob & Millie Weber

In Honor of Steve Isaacson

From: Howard and June Berkowitz

In Appreciation of the Senior Center Loan Closet

From: Bhupendra Jobalia
Rana Matteson
Ken Tucker

In Appreciation of Senior Services

From: Matthew and Adela 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.

May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 12:30 Open Poker 1:30 Yiddish	2 10:00 Men's Only Group 10:30 Trip: West Side Story 1:00 Open Mah Jongg 1:30 Grief Group	3 9:00 Open Art Studio 10:00 News & Views 1:00 Open Canasta 1:30 Laurel Larks 1:30 Live on the Links Senior Adult Prom Sat. May 4 5pm
6 9:00 Open Art Studio 9:15 Fit for Life 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	7 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Bingo	8 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Class	9 10:00 Brunch and Learn 10:15 Trip: Matilda 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 1:30 Grief Group 2:45 Tap Fitness	10 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 1:00 Open Canasta 1:30 Laurel Larks
13 9:00 Open Art Studio 9:15 Fit for Life 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	14 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	15 9:15 Fit for Life 10:30 Gentle Yoga 10:30 Humanities 11:00 Balance 12:00 Open Poker 1:00 Wise & Well 1:30 Yiddish	16 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 2:45 Tap Fitness 2:30 Service Project	17 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 1:00 Open Canasta 1:30 Laurel Larks
20 9:00 Open Art Studio 9:15 Fit for Life 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	21 9:30 Knitwits 10:00 Book Club 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 2:00 Bocce	22 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Beginning Canasta 1:30 Yiddish 2:00 Watercolor Class	23 11:30 Trip: Chicago Cubs 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 2:45 Tap Fitness	24 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 1:00 Open Canasta 1:30 Laurel Larks
27 CLOSED 1pm Indoor BBQ at Sunrise	28 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	29 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Beginning Canasta 1:30 Yiddish 2:00 Watercolor Class	30 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 2:45 Tap Fitness	31 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 1:00 Open Canasta 1:30 Laurel Larks

June 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Open Art Studio 9:15 Fit for Life 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	4 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Bingo	5 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Beginning Canasta 1:30 Yiddish 2:00 Watercolor Class	6 10:00 Men's Only Group 10:00 Brunch and Learn 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 2:45 Tap Fitness	7 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 12:00 Backyard Bash 1:00 Open Canasta
10 9:00 Open Art Studio 9:15 Fit for Life 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	11 9:30 Knitwits Service Project 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	12 9:15 Fit for Life 10:00 Cooking Demo 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Beginning Canasta 1:30 Yiddish 2:00 Watercolor Class	13 10:00 Rules of the Road 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 2:45 Tap Fitness	14 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 1:00 Open Canasta
17 9:00 Open Art Studio 9:15 Fit for Life 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movie	18 9:30 Knitwits 10:00 Book Club 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 2:00 Bocce	19 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Wise & Well 1:00 Beginning Canasta 1:30 Yiddish 2:00 Watercolor Class	20 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 2:45 Tap Fitness	21 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 11:30 Lunch: Sushi Badaya 1:00 Open Canasta
24 9:00 Open Art Studio 9:15 Fit for Life 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	25 9:30 Knitwits 9:30 Trip: Lunch Cruise 11:15 Tai Chi 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	26 9:15 Fit for Life 10:30 Humanities 11:00 Balance 1:00 Beginning Canasta 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Class	27 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links 2:45 Tap Fitness	28 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 11:00 Advanced Spanish 1:00 Open Canasta 1:30 Barry Bradford

July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Open Art Studio 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	2 9:30 Knitwits 12:30 Senior Producers 1:30 Bingo	3 12:30 Poker 1:30 Yiddish	4 CLOSED	5 9:00 Open Art Studio 10:00 News & Views 1:00 Open Canasta
8 9:00 Open Art Studio 9:15 Fit for Life 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	9 9:30 Knitwits 10:00 Service Project 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	10 9:15 Fit for Life 10:30 Gentle Yoga 10:30 Humanities 11:00 Balance 12:00 Cooking Demo 12:30 Poker 1:00 Continuing Canasta 1:30 Yiddish 2:00 Watercolor Class	11 9:00 AARP Driver Safety 1:00 Advanced Painting 1:30 Sit & Be Fit 1:00 Open Mah Jongg 2:45 Tap Fitness	12 9:00 AARP Driver Safety 9:00 Open Art Studio 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Canasta
15 9:00 Open Art Studio 9:15 Fit for Life 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	16 9:30 Knitwits 11:15 Tai Chi 10:00 Book Club 12:30 Senior Producers 1:30 Sit & Be Fit 2:00 Bocce	17 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Poker 1:00 Wise & Well 1:00 Continuing Canasta 1:30 Yiddish	18 9:15 Trip: Hamilton Exhibition 10:00 Chronic Disease Mgmt 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 2:45 Tap Fitness	19 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 1:00 Open Canasta
22 9:00 Open Art Studio 9:15 Fit for Life 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	23 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	24 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Poker 1:00 Continuing Canasta 1:30 Yiddish 2:00 Watercolor Class	25 10:00 Chronic Disease Mgmt 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links 2:45 Tap Fitness	26 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 1:00 Open Canasta 1:30 Barry Bradford
29 9:00 Open Art Studio 9:15 Fit for Life 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	30 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit	31 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Poker 1:00 Continuing Canasta 1:30 Yiddish 2:00 Watercolor Class		

August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00 Men's Only Group 10:00 Chronic Disease Mgmt 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group 2:45 Tap Fitness	2 9:00 Open Art Studio 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Canasta
5 9:00 Open Art Studio 9:15 Fit for Life 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta	6 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit 1:30 Bingo	7 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Class	8 10:00 Chronic Disease Mgmt 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links 1:30 Grief Group 2:45 Tap Fitness	9 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 12:00 Backyard Bash 1:00 Open Canasta
12 9:00 Open Art Studio 9:15 Fit for Life 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 11:15 Tai Chi 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit 1:30 Living Alone	14 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Class	15 10:00 Chronic Disease Mgmt 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group 2:45 Tap Fitness	16 9:00 Open Art Studio 10:00 News & Views 10:00 Continuing Spanish 10:30 Gentle Yoga 11:00 Advanced Spanish 1:00 Open Canasta Trip: Come from Away Sat. Aug. 17, 12:30pm
19 9:00 Open Art Studio 9:15 Fit for Life 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	20 9:30 Knitwits 11:15 Tai Chi 10:00 Book Club 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit 2:00 Bocce	21 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Trip: Hunchback of Notre Dame 1:30 Yiddish	22 10:00 Chronic Disease Mgmt 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group 2:45 Tap Fitness	23 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 1:00 Open Canasta 1:30 Barry Bradford
26 9:00 Open Art Studio 9:15 Fit for Life 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	27 9:30 Knitwits 11:15 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	28 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:30 Yiddish 5:00 Cooking Demo	29 9:00 Service Project 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group 2:45 Tap Fitness	30 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 1:00 Open Canasta Trip: The Band's Visit Wed. Sept. 4



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

PRESORTED
STANDARD
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HIGHLAND PARK, ILLINOIS
PERMIT NO. 97

Mayor

Nancy Rotering

City Council

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

City Manager

Ghida S. Neukirch

Senior Center

Laura Frey, CPRP

Manager of Senior 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 HP Connector will be out of service the following dates:

- Memorial Day** Monday, May 27
- Independence Day** Thursday, July 4
- Labor Day** Monday, September 2