



The Shorelines

June - August, 2021

Highland Park Senior Center

NEWSLETTER

1201 Park Avenue West

Monday - Friday, 9 AM - 5 PM

Dear Members,

After years of planning and months of preparing, we are thrilled to announce that the Highland Park Senior Center will be relocating to the Highland Park Country Club, and is scheduled to open for in-person services on June 1, 2021.

After thoughtful consideration and in light of the safety precautions emanating from the pandemic, relocating to the Highland Park Country Club provides the best and safest way to bring Senior Center members back to in-person programs. The Highland Park Country Club provides abundant space for all of our activities to take place under the same roof, and affords members the opportunity to participate in activities while maintaining social distancing practices. In addition, the facility overlooks the natural open space of The Preserve of Highland Park, offers ample parking, and is fully handicap accessible. Renovations of the Country Club to best accommodate senior services are anticipated to take place in 2024, however relocating at this time provides abundant space for current services and activities.

Beginning June 1, staff will begin working from our new offices within the Country Club and in-person customer services will resume. Senior Center programming will increase, offering a hybrid of both in-person activities held at the Country Club and virtual activities offered via Zoom. As the health and safety of our members and staff are of utmost importance, please read our Safety Protocols included on page 12 in this issue of the Shorelines Newsletter.

I would like to thank the members of the Senior Services Advisory Group for their efforts over the past few years, which helped identify the Highland Park Country Club as a wonderful relocation opportunity. I would also like to thank the City Council and City Staff for their support, dedication, and hard work in bringing this dream to fruition.

Jennifer, Christina, and I are giddy with excitement and cannot wait to see you in-person, at our new home within the Highland Park Country Club.

Sincerely,

Laura Frey, Manager of Senior Services

Activity Registration

Member Activity Registration Begins:

Tuesday, June 1 at 9 AM

Open Registration Begins:

Tuesday, June 8 at 9 AM

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Day Excursions

BUS STOP LOCATION

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

Immersive Van Gogh

Lighthouse ArtSpace at Germania Club, Chicago

Tuesday, July 27

Fee: \$80 / NM: \$100

Bus departs 9 AM

Bus returns at approximately 3 PM



Experience art like never before – lose yourself in 500,000 cubic feet of flawless projections animating Vincent van Gogh’s oeuvre. Wander through entrancing, moving images that highlight brush strokes, detail, and color – truly illuminating the mind of the genius.

You will be immersed in Van Gogh’s works – from his sunny landscapes and night scenes to his portraits and still life paintings. The installation includes the *Mangeurs de pommes de terre* (The Potato Eaters, 1885), the *Nuit étoilée* (Starry Night, 1889), *Les Tournesols* (Sunflowers, 1888), and *La Chambre à coucher* (The Bedroom, 1889), and so much more. The exhibition is custom-designed to Chicago’s Germania Club – transforming the neoclassical into the magical. Astonishing in scale and breathtakingly imaginative, you will experience Van Gogh’s art in a completely new and unforgettable way.

This trip includes transportation and exhibit admission. Lunch is a dutch treat at a restaurant to be determined.

The following performances are being rescheduled from their originally scheduled dates that were cancelled due to COVID. Details will be announced and tickets will go on sale as date and details are confirmed with the various theater companies. Please watch for details.

Six

Fall of 2021 at the Broadway Playhouse

The King and I

Spring of 2022 at the Drury Lane Theater

The Devil Wears Prada

Summer of 2022 at the Nederlander Theatre



Senior Center Speaker Series

Zoom Program; Drop-In

Tuesdays, 10:30 - 11:30 AM

Free for members / NM: \$10

Sponsored by Whitehall of Deerfield HealthCare

June 1 Music of Schumann and Brahms

Jim Kendros returns to share wonderful romantic music, offer a glimpse into the lives of both composers, and explore some of their finest works. Enjoy passionate, wondrous movements from Schumann's symphonies and be charmed by his famous *Traumerei* for cello and piano. Be awed by the symphonic gems of Brahms and revel in two of his beloved musical treasures, both very different, showing the immense genius of this composer!

June 15 Groundbreaking Musicals

From *The Jazz Singer* to *La La Land*, from *Meet Me In St. Louis* to *Moulin Rouge*, certain musicals have had a revolutionary approach to cinematic storytelling. Challenging audiences with fresh and unusual styles of music and dance, these films dared to break the rules and reinvent the musical. Steven Frenzel will share clips from *Little Shop of Horrors*, *The King and I*, *Hair*, *The Rocky Horror Picture Show*, *Bugsy Malone*, *An American in Paris*, *All That Jazz*, and more!

July 6 Solving Climate Change

Climate Change has been called 'NOT the BIGGEST challenge of OUR time, but, the BIGGEST challenge of ALL time'. Climate Change can be confusing to many. Often, there is uncertainty of what Climate Change is, what are its effects and what can be done about it. In today's media-rich environment, many policy issues are in the news, but, often not at a significant level of depth. Mike Zaniello from the Citizens Climate Lobby will share a simple, comprehensive, Climate Solution that leaves you more informed, energized and hopeful for a future stable climate.

July 20 Is the Book Better Than the Movie?

At long last, get the answer to the age old question, "Is the book always better than the movie?" (Spoiler—it's not!) Steven Frenzel will tackle the interesting reasons why this belief still persists and show many great examples of films that clearly outshone their literary origin, such as *Jaws*, *Breakfast at Tiffany's*, *Field of Dreams*, *Die Hard*, *Shrek*, *Legally Blonde*, *It's a Wonderful Life*, and many more! See how filmmakers use different tools to tell their versions of a story.

August 3 Sweet Summer Serenades

Jim Kendros presents beautiful, relaxing music to celebrate August! Jim will treat participants to lush, expressive string serenades by Mozart, Tchaikovsky and Dvorak. Experience the mystical strains of Faure and timeless romance of Chopin. Jim will delve into the lives of each composer to learn more about this wonderfully expressive music. Join Jim for a highly enjoyable morning of sweet summer serenades!

August 17 The Man from Libertyville

An influential figure in the political history of the U.S., Adlai E. Stevenson II was Governor of Illinois, ran twice for President as the Democratic National Candidate, and served as Ambassador to the United Nations. Though he lost both presidential campaigns, it was Stevenson's ideas that are his real lasting legacy. Learn more about his life and impact from an historical expert at the Dunn Museum of Lake County.

Concerts

Zoom Program; Drop-In

1:30 - 2:30 PM

Free for members / NM: \$10

Sponsored by Aperion Care

Thursday, June 10 Country Classics

Vocalist and guitarist Johnny Breeze brings you a wonderful country music concert featuring old time classics by Kenny Rogers, Glen Campbell, George Strait, Johnny Cash, Randy Travis, and so many more. He'll also include a few more recent classics by Garth Brooks, Tim McGraw, Rascal Flatts, and the Zac Brown Band. This is a must-see concert for any country music lover!

Friday, July 9 Violin Concert

Violinist Edgar Gabriel will take you on a musical journey to highlight music in television and movies. Edgar will perform music by classical composers such as Vivaldi, music scores from modern composers, and music that was specifically written for television such as the theme from *Downton Abbey*. Edgar will also perform film songs that have become iconic such as *As Time Goes By* and *Over the Rainbow*.

Friday, August 13 All That JAZZ (4 PM)

Join Amy Yassinger and Stuart Seale as they perform Jazz Standards as a vocal and piano duo for all to enjoy. Amy and Stuart have performed together for over a decade from Jazz concerts in Europe to the Obama Foundation and community shows all throughout the Midwest.

Allow this fun and dynamic duo to take you back with Gershwin, Arlen, Cole Porter and the likes of Nat King Cole, Ella Fitzgerald, Bing Crosby and more!



Barry Bradford Presents

Zoom Program; Drop In

Fridays, 1:30 - 3 PM

Free for members / NM: \$10

Sponsored by BrightStar Care

The American Civil War

Continuing this riveting four part series, presidential award winning historian, Barry Bradford, will take a year-by-year look through the tumultuous Civil War. Learn about the political and civil consequences of a country torn apart over partisan and sectional lines.

June 25 1862: Both Sides Dig In

When the Civil War began, many leaders on both sides stated it would be over quickly. In 1862, massive battles and unparalleled casualties demonstrated that this would be a long and brutal war that could only end in victory.

July 23 1863: The Year that Changed America

In 1863, President Lincoln's thinking about slavery evolved. The war had been transformed from a battle over keeping the union together into a battle to end the barbaric practice of slavery. Major topics include Lincoln's Gettysburg address and the Emancipation Proclamation.

August 27 1864-1865: The Beginning of the End

In 1864, Lincoln promoted Ulysses S. Grant and began the inevitable course of southern defeat. In 1865, President Lincoln was murdered by a terrorist conspiracy of white supremacists. This fascinating session includes as major topics: the election of 1864, the defeat of the rebellion, and the murder of Abraham Lincoln.

Special Activities

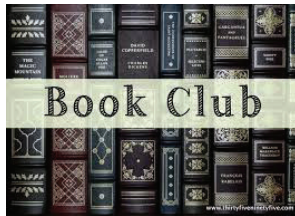
Book Club Discussion Group

Zoom Program; Registration Required

Mondays, 1 - 2 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.

June 28 *Long Bright River* by Liz Moore

Alternating its present-day mystery with the story of the sisters' childhood and adolescence, *Long Bright River* is at once heart-pounding and heart-wrenching: a gripping suspense novel that is also a moving story of sisters, addiction, and the formidable ties that persist between place, family, and fate.

July 26 *Hamnet* by Maggie O'Farrell

Hamnet is a dramatic story that tells the background between Will Shakespeare and his wife Agnes. It follows their relationship as they deal with their grief over the death of their son Hamnet, the implications of Will's career and Will's infidelity.

August 30 *The Exiles* by Christina Baker Kline

In this gorgeous novel, Christina Baker Kline brilliantly recreates the beginnings of a new society in a beautiful and challenging land, telling the story of Australia from a fresh perspective, through the experiences of Evangeline, Hazel, and Mathinna.

Sing-Along Soiree

Highland Park Country Club

1st Friday of the Month

June 4, July 2, & August 6

1:30 – 2:30 PM

Free for members / NM: \$10

In-person; registration required

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 afternoon 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! Participants will receive a folder to keep song sheets from week to week.

B - I - N - G - O

Highland Park Country Club

2nd Tuesday of the Month

June 8, July 13 & August 10

1:30 – 2:30 PM

Free for members / NM: \$10

In-person; registration required

Sponsored by Aperion Care of Highland

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.





Activities

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.

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.

Day / Dates: Thursdays, 6/24 - 7/29
Time: 1:30 - 2:30 PM
Fee: \$42 / NM \$62
Status: In-person; registration req.

Day / Dates: Thursdays, 8/5 - 9/2
Time: 1:30 - 2:30 PM
Fee: \$35 / NM \$55
Status: In-person; registration req.

Exercise

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 7/5.*

Day / Dates: Mondays, 6/21 - 7/26
Time: 11 AM - 12 PM
Fee: \$35 / NM \$55
Status: In-person; registration req.

Day / Dates: Mondays, 8/2 - 8/30
Time: 11 AM - 12 PM
Fee: \$35 / NM \$55
Status: In-person; registration req.

Gentle Yoga

Level 1 / 2

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.

Day / Dates: Fridays, 7/9 - 7/30
Time: 10 - 11 AM
Fee: \$28 / NM \$48
Status: In-person; registration req.

Day / Dates: Fridays, 8/6 - 8/27
Time: 10 - 11 AM
Fee: \$28 / NM \$48
Status: In-person; registration req.

Activities

Exercise

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, 7/6 - 7/27
Time: 6:30 - 7:30 PM
Fee: \$28 / NM \$48
Status: In-person; registration req.

Day / Dates: Mondays, 8/10 - 8/31
Time: 6:30 PM - 7:30 PM
Fee: \$28 / NM \$48
Status: In-person; registration req.

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: Wednesdays, 7/7 - 7/28
Time: 10:15 - 11:15 AM
Fee: \$28 / NM \$48
Status: In-person; registration req.

Day / Dates: Wednesdays, 8/4 - 9/1
Time: 10:15 - 11:15 AM
Fee: \$35 / NM \$55
Status: In-person; registration req.

General

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 program; drop-in

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 8/2.

Day / Dates: Thursdays, 6/10 - 8/26
Time: Beginning 9:30 - 10:30 AM
Continuing 11 AM - 12 PM
Fee: \$84 / NM \$104
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 / Dates: Thursday, June 10
Time: 10 AM - 12 PM
Fee: FREE
Status: Zoom; registration required



Activities

Senior Center Art Classes

The Highland Park 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. Please watch for further information on summer offerings.

Summer Classes

1. **Beginning Mosaics**
2. **Art In The Style Of...**

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. A current Mah Jongg card is included in fee.

Day / Dates: Tuesdays, 6/22 - 7/20
 Time: 1:30 - 3:30 PM
 Fee: \$70 / NM \$90
 Status: In-person; registration req.

Day / Dates: Tuesdays, 8/3 - 8/31
 Time: 1:30 - 3:30 PM
 Fee: \$70 / NM \$90
 Status: In-person; registration req.

Open Play: Mah Jongg

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.

Day: Tuesdays, beginning June 8
 Time: 1 - 3:30 PM
 Fee: Free for members / NM: \$10
 Status: In-person; registration required

Cards & Games

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.

Beginning Canasta

Day / Dates: Wednesdays, 6/23 - 7/28
 Time: 1:30 - 3:30 PM
 Fee: \$72 / NM \$92
 Status: In-person; registration req.

Continuing Canasta (Supervised Play)

Day / Dates: Wednesdays, 8/4 - 8/25
 Time: 1:30 - 3:30 PM
 Fee: \$48 / NM \$68
 Status: In-person; registration req.

Open Play: Canasta

Join others for a drop-in game of canasta. Make melds and make friends; all levels welcome.

Day: Wednesdays, beginning June 9
 Time: 1 - 3:30 PM
 Fee: Free for members / NM: \$10
 Status: In-person; registration required

Activities

Cards & Games

The Bridge 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. The Senior Center will progress through these classes in 10-12 weeks sessions. The five textbooks are:

Beginning Bridge Classes:

1. 21st Century Bidding (Club Series)
2. 21st Century Play of the Hand (Diamond Series)
3. Defense (The Heart Series)

Intermediate Bridge Classes

4. Commonly Used Conventions (Spade Series)
5. More Commonly Used Conventions (Notrump Series)

Beginning Bridge Class: Club Series - 21st Century Bidding

This course focuses on introducing the student to the basic concepts of the game. There is an emphasis on modern bidding (opening bids, responses, rebids, overcalls, takeout doubles and stayman) but sufficient elements of play and defense are introduced to allow the students to start playing hands right away. Volunteer Instructor: David Nehmadi

Day / Date: Thursdays, 6/24 - 9/2
Time: 10 AM - 12 PM
Fee: \$20 / NM \$40
Status: In-person; registration req.

Cards & Games

Intermediate Bridge Class: Spade Series - Commonly Used Conventions

Here the focus is on beginning (basic) conventions. The student learns about the Conventions most likely to be encountered in a duplicate game for newcomers. The student is introduced to duplicate strategy and the relationship of bids and plays. The course covers Stayman, Jacoby transfers, Jacoby 2NT, weak two-bids, and strong two ♣ openings. *No class 7/5.* Volunteer Instructor: David Nehmadi

Day / Date: Mondays, 6/21 - 8/30
Time: 10 AM - 12 PM
Fee: \$20 / NM \$40
Status: In-person; registration req.

Open Play: Social Bridge

One of the most popular forms of social bridge, Rubber bridge is a form of contract bridge played by two competing pairs using a particular method of scoring. A rubber is completed when one pair becomes first to win two games, each game presenting a score of 100 or more contract points; a new game ensues until one pair has won two games to conclude the rubber.

Day: Mondays, beginning June 7
Time: 1 - 3:30 PM
Fee: Free for members / NM: \$10
Status: In-person; registration required



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 or 847.926.1868.

Senior Center Loan Closet

By appointment only

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. Please email Jennifer at jaiello@cityhpil.com 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. To learn about the practice and benefits of mindfulness, join Jennifer Aiello with an opportunity to be present in the moment by focusing on breath and experience your senses.

Zoom Program; Registration Required

Days: Tuesdays

Dates: June 8, July 13, & August 10

Time: 10 - 10:30 AM

Fee: Free for Members / NM: \$10

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.



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. Please call Jennifer at 847.432.4110 for further information or assistance completing the on-line application.

Social Services

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.

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

Please contact Social Services Coordinator, Jennifer Aiello, at jaiello@cityhpil.com 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.

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.

Notary Public - At Your Service!

Notary Public, Jennifer Aiello, is available to notarize and certify the proper execution of your life-changing documents - real estate, powers of attorney, etc. Please email Jennifer at jaiello@cityhpil.com to set up an appointment.



Counseling Services

"Happiness can be found even in the darkest of times, if one only remembers to turn on the light."
– J.K. Rowling.

As simple as this sounds, sometimes trying to find the light switch isn't so easy. Finding ways to cope with the pandemic is trying for everyone, and 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 email Jennifer at jaiello@cityhpil.com to schedule an appointment.



Senior Transportation Opportunities

Connector Bus Resumes Service

The Connector bus will resume service on Tuesday, June 1. The Connector will operate 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.

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.



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 at all times 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.

June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
31	01	02	03	04
	10:30 Speaker Series (V)	10:00 News & Views (V)		1:30 Sing-Along Soirée
07	08	09	10	11
1:00 Social Bridge	10:00 Mindful Moment (V) 1:00 Drop in Mah Jongg 1:30 BINGO	10:00 News & Views (V) 1:00 Drop in Canasta	9:30 Beg. Spanish (V) 11:00 Cont. Spanish (V) 10:00 Driver Test Prep (V) 1:30 Concert (V): Country Music	
14	15	16	17	18
1:00 Social Bridge	10:30 Speaker Series (V) 1:00 Drop in Mah Jongg	10:00 News & Views (V) 1:00 Drop in Canasta	9:30 Beg. Spanish (V) 11:00 Cont. Spanish (V)	
21	22	23	24	25
10:00 Int. Bridge: Spade Series 11:00 Better Balance 1:00 Social Bridge	1:00 Drop in Mah Jongg 1:30 Learn Mah Jongg	10:00 News & Views (V) 1:00 Drop in Canasta 1:30 Learn Canasta	9:30 Beg. Spanish (V) 11:00 Cont. Spanish (V) 10:00 Beg. Bridge: Club Series 1:30 Sit & Be Fit	1:30 Barry Bradford (V)
28	29	30	01	02
10:00 Int. Bridge: Spade Series 11:00 Better Balance 1:00 Social Bridge 1:00 Book Club (V)	1:00 Drop in Mah Jongg 1:30 Learn Mah Jongg	10:00 News & Views (V) 1:00 Drop in Canasta 1:30 Learn Canasta		



July 2021

Monday

Tuesday

Wednesday

Thursday

Friday

28	29	30	01	02
			9:30 Beg. Spanish (V) 11:00 Cont. Spanish (V) 10:00 Beg. Bridge: Club Series 1:30 Sit & Be Fit	1:30 Sing-Along Soirée
05	06	07	08	09
CLOSED Independence Day	10:30 Speaker Series (V) 1:00 Drop in Mah Jongg 1:30 Learn Mah Jongg 6:30 Tai Chi	10:00 News & Views (V) 10:15 Zumba Gold 1:00 Drop in Canasta 1:30 Learn Canasta	9:30 Beg. Spanish (V) 11:00 Cont. Spanish (V) 10:00 Beg. Bridge: Club Series 1:30 Sit & Be Fit	10:00 Gentle Yoga 1:30 Concert (V): Music of the Silver Screen – Violin
12	13	14	15	16
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19	20	21	22	23
10:00 Int. Bridge: Spade Series 11:00 Better Balance 1:00 Social Bridge	10:30 Speaker Series (V) 1:00 Drop in Mah Jongg 1:30 Learn Mah Jongg 6:30 Tai Chi	10:00 News & Views (V) 10:15 Zumba Gold 1:00 Drop in Canasta 1:30 Learn Canasta	9:30 Beg. Spanish (V) 11:00 Cont. Spanish (V) 10:00 Beg. Bridge: Club Series 1:30 Sit & Be Fit	10:00 Gentle Yoga 1:30 Barry Bradford (V)
26	27	28	29	30
10:00 Int. Bridge: Spade Series 11:00 Better Balance 1:00 Social Bridge 1:00 Book Club (V)	9:00 Trip: Van Gogh 1:00 Drop in Mah Jongg 6:30 Tai Chi	10:00 News & Views (V) 10:15 Zumba Gold 1:00 Drop in Canasta 1:30 Learn Canasta	9:30 Beg. Spanish (V) 11:00 Cont. Spanish (V) 10:00 Beg. Bridge: Club Series 1:30 Sit & Be Fit	10:00 Gentle Yoga

August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
02 10:00 Int. Bridge: Spade Series 11:00 Better Balance 1:00 Social Bridge	03 10:30 Speaker Series (V) 1:00 Drop in Mah Jongg 1:30 Learn Mah Jongg	04 10:00 News & Views (V) 10:15 Zumba Gold 1:00 Drop in Canasta 1:30 Continuing Canasta	05 9:30 Beg. Spanish (V) 11:00 Cont. Spanish (V) 10:00 Beg. Bridge: Club Series 1:30 Sit & Be Fit	06 10:00 Gentle Yoga 1:30 Sing-Along Soirée
09 10:00 Int. Bridge: Spade Series 11:00 Better Balance 1:00 Social Bridge	10 10:00 Mindful Moment (V) 1:00 Drop in Mah Jongg 1:30 Learn Mah Jongg 1:30 BINGO 6:30 Tai Chi	11 10:00 News & Views (V) 10:15 Zumba Gold 1:00 Drop in Canasta 1:30 Continuing Canasta	12 9:30 Beg. Spanish (V) 11:00 Cont. Spanish (V) 10:00 Beg. Bridge: Club Series 1:30 Sit & Be Fit	13 10:00 Gentle Yoga 4:00 Concert (V): Jazz
16 10:00 Int. Bridge: Spade Series 11:00 Better Balance 1:00 Social Bridge	17 10:30 Speaker Series (V) 1:00 Drop in Mah Jongg 1:30 Learn Mah Jongg 6:30 Tai Chi	18 10:00 News & Views (V) 10:15 Zumba Gold 1:00 Drop in Canasta 1:30 Continuing Canasta	19 9:30 Beg. Spanish (V) 11:00 Cont. Spanish (V) 10:00 Beg. Bridge: Club Series 1:30 Sit & Be Fit	20 10:00 Gentle Yoga
23 10:00 Int. Bridge: Spade Series 11:00 Better Balance 1:00 Social Bridge	24 1:00 Drop in Mah Jongg 1:30 Learn Mah Jongg 6:30 Tai Chi	25 10:00 News & Views (V) 10:15 Zumba Gold 1:00 Drop in Canasta 1:30 Continuing Canasta	26 9:30 Beg. Spanish (V) 11:00 Cont. Spanish (V) 10:00 Beg. Bridge: Club Series 1:30 Sit & Be Fit	27 10:00 Gentle Yoga 1:30 Barry Bradford (V)
30 10:00 Int. Bridge: Spade Series 11:00 Better Balance 1:00 Social Bridge 1:00 Book Club (V)	31 1:00 Drop in Mah Jongg 1:30 Learn Mah Jongg 6:30 Tai Chi	01	02	03

Highland Park Senior Center

1201 Park Avenue West

Highland Park, IL 60035

847.432.4110

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****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 visa-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.

Holiday Schedule

The Senior Center will be closed and the Senior Connector will be out of service for the following holidays.

Memorial Day Monday, May 31**Independence Day Monday, July 5**