



# The Shorelines

January - April, 2020

Highland Park Senior Center  
**NEWSLETTER**

54 Laurel Avenue, Highland Park

847.432.4110

Monday - Friday, 8 AM - 5 PM



## In This Issue

### **Returning Student Priority Registration:**

Thursday, January 2 at 9 AM

### **Member Registration Begins:**

Friday, January 3 at 9 AM

### **Open Registration Begins:**

Wednesday, January 8 at 9 AM

## In This Issue

<b>Special Activities</b>	<b>Pages 2 - 6</b>
<b>Drop-In Activities</b>	<b>Page 7</b>
<b>Excursions</b>	<b>Pages 8 - 9</b>
<b>Monday Speaker Series</b>	<b>Pages 10 - 11</b>
<b>Classes</b>	<b>Pages 12 - 15</b>
<b>Social Services</b>	<b>Pages 16 - 17</b>
<b>Calendars</b>	<b>Pages 19 - 22</b>
<b>Membership Application</b>	<b>Page 23</b>



# Special Activities

## New Year's Eve Lunch Celebration

### Beelow's North Shore

1850 Second Street - Highland Park

**Tuesday, December 31**

**11:45 AM - 1:45 PM**

**Fee: \$33 / NM: \$53**

Registration is currently underway; deadline is December 20 at 12 Noon

*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. Cash bar will be available. 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. Doors open at 11:30 AM; heated underground parking is available and encouraged.

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

## HPHS Winter Musical

### Highland Park High School

433 Vine Avenue - Highland Park

**Wednesday, February 12**

**9:30 AM**

**Free; for members only**

**Tickets are required and are available at the HPSC**

Code: 01-201-01

The talented students of Highland Park High School invite you to their community performance of *The Addams Family* - a comical feast that embraces the wackiness in every family, featuring an original story that is every father's nightmare. Tickets may be picked up at the Senior Center and must be presented upon entering the school, along with a photo ID. Please carpool, park in the Vine Avenue/South Parking lot, then enter through the school's main entrance.

## Valentine's Day Luncheon

### Bella Via

1899 Second Street - Highland Park

**Friday, February 14**

**12 - 2 PM**

**Fee: \$23 / NM: \$33**

*Sponsored by Brookdale Senior Living Solutions*

Code: 01-201-02

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 calamari fritti, your choice of entrée, chef's choice of sides, tiramisu 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 Marsala, lasagna di carne, or salmon alla griglia.

# Special Activities

## St. Patrick's Day Party

### Warren Barr North Shore

2773 Skokie Valley Road - Highland Park

**Tuesday, March 17**

**12 - 2 PM**

**Fee: \$5 / NM: \$10**

*Sponsored by Warren Barr*

Code: 01-201-03

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

**Tuesday, April 7**

**11 AM - 1 PM**

**Fee: \$5 / NM: \$10**



*Sponsored by Aperion Care*

01-201-05

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, tzimmes, 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.*

## Easter Brunch

### Elevate Care

3705 Deerfield Road - Riverwoods

**Sunday, April 5**

**11 AM - 1 PM**

**Fee: \$5 / NM: \$10**



*Sponsored by Elevate Care*

Code: 01-201-04

Elevate Care welcomes you to celebrate spring! Enjoy a delicious brunch featuring prime rib station, chicken, egg casserole, turkey sausage, wild rice, scalloped potatoes, steamed vegetables, fresh fruit, dinner rolls, dessert, mimosa bar, and soft beverages. Following brunch, enjoy live musical entertainment that will put a spring in your step! Members of all faiths are welcome to attend.

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

## Senior Citizen Prom

### Highland Park High School

433 Vine Avenue - Highland Park

**Saturday, May 2**

**5 - 7:30 PM**

**Fee: \$5 / NM: \$10**

Code: 01-201-06

The Highland Park High School Class of 2023 invites you to join them for a *Night at the Prom*. Enjoy a fabulous evening of dinner, dancing, and entertainment. Guests will enjoy a catered dinner 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

## Culinary Demonstration

### **Binny's Demonstration Kitchen**

153 Skokie Valley Road - Highland Park

**12 - 1:30 PM**

**Fee: \$5 / NM: \$10**

*Sponsored by Radford Green*

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.

**Tues., March 31      Roasted Tomato Bisque**

Code: 01-202-01

**Thurs., April 23      Tapas and Wine Tasting**

Code: 01-202-02

## B - I - N - G - O

### **Aperion Care**

50 Pleasant Avenue - Highwood

**Tuesdays, 1:30 – 2:30 PM**

**Registration Fee: \$5 / NM: \$10**

*Sponsored by Aperion Care of Highwood*

Code: 01-203-01

Calling all Bingo lovers! Enjoy this exciting chance to win gift cards and prizes. Light refreshments will be provided to sweeten the afternoon.

Games are held on 1/7, 2/4, 3/3 & 4/21

*April Bingo will be held on the 21st, as the Seder is on the 7th.*



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

## Book Club Discussion

**Thursdays, 10 - 11:30 AM**

**Per Session Fee: \$5 / NM: \$10**

**Please register one week in advance**

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.

**March 19    The Body in Question** by Jill Ciment

Code: 01-204-01

A rich teenage girl is on trial for murdering her brother. Two of the jurors: Hannah, a married fifty-two-year-old former photographer of rock stars and socialites, and Graham, a forty-one-year-old anatomy professor, fall into a furtive affair while the jury is sequestered. During deliberations, the lovers learn that they are on opposing sides of the case. After the verdict, Hannah returns home to her husband, but the case ignites once again and Hannah's "one last dalliance before she is too old" takes on profoundly personal and moral consequences as *The Body in Question* moves to its affecting, powerful, and surprising conclusion.

**April 16    The River** by Peter Heller

Code: 01-205-02

Wynn and Jack have been best friends since freshman orientation, bonded by their shared love of mountains, books, and fishing. When they decide to canoe the Maskwa River in northern Canada, a wildfire making its way across the forest adds unexpected urgency to the journey. When they hear a man and woman arguing and decide to warn them about the fire, their search for the pair turns up nothing. The next day a man appears on the river, paddling - alone. From this charged beginning, master storyteller Peter Heller unspools a heart-pounding story of desperate wilderness survival.

# 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 - 2020

**February 28                      1920 (100 years ago)**

1920 was a dynamic and exciting year! The "Roaring 20s" were ushered in by women getting the right to vote, Prohibition, the rise of the Mafia, a new found love of movies and sports, and the start of the "Flapper Era!" A decade of prosperity began, but civil unrest and natural disasters would make 1920 an unforgettable year!

**March 27                              1945 (75 Years Ago)**

The end of World War II was the start of the Atomic Era. America was overwhelmed by joy as V-E Day and V-J Day were celebrated but mourned the loss of FDR, thousands of soldiers and the discovery of the extent of the Holocaust. Come and learn about how the Cubs made it to the World Series, a ventriloquist became a sensation on the radio, and big band music welcomed the beginning of peace!

**April 24                                1970 (50 Years Ago)**

The beginning of a decade of change saw America rapidly changing! The Beatles disbanded, 100,000 people in Washington, DC protested the Vietnam War, the Chicago 8 trial was conducted and America celebrated Earth Day for the first time. Matt Damon and Tina Fey were born, Charles De Gaulle and Janis Joplin died, and the once promising Cubs flamed out.

## Country Club Concerts

**Highland Park Country Club**

**Thursdays, 1:30 - 2:30 PM**

**Free for members / NM: \$10**

*Sponsored by Aperion Care*

**January 9                      Afternoon Cabaret**

Warm up a winter afternoon with Chicago-based jazz singer Elaine Dame and pianist Dennis Luxion. When Elaine sings, people stop and listen. Since 1996, Elaine has been turning heads and capturing attention at the nation's finest jazz venues, bringing her joyful arrangements to vintage vocal gems and modern standards, alike.

**February 20                      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. Selections include 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 5                              Small Potatoes Irish Music**

Small Potatoes is the acoustic folk, husband and wife duo - Jacquie Manning and Rich Prezioso. They have performed locally and nationally for over 20 years. This St. Patrick's Day concert includes many well loved Irish songs that invite audience participation.

**April 16                              The Great American Songbook**

This remarkable afternoon of song includes standards past (Berlin, Porter, Gershwin) and present (Beatles, Carole King), and perhaps even future (Goldrich & Heisler, John Bucchino). Put on your time travelin' clothes, and join others for a fascinating afternoon of standards through time!



# 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 15      The Incarceration of Japanese Americans during WWII**

Author and noted photo historian Richard Cahan discusses the creation of his book, *Un-American: The Incarceration of Japanese Americans During World War II*. The book features powerful images, never seen prior to this publication, by famed photographers who were hired by the government to document the incarceration of Japanese Americans during World War II.

**February 19      Simon & Garfunkel**

Celebrate the 50th anniversary of when Simon & Garfunkel's song *Bridge Over Troubled Water* reached #1. Gary Wenstrup, adjunct professor at Oakton Community College, traces the arc of Simon & Garfunkel's career.



**March 18      Queen Elizabeth II Portrayal**

Award-winning actress, historian, and scholar Leslie Goddard, Ph.D., explores the life of Britain's famous monarch, from her childhood, the abdication of her uncle, her marriage to a navy officer, her World War II service, and her struggle to balance her roles as queen and mother. Get to know the woman behind the images.

**April 29      Art Institute of Chicago History**

Sally Sexton Kalmbach of Chicago History Tours discusses the history of this spectacular museum.

## Film Showing and Discussion

**Highland Park Public Library**  
**Sundays, 2:30 PM**

**Free for members and the community at large**

*Presented with the Highland Park Public Library*

*Sponsored by Elevate Care*

**Film in the Golden Age of Television**

With Bob Coscarelli

**January 19      Marty**

This acclaimed romantic drama follows the life of Marty Piletti, a stout bachelor who lives with his mother. Always unlucky in love, Marty finally meets a nice teacher named Clara. Marty must decide between his family's approval or a shot at finding romance. (1955)

**February 16      Will Success Spoil Rock Hunter?**

Rock Hunter writes television commercials, and he's hatched a strategy for a new beauty product. Needing a famous face to deliver his message, Rock recruits actress Rita Marlowe, as long as Rock helps to make her boyfriend jealous. (1957)

**March 22      A Face in the Crowd**

Ambitious radio producer Marcia Jeffries finds a charming rogue named Larry "Lonesome" Rhodes and puts him on the air. His charisma shoots him to the heights of television stardom, forcing Marcia to grapple with the monster she created. (1957)

**April 26      Seconds**

Banker Arthur Hamilton gets a call from a friend he thought was dead. That friend was faking all along and had received a new face and life, through plastic surgery. Hamilton also has the surgery, gets the body of a young man, and a new identity, but starting over is not easy. (1966)

# 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, 1:00 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.

## Free Blood Pressure Screening

**Mondays, 1/6, 2/3, 3/2 & 4/6**  
**10 - 10:30 AM**

*Provided by Traycee Home Care Services*

*Held at the 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.

## Knitwitz

**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. *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**

The regular News & Views moderator will be on break through April. A schedule of meeting dates and substitute moderators for January through April will be available after January 1. Please call for details.



# Day Excursions

## Registration Cancellations

- 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.
- Listed registration fees will apply on or before the discount deadline date.
- When possible, late registration will be accepted; however, an additional 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, a CREDIT will be issued **ONLY** if registration fills and a replacement can be found. CREDITS (minus a \$5 processing fee) will be processed after the activity is complete.
- Please advise staff if you require any reasonable, special accommodations regarding dietary or other special needs.



Day Excursions  
will now

depart from and return to the

## Highland Park Country Club

1201 Park Avenue West - Highland Park

The bus will pick-up and drop-off  
at the  
**north east corner**  
of the parking lot



## Free Museum Day: Shedd Aquarium

*Chicago, Illinois*

At the Shedd Aquarium you'll have the opportunity to meet beluga whales and bluegills, rockhopper penguins and rockfish, alligators and an alligator snapping turtle, and so much more as you explore the world's oceans, lakes, rivers and reefs — all in the heart of Chicago. Lunch is on your own at one of the aquarium's 3 dining areas. Participants must bring a valid state ID for free admittance.



*\* In case of inclement weather, this trip will be rescheduled for 2/26/20.*

Day/Date: Wednesday, February 5  
Time: Bus departs HPCC at 9 AM  
Bus returns approximately 4 PM  
Fee: \$30 / NM: \$50  
Discount: Through January 15  
Code: 01-101-07

## An American in Paris & Lunch

*Drury Lane, Oak Brook*

Based on the Academy Award winner for Best Picture, *An American in Paris* brings breathtaking moments of dance and song to the stage. Come away with Jerry Mulligan, an American GI doing his best to make it as a painter in the bustling city of Paris following the end of World War II. The storied streets of the City of Lights become the dance floor to a ravishing and passionate voyage into art, friendship, and love. Set to the music of George and Ira Gershwin, this four-time Tony Award winner and Grammy Award nominee is sure to please.

Day/Date: Thursday, March 19  
Time: Bus departs HPCC at 10:30 AM  
Bus returns approximately 5:30 PM  
Fee: \$80 / NM: \$100  
Discount: Through February 17  
Code: 01-101-01



# Day Excursions

## My Kind of Town Tours

### *Sacred Places of Bridgeport*

Tour guide Cathy Holleb will take you through some of the area's most unique sacred places. Stops include: 1) A monastery run by the Benedictine Brothers to hear about the daily lives of the monks and their plans for the future. Also explore the Benedictine Bed and Breakfast run by the monks. 2) A beautiful Catholic church. Learn about the development of the area, as defined by its churches and ethnic groups. 3) A Buddhist temple. Learn about the history of the congregation and understand the philosophy of Buddhism and its symbols. You'll also drive through and hear history of Bridgeport neighborhoods.

Day/Date: Tuesday, April 28

Time: Bus departs HPCC at 9 AM  
Bus returns approximately 4 PM

Fee: \$105 / NM: \$125

Discount: Through March 30

Code: 01-101-02

## Bolshoi Ballet — Swan Lake

### *Auditorium Theatre*

Considered the world's greatest dance company by many, Russia's premier ballet company makes a triumphant return to Chicago to the historic Auditorium Theatre after 16 years. Yuri Grigorovich's *Swan Lake*, set to Tchaikovsky's iconic score, incorporates choreography from masters Marius Petipa, Lev Ivanov, and Alexander Gorsky. Dazzling and immensely rewarding, this classic ballet highlights some of the world's greatest dancers, earning the company its international acclaim. Chicago is one of only two US cities to host the Bolshoi in 2020 and is the exclusive presenter of *Swan Lake*.

Day/Date: Saturday, June 13

Fee: \$180 / \$200

Time: Bus departs HPCC at 12:30 PM  
Bus returns approximately 5:30 PM

Discount: Through May 11

Code: 01-101-03

## Monet and Chicago Special Exhibit

### *Chicago Art Institute*

During his lifetime, Chicago was the American city that most aggressively acquired Monet's work, with enthusiastic collectors like Bertha Honoré Palmer and Martin A. Ryerson leading the way. This exhibition is the first to explore Chicago's pioneering connection to the great Impressionist artist. Among the more than 65 paintings, from the Art Institute's exemplary holdings and esteemed Chicago-based collections, are beloved major works as well as rarely seen still lifes, figural scenes, seascapes, and landscapes. Lunch is on your own at one of the three AIC dining areas. Fee includes museum and exhibit admission, and audio tour head-sets.

Day/Date: Tuesday, July 21

Fee: \$60 / \$80

Time: Bus departs HPCC at 9:15 AM  
Bus returns approximately 5:15 PM

Discount: Through June 22

Code: 01-101-04

## Six

### *Broadway Playhouse*

Divorced, beheaded, died, divorced, beheaded, survived. From Tudor Queens to Pop Princesses, the SIX wives of Henry VIII take the mic to reclaim their identities out of the shadow of their infamous spouse—remixing five hundred years of historical heartbreak into an exuberant celebration of 21st century girl power. The female cast are backed by an all-female band, the “Ladies in Waiting.” Songs from the studio album are streamed on average 300,000 times per day, making it the second highest streaming cast recording in the world.

Day/Date: Wednesday, September 23

Fee: \$135 / NM: \$155

Time: Bus departs HPCC at 12:30 PM  
Bus returns approximately 4:30 PM

Discount: Through August 24

Code: 01-101-06



# 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 January 6, February 3, March 2 & April 6.*

**January 6      Current Affairs: Germany**

After the recent federal elections it took almost six months until Chancellor Angela Merkel was able to create a new coalition government. Then, Germany was taken by surprise when the Trump administration threatened high tariffs on luxury cars and other German products. Add the challenging integration of Muslim refugees and disappointment of many East Germans over unequal living conditions – no wonder the country is currently experiencing turbulent times. Join Anette Isaacs for a fascinating discussion of her home country's current affairs!

**January 13      Behind the Doors of Downton**

Join Steven Frenzel in discovering more about all six seasons of *Downton Abbey* in this exciting presentation! Watch behind the scenes anecdotes and fascinating hidden details. This remarkable series highlights the historical context of captivating characters and their stories.

**January 20      NO PROGRAM – MLK Day**

**January 27      Protecting Your IRA**

Arthur Miller, President of Capital Preservation Strategies, will share how to prevent the eleven most common IRA tax mistakes, penalties, and errors. Examples include making certain that the IRS is not the largest beneficiary of your retirement savings, avoiding penalties, pros and cons of converting an IRA to Roth IRA, and questions to pose to IRA custodians to determine whether or not they limit beneficiaries' flexibility and tax benefits.

**February 3      Happy Birthday Chopin!**

Jim Kendros returns to celebrate the genius of Chopin! Enjoy timeless favorites and intriguing glimpses into his life and music. Learn the fascinating story behind Chopin's remarkable preludes, and revel at the highly personalized importance the mazurka held for Chopin. Jim will highlight one of Chopin's most famous melodies and reveals how this gem is only a part of an even greater work. Lastly, you'll be treated to a special story behind what was likely the last work Chopin composed.

**February 10      The Mystery of the Oscars**

Hollywood is one of the great and enduring success stories of America. The founding moguls, Louis B. Mayer, Cecil B. DeMille, Samuel Goldwyn, and others, felt unappreciated. Men of modest origins but not modest natures, they wanted honors and deference. In 1927 they formed a society whose chief purpose was self-adoration: the Academy of Motion Pictures Arts and Sciences. Historian and humorist Eugene Finerman will recount the history and psychology behind the Oscars.

**February 17      Remember the Ladies**

Donna Horwitz shares snapshots of noteworthy women throughout American History. Including, but not limited to, Pocahontas, Abigail Adams, Harriet Tubman, Helen Keller, Jane Addams, Laura Ingalls Wilder, Eleanor Roosevelt, Rosa Parks, Jacqueline Kennedy, Sandra Day O'Connor, Madeleine Albright, and Condoleezza Rice, Donna will examine the impact these women have had on American culture and society.

**February 24      Robberies, Holdups, and Shootouts**

Hear infamous true crime stories of Lake County ranging from Rondout Train Robbery to the Fox Lake Massacre. Lake County Forest Preserves staff will examine the historical evidence to focus on the who, what, and where of these fascinating historic crimes.

# Monday Speaker Series

## **March 2     Preparing Your Last Wishes**

Take the guess work, anxiety, and apprehension out of end of life planning. Margie Ware Nyberg from Dignity Providers will provide information about options and finances, answer questions and share what services are available to you and your family. Put your mind at ease with this informative presentation, no matter where you are in this life journey!

## **March 9     Importance of Hearing Health**

Karen Wands, of the Hearing Health Community Awareness Initiative, will share how hearing health and hearing loss is now being linked to dementia, cardiovascular problems, and other serious health conditions. Dr. Fisher, Doctor of Audiology, will answer questions about government regulations on “over the counter” hearing aids, hearing loss, and hearing treatment.

## **March 16    Local Transit Mobility Services**

Accessible Metra, Pace and CTA buses and trains are easy to use, and the Regional Transportation Authority (RTA) would love to show you how! It is important that older adults and people with disabilities stay informed about accessible public transportation options to get to appointments, maintain social connections, and enjoy independent travel!

## **March 23    Names Not Numbers**

Holocaust survivors share their diverse experiences in this powerful documentary, reminding viewers that the Holocaust will not be forgotten. Jewish Care Services of JourneyCare will show a portion of the documentary and lead a thoughtful discussion during this **90-minute program**.

## **March 30    Safeguard Your Savings**

A representative from the Illinois Securities Department will educate you on protecting yourself and your assets from investment fraud, how to spot a scam, and how to avoid being defrauded.

## **April 6       Beautiful String Serenades!**

Spring is in the air! What better way to celebrate the arrival of Spring than with beautiful string music? Jim Kendros will share selections from three of the most beautiful string serenades ever written! Delight in the elegance of Mozart, and become mesmerized by the mystical strain of Dvorak. Lastly, Jim will highlight the towering beauty of Tchaikovsky as you experience one of the most glorious creations ever composed for string orchestra.

## **April 13     America's Greatest Entertainer**

Hy Speck traces Frank Sinatra's career from the streets of Hoboken to Hollywood and the showrooms of Las Vegas. Perhaps the greatest entertainer of the 20th century, Sinatra's career spanned six decades, appearing on stage, radio and television. He won two Academy Awards, twelve Grammys, was awarded the Congressional Medal of Freedom and the Kennedy Center Honors, and performed in every major theatrical venue in this country and overseas.

## **April 20     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 2020 Poetry Challenge. Attendees are invited to bring a favorite poem to share as well.

## **April 27     Seniors Bullying Seniors**

When one hears the word “bully,” typically an image of a child comes to mind. However, it is estimated that 10-20% of seniors are victims of bullying, ranging from gossip and exclusion to verbal and physical attacks. Jennifer Aiello, LPC, Social Services Coordinator, will share information on who is at risk, warning signs and interventions to bullying.



# Classes

## Registration and Cancellations

- 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.
- Listed registration fees will apply on or before the discount deadline date.
- When possible, late registration will be accepted; however, an additional 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, a CREDIT will be issued ONLY if registration fills and a replacement can be found. CREDITS (minus a \$5 processing fee) will be processed after the activity is complete.
- Please advise staff if you require any reasonable, special accommodations regarding dietary or other special needs.

## Exercise

### 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.

### Better Balance

Level 1 / 2

Taught by Judy Samuelson and Ida Greenfield, 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 1/20 & 4/8.*

Day/Dates: Mondays, 1/13 - 2/24 (6)  
Time: 11 AM - 12 PM  
Fee: \$42 / \$62  
Code: 01-301-01

Day/Dates: Wednesdays, 1/15 - 2/26 (7)  
Time: 11 AM - 12 PM  
Fee: \$49 / \$69  
Code: 01-301-02

Day/Dates: Mondays, 3/9 - 4/27 (8)  
Time: 11 AM - 12 PM  
Fee: \$56 / \$76  
Code: 01-301-03

Day/Dates: Wednesdays, 3/11 - 4/29 (7)  
Time: 11 AM - 12 PM  
Fee: \$49 / \$69  
Code: 01-301-04

### Tai Chi

Level 2

Tai Chi is a martial art that improves balance and body awareness. Its relaxed, slow, and precise body movements enhance body strength and mind clarity. Ken Ning will guide you to nurture the Qi (life force) within, to flow smoothly and powerfully throughout the body, helping concentration, energy, stress relief and harmony. *No class 3/24.*



Day/Dates: Tuesdays, 1/14 - 2/25 (7)  
Time: 11:15 AM - 12:15 PM  
Fee: \$49 / \$69  
Code: 01-302-01

Day/Dates: Tuesdays, 3/10 - 4/28 (7)  
Time: 11:15 AM - 12:15 PM  
Fee: \$49 / \$69  
Code: 01-302-02

# Classes

## Sit & Be Fit

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 4/9.*

Day/Dates: Tuesdays, 1/14 - 2/25 (7)  
Time: 1:30 - 2:30 PM  
Fee: \$49 / \$69  
Code: 01-303-01

Day/Dates: Thursdays, 1/16 - 2/27 (7)  
Time: 1:30 - 2:30 PM  
Fee: \$49 / \$69  
Code: 01-303-02

Day/Dates: Tuesdays, 3/10 - 4/28 (8)  
Time: 1:30 - 2:30 PM  
Fee: \$56 / \$76  
Code: 01-303-03

Day/Dates: Thursdays, 3/12 - 4/30 (7)  
Time: 1:30 - 2:30 PM  
Fee: \$49 / \$69  
Code: 01-303-04

Level 1



## Gentle Yoga

Level Wed 2 / 3; Fri 1 / 2

Joan Anundson-Ahr leads class through gentle movements to increase flexibility, strength, and well-being. Students move through stretches, yoga postures, breathing practices, and guided into deep relaxation. Please bring your own mat on Wednesday. *No class 4/8 & 4/10.*

Day/Dates: Wednesdays, 1/15 - 2/26 (7)  
Time: 10:30 - 11:30 AM  
Fee: \$49 / \$69  
Code: 01-304-01

Day/Dates: Fridays, 1/17 - 2/28 (7)  
Time: 10:30 - 11:30 AM  
Fee: \$49 / \$69  
Code: 01-304-02

Day/Dates: Wednesdays, 3/11 - 4/29 (7)  
Time: 10:30 - 11:30 AM  
Fee: \$49 / \$69  
Code: 01-304-03

Day/Dates: Fridays, 3/13 - 5/1 (7)  
Time: 10:30 - 11:30 AM  
Fee: \$49 / \$69  
Code: 01-304-04



## Zumba Gold

Level 3

Sue Hock introduces easy-to-follow Latin Dance Fitness choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance and is designed to be approachable by all populations, regardless of fitness level. It is FUN – exercise in disguise! *No class 4/9.*

Day/Dates: Thursdays, 1/16 - 2/27 (7)  
Time: 10 - 11 AM  
Fee: \$49 / \$69  
Code: 01-305-01

Day/Dates: Thursdays, 3/12 - 4/30 (7)  
Time: 10 - 11 AM  
Fee: \$49 / \$69  
Code: 01-305-02

## Tap Fitness

Level 2 / 3

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 and stomp your feet for fun, and feel like a kid again. All levels invited; tap shoes are welcome, but not mandatory. *No class 4/9.*

Day/Dates: Thursdays, 1/16 - 2/27 (7)  
Time: 2:45 - 3:45 PM  
Fee: \$49 / \$69  
Code: 01-306-01

Day/Dates: Thursdays, 3/12 - 4/30 (7)  
Time: 2:45 - 3:45 PM  
Fee: \$49 / \$69  
Code: 01-306-02





# Classes

## Art

### Watercolor Class

Watercolor is a versatile painting medium, allowing 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 2/5.*

Day/Dates: Wednesdays, 1/15 - 2/19 (5)  
Time: 2 - 4 PM  
Fee: \$60 / \$80  
Code: 01-401-01



Day/Dates: Wednesdays, 4/15 - 5/6 (4)  
Time: 2 - 4 PM  
Fee: \$48 / \$68  
Code: 01-401-002

### Advanced Painting Class

Arlene Goldman guides 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. *No class 4/9.*

Day/Dates: Thursdays, 1/16 - 2/27 (7)  
Time: 1 - 3 PM  
Fee: \$84 / \$104  
Code: 01-402-01

Day/Dates: Thursdays, 3/12 - 4/30 (7)  
Time: 1 - 3 PM  
Fee: \$84 / \$104  
Code: 01-402-02



### 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

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.

Day/Dates: Tuesdays, 5/19 - 6/16 (5)  
Time: 1 - 3 PM  
Fee: \$70 / \$90  
Code: 01-501-01

### Learn Canasta!

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 4/8.*

Day/Dates: Wednesdays, 3/11 - 4/22 (6)  
Time: 1 - 3 PM  
Fee: \$72 / \$92  
Code: 01-502-01

### Bridge - Intermediate II: Play of the Hand

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 designed to review intermediate bridge skills and to practice with supervised play. A great refresher for current players who want to brush up on their skills! *No class 4/9.*

Day/Dates: Thursdays, 3/19 - 4/30 (6)  
Time: 10 AM - 12 PM  
Fee: \$20 / \$40  
Code: 01-503-01

# Classes

## General

### Laurel Larks Singing Group

*Sponsored by First Bank of Highland Park*

The Laurel Larks singing group rehearses and then takes their show on the road, bringing their repertory of show tunes, jazz standards, movie music, and folk songs to local senior living facilities. No auditions necessary - just a love of music and a desire to sing out loud! *No meeting 4/10.*

Day/Dates: Fridays, 2/7 - 5/29 (12)  
Time: 1:30 - 3 PM  
Fee: No Charge  
Code: 01-602-01

### Drivers Test Preparation Course

The Rules of the Road course is 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.

Day/Dates: Thursday, 3/12  
Time: 10 AM - 12 PM  
Fee: No Charge  
Code: 01-603-01

### AARP Smart Driver Course

*Held at the HPCC*

Instructor Kent Jaffe teaches this driver safety course which covers current rules of the road, and defensive driving techniques. 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.

Day/Dates: Thursday & Friday, 5/28 & 5/29  
Time: 9 AM - 1 PM  
Fee: AARP Member \$15 / \$20  
Code: 01-603-02

## General

### Conversational Spanish

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.

### Continuing Spanish

Day/Dates: Fridays, 1/10 - 2/14 (6)  
Time: 10 - 11 AM  
Fee: \$42 / \$62  
Code: 01-601-01

Day/Dates: Fridays, 3/13 - 5/1 (7)  
Time: 10 - 11 AM  
Fee: \$49 / \$69  
Code: 01-601-02

### Advanced Spanish

Day/Dates: Fridays, 1/10 - 2/14 (6)  
Time: 11 AM - 12 PM  
Fee: \$42 / \$62  
Code: 01-601-03

Day/Dates: Fridays, 3/13 - 5/1 (7)  
Time: 11 AM - 12 PM  
Fee: \$49 / \$69  
Code: 01-601-04

## Senior Center Featured Artist

### HPSC Art Students

January & February

### Joe Goldstein

March & April

*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.

## 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.

## 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.

## 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.

## Living Alone Today - Support Group

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

*Living Alone will be on break during the month of January and will resume in February*

Code: 01-701-01

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.

## Grief Group

**Wednesdays 10:30 - 11:30 AM**

April 1 – April 29 (5 weeks)

Code: 01-702-01

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, March 25.*

## SHIP – 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 Medicare Prescription Drug Plan.

# Social Services

## Senior Center Financial Scholarship

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. Scholarship approval is based on proof of City of Highland Park residency and financial need, as determined by the Benefit Access Program.

- Annual membership is waived
- Scholarship maximum is \$100 per calendar year,
- Program and class fees covered 75%, with 25% paid by the participant

## Senior 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. Benefits include: seniors ride free transit benefit, persons with disabilities free transit ride, and Secretary of State license plate discount. To be determined eligible for these benefits, applications must be submitted on the Internet at: [www.illinois.gov/aging](http://www.illinois.gov/aging). Please call Jennifer at 847.432.4110 for further information or assistance completing the on-line application.

## Senior Center Loan 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.

## Wise and Well Community Education

*Hosted by HPSC and Family Service of Lake County*

*Sponsored by Sunrise Senior Living*

Wise and Well will return in the summer, with details available in the May - August Shorelines.

## 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](http://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

Evvie Alter	Joan Krimstein
Andy Amend	Irwin List
Sidney Bark	Richard Mann
Ronnie Briskman	Donald J. Miller
Pat Cantor	Abdul Nur & Safia Ibrahim
Paula Cline	Donna Oberembt
Trudy Cooper	Saula Ostrewsky
Joe & Diane Deiss	Jerome Peters
Jack & Carol Durra	Viorica Peters
Linda Finch	Donna Ritter
Eugene Finerman	Richard W. Rosenberg
Rita J. Galowich	Amy Shannon
Gayle Garland	Patricia G. Shapiro
Ann Genser	Natalie Shesky
Andi Goldstein	Serene Siegel
Erna Gorman	Alan & Joan Sohn
Sandy Grossman	Roz Solomon
Sam Haik	Gary & Joyce Stetson
Barbara Harte	Mark Stone
Ellen Hofman	Maryon Stone
Seth Kaberon	Miria Templeman
Gerry Kaplan	Jerry & Rebecca
Mary Kappock	Van Beveren
Carol Karlin	Sivka Velinova
Mary Jo Kelly	Marcia Weiss
Deb Koontz	Rose Wolf

## Donations

### In Memory of Lou Frey

From: Bobbye Kaplan  
Barbara Tarr

### In Memory of Bernice Cohen

From: Toby Moses

### In Memory of Howard Berkowitz

From: Natalie & David Miller  
Toby Moses  
David Nehmadi  
Francine Steinman

### In Memory of Don Stillman

From: Gail & Michael Rabin

### In Memory of Harold Lederman

From: Gail & Michael Rabin

### In Memory of Jerry Konopken

From: Francine Steinmann  
Toby Moses  
Esteen Portnoy

### In Memory of Maxine Sprung

From: Toby Moses

### In appreciation of Senior Services

From: Irene & John Moyano

## 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 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	31 <b>CLOSED</b> Winter Break  <b>New Year's Eve Luncheon</b> Beelow's Northshore 11:45 AM - 1:45 PM	1 <b>CLOSED</b> Happy New Year	2 9:00 Returning Student Priority Registration 10:00 Men's Only Group 1:00 Open Mah Jongg	3 9:00 Member Registration Begins 9:00 Open Art Studio 1:00 Open Canasta
6 9:00 Open Art Studio 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	7 9:30 Knitwitz 12:30 Senior Producers 1:30 <b>Bingo</b>	8 9:00 Open Registration Begins 12:30 Open Poker	9 1:00 Open Mah Jongg 1:30 <b>HPCC Concert</b>	10 9:00 Open Art Studio 10:00 Spanish - Cont. 11:00 Spanish - Adv. 1:00 Open Canasta
13 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	14 9:30 Knitwitz 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit	15 10:30 Humanities Lecture 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 2:00 Watercolor	16 10:00 Zumba 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 2:45 Tap Fitness	17 9:00 Open Art Studio 10:00 Spanish - Cont. 10:30 Gentle Yoga 11:00 Spanish - Adv. 1:00 Open Canasta  <i>Sunday, 1/19 at 2 PM Film Series (HPPL)</i>
20 <b>CLOSED</b>  Martin Luther King Jr. Day	21 9:30 Knitwitz 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit	22 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 2:00 Watercolor	23 10:00 Zumba 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 2:45 Tap Fitness	24 9:00 Open Art Studio 10:00 Spanish - Cont. 10:30 Gentle Yoga 11:00 Spanish - Adv. 1:00 Open Canasta
27 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	28 9:30 Knitwitz 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit	29 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 2:00 Watercolor	30 10:00 Zumba 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 2:45 Tap Fitness	31 9:00 Open Art Studio 10:00 Spanish - Cont. 10:30 Gentle Yoga 11:00 Spanish - Adv. 1:00 Open Canasta

# February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<div>3</div> 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 1:00 Monday Movies	<div>4</div> 9:30 Knitwitz 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 <b>Bingo</b>	<div>5</div> 9:00 <b>Trip: Aquarium</b> 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:30 Yiddish	<div>6</div> 10:00 Men's Only Group 10:00 Zumba 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 2:45 Tap Fitness	<div>7</div> 9:00 Open Art Studio 10:00 Spanish - Cont. 10:30 Gentle Yoga 11:00 Spanish - Adv. 1:00 Open Canasta 1:30 Laurel Larks
<div>10</div> 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	<div>11</div> 9:30 Knitwitz 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	<div>12</div> 9:30 <b>HPHS Musical</b> 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor	<div>13</div> 10:00 Zumba 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 2:45 Tap Fitness	<div>14</div> 9:00 Open Art Studio 10:00 Spanish - Cont. 10:30 Gentle Yoga 11:00 Spanish - Adv. 12:00 <b>Valentine's Lunch</b> 1:00 Open Canasta 1:30 Laurel Larks <i>Sunday, 2/16 at 2 PM Film Series (HPPL)</i>
<div>17</div> 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	<div>18</div> 9:30 Knitwitz 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit	<div>19</div> 10:30 Humanities Lecture 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor	<div>20</div> 10:00 Zumba 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 <b>HPCC Concert</b> 1:30 Sit & Be Fit 2:45 Tap Fitness	<div>21</div> 9:00 Open Art Studio 10:30 Gentle Yoga 1:00 Open Canasta 1:30 Laurel Larks
<div>24</div> 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	<div>25</div> 9:30 Knitwitz 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	<div>26</div> 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:30 Yiddish	<div>27</div> 10:00 Zumba 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 2:45 Tap Fitness	<div>28</div> 9:00 Open Art Studio 10:30 Gentle Yoga 1:00 Open Canasta 1:30 Laurel Larks 1:30 <b>Barry Bradford</b>

# March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> 9:00 Open Art Studio 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	<div>3</div> 9:30 Knitwitz 12:30 Senior Producers 1:30 <b>Bingo</b>	<div>4</div> 12:30 Open Poker 1:30 Yiddish	<div>5</div> 10:00 Men's Only Group 1:00 Open Mah Jongg 1:30 <b>HPCC Concert</b>	<div>6</div> 9:00 Open Art Studio 1:00 Open Canasta 1:30 Laurel Larks
<div>9</div> 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	<div>10</div> 9:30 Knitwitz 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	<div>11</div> 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Beginning Canasta 1:30 Yiddish	<div>12</div> 10:00 Rules of the Road 10:00 Zumba 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 2:45 Tap Fitness	<div>13</div> 9:00 Open Art Studio 10:00 Spanish - Cont. 10:30 Gentle Yoga 11:00 Spanish - Adv. 1:00 Open Canasta 1:30 Laurel Larks
<div>16</div> 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	<div>17</div> 9:30 Knitwitz 11:15 Tai Chi 12:00 <b>St. Patrick's Day Party</b> 12:30 Senior Producers 1:30 Sit & Be Fit	<div>18</div> 10:30 Humanities Lecture 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Beginning Canasta 1:30 Yiddish	<div>19</div> 10:00 Book Club 10:00 Zumba 10:00 Bridge - Int. 2 10:30 <b>Trip: Drury Lane</b> 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 2:45 Tap Fitness	<div>20</div> 9:00 Open Art Studio 10:00 Spanish - Cont. 10:30 Gentle Yoga 11:00 Spanish - Adv. 1:00 Open Canasta 1:30 Laurel Larks  <i>Sunday, 3/22 at 2 PM Film Series (HPPL)</i>
<div>23</div> 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	<div>24</div> 9:30 Knitwitz 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	<div>25</div> 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Beginning Canasta 1:30 Yiddish	<div>26</div> 10:00 Zumba 10:00 Bridge - Int. 2 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 2:45 Tap Fitness	<div>27</div> 9:00 Open Art Studio 10:00 Spanish - Cont. 10:30 Gentle Yoga 11:00 Spanish - Adv. 1:00 Open Canasta 1:30 Laurel Larks 1:30 <b>Barry Bradford</b>
<div>30</div> 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	<div>31</div> 9:30 Knitwitz 11:15 Tai Chi 12:00 <b>Culinary Demo</b> 12:30 Senior Producers 1:30 Sit & Be Fit Class			

# April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:30 Grief Group 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Beginning Canasta 1:30 Yiddish	2 10:00 Men's Only Group 10:00 Zumba 10:00 Bridge - Int. 2 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 2:45 Tap Fitness	3 9:00 Open Art Studio 10:00 Spanish - Cont. 10:30 Gentle Yoga 11:00 Spanish - Adv. 1:00 Open Canasta 1:30 Laurel Larks  <i>Sunday, 4/5 at 11 AM Easter Brunch</i>
6 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 1:00 Monday Movies	7 9:30 Knitwitz 11:00 <b>Passover Seder</b> 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit	8 10:30 Grief Group 12:30 Open Poker	9 1:00 Open Mah Jongg	10 9:00 Open Art Studio 1:00 Open Canasta
13 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	14 9:30 Knitwitz 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	15 10:30 Grief Group 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Beginning Canasta 1:30 Yiddish 2:00 Watercolor	16 10:00 Book Club 10:00 Zumba 10:00 Bridge - Int. 2 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 <b>HPCC Concert</b> 1:30 Sit & Be Fit 2:45 Tap Fitness	17 9:00 Open Art Studio 10:00 Spanish - Cont. 10:30 Gentle Yoga 11:00 Spanish - Adv. 1:00 Open Canasta 1:30 Laurel Larks
20 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	21 9:30 Knitwitz 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 <b>Bingo</b>	22 10:30 Grief Group 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:00 Beginning Canasta 1:30 Yiddish 2:00 Watercolor	23 10:00 Zumba 10:00 Bridge - Int. 2 12:00 <b>Cooking Demo</b> 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 2:45 Tap Fitness	24 9:00 Open Art Studio 10:00 Spanish - Cont. 10:30 Gentle Yoga 11:00 Spanish - Adv. 1:00 Open Canasta 1:30 Laurel Larks 1:30 <b>Barry Bradford</b> <i>Sunday, 4/26 at 2 PM Film Series (HPPL)</i>
27 9:00 Open Art Studio 10:30 Monday Speaker 11:00 Balance 12:30 Duplicate Bridge 1:00 Open Canasta 1:00 Monday Movies	28 9:00 <b>Trip: Bridgeport</b> 9:30 Knitwitz 11:15 Tai Chi 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	29 10:30 Grief Group 10:30 Humanities Lecture 10:30 Gentle Yoga 11:00 Balance 12:30 Open Poker 1:30 Yiddish 2:00 Watercolor	30 10:00 Zumba 10:00 Bridge - Int. 2 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit & Be Fit 2:45 Tap Fitness	



## City of Highland Park

### Highland Park Senior Center Membership Registration

54 Laurel Avenue, Highland Park, IL 60035

Phone: (847) 432-4110

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

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

1. Name \_\_\_\_\_ Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ E-Mail \_\_\_\_\_

2. Name \_\_\_\_\_ Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ E-Mail \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Current Member \_\_\_\_\_ New Member \_\_\_\_\_ Former Member \_\_\_\_\_ Check: \$ \_\_\_\_\_

Please list two people we could contact if necessary:

1. Name \_\_\_\_\_ Relationship \_\_\_\_\_

Cell \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_

2. Name \_\_\_\_\_ Relationship \_\_\_\_\_

Cell \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_

Doctor's name \_\_\_\_\_ Phone \_\_\_\_\_

#### Participant Liability Waiver and Hold Harmless Agreement

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

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

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

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

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

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

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

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

Signature \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_



## Highland Park Senior Center

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

PRESORTED  
STANDARD  
POSTAGE PAID  
HIGHLAND PARK, ILLINOIS  
PERMIT NO. 97

### Mayor

Nancy Rotering

### City Council

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

### City Manager

Ghida S. Neukirch

### Senior Center

#### Laura Frey, CPRP

Manager of Senior Services

#### Jennifer Aiello, M.S., LPC

Social Services Coordinator

#### Christina Earle, 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:

### Winter Break

Monday, December 23 - Wednesday, January 1

### Martin Luther King Jr. Day

Monday, January 20

The HP Connector will be OUT of service on:

12/23, 12/25, 12/26, 12/30, 1/1 & 1/20