



The Shorelines

January - April 2022

Highland Park Senior Center

NEWSLETTER

1201 Park Avenue West

Monday - Thursday, 9 AM - 4 PM

Friday, 9 AM - 1 PM

Happy Holidays!

2021 has brought many wonderful opportunities! After much of the country was shut down for most of last year as well as the early part of this year - we were thrilled to re-open the Senior Center at the Highland Park Country Club. In the past seven months the Senior Center has offered a hybrid of in-person and online opportunities, and we have loved seeing many of you! We have seen a 25% increase in membership and record participation in classes. We returned to day excursions, and added a wide array of wonderful program opportunities.

Staff is truly excited about the plentiful offerings in this newsletter, and we are confident that each of our members will find activities of interest. In 2022, we will continue to celebrate together, learn together, exercise together, and enjoy unique experiences together.

On behalf of the Highland Park Senior Center staff, I wish you a very happy and healthy new year!

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.

To join as a member and to register for activities, please go to 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

Returning Student Priority Registration:

Tuesday, January 4 - Monday, January 10

Member Activity Registration Begins:

Tuesday, January 11 at 9 AM

Open Registration Begins:

Friday, January 14 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. Most venues now require proof of full vaccination.

Moulin Rouge!

Nederlander Theatre, Chicago
Wednesday, March 23

Bus departs at 12:30 PM & returns at 5:30 PM
\$155 / NM: \$175

Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur, and glory! Baz Luhrmann's revolutionary film comes to life onstage, remixed in a new musical mash-up extravaganza. Directed by Tony Award® winner Alex Timbers, *Moulin Rouge! The Musical* is a theatrical celebration of Truth, Beauty, Freedom, and — above all — Love.



The King and I

Drury Lane, Oak Brook
Wednesday, April 13

Bus departs at 10:45 AM & returns at 5:15 PM
Fee: \$95 / NM: \$115

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 has won 13 Tony Awards. Fee includes lunch, show ticket, and transportation.



Six - The Six Ex-Wives of King Henry VIII

CIBC Theater, Chicago
Wednesday April 27

Bus departs at 12:30 PM & returns at 4:30 PM
Fee: \$135 / NM: \$155

Six (Continued)

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! Fee includes show ticket and transportation.

Fiddler on the Roof

Cadillac Palace Theatre, Chicago
Wednesday May 18

Bus departs at 12:30 PM & returns at 5:30 PM
Fee: \$130 / NM: \$150

Tony®-winning director Bartlett Sher brings a fresh and authentic vision to this beloved theatrical masterpiece. You'll be there when the sun rises on this new production, telling the heartwarming story of fathers and daughters, husbands and wives, and the timeless traditions that define faith and family.

The Devil Wears Prada

Nederlander Theatre, Chicago
Wednesday, August 10

Bus departs at 12:30 PM & returns at 5:30 PM
Fee: \$130 / NM: \$150

An ambitious young writer lands a prestigious job at a magazine. Trying to survive under her stylish yet terrifying boss, she is caught between the dreams she thought she wanted, and the cost of what that reality brings.



Immersive Frida & Lunch

Friday, May 6

Fee: \$100 / NM: \$120

* Please call for full details.

Special Activities

New Year's Eve Luncheon



Pixca Restaurant
Friday, December 31
11:30 AM - 2 PM

In-Person Event; Registration Required
\$40 / NM: \$60

Registration is underway; please register by 12/16

Ring in the New Year with a delicious gourmet meal at Pixca. Lunch includes your choice of winter salad or leek and potato soup, your entree choice of braised short ribs, salmon, or butternut squash gnocchi with chef's choice of accompaniments, a special dessert, and your choice of soft beverage. A glass of toasting champagne and party favors are also included. Register your pod of 2 - 6 people for a two-hour dining period. Masks must be worn while moving throughout the restaurant, but may be removed once seated.

Sponsored by Arbor Terrace of Highland Park



New Year's Drive-Thru Pick-Up

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 - 2:30 PM
Goody Bag: Free; for members only
Meal Fee: \$15 / NM: \$25
Deadline: Please register by 12/16

Sponsored by Arbor Terrace of Highland Park

Valentine's Day Bingo Party

Highland Park Country Club
Monday, February 14
1:30 - 2:30 PM

In-Person Event; Registration Required
Free for members / NM: \$10

Love is in the air! Join other members for this special Valentine's Day Bingo event. Enjoy the opportunity to win special Valentine prizes and participate in Valentine's trivia questions. All participants will receive special take-home party favors! Please register by 2/9.

Sponsored by Aperion Care



St. Patrick's Day Drive-Thru Pick-Up

Goody Bag - Everyone is Irish on St. Patrick's Day! Get dressed up in green and come for a fun-filled holiday goody bag.

Meal and Goody Bag - Catered by Sunset Foods, this single-serving meal includes corned beef, cabbage, roasted potatoes, rye dinner roll, and a little something green for dessert.

Location: Highland Park Country Club
Day/Date: Thursday, March 17
Time: 2 - 3 PM
Goody Bag: Free; for members only
Meal Fee: \$10 / NM: \$25
Deadline: Please register by 3/11

Sponsored by Brookdale Senior Living





Special Activities

Country Club Concerts

Highland Park Country Club

Fridays, 1:30 - 2:30 PM

Free for members / NM: \$10

Sponsored by Aperion Care

January 21 Life is a Cabaret

Celebrate the beginning of a New Year with Broadway hits and Songbook favorites sung by Jeff Award-winner Scott Gryder, accompanied by the incomparable Nick Sula on piano! The madcap musical energy and zany entertainment stylings of this cabaret duo will start off your 2022 with fireworks!

February 11 Love is in the Air



Just ahead of Valentine's Day, this afternoon of romance features an array of classic love songs! The Jeannie Tanner Duo will perform well-loved songs that will take you back in time and fill your heart with love!

March 11 Irish Music



Everyone is Irish on St. Patrick's Day! Join in for some traditional - and not so traditional - Irish music. Sing along to well-known Irish classics and enjoy some upbeat pub songs as well! This concert will have you singing and dancing in your seats.

April 8 HPHS Jazz Band

The Highland Park High School Jazz Ensemble is the school's capstone jazz group. Comprised of HPHS students, 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.

Barry Bradford Presents

Zoom program; No Registration Required

Fridays, 1:30 - 3 PM

Free for members / NM: \$10

Sponsored by Sunrise Senior Living

Behind the Scenes

Tune in with historian and pop culture aficionado Barry Bradford for a behind the scenes look at three of the most popular TV shows from the 60s and 70s! Barry will share how these shows came about and take an in depth look at the creators and actors who made the shows such big hits!

January 28 The Dick Van Dyke Show

The misadventures of a TV writer both at work and at home, starring Dick Van Dyke, Mary Tyler Moore and Rose Marie. Created by Carl Reiner.



February 25 The Mary Tyler Moore Show

The lives and trials of a young single woman and her friends, both at work and at home, starring Mary Tyler Moore, Valerie Harper and Ed Asner. Created by James L. Brooks and Allan Burns

March 25 M*A*S*H

The staff of an Army hospital in the Korean War find that laughter is the best way to deal with their situation. Starring Alan Alda, Wayne Rogers and Loretta Swit. Based on Richard Hooker's novel, developed for television by Larry Gelbart.



Special Activities

Registration Required

Book Club Discussion Group

Zoom; 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.

January 31 *Oh William!*

by Elizabeth Strout

At the heart of this story is the indomitable voice of Lucy Barton, who offers a profound, lasting reflection on the very nature of existence. "This is the way of life," Lucy says: "the many things we do not know until it is too late."

February 28 *We are the Brennans*

by Tracey Lange

We Are the Brennans explores the staying power of shame - and the redemptive power of love - in an Irish Catholic family torn apart by secrets.

March 28 *The Lincoln Highway*

by Amor Towles

Spanning just ten days and told from multiple points of view, Towles's third novel will satisfy fans of his multi-layered literary styling while providing them an array of new and richly imagined settings, characters, and themes.

April 25 *The Paper Palace*

by Miranda Cowley Heller

A story of summer, secrets, love, and lies: in the course of a singular day on Cape Cod, one woman must make a life-changing decision that has been brewing for decades.

Sing-Along Soiree

Highland Park Country Club

1st Friday of the Month

January 7, February 4, March 4, April 1

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

January 10, March 14, & April 11

1:30 – 2:30 PM

Free for members / NM: \$10

Sponsored by Aperion Care

Calling all Bingo lovers! Enjoy an afternoon of fun with the chance to win local gift certificates.





Speaker Series

Zoom Program; No Registration Required

Tuesdays (Bi-Monthly)

10:30 - 11:30 AM

Free for members / NM: \$10

Sponsored by Whitehall of Deerfield HealthCare

January 18 Londinium: Roman London

Circa 50 BCE the Romans founded the City of Londinium in the marshy Thames Valley. The city survived fire and rebellion, was home to up to 60,000 people and grew from a small trading port to the provincial capitol of Britain. Archaeologist Ellen Green will explore what day to day life would have been like in the city and how archaeologists are able to reconstruct the urban landscape from what was left behind.

A New Trier graduate, Green is currently working on her Phd at the University of Reading after five years of professional field work digging in London. She has also been invited to intern at the British Museum and to join a dig in Northern Iraq, both in 2022.

February 1 The Beauty of Mozart and Schubert

What do Mozart and Schubert have in common? They both are among the most lyrical of composers! Celebrate the romance of February on a beautiful note as Jim Kendros returns to offer magical glimpses into the worlds of these two timeless musical greats! Jim will highlight what he considers the most beautiful and magical compositions by Mozart and Schubert. Join Jim for a morning of musical insights and expressive delights!

February 15 Senior Scams

Officer Pawel Geneja of the Highland Park Police Department will highlight different types of scams and financial fraud targeting seniors. Officer Geneja will also share how to detect if someone is trying to take advantage of you and provide tips to remain vigilant.

March 1 Great Female Detectives on Film

Get ready for a thrilling roundup of clips featuring the best female detectives at the top of their game. Crack the case as Steven Frenzel shares fascinating movie trivia and behind-the-scenes stories.

March 15 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. (Rescheduled from fall 2021)

April 5 The Wonderful Violin!

Spring is here! Jim Kendros returns with a bounty of wonderful violin music to welcome the warmth and colors of Spring! Experience the lyrical grace of Bach, the radiant elegance of Mozart, the majestic passions of Beethoven and the emotional outpourings of Tchaikovsky. In addition to offering penetrating insights into the background of each work and the lives of each composer, Jim will share fascinating glimpses into the history of this most beloved instrument, the wonderful violin!

April 19 Hollywood Goes to War

Warner Bros recognized looming danger, and scripts were allegories against fascism. MGM considered Hitler an unpleasant distraction from the appealing melodramas of Greta Garbo. Aware of the isolationist sentiment of the American public, Mayer preferred to indulge with splendid escapism. The battle lines in pre-war Hollywood, alert the public or distract it. Humorist, historian and film fanatic Eugene Finerman will highlight the films that mirrored this schism in Hollywood and America.

Registration Information

Online Membership and Registration Portal

The Senior Center has 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

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 online, please visit www.cityhpil.com/seniorcenter or 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.



Activities

Registration Required

Cards & Games

Basics of Mah Jongg (In-Person)

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.

Day / Dates: Tuesdays, 5/10 - 6/7 (5)
Time: 1:30 - 3:30 PM
Fee: \$70 / NM: \$90

Beginning Canasta (In-Person)

Canasta has 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.

Day / Dates: Wed. 2/16 – 3/23 (6)
Time: 1:30 - 3:30 PM
Fee: \$72 / NM: \$92

Continuing Canasta (In-Person)

Terri Argentar continues this series and teaches canasta strategy - taking skills to the next level. Class also includes supervised play and time for question and answers.

Day / Dates: Wed, 3/30 – 4/20 (4)
Time: 1:30 - 3:30 PM
Fee: \$48 / NM: \$68

** It is highly recommended that students participate in **both** canasta classes, in order to be best prepared to play the game outside of class.*

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

* Course books will be available for sale at the Senior Center

Diamond Series: (In-Person) Play of the Hand (Continued)

Continuing through the second half of the book, this series concentrates on the play of the hand (making a plan, promoting winners, finessing, trumping losers, etc.). Volunteer Instructor: David Nehmadi. *No class 3/1.*

Day / Date: Tuesdays, 1/25 – 4/26 (13)
Time: 9:30 - 11:30 AM
Fee: \$20 / NM: \$40

Notrump Series: (In-Person) More Commonly Used Conventions (Continued)

Volunteer instructor, David Nehmadi continues through the second half of the book, teaching more commonly used conventions such as the Unusual notrump, Michaels cue bids, slam bidding, leads and signals, and 2/1. *No class 2/28.*

Day / Date: Mondays, 1/24 – 4/25 (13)
Time: 10 AM - 12 PM
Fee: \$20 / NM: \$40

Activities

Registration Required

Bridge: Open Play (In-Person)

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, please inquire.

Day: Mondays

Time: 1 - 3:30 PM

Fee: Free for members / NM: \$10

Mah Jongg: Open Play (In-Person)

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 (In-Person)

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 (In-Person)

Seven Card Stud, Five Card Draw, Texas Hold 'em!!! Join others for a casual round of dealers choice poker. Buy-in gets each player \$50 in chips, and the winner receives a local gift card.

Day: Thursdays

Time: 1 - 3:30 PM

Fee: \$2 / NM: \$3



ART 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.

Watercolor Pencils (In-Person)

This fun and creative approach to watercolor pencils is an exciting way to get started or enhance your current skills. Experiment with techniques including: dry pencils and wet pencils, layering of color, building color, shading, sketching, washing, lifting, lighting and more. Time for sharing your work and discussion will be encouraged each week.

Day / Dates: Tuesdays, 1/18 – 2/8 (4)

Time: 1:30 - 3:30 PM

Fee: \$48 (Members Only)

Art Around the World (Virtual)

In this course you will virtually visit a different museum from around the world to learn about the masterpieces housed within. Instructor Lauren Perlman will discuss multiple art movements, artists, and historical periods. Each class will have time for discussion and questions.

Day / Dates: Thursdays, 1/20 – 3/17 (9)

Time: 10 - 11 AM

Fee: \$63 (Members Only)

Mosaics (In-Person)

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.

Day / Dates: Fridays, 1/21 - 3/18 (9)

Time: 8:45 – 11:45 AM

Fee: \$162 (Members only)



Activities - Exercise

In-Person Programs; Registration Required

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, 1/24 – 2/21 (5)

Time: 11:15 AM - 12:15 PM

Fee: \$35 / NM: \$55

Day / Dates: Mondays, 3/7 – 4/25 (8)

Time: 11:15 AM - 12:15 PM

Fee: \$56 / NM: \$76

Day / Dates: Wed, 1/19 – 2/23 (6)

Time: 11:15 AM - 12:15 PM

Fee: \$42 / NM: \$62

Day / Dates: Wed, 3/9 – 4/27 (8)

Time: 11:15 AM - 12:15 PM

Fee: \$56 / NM: \$76

Day / Dates: Thurs, 1/20 – 2/24 (6)

Time: 11:15 AM - 12:15 PM

Fee: \$42 / NM: \$62

Day / Dates: Thurs, 3/10 – 4/28 (8)

Time: 11:15 AM - 12:15 PM

Fee: \$56 / NM: \$76



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: Tuesdays, 1/18 – 2/22 (6)

Time: 1:30 - 2:30 PM

Fee: \$42 / NM: \$62

Day / Dates: Tuesdays, 3/8 – 4/26 (8)

Time: 1:30 - 2:30 PM

Fee: \$56 / NM: \$76

Day / Dates: Thursdays, 1/20 – 2/24 (6)

Time: 1:30 - 2:30 PM

Fee: \$42 / NM: \$62

Day / Dates: Thursdays, 3/10 – 4/28 (8)

Time: 1:30 - 2:30 PM

Fee: \$56 / NM: \$76

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. *No class 3/29.*

Day / Dates: Tuesdays, 1/18 – 2/22 (6)

Time: 6:30 - 7:30 PM

Fee: \$42 / NM: \$62

Day / Dates: Tuesdays, 3/8 – 4/26 (7)

Time: 6:30 PM - 7:30 PM

Fee: \$49 / NM: \$69

Activities - Exercise

In-Person Programs; Registration Required



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, 1/19 – 2/23 (6)

Time: 10:15 - 11:15 AM

Fee: \$42 / NM: \$62

Day / Dates: Wed, 3/9 – 4/27 (8)

Time: 10:15 - 11:15 AM

Fee: \$56 / NM: \$76

Zumba Toning

Level 2 / 3

Zumba Toning combines body-sculpting exercises with fun Zumba cardio to create a calorie-torching, strength-training fitness party. Join instructor Melissa Kerpel for this exciting new class that uses light hand weights (optional) to tone arms, abs, and thighs. *No class 4/15.*

Day / Dates: Fridays, 1/14 – 2/25 (7)

Time: 9:15 - 10:15 AM

Fee: \$49 / NM: \$62

Day / Dates: Fridays, 3/4 – 4/29 (8)

Time: 9:15 - 10:15 AM

Fee: \$56 / NM: \$76

Gentle Yoga

Level 1 / 2

Taught in both standing and chair positions, 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 4/15.*

Day / Dates: Fridays, 1/21 – 2/25 (6)

Time: 11:15 AM - 12:15 PM

Fee: \$42 / NM: \$62

Day / Dates: Fridays, 3/11 – 4/29 (7)

Time: 11:15 AM - 12:15 PM

Fee: \$49 / NM: \$69



Yoga with Mat Work

Level 1 / 2

Taught in standing, chair, and floor positions, 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. Students should bring a yoga mat to class each week. *No class 4/15.*



Day / Dates: Fridays, 1/21 – 2/25 (6)

Time: 10 - 11 AM

Fee: \$42 / NM: \$62

Day / Dates: Fridays, 3/11 – 4/29 (7)

Time: 10 - 11 AM

Fee: \$49 / NM: \$69

General Activities

Registration Required

News & Views

(Virtual)

Join others for an intimate, intellectual and respectful current events 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



Conversational Spanish

(Virtual)

Hola Amigos! Certified Spanish teacher Leslie Fenster teaches students the fundamentals of Spanish in a fun and supportive environment, and will focus on speaking, listening, and vocabulary. *No class 4/14.*

Time: Intermediate: 9:30 - 10:30 AM
Advanced: 11 AM - 12 PM

Day / Dates: Thursdays, 1/13 – 2/10 (5)

Fee: \$35 / NM: \$55

Day / Dates: Thursdays, 3/10 – 4/28 (7)

Fee: \$49 / NM: \$69



Rules of the Road

(In-Person)

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, March 10

Time: 10 AM - 12 PM

Fee: FREE



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.

* Currently, AARP is not offering the Smart Driver Course in person. If you would like to take this course online, please find more information and register at www.aarpdriversafety.org.

The North Suburban Legal Aid Clinic is offering a free Power of Attorney for health care and property legal clinic for low-income individuals on Friday, April 22, from 1 – 4 PM, at the Highland Park Country Club. Volunteer attorneys will assist clients in completing the necessary paperwork to ensure your affairs for Power of Attorney for healthcare and property are in order. Please call 847.432.4110 to verify income eligibility and to schedule an appointment.

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 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 (Virtual)

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: 1/24, 2/21, 3/14, & 4/18

Time: 10 - 10:30 AM

Fee: Free for Members / NM: \$10

Status: Zoom; Registration required

Grief Group (In-Person)

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 Monday, March 30th.

Day / Date: Thursdays, April 7 – April 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.

Social Services

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. 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. 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.

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.



January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
03 1:00 Social Bridge	04 9:00 Priority Registration 1:00 Open Play: Mah Jongg	05 10:00 News & Views (Z) 1:00 Open Play: Canasta	06 1:00 Open Play: Poker	07 11:00 Sing-Along Soirée
10 1:00 Social Bridge 1:30 BINGO	11 9:00 Member Registration 1:00 Open Play: Mah Jongg	12 10:00 News & Views (Z) 1:00 Open Play: Canasta	13 9:30 Int. Spanish (Z) 11:00 Adv. Spanish (Z) 1:00 Open Play: Poker	14 9:00 Open Registration 9:15 Zumba Toning
17 CLOSED MLK Jr. Day	18 10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg 1:30 Sit & Be Fit 1:30 Watercolor Pencils 6:30 Tai Chi	19 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta	20 9:30 Int. Spanish (Z) 10:00 Art Around the World (Z) 11:00 Adv. Spanish (Z) 11:15 Better Balance 1:00 Open Play: Poker 1:30 Sit & Be Fit	21 8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga 1:30 Concert: Life is a Cabaret
24 10:00 Mindful Moment (Z) 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge	25 9:30 Beg. Bridge: Diamond Series 1:00 Open Play: Mah Jongg 1:30 Sit & Be Fit 1:30 Watercolor Pencils 6:30 Tai Chi	26 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta	27 9:30 Int. Spanish (Z) 10:00 Art Around the World (Z) 11:00 Adv. Spanish (Z) 11:15 Better Balance 1:00 Open Play: Poker 1:30 Sit & Be Fit	28 8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga 1:30 Barry Bradford (Z)
31 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge 1:00 Book Club (Z)	01	02	03	04 Key: (Z) - Zoom Program

February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> <p>Key: (Z) - Zoom Program</p>	<p>01</p> <p>9:30 Beg. Bridge: Diamond Series</p> <p>10:30 Speaker Series (Z)</p> <p>1:00 Open Play: Mah Jongg</p> <p>1:30 Sit & Be Fit</p> <p>1:30 Watercolor Pencils</p> <p>6:30 Tai Chi</p>	<p>02</p> <p>10:00 News & Views (Z)</p> <p>10:15 Zumba Gold</p> <p>11:15 Better Balance</p> <p>1:00 Open Play: Canasta</p>	<p>03</p> <p>9:30 Int. Spanish (Z)</p> <p>10:00 Art Around the World (Z)</p> <p>11:00 Adv. Spanish (Z)</p> <p>11:15 Better Balance</p> <p>1:00 Open Play: Poker</p> <p>1:30 Sit & Be Fit</p>	<p>04</p> <p>8:45 Mosaics</p> <p>9:15 Zumba Toning</p> <p>10:00 Yoga</p> <p>11:00 Sing-Along Soirée</p> <p>11:15 Gentle Yoga</p>
<p>07</p> <p>10:00 Int. Bridge: Notrump Series</p> <p>11:15 Better Balance</p> <p>1:00 Social Bridge</p>	<p>08</p> <p>9:30 Beg. Bridge: Diamond Series</p> <p>1:00 Open Play: Mah Jongg</p> <p>1:30 Sit & Be Fit</p> <p>1:30 Watercolor Pencils</p> <p>6:30 Tai Chi</p>	<p>09</p> <p>10:00 News & Views (Z)</p> <p>10:15 Zumba Gold</p> <p>11:15 Better Balance</p> <p>1:00 Open Play: Canasta</p>	<p>10</p> <p>9:30 Int. Spanish (Z)</p> <p>10:00 Art Around the World (Z)</p> <p>11:00 Adv. Spanish (Z)</p> <p>11:15 Better Balance</p> <p>1:00 Open Play: Poker</p> <p>1:30 Sit & Be Fit</p>	<p>11</p> <p>8:45 Mosaics</p> <p>9:15 Zumba Toning</p> <p>10:00 Yoga</p> <p>11:15 Gentle Yoga</p> <p>1:30 Concert: Love is in the Air</p>
<p>14</p> <p>10:00 Int. Bridge: Notrump Series</p> <p>11:15 Better Balance</p> <p>1:00 Social Bridge</p> <p>1:30 BINGO Party: Valentine's Day</p>	<p>15</p> <p>9:30 Beg. Bridge: Diamond Series</p> <p>10:30 Speaker Series (Z)</p> <p>1:00 Open Play: Mah Jongg</p> <p>1:30 Sit & Be Fit</p> <p>6:30 Tai Chi</p>	<p>16</p> <p>10:00 News & Views (Z)</p> <p>10:15 Zumba Gold</p> <p>11:15 Better Balance</p> <p>1:00 Open Play: Canasta</p> <p>1:30 Learn Canasta</p>	<p>17</p> <p>10:00 Art Around the World (Z)</p> <p>11:15 Better Balance</p> <p>1:00 Open Play: Poker</p> <p>1:30 Sit & Be Fit</p>	<p>18</p> <p>8:45 Mosaics</p> <p>9:15 Zumba Toning</p> <p>10:00 Yoga</p> <p>11:15 Gentle Yoga</p>
<p>21</p> <p>10:00 Mindful Moment (Z)</p> <p>10:00 Int. Bridge: Notrump Series</p> <p>11:15 Better Balance</p> <p>1:00 Social Bridge</p>	<p>22</p> <p>9:30 Beg. Bridge: Diamond Series</p> <p>1:00 Open Play: Mah Jongg</p> <p>1:30 Sit & Be Fit</p> <p>6:30 Tai Chi</p>	<p>23</p> <p>10:00 News & Views (Z)</p> <p>10:15 Zumba Gold</p> <p>11:15 Better Balance</p> <p>1:00 Open Play: Canasta</p> <p>1:30 Learn Canasta</p>	<p>24</p> <p>10:00 Art Around the World (Z)</p> <p>11:15 Better Balance</p> <p>1:00 Open Play: Poker</p> <p>1:30 Sit & Be Fit</p>	<p>25</p> <p>8:45 Mosaics</p> <p>9:15 Zumba Toning</p> <p>10:00 Yoga</p> <p>11:15 Gentle Yoga</p> <p>1:30 Barry Bradford (Z)</p>
<p>28</p> <p>1:00 Social Bridge</p> <p>1:00 Book Club (Z)</p>	<p>01</p>	<p>02</p>	<p>03</p>	<p>04</p>



March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>28</p> <p>Key: (Z) - Zoom Program</p>	<p>01</p> <p>10:30 Speaker Series (Z) 1:00 Open Play: Mah Jongg</p>	<p>02</p> <p>10:00 News & Views (Z) 1:00 Open Play: Canasta 1:30 Learn Canasta</p>	<p>03</p> <p>10:00 Art Around the World (Z) 1:00 Open Play: Poker</p>	<p>04</p> <p>8:45 Mosaics 9:15 Zumba Toning 11:00 Sing-Along Soirée</p>
<p>07</p> <p>10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge</p>	<p>08</p> <p>9:30 Beg. Bridge: Diamond Series 1:00 Open Play: Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi</p>	<p>09</p> <p>10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta 1:30 Learn Canasta</p>	<p>10</p> <p>9:30 Int. Spanish (Z) 10:00 Rules of the Road 10:00 Art Around the World (Z) 11:00 Adv. Spanish (Z) 11:15 Better Balance 1:00 Open Play: Poker 1:30 Sit & Be Fit</p>	<p>11</p> <p>8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga 1:30 Concert: Irish Concert</p>
<p>14</p> <p>10:00 Mindful Moment (Z) 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge 1:30 BINGO</p>	<p>15</p> <p>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</p>	<p>16</p> <p>10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta 1:30 Learn Canasta</p>	<p>17</p> <p>9:30 Int. Spanish (Z) 10:00 Art Around the World (Z) 11:00 Adv. Spanish (Z) 11:15 Better Balance 1:00 Open Play: Poker 1:30 Sit & Be Fit 2:00 Drive Thru Event: St. Patrick's Day</p>	<p>18</p> <p>8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga</p>
<p>21</p> <p>10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge</p>	<p>22</p> <p>9:30 Beg. Bridge: Diamond Series 1:00 Open Play: Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi</p>	<p>23</p> <p>10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 12:30 Trip: Moulin Rouge 1:00 Open Play: Canasta 1:30 Learn Canasta</p>	<p>24</p> <p>9:30 Int. Spanish (Z) 11:00 Adv. Spanish (Z) 11:15 Better Balance 1:00 Open Play: Poker 1:30 Sit & Be Fit</p>	<p>25</p> <p>9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga 1:30 Barry Bradford (Z)</p>
<p>28</p> <p>10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge 1:00 Book Club (Z)</p>	<p>29</p> <p>9:30 Beg. Bridge: Diamond Series 1:00 Open Play: Mah Jongg 1:30 Sit & Be Fit</p>	<p>30</p> <p>10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Play: Canasta 1:30 Cont. Canasta</p>	<p>31</p> <p>9:30 Int. Spanish (Z) 11:00 Adv. Spanish (Z) 11:15 Better Balance 1:00 Open Play: Poker 1:30 Sit & Be Fit</p>	<p>01</p> <p>Key: (Z) - Zoom Program</p>

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
28 Key: (Z) - Zoom Program	29	30	31	01 9:15 Zumba Toning 10:00 Yoga 11:00 Sing-Along Soirée 11:15 Gentle Yoga
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 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 Cont. Canasta	07 9:30 Int. Spanish (Z) 11:00 Adv. Spanish (Z) 11:15 Better Balance 1:00 Open Play: Poker 1:30 Sit & Be Fit 1:30 Grief Group	08 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga 1:30 Concert: HPHS Jazz Band
11 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge 1:30 BINGO	12 9:30 Beg. Bridge: Diamond Series 1:00 Open Play: Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	13 10:00 News & Views (Z) 10:15 Zumba Gold 10:45 Trip: The King & I 11:15 Better Balance 1:00 Open Play: Canasta 1:30 Cont. Canasta	14 11:15 Better Balance 1:00 Open Play: Poker 1:30 Sit & Be Fit 1:30 Grief Group	15 Good Friday / Passover
18 10:00 Mindful Moment (Z) 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 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 Cont. Canasta	21 9:30 Int. Spanish (Z) 11:00 Adv. Spanish (Z) 11:15 Better Balance 1:00 Open Play: Poker 1:30 Sit & Be Fit 1:30 Grief Group	22 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga 1:00 Power of Attorney Clinic
25 10:00 Int. Bridge: Notrump Series 11:15 Better Balance 1:00 Social Bridge 1:00 Book Club (Z)	26 9:30 Beg. Bridge: Diamond Series 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 12:30 Trip: Six 1:00 Open Play: Canasta	28 9:30 Int. Spanish (Z) 11:00 Adv. Spanish (Z) 11:15 Better Balance 1:00 Open Play: Poker 1:30 Sit & Be Fit 1:30 Grief Group	29 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga

Highland Park Senior Center

1201 Park Avenue West

Highland Park, IL 60035

847.432.4110

www.cityhpil.com

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Manager of Senior Services

Jennifer Aiello, M.S., LPC

Social Services Coordinator

Christina Earle, CPRP

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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:

Winter Break

Monday, December 20 - Friday, December 31

Martin Luther King, Jr. Day

Monday, January 17



Senior Center Gift Certificates

A WONDERFUL HOLIDAY GIFT

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.