



The Shorelines

January - April, 2019

Highland Park Senior Center
NEWSLETTER

54 Laurel Avenue
Highland Park, IL 60035
847.432.4110



Activity Registration

Returning Student Priority Registration:

Wednesday, January 2 (one day only) at 9 am

Member Registration Begins:

Thursday, January 3 at 9 am

Open Registration Begins:

Monday, January 7 at 9 am

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Special Activities

New Year's Eve Luncheon



Beelow's North Shore

1850 Second Street - Highland Park

Monday, December 31

11:45 am - 1:45 pm

Fee: \$33 / NM: \$53



Sponsored by Freedom Home Care

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

When registering, please indicate seating preference and your choice of pork chops, New York strip steak, or petite lobster tail. Doors open at 11:30 am; heated parking is available under ground.

This event was previously promoted and registration is currently underway; please call for availability.

Valentine's Day Luncheon

Bella Via

1899 Second Street - Highland Park

Thursday, February 14

12 - 2 pm

Fee: \$23 / NM: \$33



Sponsored by Brookdale Senior Living Solutions

Celebrate Valentine's Day with love, friendship, delicious food and wonderful music. Bella Via's owner and executive chef, Maurizio Lobosco, will cook up a scrumptious lunch including an appetizer plate featuring samples of a carciofini (artichoke) al forno, mini-meatballs, and calamari, your choice of entrée, chef's choice of sides, cannoli with sweetened ricotta and chocolate chips for dessert, and your choice of soft beverage. Following lunch, enjoy live music featuring many of your favorite love songs.

When registering, please indicate your choice of pollo Toscana (portabella mushroom, artichoke, red bell pepper, white wine), Parmigiana di melanzane (breaded eggplant, marinara, parmesan, mozzarella) salmon alla griglia (evoo, lemon, grilled vegetables).



Special Activities

The Music Man

Highland Park High School

433 Vine Avenue - Highland Park

Wednesday, February 13

9:30 am

Free; for members only

Advanced registration required

The talented students of Highland Park High School invite you to their community performance of *The Music Man*. There's trouble in River City when a fast-talking salesman gets his heart stolen by the town librarian. Tickets may be purchased at the Senior Center, and must be presented upon entering the school, along with a photo ID.

Please carpool, and park in the Vine Avenue/South Parking lot, then enter through the school's main entrance.



St. Patrick's Day Party

Lake Forest Place

1100 Pembridge Drive - Lake Forest

Friday, March 15

12 - 2 pm

Fee: \$5 / NM: \$10



Sponsored by Lake Forest Place

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

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

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

Passover Seder

Aperion Care

50 Pleasant Avenue - Highwood

Thursday, April 18

11 am - 1 pm

Fee: \$5 / NM: \$10



Sponsored by Aperion Care

Enjoy a traditional Passover Seder and lunch featuring many delicious favorites. Participate in a condensed service, followed by a scrumptious holiday meal featuring chopped liver, matzo ball soup, gefilte fish, brisket, chicken, noodle kugel, tzimmiss, green beans, and a variety of desserts. Members of all faiths are welcome to attend and will learn about the holiday's traditions.

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

Senior 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 all dressed up... ready to serve, ready to dance, and ready to entertain. Advanced registration required; please call 847.432.4110.



Special Activities

Humanities Series

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

Free for members and the community at large

Presented with the Highland Park Public Library

Sponsored by Sunrise Senior Living

January 9 WFMT Classical Music

Steve Robinson, former general manager of WFMT, one of the world's most respected classical music stations, and founder of New Media Productions, discusses the history of WFMT. Robinson also discusses how to listen to podcasts and the future of classical music.

February 20 Art History in Chicago

Maggie Taft, co-editor of the book *Art in Chicago*, discusses the history of Chicago art, from the Chicago Fire to the present day.

March 13 Winston Churchill

Winston Churchill's life was filled with drama and excitement. Dan Myers, former executive director of The Churchill Centre, a worldwide organization that seeks to keep alive the memory and record of the greatest statesman of the 20th Century, discusses Churchill's life and times, his unique war meetings, and presents rare photos and brief excerpts from his speeches.

April 24 Chicago's Sweet Candy History

Award-winning actress and scholar Leslie Goddard discusses Chicago's candy history, including Brach's caramels, Snickers and Milky Way bars, Wrigley's gum, Cracker Jack, Baby Ruth and Butterfinger, Tootsie Rolls, and Frango Mints. Learn the history of these tasty treats and explore what made Chicago such an ideal location for candymakers.

Live on the Links Concerts

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

Sponsored by Aperion Care

January 24 Jazz Standards

Elaine Dame, Chicago jazz singer, band leader, recording artist and classical flautist has headlined the finest jazz venues in Chicago, the Midwest and the nation. Join Elaine, as part of this talented trio, for a fabulous set of popular Jazz standards. Come and enjoy some of Chicago's hottest performers, right here in Highland Park.

February 28 HPHS Jazz Band

The Highland Park High School Jazz Ensemble is the school's capstone jazz group. Comprised of students in grades 9 -12, this group performs a wide variety of jazz repertoire. The band prides itself on playing classics from Count Basie and Duke



Ellington, while also exploring more modern artists. From swing to Latin to funk, this band does it all!

March 7 A Traditional St. Paddy's Day

Join Rick Pickren in celebrating the joyful wearing o' the green! Sing along and clap your hands to some of the best Irish classics, including *Danny Boy*, *When Irish Eyes Are Smiling*, *MacNamara's Band*, *The Wild Rover*, *Mountain Dew* and *An Irish Lullaby*.



April 25 Big Band Trio

Join the Ron Smolen Big Band Trio for an afternoon of delightful music featuring their own big band arrangements, combined with classic arrangements of the Big Band era. The performance includes swing, tangos, sambas, waltzes, show tunes and a bit of rock, that will satisfy the entire audience.

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.

Best of Broadway

February 8 Broadway Today

Cultural Historian (and self-described Broadway nerd) Barry Bradford offers a dynamic program looking at some of the best Broadway musicals that will be playing in Chicagoland this year - with a special emphasis on introducing some of the shows being offered as Day Excursions by the Highland Park Senior Center.

March 8 Barry's Best of Broadway

Some Broadway musicals that are not big hits still produce unforgettable music, delightful characters and fascinating plots. After all, who would have guessed a musical about singing pussycats in a London alley would be a hit! Join Barry for a fun and insightful look at shows like *Finian's Rainbow*, *Call Me Madam*, *Xanadu* and *Babes In Arms*, none of which were a huge smash, yet each of which is delightful and important in its own way!

April 12 South Pacific

Critics dubbed it "South Terrific" when this groundbreaking musical premiered in 1949. Rodgers and Hammerstein's masterpiece is more than just a brilliant work of theater, it was intentionally written to begin a national conversation about racism. Barry explores the fascinating backstory, the gorgeous music and lyrics, and the everlasting impact of one of the most beloved and most important musicals ever!

Film Showing and Discussion

Highland Park Public Library

Sundays, 2 - 4:30 pm

Free, and open to the community at large

Presented with the Highland Park Public Library

Sponsored by Right at Home Senior Care



Dark Comedies

With Bob Coscarelli

January 20 Harold and Maude (1971)

Harold (Bud Cort) is a wealthy young man obsessed with death, who falls in love with Maude, a spirited octogenarian. Ruth Gordon stars as the eccentric bohemian, who lives her life exactly as she pleases, teaching Harold a lesson in making the most of his time on earth. The film was directed by Hal Ashby with a soundtrack by Cat Stevens.

February 24 After Hours (1985)

Paul Hackett (Griffin Dunne) is a computer operator setting out to meet a date late one night in New York. But starting from the taxi ride all goes horribly wrong and Paul goes from one disaster to another just trying to get back home. This multi-award-winning film was directed by Martin Scorsese.

March 10 Catch 22 (1970)

Director Mike Nichols directs a star-studded cast in a movie about a group of flyers in the Mediterranean during World War II. Based on the novel by Joseph Heller.

April 7 Game Night (2018)

Max and Annie (Jason Bateman and Rachel McAdams) host weekly game nights with friends. But one of the evenings takes an unexpected turn when Max's brother (Kyle Chandler) plans a murder mystery game. Directed by John Francis Daley and Jonathan Goldstein.

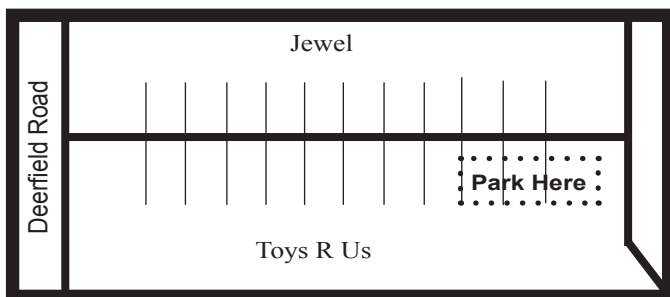


Day Excursions

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



Lyric Opera's Elektra & Brunch

Civic Opera House and Lloyd's

Wednesday, January 30

Fee: \$40 / NM: \$60



Bus departs 1610 Deerfield Road at 9:30 am

Bus returns at approximately 4 pm

Discount Deadline: January 16

ELEKTRA by Richard Strauss (1 hour 40 minutes)
Sung in German with projected English translations
Experience the vocal grandeur and blazing drama of this passionate heroine. She's the Mycenaean princess whose father, Agamemnon, was murdered by her mother, Klytemnestra, leaving Elektra hell-bent on revenge. As Strauss's staggeringly powerful orchestra moves inexorably toward the opera's hair-raising finale, the music is magnificently theatrical and devastatingly moving. Prior to the performance, enjoy brunch featuring a selection of delicious items. *Tickets to this dress rehearsal were donated by the Lyric Opera, and transportation was donated by the Trillium Foundation.*

Casino Outing & Buffet Lunch

Grand Victoria Casino

Thursday, February 21

Fee: \$45 / NM: \$65



Bus departs 1610 Deerfield Road at 9 am

Bus returns at approximately 4:30 pm

Discount deadline: February 4

A smoke-free facility, the Grand Victoria Casino is perched atop the spectacular Fox River and boasts over 1,100 exciting slots, a countless variety of Vegas-style table games, and wonderful dining options. Lunch at their Indulge Show Kitchen Buffet provides guests with a one-of-a-kind experience with six micro-restaurants in one. All this makes Grand Victoria Casino one of the best gaming, dining, and entertainment destinations in all of Chicagoland. Fee includes lunch and transportation. *All participants must bring a valid, legal form of identification.

In case of severe winter weather, this trip will be rescheduled for 2/28/19.

Day Excursions

Dear Evan Hansen

Oriental Theatre, Chicago

Wednesday, March 6

Fee: \$145 / NM: \$165

Bus departs 1610 Deerfield Road at 12:30 pm

Bus returns at approximately 5:30 pm

This trip was previously promoted and registration is currently underway.

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

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

Free Museum Day

Museum of Contemporary Art

Tuesday, April 9

Fee: \$30 / NM: \$40

Bus departs 1610 Deerfield Road at 9:30 am

Bus returns at approximately 3:30 pm

Discount Deadline: March 25

One of the nation's largest facilities devoted to the art of our time, the Museum of Contemporary Art Chicago offers exhibitions of the most thought-provoking art created since 1945. MCA Chicago documents contemporary visual culture through painting, sculpture, photography, video and film, and performance. Located in the heart of downtown Chicago, the MCA boasts a gift store, bookstore, restaurant, 300-seat theater, and a terraced sculpture garden with a great view of Lake Michigan. Fee includes transportation only; lunch and upgrades are on your own. Proof of Illinois residency required; please bring a valid photo ID.

In case of severe winter weather, this trip will be rescheduled for 4/16/19.

Matilda and Lunch

Drury Lane Theater & Banquet Hall

Thursday, May 9

Fee: \$88 / NM: \$108

Bus departs 1610 Deerfield Road at 10:15 am

Bus returns at approximately 5:45 pm

Discount Deadline: April 18

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. Tied for the most Olivier Awards ever, including Best New Musical, *Matilda* went on to win five Tony Awards. 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.



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

Discount Deadline: June 3

Broadway's COME FROM AWAY is a Best Musical winner all across North America!

The remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships.

Don't miss this breathtaking new musical written by Tony® nominees Irene Sankoff and David Hein, and helmed by this year's Tony-winning Best Director, Christopher Ashley.



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 January 7, February 4 & March 4.

January 7 Protection from Financial Scams

One of the biggest concerns for seniors is protecting themselves from the hundreds of financial scams that specifically target people of their age. These scams are both economically and emotionally damaging, and seniors should be educated about this growing problem. Steve Wollack, attorney, CPA and former Vice Chairman and Treasurer of the Chicago Mercantile Exchange, shares his unique perspective and expertise in this area.

**January 14 Jerome Kern:
Musical Theatre Pioneer**

Jerome Kern took musical theatre through an American door into the 20th century. Susan Benjamin will share his legacy from 36 musical shows, featuring songs that are still played at special occasions today and are part of the collective American memory. Although demanding of both himself and others, his body of work contains dreamy, beautiful love songs such as *They Didn't Believe Me* and *The Way You Look Tonight*. He also changed American theater with his integrated book and score of *Showboat*.

January 21 NO PROGRAM – MLK Day

*** Martin Luther King Day of Service**

Join together with the community from 10 am – 1:30 pm for the 10th Annual Martin Luther King Day of Service, held at the Recreation Center of Highland Park. The Dr. Martin Luther King, Jr. holiday is a perfect opportunity for Americans to honor Dr. King's legacy through service.

January 28 Bill Pay in the Digital Age

As seniors age, the chore of monthly bills, home maintenance, savings and investment oversight, and the minefield of Medicare can be overwhelming. Add in the barriers of technology, online payments, statements and enrollment – it is helpful to have an extra set of eyes to insure money is being spent efficiently and all financial obligations are being met. Jill Dillingham from Senior Checks & Balances will share advice for understanding digital security and how to keep personal information safe in today's age of social media and online bill pay.

February 4 The "American" Dvorak

The beloved composer Antonin Dvorak represents the nationalist trend of 19th Century romantic music, both Czech and American. *"New World" Symphony No. 9*, composed in 1893 during his American residency, explores Native American dialect, indigenous folk music and the Negro spiritual. The imprint of his Bohemian homeland with its distinct rhythms and lush melodies are omnipresent. Stephanie Ettelson will explore this symphony tuned into its colorful orchestration that is a hallmark of Dvorak's style.

**February 11 Jerome Robbins:
Master of Movement**

Jerome Robbins did more than dance or choreograph: he created concepts for some of the most successful American musicals. How did he come up with the idea for *West Side Story*? What led to his staging of *Fiddler on the Roof*? Susan Benjamin answers these and many other questions and features stories of his personal life, in conjunction with examples of some of his best-loved musical theater work.

February 18 City Update

Mayor Nancy Rotering, Councilman Dan Kaufman and City Manager Ghida Neukirch provide an update of major City projects and initiatives.

Monday Speaker Series

February 25 **Honest Success: Secrets to Revitalizing Your Life**

Find new vitality by discovering what uniquely works for you. Incorporate exercise into your daily activities. Learn how less is more when it comes to getting the benefits. Science based exercise can change your relationship with your body, even helping you lose weight. Andrea Scott holds a Master's in Sports Performance and Adult Fitness from the University of Illinois-Chicago. She was a gymnast at Michigan State University and an amateur state champion in the male dominated sport of racquetball.

March 4 **Mozart's Beautiful Woodwinds**

Join Jim Kendros to celebrate spring with beautiful compositions by Mozart, designed specifically for wind instruments! Delight in the *Clarinet Concerto*, which was composed while missing his lovely wife, Constanze. Enjoy Mozart's youthful *Bassoon Concerto*, and revel in lyrical music for the flute. Jim will also share his own brand of bringing Mozart's

personal letters alive! Come for a beautiful presentation of spring music with Jim Kendros!



March 11 **Luck O' the Irish**

Steven Frenzel celebrates Irish and Irish-American actors in this music-filled movie program! Enjoy Gene Kelly, James Cagney, Donald O'Connor and many more great talents as they dance and sing. Spend time in Ireland with some beloved films, including *The Quiet Man* with Maureen O'Hara and Barry Fitzgerald!

March 18 NO PROGRAM – Early Voting

March 25 NO PROGRAM – Early Voting

April 1 NO PROGRAM – Early Voting

April 8 **Poetry on Parade**

Join Highland Park Poetry's celebration of National Poetry Month (April). Local poets will read their work employing a wide variety of poetic styles, themes and forms, including highlights from the 2019 Poetry Challenge. Attendees are invited to bring a favorite poem to share as well.

April 15 **Building Resilience in Older Adults**

Resilience is the ability to successfully adapt to challenging life situations. Everyone will face a range of challenges and setbacks as they move through life, and these can compound as adults become seniors. The good news is that they are never too old to strengthen resilience. Trish Abbey, LCSW, will share how learning new skills and coping strategies can change the way they think about and respond to adversity.

April 22 **Leaving a 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.

April 29 **Jule Styne: Let Him Entertain You**

Immensely talented, Styne composed the scores for *Gypsy*, *Bells are Ringing*, *Gentlemen Prefer Blondes* and *Funny Girl*, in addition to hundreds of other popular songs. All told, he wrote about 1400 melodies, many of which are still heard today. Unfortunately Styne's compulsive gambling compromised his personal life, as he ran from keyboard to the racetrack. When asked who could best compose for their voices and styles, both Ethel Merman and Frank Sinatra insisted, "Get me Jule Styne." Susan Benjamin demonstrates why Ethel, Frank and many others thought that Styne's work led to outstanding entertainment.





Classes

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.

Coffee Break

Sponsored by Traycee Home Care

The Center offers decaffeinated coffee and hot tea throughout the day. Please stop in for a warm cup.

Fitness Class Levels

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

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

Level 3 - Designed for those with strong physical fitness ability. They include aerobic activity and are fast paced; those including floor work will be noted.

Exercise

Better Balance

Mondays and Wednesdays, 11 am - 12 pm

~ Mondays, January 7 – February 18 (6 classes)

Fee: \$42 / NM: \$62

~ Mondays, March 4 – April 22 (8 classes)

Fee: \$56 / NM: \$76

~ Wednesdays, January 9 – February 20 (7 classes)

Fee: \$49 / NM: \$69

~ Wednesdays, March 6 – April 24 (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 1/21* *Level 1 / 2

Tai Chi

Tuesdays Class 1: 10 – 11 am

Tuesdays Class 2: 11:15 am – 12:15 pm

~ January 8 – February 19 (7 classes)

Fee: \$49 / NM: \$69

~ March 5 – April 23 (7 classes)

\$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. *No class 3/26*

*Level 2



Classes

Sit & Be Fit

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

~ Tuesdays, January 8 – February 19 (7 classes)

Fee: \$49 / NM: \$69

~ Tuesdays, March 5 – April 23 (8 classes)

Fee: \$56 / NM: \$76

~ Thursdays, January 10 – February 21 (7 classes)

Fee: \$49 / NM: \$69

~ Thursdays, March 7 – April 25 (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

Wednesdays, 9:15 – 10:15 am

~ January 9 – February 20 (7 classes)

Fee: \$49 / NM: \$69

~ March 6 – April 24 (8 classes)

Fee: \$56 / NM: \$76

Join new instructor Lisa Jacobs for a fabulous mix of fitness, fun and friendship - consisting of cardio dance, strength training, balance and stretch. The focus will be to increase cardiovascular and muscular endurance as well as overall strength and balance for improved flexibility, mobility, joint stability and coordination. *Level 3



Gentle Yoga

Wednesdays: Mat Work Optional

Fridays: Seated & Standing Only

10:30 - 11:30 am

~ Wednesdays, January 9 – February 20 (7 classes)

Fee: \$49 / NM: \$69

~ Wednesdays, March 6 – April 24 (8 classes)

Fee: \$56 / NM: \$76

~ Fridays, January 11 – February 22 (7 classes)

Fee: \$49 / NM: \$69

~ Fridays, March 8 – April 26 (7 classes)

Fee: \$49 / NM: \$69

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 4/19*
*Wednesdays Level 2 / 3; Fridays Level 1 / 2

Wii Games Open Play - Free

Fridays, 1:30 - 3 pm

Wii games are fun and socially engaging activities that are played at the Center utilizing the big screen TV, gaming consoles, and hand help devices that transpose your movement to the screen. You don't need a bowling alley, golf course, or tennis court when you have a Wii game system! Wii Fit has been shown to help improve fitness and balance in seniors. Give it a try - you'll love it!

Wii Games Party - Free

Friday, January 11, 1:30 - 3 pm

Join staff and others for a Wii games introductory party! Enjoy this opportunity to learn about and explore the wide variety of Wii games available. Great for seniors of varying physical abilities, there is something for everyone. Light refreshments will be served; reservations are required.



Art

Watercolor Class

Wednesdays, 2 - 4 pm

~ January 9 – February 27 (8 classes)

Fee: \$96 / NM: \$116

Watercolor Pencils

~ April 3 – April 26 (4 classes)

Fee: \$48 / NM: \$68

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. Participants will receive a supply list upon registration.

Advanced Painting Class

Thursdays, 1 - 3 pm

~ January 10 – February 21 (7 classes)

Fee: \$84 / NM: \$104

~ March 7 – April 25 (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

~ March 26 – April 23 (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

~ February 20 – March 27 (6 classes)

Fee: \$72 / NM: \$92

Continuing - Wednesdays, 1 - 3 pm

~ January 9 – 30 (4 classes)

Fee: \$48 / NM: \$68

~ April 3 – 24 (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.



Classes

General

Conversational Spanish

Continuing: Fridays, 10 – 11 am

Advanced: Fridays, 11 am – 12 pm

~ January 11 – February 1 (4 classes)

Fee: \$28 / NM: \$48

~ March 1 – April 26 (8 classes)

Fee: \$56 / NM: \$76

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 4/19.*

Rules of the Road:

Drivers Test Preparation Course

Thursday, March 14

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.

HP 150

The City of Highland Park will celebrate its sesquicentennial (150th anniversary) in 2019 with highly visible special events, concerts, City tours and more. Plans are underway for a wide variety of festivities which will bring the community together to celebrate Highland Park and its wonderful history. There are a number of ways to get involved with the celebration and make 2019 a year to remember.

If you have an interesting story or photo about Highland Park and its history, please share it via email to cityhp@cityhpil.com.

MLK Day of Service - 150 service projects

Highland Park History Awards

Time Capsule - Opening Old Time Capsule

"Map" of Highland Park

Focus on the Arts

Mexico's Day of the Child, el Dia del Niño

Bus/ Bike Tours

Lawn Signs for Historic Homes

Pieces of History Puzzle Signs - 150 signs for 150 years

Bitter Jester Music Festival

Commemorative Book

Fourth of July Parade and Fireworks

Big Bash

Port Clinton Art Festival / Taste of Highland Park

Stupey Cabin Tours

Open Doors Highland Park

Light Up The Night

Time Capsule Dedication

HP 150 Club Member Donor

- Personalized 4 x 8" brick
- \$150
- Contact Hgarard@cityhpil.com





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.

February 19 The Great Believers

A dazzling new novel of friendship and redemption in the face of tragedy and loss, Yale and Fiona's intertwining stories take us through the heartbreak of the AIDS epidemic in the 80's and the chaos of the modern world, as both struggle to find goodness in the midst of disaster. By Rebecca Makkai

March 19 All You Can Ever Know: A Memoir

What does it mean to lose your roots—within your culture, within your family—and what happens when you find them? With warmth, candor, and startling insight, Chung tells of her search for the people who gave her up, which coincided with the birth of her own child. This is a profound, moving chronicle of surprising connections and the repercussions of unearthing painful family secrets—vital reading for anyone who has ever struggled to figure out where they belong. By Nicole Chung

April 16 The Library Book

On the morning of April 29, 1986, a fire alarm sounded in the Los Angeles Public Library. Raging through the stacks, the fire reached 2000 degrees and burned for more than seven hours. It was the largest library fire in the history of the United States: it destroyed four hundred thousand books and damaged seven hundred thousand more, and shut the library down for seven years. The mystery remains: did someone purposefully set fire to the library—and if so, who? By Susan Orlean

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 |
| Wii Games | Fridays | 1:30 - 3 pm | Free |

Monday at the Movies **Highland Park Police Station** **Mondays, 1:30 pm**

Sponsored by Gentle Home Services

Enjoy screenings of great movies newly released to DVD, along with a few older films; movie titles will be posted on a monthly flyer and in the weekly Friday e-mails. *Held at the Police Station. Check Calendar*

Free Blood Pressure Screening **Mondays, 1/7, 2/4, 3/4 & 4/8** **10 - 10:30 am**

Provided by Traycee Home Care Services

Highland Park Police Station

Duplicate Bridge **Mondays, 12:30 - 3:30 pm**

This duplicate bridge game allows experienced players the opportunity to play with their partner in a casual and beautiful environment.

- Game organizers will help you find a partner.
- Game begins promptly at 12:30 pm.
- Players must be available through 3:30 pm.
- Bidding boxes are used.
- New players must register in advance and will receive a game orientation prior to playing.

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

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

Knitwits

Tuesdays, 9:30 - 11:30 am

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

Senior TV Production Team

Tuesdays, 12:30 - 3:30 pm

HP Public Access Center, 1677 Old Deerfield Road

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

Yiddish Conversation & Culture

Wednesdays, 1:30 - 2:30 pm

Join facilitator Ludmilla Coven for a fun and lively Yiddish group. Learn basic Yiddish phrases, sing songs, and watch movies in Yiddish. *Yiddish will be on break during the month of January.*

“For Men Only” Discussion Group

First Thursday each month, 10 - 11:30 am

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

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

February 8 – May 31

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! *No rehearsal 4/19.*



Discounted Ticket Passes

The Highland Park Senior Center is thrilled to partner with a variety of local theater and concert venues to offer members specially negotiated discounted ticket prices. Senior Center members will be notified of special offerings via e-mail. In order to pick up tickets at the discounted price, you must present your current “Discounted Ticket Pass” issued by the Highland Park Senior Center along with a photo ID. Discounted Ticket Passes are not transferable and there is a limit of one (1) ticket per member, per performance. Discounted Ticket Passes are issued in conjunction with Senior Center membership and may be picked up in person during regular business hours; a photo ID is required.



Social Services

Social Services Coordinator

Social Services Coordinator, Jennifer Aiello, LPC, is available to help individuals and families as they navigate through life's transitions. In order to help maintain or improve one's quality of life and well being, social services include individual and family counseling, support groups, and information and referrals including:

- Information and referrals for caregiving agencies, alternative living facilities, transportation options, medical alert systems and mobile meals assistance
- Counseling for individuals experiencing loss, life changes, or seeking personal support
- Grief Group for those experiencing recent loss within the past year
- Appointments with a SHIP (Senior Health Insurance Program) volunteer
- Telephone Reassurance Program for senior adults living alone.

For further information or to schedule an appointment, call Jennifer at 847.926.1868.

Notary Public - At Your Service!

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

Financial Scholarships

Scholarship dollars may be used by residents toward membership, trips, classes, or special events. Please contact Social Services Coordinator, Jennifer Aiello, at 847.926.1868 to schedule a confidential meeting to determine qualification for funds.

Grief Group

Thursdays, 1:30 - 2:30 pm

April 4 – May 2 (5 weeks)

Free

Grief is a difficult journey to walk alone when a loss occurs. Having a safe place to express feelings can offer great comfort. This group is for those who are experiencing grief due to the death of a loved one within the past year. Facilitated by Jennifer Aiello, LPC, this five week interactive group will address the process of mourning, provide coping skills and offer the support of others facing a similar loss. Each participant must attend the initial meeting in order to participate. *Please register by Tuesday, March 26.*

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 Hernandez at 847.926.1123.

Social Services

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.

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.

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. Current income levels may not exceed \$27,610 for a single household, \$36,635 for a two-person household. 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 Free Transit Ride
- Persons with Disabilities Free Transit Ride

Volunteer Snow Shoveling Program

Low-Income Elderly and Disabled

The City of Highland Park offers a volunteer snow shoveling program designed to serve low income elderly and disabled residents of Highland Park. Income qualified individuals who are interested in receiving assistance from the Volunteer Snow Shoveling For further information and to request service, please contact Jennifer Aiello, Social Services Coordinator at (847) 432-4110 or jaiello@cityhpil.com.

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

| | |
|-----------------------|------------------------------|
| Marcy Abt | Betty Lichter |
| Ia Backstrom | Ellen Lieberman |
| Ellyn Batco | Donna Lock |
| Judy Baum | Pat Lombardo |
| Daniel Berger | Barbara Mendelson |
| Carole Bernstein | Carol Moritz |
| Peggy Bustamante | Bill & Lynn Oliver |
| Phyllis Citow | Tom & Aline Reynolds |
| Jane Colman | Tammie Roth |
| Marilyn Fox | Anna Marie Ruben |
| Jill Garfinkle | Maria Ruffalo |
| Belinda Gold | Arlene Sachs |
| Beverly Gothelf | Karen Sasso |
| Terry & Tina Haight | Carole & Burt Schmarak |
| Marsha Hirsch | Myrna Shamis |
| Judy Hoffman | Joan Sharfstein |
| Betty Holleman | William Silverman |
| Leslie Holz | Carole Stein |
| Jack Jacobs | Elaine Stenzel |
| Lesley Johnson | Judy Strauss |
| Fay Kaiser | Pauline Summerfield |
| Nell Kaiser | Kathy Tardiff |
| Edie Kleinman | Jerry & Rebecca VanBevern |
| Ethel Kurland | Susan Wetherald |
| Barbara J. Lewis | Marlene White |
| Richard & Merle Lewis | |

Senior Center Featured Artist

Senior Center Art Students

January & February

Mya Solow

March & April

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

Donations

In memory of Joyce Freberg's daughter, Caroline Anne Kelly

From: June Berkowitz

In honor of Steve Isaacson's Birthday

From: June Berkowitz

In Honor of Michael Rabin's 80th Birthday

From: Rob & Lauren Loomis

In Honor of Senior Services - Loan Closet

From: Lori Fagenholz
Robert Ratcliffe

In Honor of Senior Services - SHIP

From: Laurie Reinstein

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.

January 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| <p>December 31</p> <p>CLOSED</p> <p>Winter Break</p> <p>New Year's Eve Luncheon Beelow's 11:45</p> | <p>1</p> <p>CLOSED</p> <p>New Year's Day</p> | <p>2</p> <p>9:00 Returning Student Registration</p> <p>12:30 Open Poker</p> | <p>3</p> <p>9:00 Member Registration</p> <p>10:00 Men's Only Group</p> <p>1:00 Open Mah Jongg</p> | <p>4</p> <p>10:00 News & Views</p> <p>1:00 Open Canasta</p> <p>1:30 Wii Games</p> |
| <p>7</p> <p>9:00 Open Registration</p> <p>9:00 Open Art Studio</p> <p>10:00 Blood Pressure</p> <p>10:00 Bagels</p> <p>10:30 Monday Speaker</p> <p>11:00 Balance</p> <p>12:30 Duplicate Bridge</p> <p>1:00 Open Canasta</p> <p>1:30 Monday Movie</p> | <p>8</p> <p>9:30 Knitwits</p> <p>10:00 Tai Chi I</p> <p>11:15 Tai Chi II</p> <p>12:30 Senior Producers</p> <p>1:30 Sit & Be Fit</p> <p>1:30 Living Alone</p> | <p>9</p> <p>9:15 Fit for Life</p> <p>10:30 Humanities</p> <p>10:30 Gentle Yoga</p> <p>11:00 Balance</p> <p>12:30 Open Poker</p> <p>1:00 Continuing Canasta</p> <p>2:00 Watercolor Workshop</p> | <p>10</p> <p>1:00 Open Mah Jongg</p> <p>1:00 Advanced Painting</p> <p>1:30 Sit & Be Fit</p> | <p>11</p> <p>9:00 Open Art Studio</p> <p>10:00 Continuing Spanish</p> <p>10:00 News & Views</p> <p>10:30 Gentle Yoga</p> <p>11:00 Advanced Spanish</p> <p>1:00 Open Canasta</p> <p>1:30 Wii Games Party</p> |
| <p>14</p> <p>9:00 Open Art Studio</p> <p>10:30 Monday Speaker</p> <p>11:00 Balance</p> <p>12:30 Duplicate Bridge</p> <p>1:00 Open Canasta</p> <p>1:30 Monday Movie</p> | <p>15</p> <p>9:30 Knitwits</p> <p>10:00 Tai Chi I</p> <p>11:15 Tai Chi II</p> <p>12:30 Senior Producers</p> <p>1:30 Sit & Be Fit</p> | <p>16</p> <p>9:15 Fit for Life</p> <p>10:30 Gentle Yoga</p> <p>11:00 Balance</p> <p>1:00 Continuing Canasta</p> <p>12:00 Open Poker</p> <p>2:00 Watercolor Workshop</p> | <p>17</p> <p>1:00 Advanced Painting</p> <p>1:00 Open Mah Jongg</p> <p>1:30 Sit & Be Fit</p> | <p>18</p> <p>9:00 Open Art Studio</p> <p>10:00 Continuing Spanish</p> <p>10:00 News & Views</p> <p>10:30 Gentle Yoga</p> <p>11:00 Advanced Spanish</p> <p>1:00 Open Canasta</p> <p>1:30 Wii Games</p> <p><i>Film Series - HP Library Sun. January 20th @ 2pm</i></p> |
| <p>21</p> <p>CLOSED</p> <p>Martin Luther King, Jr. Day</p> | <p>22</p> <p>9:30 Knitwits</p> <p>10:00 Tai Chi I</p> <p>11:15 Tai Chi II</p> <p>12:30 Senior Producers</p> <p>1:00 Investment Club</p> <p>1:30 Sit & Be Fit</p> <p>1:30 Living Alone</p> | <p>23</p> <p>9:15 Fit for Life</p> <p>10:30 Gentle Yoga</p> <p>11:00 Balance</p> <p>12:30 Open Poker</p> <p>1:00 Continuing Canasta</p> <p>2:00 Watercolor Workshop</p> | <p>24</p> <p>1:00 Advanced Painting</p> <p>1:00 Open Mah Jongg</p> <p>1:30 Sit & Be Fit</p> <p>1:30 Live on the Links</p> | <p>25</p> <p>9:00 Open Art Studio</p> <p>10:00 Continuing Spanish</p> <p>10:00 News & Views</p> <p>10:30 Gentle Yoga</p> <p>11:00 Advanced Spanish</p> <p>1:00 Open Canasta</p> <p>1:30 Wii Games</p> |
| <p>28</p> <p>9:00 Open Art Studio</p> <p>10:30 Monday Speaker</p> <p>11:00 Balance</p> <p>12:30 Duplicate Bridge</p> <p>1:00 Open Canasta</p> <p>1:30 Monday Movie</p> | <p>29</p> <p>9:30 Knitwits</p> <p>10:00 Tai Chi I</p> <p>11:15 Tai Chi II</p> <p>12:30 Senior Producers</p> <p>1:30 Sit & Be Fit</p> | <p>30</p> <p>9:15 Fit for Life</p> <p>9:30 Trip: Lyric Opera</p> <p>10:30 Gentle Yoga</p> <p>11:00 Balance</p> <p>12:30 Open Poker</p> <p>1:00 Continuing Canasta</p> <p>2:00 Watercolor Workshop</p> | <p>31</p> <p>1:00 Advanced Painting</p> <p>1:00 Open Mah Jongg</p> <p>1:30 Sit & Be Fit</p> | |

February 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| | | | | 1 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 1:30 Wii Games |
| 4 9:00 Open Art Studio 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 | 5 9:30 Knitwits 10:00 Tai Chi I 11:15 Tai Chi II 12:30 Senior Producers 1:30 Sit & Be Fit | 6 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Workshop | 7 10:00 Men's Only Group 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit | 8 9:00 Open Art Studio 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Canasta 1:30 Barry Bradford 1:30 Laurel Larks 1:30 Wii Games |
| 11 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movie | 12 9:30 Knitwits 10:00 Tai Chi I 11:15 Tai Chi II 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone | 13 9:15 Fit for Life 9:30 HPHS Performance: Music Man 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Workshop | 14 1:00 Advanced Painting 12:00 Valentine's Lunch 1:00 Open Mah Jongg 1:30 Sit & Be Fit | 15 9:00 Open Art Studio 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Canasta 1:30 Laurel Larks 1:30 Wii Games |
| 18 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie | 19 9:30 Knitwits 10:00 Tai Chi I 11:15 Tai Chi II 10:00 Book Club 12:30 Senior Producers 1:30 Sit & Be Fit | 20 9:15 Fit for Life 10:30 Humanities 10:30 Gentle Yoga 11:00 Balance 1:00 Learn Canasta 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Workshop | 21 9:00 Trip: Casino Outing 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit | 22 9:00 Open Art Studio 10:00 News & Views 10:30 Gentle Yoga 1:00 Open Canasta 1:30 Laurel Larks 1:30 Wii Games <i>Film Series - HP Library Sun. February 24th @ 2pm</i> |
| 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 12:30 Senior Producers 1:00 Investment Club 1:30 Living Alone | 27 1:00 Learn Canasta 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor Workshop | 28 1:00 Open Mah Jongg 1:30 Live on the Links | |

March 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| | | | | 1 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 11:00 Advanced Spanish 1:00 Open Canasta 1:30 Laurel Larks 1:30 Wii Games |
| 4 9:00 Open Art Studio 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 | 5 9:30 Knitwits 10:00 Tai Chi I 11:15 Tai Chi II 12:30 Senior Producers 1:30 Sit & Be Fit | 6 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Trip: Dear Evan Hansen 12:30 Poker 1:00 Learn Canasta 1:30 Yiddish | 7 10:00 Men's Only Group 1:00 Advanced Painting 1:30 Sit & Be Fit 1:00 Open Mah Jongg 1:30 Live on the Links | 8 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 1:30 Laurel Larks 1:30 Wii Games <i>Film @Library 3/10 @2pm</i> |
| 11 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie | 12 9:30 Knitwits 10:00 Tai Chi I 11:15 Tai Chi II 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone | 13 9:15 Fit for Life 10:30 Humanities 10:30 Gentle Yoga 11:00 Balance 12:30 Poker 1:00 Learn Canasta 1:30 Yiddish | 14 10:00 Rules of the Road 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit | 15 9:00 Open Art Studio 10:00 Continuing Spanish 10:00 News & Views 10:30 Gentle Yoga 11:00 Advanced Spanish 12:00 St. Patrick's Lunch 1:00 Open Canasta 1:30 Laurel Larks 1:30 Wii Games |
| 18 9:00 Open Art Studio 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta | 19 9:30 Knitwits 10:00 Tai Chi I 10:00 Book Club 11:15 Tai Chi II 12:30 Senior Producers 1:30 Sit & Be Fit | 20 9:15 Fit for Life 10:30 Gentle Yoga 11:00 Balance 12:30 Poker 1:00 Learn Canasta 1:30 Yiddish | 21 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit | 22 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 Wii Games |
| 25 9:00 Open Art Studio 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Open Art Studio | 26 9:30 Knitwits 12:30 Senior Producers 1:00 Basics of Mah Jongg 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 Poker 1:00 Learn Canasta 1:30 Yiddish | 28 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit | 29 9:00 Open Art Studio 10:00 News & Views 10:00 Continuing Spanish 1:00 Open Canasta 10:30 Gentle Yoga 11:00 Advanced Spanish 1:30 Laurel Larks 1:30 Wii Games |

April 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 1 | 2 | 3 | 4 | 5 |
| 9:00 Open Art Studio 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta | 9:30 Knitwits 10:00 Tai Chi I 11:15 Tai Chi II 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit | 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 | 10:00 Men's Only Group 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group | 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 Wii Games <i>Film Series - HP Library Sun. April 7th @ 2pm</i> |
| 8 | 9 | 10 | 11 | 12 |
| 9:00 Open Art Studio 10:00 Blood Pressure 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie | 9:30 Trip: Museum of Contemporary Art 9:30 Knitwits 10:00 Tai Chi I 11:15 Tai Chi II 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit 1:30 Living Alone | 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 | 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group | 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 1:30 Laurel Larks 1:30 Wii Games |
| 15 | 16 | 17 | 18 | 19 |
| 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie | 9:30 Knitwits 10:00 Tai Chi I 10:00 Book Club 11:15 Tai Chi II 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit | 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 | 11:00 Passover Seder Luncheon 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group | 9:00 Open Art Studio 10:00 News & Views 1:00 Open Canasta 1:30 Wii Games |
| 22 | 23 | 24 | 25 | 26 |
| 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie | 9:30 Knitwits 10:00 Tai Chi I 11:15 Tai Chi II 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone | 9:15 Fit for Life 10:30 Humanities 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish 2:00 Watercolor Class | 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group 1:30 Live on the Links | 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 Wii Games |
| 29 | 30 | | | |
| 9:00 Open Art Studio 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:30 Monday Movie | 9:30 Knitwits 12:30 Senior Producers | | | Senior Citizen Prom-HPHS <i>Sat. May 4th @ 5pm</i> |



City of Highland Park

Highland Park Senior Center Membership Registration

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

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

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

1. Name Birthdate / /

Phone Cell E-Mail

2. Name Birthdate / /

Phone Cell E-Mail

Address City Zip

Current Member New Member Former Member Check: \$

Please list two people we could contact if necessary:

1. Name Relationship

Cell Address City

2. Name Relationship

Cell Address City

Doctor's name Phone

Participant Liability Waiver and Hold Harmless Agreement

Please read this form carefully and be aware that by registering for and/or participating in programs sponsored by the Highland Park Senior Center, you will be waiving your rights to all claims for injuries you might sustain arising out of participation, and you will be required to indemnify, hold harmless and defend The City of Highland Park for any claims arising out of participation in Senior Center activities. I also authorize use of my photo by the City of Highland Park for promotional purposes.

Risk of Injury: "As a participant in Senior Center activities, I recognize and acknowledge that there are certain risks of physical injury, including but not limited to death, and I agree to assume the full risk of injuries, including death, damages, or loss which I may sustain as a result of participating in any and all activities associated with participation.

Waiver of Injury Claims: "I agree to waive and relinquish any and all claims I may have arising out of, connected with, or in any way associated with the activities of the Senior Center.

Release from Liability: "I do hereby fully release and discharge the City of Highland Park and its officers, agents, and employees from any and all claims from injuries, including death, damage or loss which I may have or which may occur on account of participation in Senior Center activities."

Indemnity and Defense: "I further agree to indemnify, hold harmless and defend the City of Highland Park and its officers, agents, and employees from any and all claims from injuries, including death, damages and losses sustained by me and arising out of, connected with, or in any way associated with the activities of the Senior Center."

I have read and fully understand and agree to the above stated conditions of Highland Park Senior Center membership.

In the event of any emergency, I authorize the City of Highland Park to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed reasonable and necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered to me. I also authorize use of my photo by the City of Highland Park for promotional purposes.

I have read and fully understand and agree to the above stated conditions of membership to the City of Highland Park Senior Center.

Signature Signature

Date / / Date / /



Highland Park Senior Center

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

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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:

- Winter Break** Monday, December 24 - Tuesday, January 1
- Martin Luther King, Jr. Day** Monday, January 21

(The HP Connector WILL operate Wednesday, 12/26 from 9:30 am - 2:40 pm)