



# The Shorelines

September - December, 2021

Highland Park Senior Center

NEWSLETTER

1201 Park Avenue West

Monday - Thursday, 9 AM - 4 PM

Friday, 9 AM - 1 PM

## A Message from the Manager

It has been a great pleasure seeing many past, current, and new members - as well as instructors - over the past few months. With participation in trips, classes, and special activities - we are thrilled to be back live and in action!

Our new home at the Highland Park Country Club has welcomed us with open arms! The ample and accessible facility provides an expansive lobby and reception area, large, bright, and airy activity rooms, and plenty of parking.

Boasting a beautiful view of the Preserve of Highland Park, there is an ever changing backdrop which features miles of trails linking green lawns, natural areas, and restored woodlands.

We hope to see you all soon!

Sincerely,

*Laura Frey*, Manager of Senior Services

The Highland Park Senior Center provides recreational, cultural, educational, wellness, counseling and social service referrals to the city's senior population. All programs are available to individuals age 50 and better.

All residents 50+ are welcome to participate in fee-based programming, while a nominal membership fee is required for participation in many of the free programs.

To join as a member and to register for activities, please go to [www.cityhpil.com/seniorcenter](http://www.cityhpil.com/seniorcenter) or call 847.432.4110.

## Annual Membership Rates

Resident Individual: \$30

Resident Couple: \$50

Non-Resident Individual: \$50

Non-Resident Couple: \$90

**In accordance with current CDC, IDPH, and City of Highland Park guidelines, masks covering both the mouth and nose are required at all times within the Senior Center.**

## Activity Registration

### Member Activity Registration Begins:

Thursday, September 9 at 9 AM

### Open Registration Begins:

Friday, September 17 at 9 AM

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# Day Excursions

Registration Required

Day Excursions depart from and return to the  
SOUTH EAST corner of the  
Highland Park Country Club parking lot.

**SAFETY PROTOCOL:** All participants must adhere to COVID safety protocol based on CHP, IDH and CDC guidelines at the time of the excursion.

## Arlington Park's Final Furlong

Arlington Racecourse, Arlington Heights  
Friday, September 24  
Bus departs at 1:15 PM & returns at 6:15 PM  
Fee: \$85 / NM: \$105

*Registration for this trip is currently in progress.  
Please call ASAP to register.*

After 94 years, the Arlington race track will close permanently - so don't miss the opportunity to experience this time honored tradition one last time! At Arlington International, they aim to make every race day special by combining the excitement of horse racing, gorgeous grounds, and fantastic food. Trip fee includes transportation, admission, racing program, and seating in the Million Room; lunch is a Dutch treat.

## Ragtime

North Shore Center for Performing Arts, Skokie  
Thursday, October 28  
Performance Time: 1 - 4 PM  
Fee: \$40 / NM: \$60  
Transportation is on your own

*Ragtime* tells the unforgettable story of an upper-class wife, a determined Jewish immigrant and a young, daring Harlem musician living during the early years of the 20th century. Showcasing the great struggle that accompanies the American Dream and featuring some of the most well-known figures of the time, *Ragtime* tells the tale of three different individuals who desire a brighter future but must unite to achieve their goals.

## Upcoming Excursions

The Senior Center has purchased tickets for the following theater performances. With the uncertainty of the pandemic, tickets will go on sale after January 1, once the full details are confirmed. Please watch for details in the upcoming issue of the *Shorelines* and in Senior Center emails.

### Six - The Six Ex-Wives of King Henry VII

Divorced, beheaded, died, divorced, beheaded, survived. From Tudor Queens to Pop Princesses, the *Six* wives of Henry VIII take the mic to remix five hundred years of historical heartbreak into an exuberant celebration of 21st century girl power! *Six* is the global sensation that everyone is losing their heads over.



### The King and I

Inspired by true events, this is a tale of the human experience, exploring the historical intricacies of class, race, and politics in 1862. Featuring beloved songs like *Shall We Dance?* and *Getting to Know You*, this Rodgers and Hammerstein classic won 13 Tony Awards, including Best Musical and Best Revival of a Musical. The 1957 movie adaptation was nominated for nine Academy Awards, winning five, including Best Score.



### The Devil Wears Prada

A joyous, funny, and ultra glamorous story about navigating life's runway to discover where you're meant to be, *The Devil Wears Prada* is a new musical that gives the hit film a fabulously fresh makeover. Sometimes the best fashion statements are sung.



# Drive-Thru Events

## Registration Required

### Ice Cream Social

I scream, you scream, we all scream for Ice Cream!  
Drive through the Country Club parking lot for an ice cold treat from the Good Humor ice cream truck.

Location: Highland Park Country Club  
Day / Date: Friday, September 10  
Time: 1:30 - 3 PM  
Fee: Free; for members only

*Sponsored by Freedom Home Care*

### Flu & COVID Vaccination Clinic

Jewel-Osco will provide flu, pneumonia, and COVID vaccines at no charge to Medicare and insured clients. Advanced registration is required: appointment times will be given upon registration

\* Drive-thru appointments are reserved for those with limited mobility.

Location: Highland Park Country Club  
Day / Date: Friday, October 15  
Walk-In: 1:30 - 2:30 PM  
Drive-Thru: 2:30 - 3 PM  
Fee: Free for insured individuals

### Halloween Treats

Double, double, toil and trouble,  
Fires burn and cauldrons bubble!

Hop in your car and drive down the street,  
For a howling good time and seasonal treats!



Location: Highland Park Country Club  
Day / Date: Friday, October 29  
Time: 1:30 - 3 PM  
Fee: Free; for members only

*Sponsored by Sunrise Senior Living*

### Thanksgiving Goody Bag & Carry-Away Meal

**Goody Bag** - This autumn, there is plenty to be thankful for! Drive to the Senior Center for a special holiday goody bag featuring some fabulous swag and special Thanksgiving treats.

**Meal and Goody Bag** - Enjoy a personal sized Thanksgiving feast featuring turkey breast, green beans, stuffing, mashed sweet potatoes, and pumpkin pie for dessert.

Location: Highland Park Country Club  
Day / Date: Wednesday, November 24  
Time: 1:30 - 3 PM  
Goody Bag: Free; for members only  
Meal Fee: \$10 / NM: \$20

*Sponsored by Aperion Care of Highland*



### New Year's Goody Bag & Carry-Away Meal

**Goody Bag** - Ring in the new year with style! Your New Year's goody bag includes some sweet treats, a party hat, blower, popper, and more.

**Meal and Goody Bag** - Enjoy a personal sized meal featuring your choice of entree (beef or fish), potatoes, vegetable, dessert and a personal sized bottle of sparkling wine.

Location: Highland Park Country Club  
Day / Date: Thursday, December 30  
Time: 1:30 - 3 PM  
Goody Bag: Free; for members only  
Meal Fee: \$15 / NM: \$25

*Sponsored by The Arbors of Highland Park*



# Special Activities

## Country Club Concerts

Highland Park Country Club

In-person program; Registration Required

*Sponsored by Aperion Care*

### Maxwell Street Klezmer Trio

Thursday, September 2 2:30 - 3:30 PM

The klezmerim of Eastern Europe drew upon the lyrical and haunting melodies of the Russians, Rumanians, and Poles, to create a unique and evocative style of their own. This trio includes piano, violin, and vocals and will feature Klezmer, Jewish, Yiddish, as well as American music.

### Beatles Tribute

Friday, October 8 1:30 - 2:30 PM

Join composer & lyricist Michael Mahler and Chicago musical theatre phenom Dara Cameron on a musical journey through the Fab Four's unparalleled songbook. Relive historic moments, hear the stories behind the songs, and trace their musical development.



### Stars and Stripes Concert in Honor of Veterans

Friday, November 12 1:30 - 2:30 PM

Rick Pickren performs America's most beloved patriotic songs in this exciting and uplifting program! Sing along and tap your toes to *America The Beautiful*, *You're A Grand Old Flag*, *The Battle Hymn of the Republic*, and many more.

### Home for the Holidays

Friday, December 17 1:30 - 2:30 PM

Celebrate the season with music and merriment. This seasonal show features a mixture of traditional favorites with a few comedic tunes sprinkled in.

## Barry Bradford Presents

Zoom; No Registration Required

Fridays, 1:30 - 3 PM

Free for members / NM: \$10

*Sponsored by BrightStar Care*

### Rogers & Hammerstein

Join Broadway maven Barry Bradford for a closer look at Rogers & Hammerstein's well-known and well-loved Broadway shows!



#### September 17 Oklahoma and Carousel

*Oklahoma* is the show that changed the entire direction of the Broadway musical! *Carousel* has been a sentimental favorite since it premiered. Take a look not just at the shows but at the important stories behind them for a deeper appreciation.

#### October 22 South Pacific and Cinderella

*South Pacific* is one of the most beautiful, important, and perfect Broadway musicals ever written. Rogers and Hammerstein had something important to say about racism in America at a time when the U.S. wasn't ready to confront it. *Cinderella* is a delightful made for TV Rodgers and Hammerstein musical. It's sure to bring back a lot of memories!

#### November 19 The King and I and The Sound of Music

This Rogers and Hammerstein series ends with two of the most popular shows written by the greatest songwriters in Broadway history. Again, Barry will share lots of clips from the shows and elaborate on the fascinating backstory to each!

*\* This activity will be available for in-person viewing (projected on-screen) at the Senior Center; registration required.*

# Special Activities

In-Person Programs; Registration Required

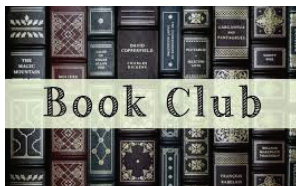
## Book Club Discussion Group

Highland Park Country Club

Mondays, 1 - 2:30 PM

Free for members / NM: \$10

*Sponsored by Sunrise Senior Living Highland Park*



The Highland Park Senior Center is thrilled to welcome Alice Moody to lead thoughtful, insightful book discussions.

### **September 27 *Morningside Heights***

by Joshua Henkin

A sweeping, compassionate novel about a marriage surviving hardship. It's about the love between women and men, and children and parents; about the things you give up in the face of adversity; and about how to survive when life turns out differently from what you thought you signed up for.

### **October 25 *Klara and the Sun***

by Kazuo Ishiguro

A thrilling book that offers a look at the changing world through the eyes of an unforgettable narrator, and one that explores the fundamental question: What does it mean to love?

### **November 29 *The Night Watchman***

by Louise Erdrich

A fictional world populated with memorable characters who are forced to grapple with the worst and best impulses of human nature; illuminating the loves and lives, the desires and ambitions of these characters with compassion, wit, and intelligence.

## Sing-Along Soiree

Highland Park Country Club

1st Friday of the Month

September 3, October 1,

November 5, & December 3

11 AM – 12 PM

Free for members / NM: \$10

*Sponsored by First Bank of Highland Park*

Music and singing have the power to unite, move, reveal, inspire and heal - and it's just plain fun! Join accompanist Dave Massello for an uplifting morning of well loved, senior friendly songs. Whether you've sung in a chorus previously or sung solo in the shower (or your car), all levels are welcome and encouraged to join in the fun! Song sheets will be provided.



## B - I - N - G - O

Highland Park Country Club

2nd Monday of the Month

September 13, October 11,

November 8, & December 13

1:30 – 2:30 PM

Free for members / NM: \$10

*Sponsored by Aperia Care of Highwood*

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





# Speaker Series

Zoom Programs; No Registration Required

Zoom Program; No registration required

Tuesdays, 10:30 - 11:30 AM

Free for members / NM: \$10

*Sponsored by Whitehall of Deerfield HealthCare*

**September 7**      **CLOSED**

**September 14**    **No Program**

**September 21**    **Vladimir Putin**

Henry Quinlan takes a look at the career of Vladimir Putin. There are many reasons his popularity stays above 60%. Quinlan examines the policies and actions that could lead to a new "Cold War." Who would believe that Russia could be the leading food producer in the world in the future? But this is a real possibility and one of the interesting elements to explore about Putin's presidency.

**September 28**    **Jigsaw of Italy**

On the map there certainly is one Italy, but in reality there are a number of Italies...in an uncomfortable union. The vying kingdoms and republics of the Middle Ages may now be called provinces, but they still define and separate modern Italians. Even the language is divided by the old boundaries. Italy is a jigsaw puzzle where the pieces barely fit. Humorist and historian Eugene Finerman will guide you through the clashing divisions and charming chaos of Italy.

**October 5**      **Concerto Showcase!**

Jim Kendros will reveal the remarkable *sinfonia concertante*, one of the most exciting genres in classical music! "It is a treat for both the ears and the eyes! In this amazing musical format, experience two to four soloists flinging melodies back and forth to each other amidst a breathtaking orchestral tapestry." Jim will share the unforgettable music of Haydn, Mozart and Johann Christian Bach, the youngest son of J.S. Bach. Discover the sonic landscapes of the *sinfonia concertante* with Jim Kendros!

**October 12**      **The Preserve of HP**

The Preserve of Highland Park is a one-of-a-kind natural area for passive recreation that includes green lawns, nature-based play areas, specialized native gardens, restored woodlands, and walking and biking trails. Rebecca Grill, Natural Areas Manager for the Park District, will give an update on the history and progress of The Preserve, focusing on the return of natural habitat to the property.

**October 19**      **Transit Mobility Services**

Accessible Metra, Pace and CTA buses and trains are easy to use, and Linda Chamberlain with 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!

**October 26**      **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. Stephanie Loda, LCSW with Family Service of Lake County, will share information on who is at risk, warning signs and interventions to bullying.

**November 2**      **Improve Your Mood with Mozart!**

Much has been written about the "Mozart Effect," especially in young children and babies in the womb. The claim is that IQ scores in spatial reasoning will be boosted. Less is focused on the

power of Mozart to enhance mood for seniors, which is the subject of this lecture. Stephanie Ettelson will test this theory by sharing and discussing a variety of examples.



**November 9                    A Legal Map for Aging Well**

If the only certainties in life are death and taxes, then one of the major uncertainties is how the golden years will play out. One hopes to age well with excellent physical, cognitive, and mental health. But what about financial and legal health? One must prepare for the possibility that they may become ill, disabled, or lose cognitive function. An elder law attorney from Dutton, Casey & Mesoloras will share how proper advanced legal planning can help ensure a smoother and safer journey.

**November 16                    Life and Art in the Great Depression**

Hear the Great Depression era story of a young, untried Waukegan artist, Reima Victor Ratti. Nicole Stocker, Museum Educator, will share details of the artist's days in the Civilian Conservation Corps and his artistic inspirations. Take a closer look at his artwork from the Dunn Museum.

**November 23                    Palliative Care and Hospice Care: How They Differ**

There is a lot of confusion about palliative care and hospice care. Rhonda Wehner from JourneyCare explains the differences for you to better understand when a loved one may benefit from additional supportive care.

**November 30                    Jimmy Carter in 1980**

Award-winning journalist, Evan Weiner, will take you back to 1980 when U.S. President Jimmy Carter was running for re-election and faced three major problems: runaway inflation, the Soviet Union invading Afghanistan, and trying to free hostages after the American Embassy was stormed in Teheran. The chant "USA USA USA" started in Lake Placid, NY during a hockey game. Ronald Reagan would beat Carter in the November 1980 election.



**December 7                    Festive Orchestra & Voices**

Whichever holiday you may celebrate, this is music for the festive month of December! Jim Kendros introduces music that is universally jovial and celebratory! In the wonderful season of lights and giving, Jim will offer the sparkling music of Bach, Vivaldi, Corelli, Haydn and Brahms! Enjoy music for choir and orchestra as Jim reveals immortal music of universal wonderment!

**December 14                    A Christmas Carol:  
The Story Behind the Story**

*A Christmas Carol* is one of Charles Dickens' most beloved, celebrated, and truly original stories. Steven Frenzel will share a behind the scenes look at the fascinating details, infuriating incidents, and jaw-dropping achievements that went into the making of this masterpiece. What was he doing the night he came up with the story, and what was the first image that came to him? Why was writing and publishing this book one of the biggest gambles of Dickens' life? What did critics say about the book then? Steven shares the amazing good news/bad news story of when Dickens decided to sue the huge publishing house that was stealing his profits! Learn many amazing stories behind this great tale and see how filmmakers have brought Scrooge and his many ghostly companions to the silver screen!



**December 21                    CLOSED**

**December 28                    CLOSED**

***\* This activity will be available for in-person viewing (projected on-screen) at the Senior Center; registration required.***



# Activities - Exercise

## In-Person Programs; Registration Required

### Registration and Cancellation

- Classes and activities will be offered either virtually or in-person.
- Classes and activities may transition from virtual to in-person, and vice-versa, at any time.
- Participants must register prior to the start of classes, trips and special activities; payment is due upon registration.
- To register, please call 847.432.4110. If there is no staff available, please leave a message and someone will call you within the next business day.
- 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.
- Links for DROP-IN activities will be emailed to all current members, prior to the start of the program.
- Links for REGISTRATION REQUIRED activities will be emailed to registrants prior to the start of the program.

### 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.

Day / Dates: Mondays, 9/27 - 10/25 (5)

Time: 11:15 AM - 12:15 PM

Fee: \$35 / NM: \$55

Day / Dates: Mondays, 11/1 - 12/13 (7)

Time: 11:15 AM - 12:15 PM

Fee: \$49 / NM: \$69

Day / Dates: Wed, 9/29 - 10/27 (5)

Time: 11:15 AM - 12:15 PM

Fee: \$35 / NM: \$55

Day / Dates: Wed, 11/3 - 12/15 (7)

Time: 11:15 AM - 12:15 PM

Fee: \$49 / NM: \$69

### Tap Fitness

Level 2 / 3

Learn to tap through steps, shuffles, maxi fords, shuffle off to Buffalo, and soft shoe. Tap Fitness promotes wellness in body, mind, and spirit. Tap and stomp your feet for fun and feel like a kid again. Tap shoes are not mandatory. *No class 11/11 & 11/25.*

Day / Dates: Thursdays, 9/23 - 10/28 (6)

Time: INT: 9:30 - 10:30 AM  
BEG: 10:45 - 11:45 AM

Fee: \$42 / NM: \$62

Day / Dates: Thursdays, 11/4 - 12/16 (5)

Time: INT: 9:30 - 10:30 AM  
BEG: 10:45 - 11:45 AM

Fee: \$35 / NM: \$55

# Activities - Exercise

## In-Person Programs; Registration Required

### Sit & Be Fit

Level 1

Join Carol King for a fun workout done while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music, utilizing light weights and resistance tubes. *No class 11/11 & 11/25.*

Day / Dates: Tuesdays, 9/21 - 10/26 (6)

Time: 1:30 - 2:30 PM

Fee: \$42 / NM: \$62

Day / Dates: Tuesdays, 11/2 - 12/14 (7)

Time: 1:30 - 2:30 PM

Fee: \$49 / NM: \$69

Day / Dates: Thursdays, 9/23 - 10/28 (6)

Time: 1:30 - 2:30 PM

Fee: \$42 / NM: \$62

Day / Dates: Thursdays, 11/4 - 12/16 (5)

Time: 1:30 - 2:30 PM

Fee: \$35 / NM: \$55

### 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 to help concentration, energy, stress relief and harmony.

Day / Dates: Tuesdays, 9/21 - 10/26 (6)

Time: 6:30 - 7:30 PM

Fee: \$42 / NM: \$62

Day / Dates: Tuesdays, 11/2 - 12/14 (7)

Time: 6:30 PM - 7:30 PM

Fee: \$49 / NM: \$69

### Gentle Yoga

Level 1 / 3

Instructor Andy Amend 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. *No class 11/26.*

Day / Dates: Fridays, 9/24 - 10/29 (6)

Time: Mat: 10 - 11 AM

Chair: 11:15 AM - 12:15 PM

Fee: \$42 / NM: \$62

Day / Dates: Fridays, 11/5 - 12/17 (6)

Time: Mat: 10 - 11 AM

Chair: 11:15 AM - 12:15 PM

Fee: \$42 / NM: \$62

### 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!

Day / Dates: Wed, 9/22 - 10/27 (6)

Time: 10:15 - 11:15 AM

Fee: \$42 / NM: \$62

Day / Dates: Wed, 11/3 - 12/15 (7)

Time: 10:15 - 11:15 AM

Fee: \$49 / NM: \$69





# Activities - Cards & Games

In-Person Programs; Registration Required

## Cards & 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. Participants **MUST** attend the first class. A current Mah Jongg card is included in fee. No class 11/23.

Day / Dates: Tuesdays, 9/21 - 10/19 (5)

Time: 1:30 - 3:30 PM

Fee: \$70 / NM: \$90

Day / Dates: Tuesdays, 11/2 - 12/7 (5)

Time: 1:30 - 3:30 PM

Fee: \$70 / NM: \$90



### Learn Canasta!

Canasta 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 11/24.*

### Beginning Canasta

Day / Dates: Wed. 9/22 - 10/27 (6)

Time: 1:30 - 3:30 PM

Fee: \$72 / NM: \$92

### Continuing Canasta - Strategic Play

Day / Dates: Wed, 11/3 - 12/1 (4)

Time: 1:30 - 3:30 PM

Fee: \$48 / NM: \$68

## The Bridge Lesson Series

The ACBL Bridge Series consists of a progression of five courses, each focusing on a different aspect of the game and bringing the students from absolute beginners through to the point where they can confidently play in any bridge game. People already familiar with the game can, of course, start at any point in the series, but most will benefit from the complete set of lessons.

1. Club Series: 21st Century Bidding
2. Diamond Series: 21st Century Play of the Hand
3. Heart Series: Defense
4. Spade Series: Commonly Used Conventions
5. Notrump Series: More Commonly Used Conventions

\* Participants may purchase these books through the Senior Center or online at [www.baronbarclay.com](http://www.baronbarclay.com).

### Diamond Series: Play of the Hand

This series concentrates on the play of the hand (making a plan, promoting winners, finessing, trumping losers, etc.). The initial bidding concepts are reviewed and a few new concepts are introduced (Jacoby transfers and slam bidding). No class 11/23. Volunteer Instructor: David Nehmadi

Day / Date: Tuesdays, 9/21 - 12/14 (12)

Time: 9:30 - 11:30 AM

Fee: \$20 / NM: \$40

### Notrump Series: More Commonly Used Conventions

Volunteer instructor, David Nehmadi, teaches students more commonly used conventions such as negative doubles, the Unusual notrump, Michaels cue bids, slam bidding, leads and signals, and 2/1. *No class 11/22.*

Day / Date: Mondays, 9/20 - 12/13 (12)

Time: 10 AM - 12 PM

Fee: \$20 / NM: \$40

# Activities

## In-Person Programs; Registration Required

### Social Bridge: Open Play

Gather your foursome for a friendly game of social bridge. The card room will be open for each group to play their preferred style of social bridge. If you are looking to form a foursome, and need more players - please use the bridge players connection board located in the game room.

Day: Mondays  
Time: 1 - 3:30 PM  
Fee: Free for members / NM: \$10

### Mah Jongg: Open Play

Mah Jongg is a fascinating, rummy-like game played with tiles rather than cards. Originated in China, Mah Jongg is enjoying a resurgence in popularity, with millions of players of all ages, playing around the world. All players must be willing to welcome new players and rotate out if needed.

Day: Tuesdays  
Time: 1 - 3:30 PM  
Fee: Free for members / NM: \$10

### Canasta: Open Play

Join others for a drop-in game of canasta. Make melds and make friends; all levels welcome. All players must be willing to welcome new players and rotate out if needed.

Day: Wednesdays  
Time: 1 - 3:30 PM  
Fee: Free for members / NM: \$10

### Open Play: Poker

Seven Card Stud, Five Card Draw, Texas Hold 'em!!! Join others for a casual round of dealers choice poker. Buy-in gets each player \$100 in chips, and the winner receives a local gift card.

Day: Thursdays, beginning 9/16  
Time: 1 - 3:30 PM  
Fee: \$2 / NM: \$3

### Classes at The Art Center HP

The Senior Center is excited to collaborate with the Art Center of Highland Park to offer Senior Center art classes at their state of the art facility. This partnership provides for pooling of resources, supplies, facilities and instructors to offer a variety of quality classes exclusively for Senior Center participants.

### Advanced Painting Class & Studio

Instructor Arlene Goldman will guide experienced students toward improving their drawing and painting skills while working individually on their personal paintings. *No class or studio 11/11, 11/22, & 11/25*

Day / Dates: Thursdays, 9/30 - 10/28 (5)  
Studio Time: Mondays, 10/4 - 11/1 (5)  
Time: 1 - 3 PM  
Fee: \$60 (Members only)

Day / Dates: Thursdays, 11/4 - 12/16 (5)  
Studio Time: Mondays, 11/8 - 12/13 (5)  
Time: 1 - 3 PM  
Fee: \$60 (Members only)

### Introduction to Mosaics

For students new to the contemporary mosaic art form. Learn the basic aspects of mosaic, work with traditional mosaic tools of the hammer and Hardie. Explore different varieties of traditional and modern materials. Materials and tools are included in class price. *No class 11/26.*

Day / Dates: Fridays, 9/24 - 10/29 (6)  
Time: 8:45 - 11:45 AM  
Fee: \$108 (Members only)

Day / Dates: Fridays, 11/5 - 12/17 (6)  
Time: 8:45 - 11:45 AM  
Fee: \$108 (Members only)



# General Activities

## 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. *No class 10/14, 10/21, 11/11, & 11/25.*

Day / Dates: Thursdays, 9/23 - 12/16 (9)  
Time: Beginning 9:30 - 10:30 AM  
Continuing 11 AM - 12 PM  
Fee: \$63 / NM: \$83  
Status: Zoom; Registration required

## News & Views Current Events

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. Program moderator: Skip Jacobs

Day: Wednesdays, weekly  
Time: 10 - 11:30 AM  
Fee: Free / NM: \$10  
Status: Zoom; Registration required

## Drivers Test Preparation Course

Rules of the Road 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 / Date: Thursday, September 9  
Time: 10 AM - 12 PM  
Fee: FREE  
Status: In-Person; Registration required

## AARP Smart Driver Course

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.

*\*The Senior Center is not currently offering the Smart Driver Course. If you would like to take this course online, please find more information and register at [www.aarpdriversafety.org](http://www.aarpdriversafety.org).*

## Online Membership and Registration Portal

On June 2, the Senior Center launched a new, user-friendly online portal, where community members are able to purchase and renew memberships, register for Senior Center activities, and view the interactive, up-to-date calendar. An online account has been created for all current members as well as individuals in the Senior Center's database; please check to see if you have an active account prior to creating one.

Please call the Senior Center for assistance in accessing your online account, or navigating the online portal.

**Please access the Senior Center's online portal at: [www.cityhpil.com/seniorcenter](http://www.cityhpil.com/seniorcenter)**

# Important Information

## Safety Protocols

### Daily Health Self-Screening

Staff and guests shall conduct a daily self-assessment before coming to the Senior Center. **Please stay home if any of the following apply:**

- If you currently have a fever or have had one within the past week.
- If you are ill or have any symptoms such as a cough, sore throat, headache, stuffy nose, shortness of breath, loss of taste or smell, trouble breathing, or other symptoms as identified by the CDC.
- If you have had close contact with someone who has tested positive for COVID within the past 14 days.

### Masks

- Staff and guests must have facial covering of mouth and nose while in public spaces indoors and while in close proximity outdoors.
- Reusable masks should be cleaned and sanitized after each use.
- Please review the CDC's guidelines about how to appropriately use and maintain masks.

### Social Distancing

- Staff and guests should practice social distancing when feasible while at the center and/or participating in Senior Center activities.
- Please follow proper social distancing and maintain 6 feet of distance from one another.

### Center Cleanliness

- All internal doors shall be propped open if it is safe to do so.
- Staff and guests should wash hands regularly throughout the course of the day.
- Staff and guests should sanitize when entering and exiting each room/program, as well as randomly throughout the day.
- Water fountains should only be used for filling water bottles.
- Staff will clean hard surfaces and frequently touched surfaces throughout the day.
- Cleaning will be performed in compliance with the latest CDC guidelines.

### If you have tested positive for COVID, you are eligible to return to the Senior Center:

- After at least 10 days have passed since you received a positive test for COVID.
- AND after you have been symptom-free for a minimum of 72 hours.
- In accordance with state and local guidelines.

Guests who do not follow Senior Center safety protocols will be asked to leave the facility. Continued failure to follow safety protocols may result in suspension or termination of membership privileges.



# 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 on these services or to schedule an appointment, please contact Jennifer Aiello at [jaiello@cityhpil.com](mailto:jaiello@cityhpil.com) or 847.926.1868.**

## Senior Center Loan Closet

**Mondays & Thursdays; by appointment only  
54 Laurel Avenue**

Senior Center members & Highland Park residents may borrow medical equipment (wheelchairs, walkers, bath benches, etc.) Items are available for an unlimited amount of time, free of charge. A liability waiver must be signed by the individual who will be using the equipment, prior to its use. Please contact Jennifer Aiello for further details and to schedule an appointment.



## Mindful Moment

As a skill of being present, mindfulness involves refining awareness and deepening acceptance by observing thoughts and feelings without judging them as good or bad. The practice of mindfulness can strengthen coping skills and support wellbeing. Join Jennifer Aiello with an opportunity to be present in the moment by focusing on breath and experience your senses.

Days: Mondays

Dates: 9/20, 10/18, 11/15, and 12/13

Time: 10 - 10:30 AM

Fee: Free for Members / NM: \$10

Status: Zoom; Registration required

## Grief Group

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 four 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 10/1.

Day / Date: Thursdays, 10/7 - 10/28 (4)

Time: 1:30 - 2:30 PM

Fee: Free

Status: In-Person; Registration required

## Notary Public - At Your Service!

Notary Public, Jennifer Aiello, is available to notarize and certify the proper execution of your personal documents including real estate, power of attorney, and more. To schedule an appointment, please email [jaiello@cityhpil.com](mailto:jaiello@cityhpil.com).

# Social Services

## Medicare Part D Open Enrollment

Open enrollment for the Medicare Prescription Drug Plan extends from October 15 - December 7, 2021. During this period, you may change from your current drug plan or enroll for the first time. Everyone is encouraged to re-evaluate their insurance coverage due to changes in the drug plans or changes in your own prescriptions. Trained volunteers are available to assist in navigating the enrollment process in a personal appointment either over the phone or virtually via zoom. Please contact Jennifer Aiello to schedule an appointment.

## Senior Center Financial Scholarship

Scholarship dollars may be used by residents toward membership, trips, classes, or special events. Scholarship approval is based on proof of City of Highland Park residency and financial need, as determined by the Benefit Access Program. Please contact Jennifer Aiello to schedule an appointment to determine qualification.

## Reduced Rates for City Services

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

## 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. Applications must be submitted at: [www.illinois.gov/aging](http://www.illinois.gov/aging). Please contact Jennifer Aiello for assistance in completing your online application.

## Counseling Services

Finding ways to cope can be trying for anyone and sometimes facing even the most mundane tasks can feel overwhelming. Sharing your thoughts and feelings can help lighten the load and shed a beam of light on your path. Jennifer Aiello, LPC, can help offer guidance and support during one-on-one telephone or Zoom sessions. Please contact Jennifer to schedule an appointment.

## Senior Transportation Opportunities

### Connector Bus Resumes Service

The Connector operates on Tuesdays and Fridays from 9 AM - 3:30 PM. Masks must be worn and appropriate social distancing will be enforced. For further details and the new schedule, please visit [www.cityhpil.com/seniorcenter](http://www.cityhpil.com/seniorcenter).

### 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.

## 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 Brian Soldano at 847.926.1083.

## Advanced Care Planning Packet

In order to help ensure your wishes are known and honored, the Senior Center has created an Advanced Care Planning Packet which includes; *Five Wishes* workbook, *Advanced Care Planning Tips* and *Getting Your Affairs in Order* booklets from the National Institute on Aging, and more. Please contact Jennifer Aiello to schedule a pick-up appointment.

# September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
30 <b>Key:</b> <b>(Z) - Zoom Program</b>	31	01 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta	02 9:30 Beg. Spanish (Z) 11:00 Cont. Spanish (Z) 1:30 Sit & Be Fit <b>2:30 Concert: Maxwell Street Klezmer Trio</b>	03 <b>11:00 Sing-Along Soirée</b>
06 <b>CLOSED</b> Labor Day	07 <b>CLOSED</b>	08 <b>CLOSED</b>	09 <b>9:00 Member Registration</b> <b>10:00 Rules of the Road</b>	10 <b>1:30 Drive-Thru Event:</b> <b>Ice Cream Social</b>
13 1:00 Social Bridge <b>1:30 BINGO</b>	14 1:00 Open Play: Mah Jongg	15 10:00 News & Views (Z) 1:00 Open Play: Canasta	16 1:00 Open Play: Poker	17 <b>9:00 Open Registration</b> <b>1:30 Barry Bradford (Z)</b>
20 <b>10:00 Mindful Moment (Z)</b> 10:00 Int. Bridge: Notrump Series 1:00 Social Bridge	21 9:30 Beg. Bridge: Diamond Series 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Learn Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	22 10:00 News & Views (Z) 10:15 Zumba Gold 1:00 Open Play: Canasta 1:30 Learn Canasta	23 9:30 Beg. Spanish (Z) 9:30 Tap – Intermediate 10:45 Tap – Beginning 11:00 Cont. Spanish (Z) 1:00 Open Play: Poker 1:30 Sit & Be Fit	24 8:45 Mosaics 10:00 Gentle Yoga – Mat 11:15 Gentle Yoga – Chair <b>1:15 Trip:</b> <b>Arlington Park</b>
27 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge <b>1:00 Book Club</b>	28 9:30 Beg. Bridge: Diamond Series 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Learn Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	29 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta 1:30 Learn Canasta	30 9:30 Beg. Spanish (Z) 9:30 Tap – Intermediate 10:45 Tap – Beginning 11:00 Cont. Spanish (Z) 1:00 Open Play: Poker 1:30 Sit & Be Fit 1:00 Advanced Painting	01

# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
27 <b>Key:</b> <b>(Z) - Zoom Program</b>	28	29	30	01 8:45 Mosaics 10:00 Gentle Yoga – Mat <b>11:00 Sing-Along Soirée</b> 11:15 Gentle Yoga – Chair
04 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge	05 9:30 Beg. Bridge: Diamond Series 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Learn Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	06 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta 1:30 Learn Canasta	07 9:30 Beg. Spanish (Z) 9:30 Tap – Intermediate 10:45 Tap – Beginning 11:00 Cont. Spanish (Z) 1:00 Open Play: Poker <b>1:30 Grief Group</b> 1:30 Sit & Be Fit 1:00 Advanced Painting	08 8:45 Mosaics 10:00 Gentle Yoga – Mat 11:15 Gentle Yoga – Chair <b>1:30 Concert:</b> <b>Beatles Tribute</b>
11 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge <b>1:30 BINGO</b>	12 9:30 Beg. Bridge: Diamond Series 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Learn Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	13 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta 1:30 Learn Canasta	14 9:30 Tap – Intermediate 10:45 Tap – Beginning 1:00 Open Play: Poker 1:30 Grief Group 1:30 Sit & Be Fit 1:00 Advanced Painting	15 8:45 Mosaics 10:00 Gentle Yoga – Mat 11:15 Gentle Yoga – Chair <b>1:30 Vaccination Clinic</b>
18 <b>10:00 Mindful Moment (Z)</b> 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge	19 9:30 Beg. Bridge: Diamond Series 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Learn Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	20 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta 1:30 Learn Canasta	21 9:30 Tap – Intermediate 10:45 Tap – Beginning 1:00 Open Play: Poker 1:30 Grief Group 1:30 Sit & Be Fit 1:00 Advanced Painting	22 8:45 Mosaics 10:00 Gentle Yoga – Mat 11:15 Gentle Yoga – Chair <b>1:30 Barry Bradford (Z)</b>
25 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge <b>1:00 Book Club</b>	26 9:30 Beg. Bridge: Diamond Series 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	27 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta 1:30 Learn Canasta	28 9:30 Beg. Spanish (Z) 9:30 Tap – Intermediate 10:45 Tap – Beginning 11:00 Cont. Spanish (Z) <b>1:00 Trip: Ragtime</b> 1:00 Open Play: Poker 1:30 Grief Group 1:30 Sit & Be Fit 1:00 Advanced Painting	29 8:45 Mosaics 10:00 Gentle Yoga – Mat 11:15 Gentle Yoga – Chair <b>1:30 Drive-Thru Event:</b> <b>Halloween Treats</b>

# November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
01 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge	02 9:30 Beg. Bridge: Diamond Series 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Learn Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	03 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta 1:30 Cont. Canasta	04 9:30 Beg. Spanish (Z) 9:30 Tap – Intermediate 10:45 Tap – Beginning 11:00 Cont. Spanish (Z) 1:00 Open Play: Poker 1:30 Sit & Be Fit 1:00 Advanced Painting	05 8:45 Mosaics 10:00 Gentle Yoga – Mat <b>11:00 Sing-Along Soirée</b> 11:15 Gentle Yoga – Chair
08 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge <b>1:30 BINGO</b>	09 9:30 Beg. Bridge: Diamond Series 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Learn Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta 1:30 Cont. Canasta	11 <b>CLOSED</b>  Veteran's Day	12 8:45 Mosaics 10:00 Gentle Yoga – Mat 11:15 Gentle Yoga – Chair <b>1:30 Concert: Stars and Stripes</b>
15 <b>10:00 Mindful Moment (Z)</b> 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge	16 9:30 Beg. Bridge: Diamond Series 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Learn Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	17 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta 1:30 Cont. Canasta	18 9:30 Beg. Spanish (Z) 9:30 Tap – Intermediate 10:45 Tap – Beginning 11:00 Cont. Spanish (Z) 1:00 Open Play: Poker 1:30 Sit & Be Fit 1:00 Advanced Painting	19 8:45 Mosaics 10:00 Gentle Yoga – Mat 11:15 Gentle Yoga – Chair <b>1:30 Barry Bradford (Z)</b>
22 11:15 Better Balance 1:00 Social Bridge	23 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	24 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta <b>1:30 Drive-Thru Event: Thanksgiving</b>	25 <b>CLOSED</b>  Thanksgiving	26 <b>CLOSED</b>  Thanksgiving Break
29 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge <b>1:00 Book Club</b>	30 9:30 Beg. Bridge: Diamond Series 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Learn Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	01	02	03 <b>Key: (Z) - Zoom Program</b>

# December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
29 <b>Key:</b> <b>(Z) - Zoom Program</b>	30	01 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta 1:30 Cont. Canasta	02 9:30 Beg. Spanish (Z) 9:30 Tap – Intermediate 10:45 Tap – Beginning 11:00 Cont. Spanish (Z) 1:00 Open Play: Poker 1:30 Sit & Be Fit 1:00 Advanced Painting	03 8:45 Mosaics 10:00 Gentle Yoga – Mat <b>11:00 Sing-Along Soirée</b> 11:15 Gentle Yoga – Chair
06 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge	07 9:30 Beg. Bridge: Diamond Series 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Learn Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	08 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta	09 9:30 Beg. Spanish (Z) 9:30 Tap – Intermediate 10:45 Tap – Beginning 11:00 Cont. Spanish (Z) 1:00 Open Play: Poker 1:30 Sit & Be Fit 1:00 Advanced Painting	10 8:45 Mosaics 10:00 Gentle Yoga – Mat 11:15 Gentle Yoga – Chair
13 <b>10:00 Mindful Moment (Z)</b> 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge <b>1:30 BINGO</b>	14 9:30 Beg. Bridge: Diamond Series 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	15 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta	16 9:30 Beg. Spanish (Z) 9:30 Tap – Intermediate 10:45 Tap – Beginning 11:00 Cont. Spanish (Z) 1:00 Open Play: Poker 1:30 Sit & Be Fit 1:00 Advanced Painting	17 8:45 Mosaics 10:00 Gentle Yoga – Mat 11:15 Gentle Yoga – Chair <b>1:30 Concert: Holiday Music</b>
20 <b>CLOSED</b> Winter Break	21 <b>CLOSED</b> Winter Break	22 <b>CLOSED</b> Winter Break	23 <b>CLOSED</b> Winter Break	24 <b>CLOSED</b> Winter Break
27 <b>CLOSED</b> Winter Break	28 <b>CLOSED</b> Winter Break	29 <b>CLOSED</b> Winter Break	30 <b>CLOSED</b> <b>1:30 Drive-Thru Event: NYE Meal</b>	31 <b>CLOSED</b> <b>1:30 Concert: New Year's Eve (Z)</b>



**Highland Park Senior Center**

1201 Park Avenue West

Highland Park, IL 60035

847.432.4110

[www.cityhpil.com](http://www.cityhpil.com)

**Senior Center Staff**

Laura Frey, CPRP

Manager of Senior Services

Jennifer Aiello, M.S., LPC

Social Services Coordinator

Christina Earle, CPRP

Program Coordinator

Miguel Rangel-Martinez

Support Staff

**Mayor**

Nancy Rotering

**City Council**

Anthony E. Blumberg

Michelle L. Holleman

Annette Lidawer

Adam Stolberg

Kim Stone

Andrés Tapia

**City Manager**

Ghida S. Neukirch

**Holiday Schedule**

The Senior Center will be closed:

**Labor Day**

Monday, September 6

**Facility Maintenance**

Tuesday & Wednesday, September 7 - 8

**Veterans Day**

Thursday, November 11

**Thanksgiving Break**

Thursday & Friday, November 25 - 26

**Winter Break**

Monday, December 20 - Friday, December 31

**Senior Center Gift Certificates**

Senior Center Gift Certificates are the perfect gift for the Senior Center member who has everything. Gift Certificates may be purchased for any amount (minimum of \$10) and may be used towards membership dues, trips, classes, and special events. Gift certificates can be loaded into the member's Virtual Wallet for easy use and tracking.

Please call the Senior Center at 847.432.4110 for further details.