



The Shorelines

May - August 2022

Highland Park Senior Center

NEWSLETTER

1201 Park Avenue West

Monday - Thursday, 9 AM - 4 PM

Friday, 9 AM - 1 PM

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.

With the change in weather from spring to summer, comes a wide variety of new program opportunities. The Senior Center is thrilled that most activities will now be held in-person, with the exception of a few virtual opportunities!

Staff is also excited to announce that along with the regular line-up of engaging activities, some of the previously held, popular activities have returned to the schedule, including: Monday Speaker Series, At the Movies, Knit & Crochet Club, the Walking Club, and more!

To join as a member, register for activities, or see an up-to-date calendar - please go to www.cityhpil.com/seniorcenter or call 847.432.4110.



Activity Registration

Returning Student Priority Registration:

Tuesday, April 19 - Wednesday, April 20

Member Activity Registration Begins:

Thursday, April 21 at 9 AM

Open Registration Begins:

Thursday, April 28 at 9 AM

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Annual Membership Rates

Resident Individual:	\$30
Resident Couple:	\$50
Non-Resident Individual:	\$50
Non-Resident Couple:	\$90



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.

To access the Senior Center's online portal, please visit: 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.

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 City of HP, IDH and CDC guidelines at the time of the excursion. Some venues require proof of full vaccination.

Immersive Frida & Lunch

Germania Club & Tecalitlan Mexican Restaurant
Friday, May 6

Bus departs at 9 AM & returns at 3 PM

Fee: \$100 / NM: \$120

As you stroll through the Lighthouse Immersive gallery, you will see the Mexico-born artist's work come to life on a grand scale and discover the people, events, and obstacles that made her the extraordinary woman she was. The mesmerizing, large-scale projections, accompanied by a ravishing musical score, will sweep you up as you encounter Frida as never before. Following the exhibition, you'll enjoy an authentic Mexican luncheon, featuring chips, guacamole and pico de gallo, your choice of entree with rice and beans, choice of traditional or coconut flan for dessert, and a soft beverage. When registering, please indicate your choice of: tamales (chicken or pork), enchiladas with mole sauce (chicken or cheese), tacos (brisket, chicken or shrimp). Trip includes admission, lunch, transportation, and trip leader.

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. Trip includes main floor seating, transportation, and trip leader.



Lake Geneva Boat Cruise and Lunch

Lake Geneva, Wisconsin

Thursday, June 9

Bus departs at 9:15 AM & returns at 5:30 PM

Fee: \$95 / NM: \$115

Take in the sights of beautiful Lake Geneva on a two hour, fully narrated historical boat tour. Relax and enjoy the sites you'll see along the shores of the entire lake! Prior to the tour, enjoy lunch overlooking the lake, at the Historic Baker House. Trip includes lunch, cruise, transportation, and trip leader.

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. Trip includes main floor seating, transportation, and trip leader.



Chicago Cubs Outing

Wrigley Field, Chicago

Thursday, September 8

Bus departs at 11:30 AM & returns at 5:30 PM

Fee: \$50 / NM: \$70

Holy Cow! Watch the Chicago Cubs battle the Cincinnati Reds! Trip includes seating in section 118, transportation, and trip leader.



Special Activities

Registration Required

Blood Drive

Highland Park Country Club



Monday, May 2

12 - 5 PM

In-Person Event; Registration Required

Hosted by Sunrise Senior Living, Freedom Home Care, American Red Cross and the City of Highland Park

Did you know that one blood donation can save up to three lives, and that giving blood is a great way to engage in the immediate community and help people around you. This year, the Red Cross is experiencing a severe blood shortage, therefore healthy individuals are urged to donate. Register in advance to receive a goody bag.

Donation appointments can be made by visiting www.redcrossblood.org, or calling 1-800-RED CROSS.

Sing-Along Soiree

Highland Park Country Club

1st Friday of the Month

May 6, June 3, July 1, & August 5

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

May 9, June 13, July 11, & August 8

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. Antonio Liga, from Aperion Care, will call six games, with the final game of the day being a cover-the-card game.



The Preserve of Highland Park

Golf Cart Tours

The Preserve, HPCC

Thursday, May 26

1:30 - 3:30 PM

Free; for members only

Join Rebecca Grill, Park District Natural Areas Manager, for a fun tour of the wide-open spaces and amenities in Highland Park's newest park - The Preserve. Learn about the strategies behind the design and plant selection, as well as more about the diversity of life the park supports. You'll keep an eye out for wildlife such as migrating birds, turtles, and perhaps catch sight of resident Sand Hill Cranes. Six 20-minute tours with three people per tour are planned. Space is limited, so please register early! * Inclement weather date is 6/16.

Special Activities

Registration Required

Dog Days of Summer

Highland Park Country Club
Friday, May 27 & Friday, July 8
10:30 - 11:30 AM
Free; for members only

Come to the Senior Center for a morning of canine cuddles! Studies have shown that interacting with dogs provides both physical and psychological benefits to humans. Hang out with some furry friends and their handlers while de-stressing and increasing your serotonin levels! There will be an indoor and outdoor space (weather permitting) to play with these well-mannered dogs who have been carefully selected to provide joy and comfort to Senior Center members.



Memorial Day Indoor BBQ

Sunrise Senior Living - HP
Monday, May 30
1 - 3 PM
Fee: \$5 / NM: \$10

Kick-off the start of summer with a Memorial Day barbecue. This indoor celebration features many of your favorite BBQ favorites including hamburgers, hot dogs, grilled chicken, potato salad, coleslaw, corn bread, and more. Following lunch, enjoy wonderful entertainment with a summer theme. Community tours will be available, and all guests will receive a party favor. Valet parking will be provided.

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



Country Club Concerts

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

Sponsored by Aperion Care

May 13 Broadway Bound

Lifelong Broadway enthusiasts will perform a wonderful selection of Broadway classics, as well as a few more recent Broadway hits. Enjoy selections from *West Side Story*, *South Pacific*, and *My Fair Lady*, along with many other well-loved songs.

June 10 String Ensemble

The Continental String Ensemble will perform their show *1893*. The trio, which consists of Edgar Gabriel (violin), Ai Ishida Melby (viola), and Steven Vazquez (guitar), will perform concert music that was written for the fair, along with classical, folk and other music that was popular at the time.

July 15 All that Jazz

Amy Yassinger and Stuart Seale perform Jazz Standards as a vocal and piano duo for all to enjoy. Allow this fun and dynamic duo to take you back with Gershwin, Arlen, and Cole Porter, as well as the likes of Nat King Cole, Ella Fitzgerald, Bing Crosby and more!

August 12 Country Classics

Join other members for a wonderful concert featuring country classics, along with some more recent popular songs as well!





Special Activities

Barry Bradford Presents

Highland Park Country Club

Fridays, 1:30 - 3 PM

Free for members / NM: \$10

No Registration Required

Sponsored by Sunrise Senior Living

America's First Ladies

Barry Bradford is back! This fascinating series will cover the amazing lives of the women of the White House. Barry will introduce the unique and diverse group of women who served as the First Ladies!

May 20 **The Gilded Age to the Roaring 20s**

After the gloom that enveloped Washington DC after the murder of Lincoln and the impeachment of Andrew Johnson, first lady Julia Grant opened the door to a more welcoming White House. Learn about the first ladies and their changing roles from the Gilded Age until the roaring 20s. Among the fascinating stories: how one first lady married her father's best friend and how another was a student of Alexander Graham Bell!

June 17 **Eleanor Roosevelt to Betty Ford**

Eleanor Roosevelt was a force of nature! After becoming first lady in 1932, she changed public perceptions of the role of the president's wife and became a passionate supporter of women's rights and the rights of veterans. Beginning with Mrs. Roosevelt, learn about all the first ladies through the end of Watergate and the amazing Betty Ford!

July 22 **Rosalyn Carter to Dr. Jill Biden**

This exciting conclusion to the first ladies series will take you from Rosalyn Carter and Nancy Reagan all the way to Melania Trump and Dr. Jill Biden. You won't want to miss this fascinating presentation!

Book Club Discussion Group

Zoom; Registration Required

Mondays, 1 - 2 PM

Free for members / NM: \$10

Sponsored by Sunrise Senior Living

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

May 16 ***The Mercies***

by Kiran Millwood Hargrave

Inspired by the real events of the Vardø storm and the 1621 witch trials, *The Mercies* is a story of love, evil, and obsession, set at the edge of civilization.

June 27 ***Count the Ways***

by Joyce Maynard

A story of holding on and learning to let go, *Count the Ways* is an achingly beautiful, poignant, and deeply compassionate novel of home, parenthood, love, and forgiveness.

July 25 ***The Maid***

by Nita Prose

A locked-room mystery and heartwarming journey of the spirit, *The Maid* explores what it means to be the same as everyone else and yet entirely different—and reveals that all mysteries can be solved through connection to the human heart.

August 29 ***Leonard and Hungry Paul***

by Rónán Hession

Leonard and Hungry Paul is the story of two friends trying to find their place in the world. It is about the uncelebrated people of this world. And it asks a surprisingly enthralling question: Can kind people change the world?

Monday Speaker Series & Brunch

Registration Required for Brunch Only

Highland Park Country Club

Mondays (Bi-Monthly)

10:30 - 11:30 AM

Free for members / NM: \$10

Sponsored by Whitehall of Deerfield HealthCare

May 16 Eliminate the Fear of Leaving Your Comfort Zone Post-Pandemic

The pandemic turned your world upside down and thrust you right out of your comfort zone. Over the past year you adapted to a different way of living, communicating, and interacting. Now a vaccine is here, restrictions are being lifted and in-person events are occurring. Relief no doubt, but are you prepared to leave your comfort zone one more time? Dr. Susan Neustrom unravels the mystery of personal space, breaks down the fears that unknowingly hold you captive, and offers strategies to eliminate fear, enabling you to soar to new heights post pandemic.

June 6 The Music of Nature

Summer is here! Celebrate the arrival of warm days as Jim Kendros revels in the music of nature! Enjoy highlights of Beethoven's expansive *Symphony #6, the Pastoral Symphony*! Jim will also highlight *Moldau* by Smetana, a wonderfully depictive work of a river journey, expressed in orchestral majesty! Vivaldi's beloved *Spring Concerto* will complete this joyous presentation.

June 20 Climate Change in Illinois

Illinois is facing some serious climate impacts, which will continue to grow into the future. Learn about severe weather, flooding and extreme heat in the Midwest and how Illinois and Chicago can cope with the changes. Cynthia Linton, from the Climate Reality Project, will talk about what steps local and state government are taking and what you can do as residents.

July 4 No Program - Independence Day

July 18 Ravinia Preview: Bernstein's *Kaddish*

Leonard Bernstein was profoundly attached to his Jewish heritage but was more devoted to the needs of the spirit that transcended any particular faith. He dedicated his 1963 *Kaddish* Symphony to the "beloved memory" of John F. Kennedy, the first Catholic to become an American president. Stephanie Ettelson will explore the symphonic, serious side of Bernstein by sharing excerpts of this profound work, including its musical relationship to his compositions for musical theater.

August 1 The Strings of Summer

Join Jim Kendros for an August morning of peacefully expansive string treasures! To revel in the long, warm days of summer, Jim brings the velvety expression of music for strings! Enjoy the luminous strains of Mozart, Tchaikovsky, Dvorak and more as he guides you across the beautiful sonic landscape of luscious string music! Jim will highlight the lives of each composer and the fascinating stories behind the music.

August 15 Balance Training & Fall Prevention

Ivy Rehab in Highland Park is excited to lead a session on balance and fall prevention. As you get older, fall risk can increase. During this presentation, two physical therapists will discuss the risk factors that contribute to falls, as well as preventative measures to reduce injuries. They will also demonstrate exercises you can do to stay active and decrease your fall risk!

BRUNCH - Prior to Each Speaker Presentation

10 - 10:30 AM

Fee: \$5 / NM: \$10

Registration Required by the Prior Friday at 1 PM

- Bagels, cream cheese, sweets, fruit & coffee



Activities - Cards & Games

Registration Required

Pinochle Class

Pinochle is an exciting Ace-Ten card game played in three phases: bidding, melds, and tricks. Volunteer instructor David Riordan will teach players how to score points by trick-taking and forming combinations of cards into melds. Participants will move quickly to playing actual games of Pinochle.

Day/Date: Wednesday, May 11 - June 1 (4)

Time: 10 AM - 12 PM

Fee: \$10 / NM: \$30

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.

Day / Dates: Tuesdays, 5/10 - 6/7 (5)

Time: 1:30 - 3:30 PM

Fee: \$70 / NM: \$90

Day / Dates: Tuesdays, 6/21 - 7/19 (5)

Time: 1:30 - 3:30 PM

Fee: \$70 / NM: \$90

Day / Dates: Tuesdays, 8/2 - 8/30 (5)

Time: 1:30 - 3:30 PM

Fee: \$70 / NM: \$90



Beginning Canasta

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. 5/11 - 6/15 (6)

Time: 1:30 - 3:30 PM

Fee: \$72 / NM: \$92

Day / Dates: Wed. 7/20 - 8/24 (6)

Time: 1:30 - 3:30 PM

Fee: \$72 / NM: \$92

Continuing Canasta: Strategic Play

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

Day / Dates: Wed. 6/22 - 7/13 (4)

Time: 1:30 - 3:30 PM

Fee: \$48 / NM: \$68

Day / Dates: Wed. 8/31 - 9/21 (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.*

Activities - Cards & Games

Registration Required

The ACBL Bridge Lesson Series

This series consists of a progression of five courses, each focusing on a different aspect of the game and bringing students from absolute beginners through to the point where they can confidently play in any bridge game. Courses include 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*. All levels instructed by volunteer instructor, David Nehmadi, a certified Best Practices teacher through the ACBL.

- Course books available for sale at the Senior Center.
- Weekly assignments may be given to maintain the pace of the class.

Club Series: Bidding

This course focuses on introducing the student to the basic concepts of Bridge. 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 so students are able to attend bridge games upon the completion of this session. *No class 5/30 & 7/4.*

Day / Date: Mondays, 5/16 – 8/29 (14)
Time: 9:30 - 11:30 AM
Fee: \$20 / NM: \$40

Heart Series: Defense

More detailed discussions of opening leads against suit and notrump contracts, second and third hand play, and defensive signals. Bidding and play concepts from the earlier series are reviewed and a few new ideas are added.

Day / Date: Tuesdays, 5/17 – 8/30 (16)
Time: 9:30 - 11:30 AM
Fee: \$20 / NM: \$40

Bridge: Duplicate & Open Play

The card room will be open for both Duplicate Bridge (non-sanctioned) or a social game of Chicago Style Bridge (non-scoring, not rubber). Bridge instructor David Nehmadi will manage the games and help players determine the appropriate game or table for their level of play. If you are looking for a partner, please inquire. *No games 5/30 & 7/4.*

Day: Mondays, beginning 5/16
Time: 1 - 3:30 PM
Fee: Free for members / NM: \$10

Mah Jongg Open Play

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

Pinochle Open Play

Day: Wednesdays, beginning June 8
Time: 10 AM - 12 PM
Fee: Free for members / NM: \$10

Canasta Open Play

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

Private Game Play

Day: Thursdays, *No game 6/9.*
Time: 9:30 AM - 12 PM
Fee: Free, for members only

Poker Open Play

Day: Thursdays
Time: 1 - 3:30 PM
Fee: \$2 / NM: \$3





Activities - Exercise

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. *No class 5/30.*

Day / Dates: Mondays, 5/9 - 6/27 (7)
Time: 11:15 AM - 12:15 PM
Fee: \$49 / NM: \$69

Day / Dates: Mondays, 7/11 - 8/29 (8)
Time: 11:15 AM - 12:15 PM
Fee: \$56 / NM: \$76

Day / Dates: Wed, 5/11 - 6/29 (8)
Time: 11:15 AM - 12:15 PM
Fee: \$56 / NM: \$76

Day / Dates: Wed, 7/13 - 8/31 (8)
Time: 11:15 AM - 12:15 PM
Fee: \$56 / NM: \$76

Day / Dates: Thurs, 5/12 - 6/30 (8)
Time: 11:15 AM - 12:15 PM
Fee: \$56 / NM: \$76

Day / Dates: Thurs, 7/14 - 9/1 (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. *No class 6/23.*

Day / Dates: Tuesdays, 5/10 - 6/28 (8)
Time: 1:30 - 2:30 PM
Fee: \$56 / NM: \$76

Day / Dates: Tuesdays, 7/12 - 8/30 (8)
Time: 1:30 - 2:30 PM
Fee: \$56 / NM: \$76

Day / Dates: Thursdays, 5/12 - 6/30 (7)
Time: 1:30 - 2:30 PM
Fee: \$49 / NM: \$69

Day / Dates: Thursdays, 7/14 - 9/1 (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 6/7, 6/14.*

Day / Dates: Tuesdays, 5/10 - 6/28 (6)
Time: 6:30 - 7:30 PM
Fee: \$42 / NM: \$62

Day / Dates: Tuesdays, 7/12 - 8/30 (8)
Time: 6:30 PM - 7:30 PM
Fee: \$56 / NM: \$76

Activities - Exercise

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! *No class 8/10.*

Day / Dates: Wed, 5/11 - 6/29 (8)

Time: 10:15 - 11:15 AM

Fee: \$56 / NM: \$76

Day / Dates: Wed, 7/13 - 8/31 (7)

Time: 10:15 - 11:15 AM

Fee: \$49 / NM: \$69

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 others for this exciting class that uses light hand weights (optional) to tone arms, abs, and thighs.

Day / Dates: Fridays, 5/13 - 7/1 (8)

Time: 9:15 - 10:15 AM

Fee: \$56 / NM: \$76

Day / Dates: Fridays, 7/15 - 9/2 (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.

Day / Dates: Fridays, 5/13 - 7/1 (8)

Time: 11:15 AM - 12:15 PM

Fee: \$56 / NM: \$76

Day / Dates: Fridays, 7/15 - 9/2 (8)

Time: 11:15 AM - 12:15 PM

Fee: \$56 / NM: \$76

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.

Day / Dates: Fridays, 5/13 - 7/1 (8)

Time: 10 - 11 AM

Fee: \$56 / NM: \$76

Day / Dates: Fridays, 7/15 - 9/2 (8)

Time: 10 - 11 AM

Fee: \$56 / NM: \$76

Rev Up Exercise

Level 2 / 3

This class is ideal for seniors with cognitive or physical limitations and caregivers are welcome for support. Instructor Gerry Keen will lead a stimulating class designed to sharpen cognitive and physical abilities. Experience music, seated exercise and conversation together for a total mind, body & soul workout! *No class 5/30.*

Mondays, 5/9 – 6/27 (7)

Time: 1:30 – 2:30 PM

Fee: \$49 / NM: \$69

Mondays, 7/11 – 8/29 (8)

Time: 1:30 – 2:30 PM

Fee: \$56 / NM: \$76



General Activities

Registration Required

Life Lessons & Legacies Writing

Communicate and preserve your values, stories, wisdom and blessings for future generations. Everyone has something important to share. In four sessions participants will read examples and do on-the-spot exercises to get started crafting your legacy letter. Facilitator Jennifer Dotson leads this thoughtful and insightful process.

Day/Dates: Tuesdays, 6/7 - 6/28 (4)

Time: 6:30 - 7:30 PM

Fee: \$28 / NM: \$48

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 6/23, 8/4, 8/11.*

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

Day / Dates: Thursdays, 5/12 – 6/30 (7)

Fee: \$49 / NM: \$69

Day / Dates: Thursdays, 7/14 – 9/1 (6)

Fee: \$42 / NM: \$62

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. Please make check payable to: AARP, and please include your AARP number in the memo.

Day / Date: Thursday, June 23 &
Friday, June 24

Time: 9 AM - 1 PM

Fee: AARP Members - \$20
Non Members - \$25

Knit and Crochet Club

Share good conversation and great company while knitting or crocheting items for local charities. Participants work on hats, scarves, mittens, blankets, and other interesting items, and often share new techniques. Don't know how to knit? Knitting host, Meg Sibbersen, will give lessons to beginners. Supplies will be provided.



Day: Tuesdays, beginning May 10

Time: 9:30 - 11:30 AM

Fee: Free, for members only

Walking Club

Being active is the secret to staying healthy and walking is one of the safest and easiest ways to exercise. Join Senior Center staff for weekly walks through The Preserve of Highland Park (formerly the Highland Park Country Club golf course). Walks will move at a moderate pace. Please wear comfortable clothing and appropriate shoes. Advance registration required; and a weekly RSVP is requested.

Day / Dates: Thursdays, 5/12 - 8/25 (16)

Time: 9:30 - 10:30 AM

Fee: Free, for members only

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, for members only

General Activities

Registration Required

At the Movies

Enjoy screenings of great movies newly released to DVD, along with a few older film titles as well. Movie titles will be posted on a monthly flyer and in the weekly Friday e-mails.



Sponsored by Freedom Home Care

Day: Thursdays, beginning May 5
Time: 2:30 PM
Fee: Free, for members only

Rules of the Road

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, June 9
Time: 10 AM - 12 PM
Fee: Free, open to all

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.

Sponsored by NorthShore University Healthcare Systems

Watercolor Pencils

This 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 is encouraged *No class 7/12 & 7/19.*

Day / Dates: Tuesdays, 6/14 – 8/2 (6)
Time: 2 - 4 PM
Fee: \$72 (Members Only)

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.

Day / Dates: Fridays, 7/15 - 8/19 (6)
Time: 8:45 – 11:45 AM
Fee: \$108 (Members only)

Six County Senior Games

Location: Various local venues

Dates: July 5 – July 28

Fee: \$16 single day / \$22 unlimited

Radford Green at Sedgebrook & Assured Healthcare Staffing

The IPRA Six County Senior Games provides an opportunity for older adults to compete with their peers in an atmosphere of friendship and support, and to receive recognition for their efforts and achievements. The event is open to seniors of all ability levels, and hosts more than 30 events including: golf, tennis, bowling, swimming, biking, track & field, bocce, volleyball, pickleball, and more. All participants will receive a Senior Games T-shirt, and medals will be awarded to the 1st, 2nd and 3rd place finishers in each category.



Social Services

Social Services Coordinator

Social Services Coordinator, Jennifer Aiello, LCPC, 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 well-being. Join Jennifer Aiello with an opportunity to be present in the moment by focusing on breath and experience your senses.

Days: Mondays

Dates: 5/23, 6/27, 7/25 & 8/22

Time: 10 - 10:30 AM

Fee: Free for Members / NM: \$10

Status: Zoom; Link will be sent to members

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, LCPC, 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, July 11.

Day / Date: Thursdays, July 14 - August 4 (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.

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.

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.

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, LCPC, can help offer guidance and support during one-on-one telephone or Zoom sessions. Please contact Jennifer to schedule an appointment.

Senior Transportation Opportunities

Ride Lake County

Ride Lake County is a new borderless countywide paratransit service, offering seniors age 60+ and people with disabilities transportation to any area of Lake County. All Ride Lake County vehicles are wheelchair accessible and provide curb-to-curb services from desired pick up and drop off locations. The service runs seven days a week with one-way fare cost between \$2-\$6. To register and schedule trips, please call the Pace Call Center at 800.201.6446.

Connector Bus 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 schedule, please visit www.cityhpil.com/seniorcenter.

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.

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
02 12:00 Blood Drive 1:00 Open Bridge	03 1:00 Open Mah Jongg	04 10:00 News & Views (Z) 1:00 Open Canasta	05 9:30 Private Game Play 1:00 Open Poker 2:30 Movie	06 8:45 Mosaics 9:00 Trip: Immersive Frida 11:00 Sing-Along Soirée
09 11:15 Better Balance 1:00 Open Bridge 1:30 BINGO 1:30 Rev Up!	10 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 2:00 Watercolor Pencils 6:30 Tai Chi	11 10:00 Pinochle Class 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	12 9:30 Walking Club 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 2:30 Movie	13 8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga 1:30 Concert
16 9:30 Bridge: Club Series 10:00 Bagel Brunch 10:30 Speaker Series 11:15 Better Balance 1:00 Open Bridge 1:00 Book Club (Z) 1:30 Rev Up!	17 9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 2:00 Watercolor Pencils 6:30 Tai Chi	18 10:00 Pinochle Class 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 12:30 Trip: Fiddler on the Roof 1:00 Open Canasta 1:30 Beginning Canasta	19 9:30 Walking Club 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 2:30 Movie	20 8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga 1:30 Barry Bradford
23 9:30 Bridge: Club Series 10:00 Mindful Moment (Z) 11:15 Better Balance 1:00 Open Bridge 1:30 Rev Up!	24 9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 2:00 Watercolor Pencils 6:30 Tai Chi	25 10:00 Pinochle Class 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	26 9:30 Walking Club 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 1:30 Preserve Tours 2:30 Movie	27 8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 10:30 Dog Days of Summer 11:15 Gentle Yoga
30 CLOSED Memorial Day 1:00 Indoor BBQ	31 9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	01	02	03

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	01	02	03
		10:00 Pinochle Class 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	9:30 Walking Club 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 2:30 Movie	11:00 Sing-Along Soirée 8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga
06	07	08	09	10
9:30 Bridge: Club Series 10:00 Bagel Brunch 10:30 Speaker Series 11:15 Better Balance 1:00 Open Bridge 1:30 Rev Up!	9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Writing Workshop	10:00 Open Pinochle 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	9:15 Trip: Lake Geneva 9:30 Walking Club 9:30 Int. Spanish 10:00 Rules of the Road 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 2:30 Movie	9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga 1:30 Concert
13	14	15	16	17
9:30 Bridge: Club Series 11:15 Better Balance 1:00 Open Bridge 1:30 BINGO 1:30 Rev Up!	9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 2:00 Watercolor Pencils 6:30 Writing Workshop	10:00 Open Pinochle 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	9:30 Walking Club 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 2:30 Movie	9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga 1:30 Barry Bradford
20	21	22	23	24
9:30 Bridge: Club Series 10:00 Bagel Brunch 10:30 Speaker Series 11:15 Better Balance 1:00 Open Bridge 1:30 Rev Up!	9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 2:00 Watercolor Pencils 6:30 Tai Chi 6:30 Writing Workshop	10:00 Open Pinochle 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Continuing Canasta	9:00 AARP Driver Safety 9:30 Walking Club 9:30 Private Game Play 11:15 Better Balance 1:00 Open Poker 2:30 Movie	9:00 AARP Driver Safety 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga
27	28	29	30	01
9:30 Bridge: Club Series 10:00 Mindful Moment (Z) 11:15 Better Balance 1:00 Open Bridge 1:00 Book Club (Z) 1:30 Rev Up!	9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 2:00 Watercolor Pencils 6:30 Tai Chi 6:30 Writing Workshop	10:00 Open Pinochle 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Continuing Canasta	9:30 Walking Club 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 2:30 Movie	

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	01
				11:00 Sing-Along Soirée 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga
04	05	06	07	08
CLOSED Independence Day	9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 2:00 Watercolor Pencils	10:00 Open Pinochle 10:00 News & Views (Z) 1:00 Open Canasta 1:30 Continuing Canasta	9:30 Walking Club 9:30 Private Game Play 1:00 Open Poker 2:30 Movie	10:30 Dog Days of Summer
11	12	13	14	15
9:30 Bridge: Club Series 11:15 Better Balance 1:00 Open Bridge 1:30 BINGO 1:30 Rev Up!	9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 Open Pinochle 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Continuing Canasta	9:30 Walking Club 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 1:30 Grief Group 2:30 Movie	8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga 1:30 Concert
18	19	20	21	22
9:30 Bridge: Club Series 10:00 Bagel Brunch 10:30 Speaker Series 11:15 Better Balance 1:00 Open Bridge 1:30 Rev Up!	9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 Open Pinochle 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	9:30 Walking Club 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 1:30 Grief Group 2:30 Movie	8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga 1:30 Barry Bradford
25	26	27	28	29
9:30 Bridge: Club Series 10:00 Mindful Moment (Z) 11:15 Better Balance 1:00 Open Bridge 1:00 Book Club (Z) 1:30 Rev Up!	9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 2:00 Watercolor Pencils 6:30 Tai Chi	10:00 Open Pinochle 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	9:30 Walking Club 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 1:30 Grief Group 2:30 Movie	8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
01 9:30 Bridge: Club Series 10:00 Bagel Brunch 10:30 Speaker Series 11:15 Better Balance 1:00 Open Bridge 1:30 Rev Up!	02 9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 2:00 Watercolor Pencils 6:30 Tai Chi	03 10:00 Open Pinochle 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	04 9:30 Walking Club 9:30 Private Game Play 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 1:30 Grief Group 2:30 Movie	05 11:00 Sing-Along Soirée 8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga
08 9:30 Bridge: Club Series 11:15 Better Balance 1:00 Open Bridge 1:30 BINGO 1:30 Rev Up!	09 9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10 10:00 Open Pinochle 10:00 News & Views (Z) 11:15 Better Balance 12:30 Trip: Devil Wears Prada 1:00 Open Canasta 1:30 Beginning Canasta	11 9:30 Walking Club 9:30 Private Game Play 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 2:30 Movie	12 8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga 1:30 Concert
15 9:30 Bridge: Club Series 10:00 Bagel Brunch 10:30 Speaker Series 11:15 Better Balance 1:00 Open Bridge 1:30 Rev Up!	16 9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	17 10:00 Open Pinochle 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	18 9:30 Walking Club 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 2:30 Movie	19 8:45 Mosaics 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga
22 9:30 Bridge: Club Series 10:00 Mindful Moment (Z) 11:15 Better Balance 1:00 Open Bridge 1:30 Rev Up!	23 9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	24 10:00 Open Pinochle 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	25 9:30 Walking Club 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 2:30 Movie	26 9:15 Zumba Toning 10:00 Yoga 11:15 Gentle Yoga
29 9:30 Bridge: Club Series 11:15 Better Balance 1:00 Open Bridge 1:00 Book Club (Z) 1:30 Rev Up!	30 9:30 Bridge: Heart Series 9:30 Knitting & Crocheting 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	31 10:00 Open Pinochle 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Continuing Canasta	01 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Sit & Be Fit 2:30 Movie	02 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

Senior Center Staff

Laura Frey, CPRP

Manager of Senior Services

Jennifer Aiello, M.S., LCPC

Social Services Coordinator

Christina Earle, CPRP

Program Coordinator

Miguel Rangel-Martinez

Support Staff

Michele Wilson

Customer Service Clerk

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:

Memorial Day: Monday, May 30

Independence Day: Monday, July 4

Labor Day: Monday, September 5



**Senior Center Gift Certificates
A WONDERFUL ANYTIME 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.