



The Shorelines

September - December, 2019

Highland Park Senior Center
NEWSLETTER

54 Laurel Avenue, Highland Park

847.432.4110

Monday - Friday, 8 AM - 5 PM



Activity Registration

Returning Student Priority Registration:

Through Tuesday, August 20

Member Registration Begins:

Wednesday, August 21 at 9 AM

Open Registration Begins:

Wednesday, August 28 at 9 AM

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Back Yard Ice Cream Social

Highland Park Senior Center

54 Laurel Avenue - Highland Park



Friday, September 20

1 - 3 PM

Fee: \$5 / NM: \$10

Sponsored by Freedom Home Care

Enjoy beautiful views from the Senior Center's Back Yard! Join others for an old fashioned Ice Cream Social featuring a variety of flavored ice cream and toppings. Live music will ensure this day is a special treat!



Autumn Luncheon

Mather Place

2801 Old Glenview Road - Wilmette

Wednesday, September 25

11:30 AM - 1:30 PM

Fee: \$5 / NM: \$10

Mather Place, a Wilmette senior living community, invites you to an Autumn Luncheon. Delight in a warm cup of soup, Mather salad topped with your choice of grilled chicken or grilled salmon, and a special, delicious dessert. Enjoy a few games of fall bingo, with plenty of fun prizes to be had. Tours of this beautiful facility will also be available.

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



Fall Dinner Dance

Highland Park Country Club

1201 Park Avenue West - Highland Park

Wednesday, October 16

6 - 8:30 PM

Fee: \$15 / NM: \$25

Sponsored by Radford Green

HealthCare & Rehab

Take a stroll down memory lane at this inaugural Fall Dinner Dance! Enjoy a buffet dinner catered by Sunset Foods, live music, and dancing.

Dinner includes lemon chicken, Parmesan orzo, steamed broccoli, salad, dessert, and coffee or tea.

Dance the night away to the sounds of a musical Trio, featuring dance music throughout the decades. No need to have a partner - the music will be well suited for singles, couples and even group dances.

Halloween Party

Highland Park Country Club

1201 Park Avenue West - Highland Park

Thursday, October 31

12 - 2:30 PM

Fee: \$15 / NM: \$25

Sponsored by Aperion Care

The **Highland Park High School Wind Symphony** returns to perform their popular Spooktacular Halloween Concert! Prior to the concert, enjoy a buffet lunch catered by Sunset Foods, and a Halloween costume parade and contest.

Lunch includes Salisbury steak, glazed carrots, mashed potatoes, dessert, and coffee.

Prizes will be awarded for the cutest, scariest, most creative, and most use of black and orange. All participants in costume will receive a special participation prize!

Special Activities

Thanksgiving Luncheon

Ruth's Chris

933 Skokie Blvd. - Northbrook

Friday, November 22

12 – 1:30 PM

Fee: \$33 / NM: \$53

Sponsored by Whitehall of Deerfield

As autumn leaves turn brilliant hues, celebrate with friends, both old and new!

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 potato casserole, cremini mushrooms, pumpkin cheesecake, and soft beverage.

When registering, please indicate your choice of roasted turkey breast, salmon, or petit filet.

Glad Tidings Celebration

Brookdale Northbrook

4501 Concord Lane - Northbrook

Wednesday, December 11

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 including a carving station and a pasta bar, in their beautifully decorated Kennicott Room. Following, delight in 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.

Festival of Lights

CJE Weinberg Community

1551 Lake Cook Road - Deerfield

Friday, December 20

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.

New Year's Eve Celebration

Beelow's North Shore

1850 Second Street - Highland Park

Tuesday, 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 butternut squash soup, your choice of entrée, twice baked potato, roasted vegetables, triple chocolate layer cake, and soft beverage. Live music will fill the room with joy and good vibes!

When registering, please indicate your choice of horseradish encrusted tilapia, lobster tail, or petit filet.

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*

September 26 Pumpkin Centerpieces

Create a beautiful fall centerpiece inspired by the changing colors of autumn!

October 17 Bird Identification

The Wildbird Shack will share how to identify popular backyard birds, their unique behaviors, the difference between males and females and their calls.

B - I - N - G - O

Aperion Care

50 Pleasant Avenue - Highwood

1st Tuesday of the Month

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.

Games are held on 9/3, 10/1, 11/5, & 12/2



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

Culinary Demonstration

Binny's Demonstration Kitchen

153 Skokie Valley Road - Highland Park

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.



Tuesday, October 22

Lunch Demonstration

12 - 1:30 PM

Fee: \$20 / NM \$30

Thursday, November 7

Dinner Demonstration

5 - 6:30 PM

Fee: \$25 / NM \$35

Senior Center Relocation Update

The City of Highland Park is excited about plans to move Senior Services to the Highland Park Country Club, and is taking steps in that direction. Capital improvement projects have been included in the long-range budget, including \$480 thousand for roof replacement (2019), \$360 thousand for HVAC replacement (2020), \$1 million for parking lot repair and redevelopment (2022), and \$3.5 million for interior renovation (2022).

Beginning September 9, Senior Services will move activities that are currently being held off-site, to the Highland Park Country Club.

Programs being relocated to the Country Club include: Monday Speaker Series, Monday at the Movies, Blood Pressure Screening, Barry Bradford Presents, AARP Smart Driver Course, and the Laurel Larks.

Staff looks forward to this positive change.

Special Activities

Barry Bradford Presents

Highland Park Country Club

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.

History in Perspective

September 27 1919: 100 Years Ago

1919 was a fascinating year of transition in America. As American soldiers return from "Over There" America banned alcohol, the White Sox threw the World Series, and Jackie Robinson and George Wallace were born. Take a fascinating look back at the world 100 years ago.



October 25 1944: 75 Years Ago

1944 was the year the liberation of Europe began with the D-Day landings. Bing Crosby won an Oscar for playing a young priest, Robert Mueller and Rudy



Giuliani were born, Glenn Miller and Anne Frank died, and sunscreen was invented. Look at America at war and at home as we survey life 75 years ago.

November 1 1969: 50 Years Ago

In 1969, America was in turmoil. With Vietnam entering a deadly phase, a quarter million protestors marched on Washington. Neil Armstrong stepped on the moon, Charles Manson directed grisly murders and Woodstock highlighted the Cultural Revolution. Join us for a fascinating look at a turbulent year!

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 26 Klezmer Quartet

The klezmerim of Eastern Europe (Jewish folk musicians) drew upon the lyrical and haunting melodies of cantors and the boisterous dances of the Russians, Rumanians, and Poles, to create a unique and evocative style of their own. This quartet from the Maxwell Street Klezmer Band includes piano, violin, clarinet, and vocals and will feature Klezmer, Jewish, Yiddish, as well American music, composed by some of the most loved Jewish composers.

October 31 Halloween Party

The Highland Park High School Wind Symphony returns to perform their popular Spooktacular Halloween Concert! Prior to the concert enjoy a buffet lunch, and a Halloween costume contest.

Advanced registration is required; please see full details on page two.

November 21 Plenty to be Thankful For

As Thanksgiving rolls around, enjoy a concert featuring songs of gratitude and happiness.

December 5 Honigberg Trio

The Pilgrim Chamber Players celebrates its 23rd season! This special three generation concert features The Honigberg Family Trio! Together, they will present a mixed program of solos, duos, and trios for violin, cello and piano. Don't miss this rare opportunity to see Pilgrim Chamber Players founder Carol Honigberg, her son Steven Honigberg, and granddaughter Lily Honigberg, playing beautiful music together!

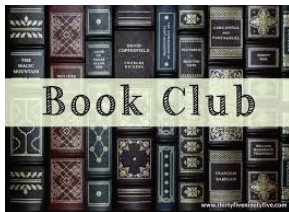
Book Club Discussion Group

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 19 Ask Again, Yes

A profoundly moving novel about two neighboring families in a suburban town, the friendship between their children, a tragedy that reverberates over four decades, the daily intimacies of marriage, and the power of forgiveness. *By Mary Beth Keane*

October 17 Searching for Sylvie Lee

A poignant and suspenseful drama that untangles the complicated ties binding three women—two sisters and their mother—in one Chinese immigrant family and explores what happens when the eldest daughter disappears, and a series of family secrets emerge. *By Jean Kwok*

November 21 There, There

The story of twelve unforgettable characters, Urban Indians living in Oakland, California, who converge and collide on one fateful day at the Big Oakland Powwow. Momentum builds toward a shocking yet inevitable conclusion that changes everything. There will be glorious communion, and a spectacle of sacred tradition and pageantry, and there will be sacrifice, and heroism, and loss. *By Tommy Orange*

Humanities Series

Highland Park Public Library

494 Laurel Avenue, Highland Park

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

September 18 Broadway and American Society

October 30 Remembering Dr. King

November 13 Un-American: The Incarceration of Japanese Americans

December 18 Chicago's Pizza History

Film Showing and Discussion

Highland Park Public Library

494 Laurel Avenue, Highland Park

Sundays, 2:30 PM

Free for members and the community at large

Presented with the Highland Park Public Library

Sponsored by Right at Home

American Road Trips

With Bob Coscarilli

September 22 Green Book (2018)

October 27 Easy Rider (1969)

November 10 Transamerica (2005)

December 1 Long, Long Trailer (1954)

Activities - Free For Members / NM: \$10

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 Country Club 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 HP Country Club. Check Calendar*

Free Blood Pressure Screening Mondays, 9/9, 10/7, 11/4 & 12/2 10 - 10:30 AM

Provided by Traycee Home Care Services

Highland Park Country Club

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 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.

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. Facilitated by Skip Jacobs.



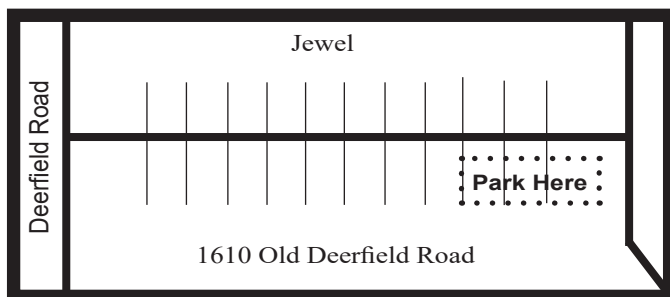


Day Excursions

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



The Hunchback of Notre Dame

Music Theater Works, Evanston

Wednesday, August 21

Fee: \$75 / NM: \$95

Bus departs 1610 Deerfield Road at 1 PM

Bus returns at approximately 6 PM

This trip was previously promoted; please call to check availability.

The Band's Visit

Wednesday, September 4

Fee: \$135 / NM: \$155

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.

Miracle: A Musical 108 Years in the Making

Royal George Theater & Harry Caray's

Thursday, September 19

Fee: \$110 / NM: \$130

Bus departs 1610 Deerfield Road at 10:30 AM

Bus returns at approximately 5:30 PM

Discount Deadline: Wednesday, August 21

Set against the backdrop of the Chicago Cubs 2016 championship season, this heartwarming story chronicles the life of a northside family whose lives for generations have been intrinsically linked to the Cubbies. As times change, can they keep faith, not just in their team, but each other? Holy Cow...prior to the show, enjoy lunch at Harry Caray's.



Luisa Miller & Brunch

Civic Opera House

Tuesday, October 8

Fee: \$40 / NM: \$60

Bus departs 1610 Deerfield Road at 9 AM

Bus returns at approximately 5 PM

Discount Deadline: Monday, September 9

Day Excursions

Luisa Miller (continued)

A new-to-Chicago production, Verdi's sumptuously beautiful romantic drama tells the story a young couple's relationship, which leads to catastrophe that breathes passion and excitement. Memorable arias (including *Quando le Sere al Placido*, one of the composer's greatest tenor hits), breathtaking duets, and thrilling ensembles abound in this tale of star-crossed love and violent jealousy. Sung in Italian with projected English translations, the run-time is 2 hours, 45 minutes with 1 intermission. Prior to the show, enjoy a buffet brunch at One North, which is directly across the street from the Civic Opera House. Please note: This excursion is held on the eve of Yom Kippur; sundown anticipated at 6:21 PM.

*This trip is partially funded with a grant from
The Trillium Foundation,
with tickets provided by the Lyric Opera.*

Louis Comfort Tiffany & Lunch Driehaus Museum & Grand Lux Café Thursday, October 24

Fee: \$100 / NM: \$120

Bus departs 1610 Deerfield Road at 9 AM
Bus returns at approximately 4 PM
Discount Deadline: Monday, September 23

A celebration of beauty, Louis Comfort Tiffany: Treasures from the Driehaus Collection features more than 60 objects, spanning over 30 years of Tiffany's prolific career. One of America's most renowned artists, Louis Comfort Tiffany worked in nearly all of the media available to artists and designers in the late nineteenth and early twentieth centuries. This exhibition revels in the artistry and craftsmanship of the Tiffany artworks, highlighting masterworks never before presented in a comprehensive exhibition. Following the exhibit, enjoy lunch at the Grand Lux Café, including chopped salad, your choice of entrée with chef's choice of sides, key lime pie for dessert, and soft beverages. When registering, please indicate your choice of miso glazed salmon, pan roasted chicken, or braised pot roast.

Free Museum Day

Adler Planetarium Friday, November 8

Fee: \$30 / NM: \$50

Bus departs 1610 Deerfield Road at 9:30 AM
Bus returns at approximately 3:30 PM
Discount Deadline: Monday, October 21



Walk through space and time at the Adler Planetarium! Extending out into Lake Michigan from its Museum Campus home, this is America's first planetarium and it has become a recognized leader in science education. Immersive theater programs and special exhibitions allow you to journey through the vast universe – from the depths of powerful black holes to the heights of Voyager 1, the farthest human-made object from Earth.

Fee includes transportation only; lunch and upgrades are on your own. Proof of Illinois residency required; please bring a valid photo ID.

River's Casino & Lunch

Des Plaines

Tuesday, December 10

Fee: \$50 / NM: \$70

Bus departs 1610 Deerfield Road at 9:30 AM
Bus returns at approximately 3:30 PM
Discount Deadline: Monday, November 4



If you're looking for the hottest Chicago gaming action, Rivers Casino is the place for you. Enjoy slots? They've got nearly 1,000 of the newest and they pay out more than any other Chicagoland casino. Are table games more your style? They've got over 50. Also enjoy lunch at the Canopy Buffet featuring freshly prepared cuisine including: salads, homemade soups, pizzas, Italian cuisine, carving stations, comfort food featuring a vertical rotisserie and an Asian station including sushi and seafood.

Fee includes \$10 play credit, lunch, and transportation. Please bring a valid photo ID, which is required for the \$10 play incentive.



Monday Speaker Series

Highland Park Country Club
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 7, November 4 & December 2.

September 2 **NO PROGRAM: Labor Day**

September 9 **How to Stay in Your Home as Long as Possible**

Learn about the importance of Powers of Attorney, especially as you age. Matt Margolis, Partner, will discuss the various caretakers one can hire in the home and how to pay for them, knowing that things might need to change when money starts to run low. Learn about the various long term care communities and their pay structure as well as the available benefits that can be applied for (both in the home and in long term care communities).

September 16 **Sex, Love And Growing Old**

Love and romance never get old! In fact, in many ways, romantic relationships get better with age. Join Jackie Pilossoph from Home Care Assistance and Michelle Bernstein from Weinberg Community Living for a fun, energetic presentation about love at an older age, the myths you hear, the realities of aging, and how love has a magical way of keeping you happy and healthy.

September 23 **Canada, eh?**

Our Northern neighbour, Canada just celebrated its 150th anniversary in 2017. Helene Turner will share 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.

September 30 **NO PROGRAM: Rosh Hashanah**

October 7 **Gone with the Wind**

2019 commemorates the 80th anniversary of a film that gives a narrative of a troubled time in America's history and arguably one of the greatest on-screen romances in the history of film! Join Steven Frenzel as he ventures behind the scenes to uncover the secrets of this masterful film. Hear stories about the worldwide search for Scarlett O'Hara and the story of how Vivien Leigh was introduced to the filmmakers. Find out what it took to create a film that still thrills and amazes audiences 80 years later!

October 14 **Andrew Lloyd Webber: Musical Theater Prodigy**

Andrew Lloyd Webber changed the face of musical theater when he "crossed the pond" from London's West End to New York's Broadway. Andrew perfected the "sing through" musical from *Joseph and the Amazing Technicolor Dreamcoat* to *Jesus Christ Superstar* to *Evita* to *CATS*. Along the way, he collaborated with and discarded both musical and romantic partners. Susan Benjamin focuses on the creation of his early musical triumphs in the first of this two part program.



October 21 **Leaving a Financial Legacy**

Learn ways to care for the people and things you love after you're gone. Ryan May, Financial Advisor with Ameriprise Financial Services, will share how an estate plan helps put you in control, how to leave behind a lasting, meaningful legacy, and how to manage estate tax burden – for you and your heirs.



Monday Speaker Series

October 28 Boost Your Brain Health

Just like the body, the brain can show signs of aging over time. While this is natural, there are positive lifestyle changes you can make to keep your mind sharper for longer. Join Alita Arnold, RN, Cognitive Therapeutics Specialist, to learn proactive ways to enhance cognitive functioning, including fun activities used in the Cognitive Therapeutics Method™, a science-based cognitive stimulation program.

November 4 City Update

Mayor Rotering, Councilman Kaufman and City Manager Neukirch will provide a brief State of the City including highlights of the City's budget and an update on major projects and initiatives. Questions from the public are welcome.

November 11 NO PROGRAM: Veteran's Day

November 18 Andrew Lloyd Webber: Musical Theater Master

Part two of this program follows the trajectory of his early musical hits and how Andrew Lloyd Webber enhanced success with works such as *Phantom of the Opera*, *Aspects of Love*, *Sunset Boulevard* and *School of Rock*. For his prolific accomplishments, he was knighted in England and received the Kennedy Center Honor in the United States. Susan Benjamin intertwines elements of his expansive body of work as well as his expanding family.

November 25 The Dulles Brothers

Historian Laurence Stern reviews *The Brothers* by Stephen Kinzer. Allen, Director of the CIA and JoŠ Foster, Secretary of State, both served simultaneously for President Eisenhower's 8 years in office. These two men, with Eisenhower's approval, took the US on a new and uncharted course. Their actions in Africa, Central America and the Middle East would effect world events for decades. Would their policies be beneficial or detrimental?

December 2 Swiss Journey

Tucked into the cultural and geographic heart of Europe, Switzerland has quaint storybook towns, cities that combine the old with the new, and sweeping Alpine landscapes. Kay Thomas will start the tour in Zurich, Switzerland's center of banking and commerce. Then travel to the Principality of Liechtenstein, glamorous St. Moritz, Zermatt, Lake Geneva, Berne, Gruyeres and Lucerne. In Italy, visit Stresa and Lake Como.

December 9 Oscar Hammerstein Part 1: Lyrical Optimist

Oscar Hammerstein was born into a storied theater family; yet, following his father's wishes, he tried to become a lawyer. But musical theater was his calling, and with a number of collaborators, his work re-shaped and re-defined this American art form. Susan Benjamin features some of Oscar's most memorable lyrics, from *Showboat* to *The Sound of Music*, with explanations of how his personal life led to his writing songs that read like poetry.

December 16 Happy Birthday, Beethoven!

Join Composer and Music Researcher Jim Kendros to celebrate Beethoven's Birthday! Beethoven was born on December 16, 1770. What better way to enjoy a morning of music than to revel in the splendors of Beethoven's music! Jim will share Beethoven's *Moonlight Sonata* and the timeless passions of the *Symphony #5*. In addition, explore how Beethoven took traditional forms of music and made them revolutionary! Come for a morning of eternally expressive music to celebrate Beethoven and his art form!

December 23 NO PROGRAM: Winter Break

December 30 NO PROGRAM: Winter Break

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.

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

Tai Chi

Tuesdays, 11:15 AM – 12:15 PM

~ September 10 – October 22 (7 classes)

Fee: \$49 / NM: \$69

~ November 5 – December 17 (7 classes)

Fee: \$49 / NM: \$69

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



Sit & Be Fit

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

~ Tuesdays, September 10 – October 22 (7 classes)

Fee: \$49 / NM: \$69

~ Thursdays, September 12 – October 24 (7 classes)

Fee: \$49 / NM: \$69

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

Fee: \$49 / NM: \$69

~ Thursdays, November 7 – December 19 (6 classes)

Fee: \$42 / NM: \$62

Join Carol King for a fun workout done while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music, utilizing light weights and resistance tubes. *No class 11/28.* * Level 1

Classes

Better Balance

Wednesdays, 11 AM - 12 PM

~ September 11 – October 23 (6 classes)

Fee: \$42 / NM: \$62

~ November 6 – December 18 (7 classes)

Fee: \$49 / NM: \$69

Taught by 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 10/9* * Level 1 / 2

Fit for Life

Wednesdays, 9:15 – 10:15 AM

~ September 11 – October 23 (6 classes)

Fee: \$42 / NM: \$62

~ November 6 – December 18 (7 classes)

Fee: \$49 / NM: \$69

Start moving your body through vibrant exercise. 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 10/9*. * Level 3

Tap Fitness

Thursdays, 2:45 - 3:45 PM

~ September 12 – October 24 (7 classes)

Fee: \$49 / NM: \$69

~ November 7 – December 19 (6 classes)

Fee: \$42 / NM: \$62

Learn to tap through 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. All levels invited; tap shoes are welcome, but not mandatory. *No class 11/28*.

* Level 2 / 3

Zumba Gold - Latin Dance Fitness

Thursdays, 10 - 11 AM

~ September 12 – October 24 (7 classes)

Fee: \$49 / NM: \$69

~ November 7 – December 19 (6 classes)

Fee: \$42 / NM: \$62

New instructor Sue Hock introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Participants will find the class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. It is FUN – exercise in disguise! *No class 11/28* * Level 3



Gentle Yoga

Wednesdays and Fridays

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

10:30 - 11:30 AM

~ Wednesdays, September 11 – October 23 (6)

Fee: \$42 / NM: \$62

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

Fee: \$49 / NM: \$69

~ Wednesdays, November 6 – December 18 (7)

Fee: \$49 / NM: \$69

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

Fee: \$42 / NM: \$62

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. *No class 10/9, 11/29*.

* Wednesdays Level 2 / 3; Fridays Level 1 / 2

Art

Watercolor Class

Wednesdays, 2 - 4 PM

~ September 11 – October 23 (6 classes)

Fee: \$72 / NM: \$92

~ November 6 – December 18 (6 classes)

Fee: \$72 / NM: \$92

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 10/9 & 11/27.*



Advanced Painting Class

Thursdays, 1 - 3 PM

~ September 12 – October 24 (7 classes)

Fee: \$84 / NM: \$104

~ November 7 – December 19 (7 classes)

Fee: \$84 / NM: \$104

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 11/28.*



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

~ September 10 – October 8 (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

~ September 11 – October 23 (6 classes)

Fee: \$72 / NM: \$92

Continuing - Wednesdays, 1 - 3 PM

~ October 30 – November 20 (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. *No class 10/9.*

Intermediate Bridge

Thursdays, 10 AM - 12 PM

~ September 19 – November 14 (9 classes)

Fee: \$10 / NM: \$20

Volunteer instructor David Nehmadi, ACBL Certified Best Practices Teacher, will guide you in bidding and take your playing to the next level. This class is also a great refresher for current players who want to brush up on their skills.



Classes

General

Conversational Spanish

Continuing: Fridays, 10 – 11 AM

Advanced: Fridays, 11 AM – 12 PM

~ September 13 – October 25 (7 classes)

Fee: \$49 / NM: \$69

~ November 1 – November 22 (4 classes)

Fee: \$28 / NM: \$48

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.

Rules of the Road:

Drivers Test Preparation Course

Thursday, September 12

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, October 10 & 11

9 AM - 1 PM

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

Held at the Highland Park Country Club

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

Laurel Larks Singing Group

Fridays, 1:30 - 3 PM

September 6 - December 27

Please register in advance; 847.432.4110

Sponsored by First Bank of Highland Park

Held at the Highland Park Country Club

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 JoŠ Kula and piano accompanist Dave Massello, no auditions are necessary - just a love of music and a desire to sing out! **No rehearsal 11/29*

Laurel Larks Community Concert

Friday, December 27

2 - 3 PM

Held at the Highland Park Country Club



Senior Center Featured Artist

Mary Lou Schwall-Komie

September & October

Sheri Saffro

November & December

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



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.

Prescription Drug Plan Assistance

Open enrollment for the Medicare Prescription Drug Plan extends from October 15 - December 7, 2019. 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 Center. Please call Jennifer Aiello to schedule an appointment.

Grief Group

Thursdays, 1:30 - 2:30 PM

October 3 - 31 (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 registrant must attend the initial meeting in order to participate. *Please register by Monday, Sept 30.*

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, all are encouraged to share ways to help handle life's transitions.

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

Updates on Medicare and Open Enrollment

September 18

- Gloria Reisner, SHIP volunteer

Powers of Attorney for Healthcare and Property

October 23

- Erin Vogt, LCSW of Dutton Casey & Mesoloras

An Introduction to Medical Cannabis

November 13

- Rick Niksic, Greenhouse Dispensary

Advance registration is preferred; walk-ins are 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.

Senior Transportation Opportunities

Highland Park Connector

The City of Highland Park has a new Connector bus with enhanced ADA accessibility options. 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. The Connector schedule is available at www.cityhpil.com/connector

Moraine Township Taxi Coupon Program

Moraine Township provides a Taxi Coupon Program for seniors and disabled residents. Township 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.

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.

Discounted Ticket Pass

The Highland Park Senior Center is thrilled to partner with a variety of local 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.



Welcome New Members

Richard & Laura Aronson	Linda Lipman
Louise Baygood	Pearl Lucas
Carl Behr	Dana Muller
Glen Bernfield	Jerrold Neugarten
Jane Boccuzzi	Barb Newman
Bonnie Bomberg	Irwin Pearlman
Louisa-May Bouchard	Bill & Marcia Perlman
Dale Dresdner	Rita R. Plenner
Walter & Gail Fried	Robert & Sydelle Reich
Howard & Judy Friedman	Janice Rodheim
Nancy Glazer	Marshall Rodin
Harline Goldberg	Penny Rosenblum
Harvey Herman	Barbara Rubenstein
Howard & Marilyn Hirsh	Caryn Schuman
Marlene Kaplan	Theodore Shalla
Marie Kniz	Jean Smith
Peggy Kratz	Roz Solomon
Delayne Landsman	Teri Steinberg
Dennis Lasser	Marilyn Stoneberg
Susan Lewis	MaryKay Foy & Tim Vezeau

Charitable Donations

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

The Senior Center Tree of Honor was donated to the Center in 2005 by Michael and Joan Weinberg, and provides a momentous opportunity to honor others. Gifts in the amount of \$200 or more will be memorialized on the Center's Tree of Honor. Please call 847.432.4110 for further information.

Donations

In Memory of Lou Frey

From: Marilyn Arbetman
Bernice Cohen
Lois Cohen
Ludmilla Coven
Shirley Degen
Marilyn & Fred Feirstein
Linda Heimann
Barbara & Louis Kaš
Ruth Kupchick & Family
Maxine Levin
Ceil Masler
Toby Moses
David Nehmadi
Burt & Becky Ofsaiof
Sam Prainito
Michael Rabin
Sheldon & Nancy Rachman
Još & Anne Shuford
Sunrise Senior Living
The Yaris Family

In Memory of Richard Klemp

From: Bernice Cohen

In Appreciation of the Knitwits

From: Carole Marchi

Tree of Honor Donations

In Loving Memory of Irving Moses

From: Family and Friends

In Loving Memory of Louise Phillips Frey

From: Family and Friends

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED Labor Day	3 9:30 Knitwits 12:30 Senior Producers 1:30 Bingo	4 12:30 Trip: The Band's Visit 12:30 Open Poker 1:30 Yiddish	5 10:00 Men's Only Group 1:00 Open Mah Jongg	6 9:00 Open Art Studio 10:00 News & Views 1:00 Open Canasta 1:30 Laurel Larks
9 9:00 Open Art Studio 10:00 Blood Pressure 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	10 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	11 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	12 10:00 Rules of the Road 10:00 Zumba Gold 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 2:45 Tap Fitness	13 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
16 9:00 Open Art Studio 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	17 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit	18 9:15 Fit for Life 10:30 Gentle Yoga 10:30 Humanities 11:00 Balance 12:30 Open Poker 1:00 Beginning Canasta 1:00 Wise & Well 1:30 Yiddish 2:00 Watercolor Class	19 10:00 Book Club 10:00 Zumba Gold 10:00 Intermediate Bridge 10:30 Trip: Miracle: A Musical 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 2:45 Tap Fitness	20 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 1:00 Ice Cream Social 1:00 Open Canasta 1:30 Laurel Larks Film Series Sun. 2:30pm @ HP Library
23 9:00 Open Art Studio 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	24 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	25 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 11:30 Autumn Lunch 12:30 Open Poker 1:00 Beginning Canasta 1:30 Yiddish 2:00 Watercolor Class	26 10:00 Brunch and Learn 10:00 Zumba Gold 10:00 Intermediate Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links 2:45 Tap Fitness	27 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 1:30 Barry Bradford
30 9:00 Open Art Studio 12:30 Duplicate Bridge 1:00 Open Canasta				

October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 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	2 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	3 10:00 Men's Only Group 10:00 Zumba Gold 10:00 Intermediate Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group 2:45 Tap Fitness	4 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 1:30 Laurel Larks 1:00 Open Canasta
7 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	8 9:00 Trip: Luisa Miller 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	9 12:30 Open Poker	10 9:00 AARP Driver Safety 10:00 Zumba Gold 10:00 Intermediate Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group 2:45 Tap Fitness	11 9:00 AARP Driver Safety 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
14 9:00 Open Art Studio 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	15 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit	16 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 6:00 Fall Dinner Dance	17 10:00 Brunch and Learn Book Club 10:00 Zumba Gold 10:00 Intermediate Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group 2:45 Tap Fitness	18 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
21 9:00 Open Art Studio 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	22 9:30 Knitwits 11:15 Tai Chi 12:00 Culinary Demo 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	23 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 1:00 Beginning Canasta 12:30 Open Poker 1:00 Wise & Well 1:30 Yiddish 2:00 Watercolor Class	24 9:00 Trip: Tiffany Exhibit 10:00 Zumba Gold 10:00 Intermediate Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group 2:45 Tap Fitness	25 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 1:30 Barry Bradford Film Series Sun. 2:30pm @ HP Library
28 9:00 Open Art Studio 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	29 9:30 Knitwits 12:30 Senior Producers	30 10:30 Humanities 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish	31 10:00 Intermediate Bridge 12:00 Halloween Lunch 1:00 Open Mah Jongg 1:30 Grief Group 1:30 Live on the Links	

November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Open Art Studio 10:00 News & Views 10:00 Continuing Spanish 11:00 Advanced Spanish 1:00 Open Canasta 1:30 Laurel Larks 1:30 Barry Bradford
4 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	5 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Bingo	6 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish 2:00 Watercolor Class	7 10:00 Men's Only Group 10:00 Zumba Gold 10:00 Intermediate Bridge 1:00 Advanced Painting 1:30 Sit & Be Fit 1:00 Open Mah Jongg 2:45 Tap Fitness 5:00 Culinary Demo	8 9:00 Open Art Studio 9:30 Trip: Adler Planetarium 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 1:00 Open Canasta 1:30 Laurel Larks Film - Sun. 2:30 @ Library
11 CLOSED Veteran's Day	12 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	13 9:15 Fit for Life 10:30 Gentle Yoga 10:30 Humanities 11:00 Balance 12:30 Open Poker 1:00 Continuing Canasta 1:00 Wise & Well 1:30 Yiddish 2:00 Watercolor Class	14 10:00 Zumba Gold 10:00 Intermediate Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 2:45 Tap Fitness	15 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
18 9:00 Open Art Studio 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	19 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit	20 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish 2:00 Watercolor Class	21 10:00 Book Club 10:00 Zumba Gold 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links 2:45 Tap Fitness	22 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 12:00 Thanksgiving Lunch 1:00 Open Canasta 1:30 Laurel Larks
25 9:00 Open Art Studio 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	26 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	27 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:30 Yiddish	28 CLOSED Thanksgiving	29 CLOSED Thanksgiving Break Film Series Sun. 2:30pm @ HP Library

December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Bingo	4 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Class	5 10:00 Men's Only Group 10:00 Zumba Gold 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links 2:45 Tap Fitness	6 9:00 Open Art Studio 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Canasta 1:30 Laurel Larks
9 9:00 Open Art Studio 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	10 9:30 Trip: River's Casino 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	11 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:00 Glad Tidings Lunch 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Class	12 10:00 Zumba Gold 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 2:45 Tap Fitness	13 9:00 Open Art Studio 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Canasta 1:30 Laurel Larks
16 9:00 Open Art Studio 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie	17 9:30 Knitwits 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit	18 9:15 Fit for Life 10:30 Gentle Yoga 10:30 Humanities 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Class	19 10:00 Zumba Gold 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 2:45 Tap Fitness .	20 9:00 Open Art Studio 10:00 News & Views 10:30 Gentle Yoga 12:00 Festival of Lights 1:00 Open Canasta 1:30 Laurel Larks
23 CLOSED Winter Break	24 CLOSED Winter Break	25 CLOSED Winter Break	26 CLOSED Winter Break	27 CLOSED Winter Break 2:00 Laurel Larks Community Concert at the HPCC
30 CLOSED Winter Break	31 CLOSED Winter Break 11:45 New Year's Eve Luncheon	January 1 CLOSED New Year	January 2 OPEN Welcome Back	January 3



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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Ghida S. Neukirch

Senior Center

Laura Frey, CPRP

Manager of Senior Services

Jennifer Aiello, M.S., LPC

Social Services Coordinator

Christina Earle, CPRP

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 the following dates:

Labor Day Monday, September 2

Veteran's Day Monday, November 11

Thanksgiving Thursday, November 28 - Friday November 29

Winter Break Monday, December 23 - Wednesday, January 1

The HP Connector will be out of service on:

9/2, 11/11, 11/28, 11/29, 12/23, 12/25, 12/26, 12/30, & 1/1