



The Shorelines

May - August, 2023

Highland Park Senior Center

NEWSLETTER

1201 Park Avenue West

Monday - Thursday, 9 AM – 4 PM

Friday, 9 AM – 1 PM

Hello Friends!

The City of Highland Park Senior Center team is excited to bring you this summer issue of the *Shorelines Newsletter*! Filled with a wide variety of new and exciting activities, along with tried and true favorites, we are confident that there is something for everyone. New activities include *Shakespeare Close Reading Group*, *Creative Writing Club*, *Classical Kaleidoscope*, *Heart Saver CPR / AED*, *Outdoor and Adventure outings*, and more. We hope you will join in trying something new this season!

In other news, the City is excited to begin planning for renovation of the Highland Park Country Club. Recently the City issued a request for proposals for architectural, engineering, and interior design services related to this project. This first phase of the renovation project will take place in 2023 and includes opportunities for the community to provide insight and feedback as part of the process. Construction is anticipated to take place in 2024. The preliminary budget for building renovation in the FY2024 Capital Budget is \$3.05M with an additional budget for parking lot renovation of \$1.325M. The undertaking will include community engagement and we will share regular updates on the progress of the project.

We look forward to seeing you this summer!

Sincerely,

Laura Frey

Annual Membership Rates

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

Activity Registration

All registration opens at 9 am

Returning Student Priority Registration:

through Wednesday, April 19

Member Activity Registration Begins:

Thursday, April 20

Open Registration Begins:

Thursday, April 27

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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 City of HP, IDPH and CDC guidelines at the time of the excursion.

Some venues may require masks and/or proof of full vaccination.

Driehaus Museum & High Tea at the Drake

Driehaus Museum & Drake Hotel, Chicago

Friday, April 21

Bus departs at 9 AM & returns at 3 PM

Fee: \$120 / NM: \$140

Registration is open and currently in progress

Registration Deadline: Monday, April 17

Salvador Dalí & Van Gogh Exhibits

Art Institute of Chicago

Thursday, May 18

Bus departs at 10 AM & returns at 5 PM

Fee: \$60 / NM: \$80

Fee for AIC members: \$40 / NM: \$60

Registration is open and currently in progress

Registration Deadline: Tuesday, April 18

Explore the Art Institute of Chicago's collections, including the following two special exhibits!

Salvador Dalí: The Image Disappears and *Van Gogh and the Avant-Garde: The Modern Landscape*. Visitors are encouraged to download their free app which offers audio tour content in many different languages.

Lunch is on your own at one of the AIC dining options including: The Market, the Modern Café and GG's Chicken Shop.

Fee includes museum and exhibit admissions, transportation, and trip leader.

Milwaukee Highlights

Milwaukee, Wisconsin

Friday, June 2

Bus departs at 9:30 AM & returns at 6:30 PM

Fee: \$120 / NM: \$140

Registration is open and currently in progress

Registration Deadline: Tuesday, May 2

Spend the day exploring some of Milwaukee's hottest attractions including lunch at **Mader's German Restaurant**, a private **Historical River & Lake Cruise**, and a stop at the **Milwaukee Public Market**. Begin the day with lunch at mid-America's most honored German restaurant. Since 1902, this Milwaukee landmark has been serving American presidents and celebrities some of the country's finest German cuisine. You'll dine surrounded by a \$4 million collection of medieval suits of armor, wood carvings, oil paintings, two-handed swords, crossbows and magnificent stained glass. After lunch, you'll board the Edelweiss II boat and enjoy a narrated tour by a docent from the Milwaukee County Historical Society. Travel through downtown Milwaukee and see historical landmarks where you'll get a front-row view of the Milwaukee skyline including the Milwaukee Art Museum (Calatrava), Discovery World, Summerfest grounds, and yacht clubs. On the way back to Highland Park, the bus will stop at the popular Milwaukee Public Market, which offers local baked goods, sweets, cheese, meats, produce & prepared eats. Fee includes lunch, boat tour, transportation, and trip leader.



Day Excursions

Registration Required

Tristan Crist Illusions & Lunch

Lake Geneva, WI & Richmond, IL

Tuesday, July 11

Bus departs at 1 PM & returns at 8 PM

Fee: \$120 / \$140

Registration Deadline: Friday, June 9

"Master Illusionist of The Year," Tristan Crist presents magic up-close and personal like you've never seen before! Witness large illusions in an intimate setting - headlining Vegas-style magic and illusions. This exciting show features amazing illusions and comes to a thrilling end with a very special illusion; you won't believe your eyes! The Tristan Crist Magic Theatre has become a truly unique entertainment destination within Lake Geneva as it's the #1 attraction in the area.

Following the performance, you'll enjoy dinner in Richmond at Paisano's Italian Steakhouse. Then, take a short walk through town to Anderson's Candy Shop where you can enjoy delicious samples and the opportunity to purchase some wonderful goodies!

* *The bus is scheduled to return prior to sunset.*



MJ - The Musical

James M. Nederlander Theatre

Wednesday, August 30

Bus departs at 12:30 & returns at 6 PM

Fee: \$135 / NM: \$155

This trip is currently filled; please call to have your name added to the wait list.

Ring of Fire: The Music of Johnny Cash

Drury Lane, Oak Brook

Thursday, September 21

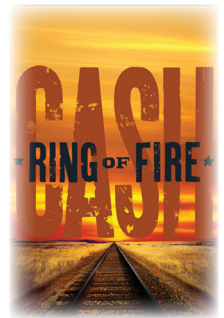
Bus departs at 10:15 AM & returns at 4:15 PM

Fee: \$120 / NM: \$140

Registration Deadline: Monday, August 21

Ring of Fire showcases the story of Johnny Cash through his music. From country rock n' roll to searing ballads of love and faith, Cash's iconic songs highlight the incredible struggles and triumphs of his life. Performed by an incredible group of actor/musicians, *Ring of Fire* celebrates the music that has become a part of the collective experience.

Prior to the performance, enjoy lunch on site, which includes mixed green salad, entree, garlic mashed potatoes, green beans, ice cream sundae for dessert and coffee or tea. When registering, please indicate your entree choice of grilled salmon or bistro steak.



Music Theater Works Productions

North Shore Center for Performing Arts

2 PM Show Times

Discounted Fee: \$50 / NM: \$70

Registration Deadlines: Two weeks prior; please call 847.432.4110 to register.

Enjoy discounted tickets to Music Theater Works upcoming season of fabulous productions. *Transportation is on your own.*

Pippin

Saturday, June 10

The Producers

Saturday, August 19

Brigadoon

Saturday, October 28



Registration Information

Online Membership and Registration Portal

The Senior Center has launched a 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.
- **Trips and special activities will have a posted registration deadline. Late registrations will be accommodated when possible and will be charged a \$5 administrative fee.**
- 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 virtual DROP-IN activities will be emailed to all current members, prior to the start of the program.
- Links for virtual REGISTRATION REQUIRED activities will be emailed to registrants only, 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.

** For exercise classes with openings, members may try one class for a \$10 drop-in fee before committing to the full session. If you like the class and decide to register for the full session on the same day, the \$10 drop-in fee will be discounted from the full cost of the class.*

Brunch & Learn Speaker Series

Registration Required



Tuesdays, 11:30 AM – 1 PM

Fee: \$10 / NM: \$20

Registration Deadline: One week prior

Late/Drop-Ins will be accommodated when feasible; add \$5



Sponsored by Whitehall of Deerfield Healthcare

Enjoy a delicious buffet brunch catered from Once Upon a Bagel that includes a variety of bagels and cream cheese spreads, cucumber, tomato & onion toppings, rotating choice of protein salad (tuna, egg, chicken), fresh fruit, breakfast sweets, coffee, tea, and juice. Buffet is open from 11:30 AM - 1 PM, lecture begins at noon.

May 16 Metropolitan Ecology: Creating the Natural Neighborhood

For billions of global citizens, climate change is an existential threat. But how do you get beyond the despair and apply some real-world solutions? Metropolitan ecology connects personal actions to a larger system of restoration, reconciliation and revitalization. Going beyond recycling and “green” consumption, it’s everything from native landscaping to making every building a clean energy producer, and it can provide environmental, physical, mental and spiritual benefits. Whether you live near a shopping mall or just want to be a greener citizen, this talk is about taking action every day to save the planet – and your community.

John Wasik is a Grayslake-based author of 19 books, a global journalist who has contributed to The New York Times, Forbes, The Wall Street Journal, Reuters and Bloomberg, a presenter who has spoken across North America and who serves as a Lake County Forest Preserve vice president.

June 20 The Eastland Disaster

On July 24, 1915, the SS Eastland, a passenger & tour ship, rolled onto her side while tied to a dock in the Chicago River. A total of 844 passengers and crew were killed in the largest loss of life from a single shipwreck on the Great Lakes. John Boda will share the treacherous timeline of events, along with personal anecdotes from his grandmother, Anna Bohn, who was one of the 2,500 people aboard that doomed ship and one of the fortunate ones who survived.

John Boda is a Chicago native, who presents a wide variety of history and music programs around the Chicagoland area.

July 18 Operatic Royalty: Richard Tucker and Robert Merrill

The sons of Jewish immigrants, Richard Tucker (tenor) and Robert Merrill (baritone) became American operatic royalty as two of the Metropolitan Opera’s most beloved stars. Their inspiring lives are explored, complete with musical excerpts and performance photos.

Hosted by Geoffrey Edwards. Edwards is award-winning author and stage director who served as resident stage director for the DuPage Opera Theatre.

August 15 Major Decisions of the US Supreme Court

Julie Strauss will review some of the major decisions handed down by the Supreme Court at the end of its 2022-2023 term. Examine the rulings on the Affirmative Action case, the Independent State Legislature case as well as the challenge to President Biden’s student loan forgiveness program, among others. Don’t miss this stimulating discussion of the Supreme Court’s decisions and their impact on American society!

Julie Strauss received her Ph.D. in American Politics from Northwestern University and spent two years on Capitol Hill working for elected officials.



Special Activities

Registration Required

Senior Prom - The Golden Gala

Highland Park Country Club

Saturday, May 6

5 - 7:30 PM

Fee: \$10, open to all seniors

Registration Deadline: Friday, April 28

Sponsored by Arbor Terrace Highland Park

The Highland Park High School Class of 2025 invites you to join them for a night at the Prom! Enjoy a fabulous evening of dinner, dancing, and entertainment. Guests will enjoy a buffet dinner and a sweet table with home-baked goodies. The HPHS DJ Club will provide music, and some of the high school's most talented artists will perform throughout the evening. The student hosts are planning an enchanting evening of glitter and gold, and they will be dressed up... ready to serve, ready to dance, and ready to entertain!

Memorial Day Indoor BBQ

Sunrise Senior Living

Monday, May 29

12 - 2 PM

Fee: \$5 / NM: \$15

Registration Deadline: Monday, May 22

Sponsored by Sunrise Senior Living



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 dazzling entertainment by "Circus Boy", who previously worked with Ringling Bros. Community tours will be available upon request.

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

Spring Wine Tasting

Lynfred Winery - Highland Park

Friday, June 16

2 - 4 PM

Fee: \$20 / NM: \$30

Registration Deadline: Friday, June 9

Lynfred Winery's unique setting offers the perfect location to wind down and enjoy a sampling of four specially selected wines paired with a gourmet domestic cheese tray.

Lynfred's staff will share the history of the winery, information on the wine making process, and will discuss each of the wine samples.



Ice Cream Social

Highland Park Country Club

Monday, August 21

3:30 PM - 5 PM

Fee: \$5 / NM: \$15

Registration Deadline: Monday, August 14

Sponsored by Freedom Home Care

The Senior Center is excited to celebrate National Senior Citizens Day with members! Delight in a delicious ice cream buffet with many of your favorite toppings and a side of fun!

Join others for an afternoon of tasty treats, groove to live music, and enjoy a bit of friendly competition with lawn games like croquet, baggots, horseshoes and more!



Special Activities

Registration Required

National Hot Dog Day

Arbor Terrace - Highland Park

Friday, July 21

12 – 2 PM

Fee: \$5 / NM: \$15

Registration Deadline: Friday, July 14

Sponsored by Arbor Terrace Highland Park

Celebrate National Hot Dog Day! Join the team at Arbor Terrace for an all-beef hot dog - made your way! They'll have all the fixings available, as well as pickles, fries, beverages, and a sweet treat for dessert. You'll also enjoy live music to entertain you! Tours of this lovely facility will be available upon request.

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



The Preserve: Golf Cart Tours

Highland Park Country Club

Monday, June 19

1 – 3 PM

Free; for members only

Registration Deadline: Monday, June 12

Join Liz Ricketts, 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: Friday, June 30.*

B - I - N - G - O

Highland Park Country Club

2nd Monday of the Month

May 8, June 12, July 10, August 14

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.



Senior Gatherings at City Events

Join Senior Center members and staff at these local City sponsored summer events. There will be a designated area with tables and chairs reserved for members to enjoy an evening of fun and friendship!

Food Truck Thursday

Jens Jensen Park - Ravinia District

Thursday, June 22; meet at 4:30 PM

Enjoy a variety of food and drinks al fresco and live music at Jens Jensen Park in Highland Park's Ravinia District.

World Music & Food Festival

The Lot - Downtown HP

Saturday, July 15; meet at 4:30 PM

Immerse yourself in the culture of far away lands with a diverse offering of world music and traditional cuisines from around the globe.



Special Activities

Drop-In Activity

Barry Bradford Presents

Highland Park Country Club

Fridays, 1:30 – 3 PM

Free for members / NM: \$10

Sponsored by Sunrise Senior Living

The Highland Park Senior Center welcomes back internationally recognized, award-winning public speaker and historian Barry Bradford! Using video clips, little-known anecdotes, and intriguing insights, Barry's multimedia presentations are sure to captivate and entertain.

Time Capsule

This popular series will explore the top news stories of the year, top movies and shows, famous births and deaths, what things cost and so much more!

May 26 1923: 100 years ago

America unexpectedly lost its president under mysterious circumstances, silent movies were becoming a huge factor in American life, the world was transfixed by the opening of King Tut's tomb, and a major political scandal swirled around the White House.

June 23 1948: 75 years ago

The famous "Dewey Defeats Truman" headline was incorrectly printed and the victory was one of the most exciting upset elections of all time. Israel was born, as was Billy Crystal, Gandhi was assassinated, and the first instant cameras were in use.

July 28 1973: 50 years ago

Watergate dominated the headlines as the optimism of the 60s faded. The Vietnamese War was winding down, *All In The Family* made us laugh, LBJ died and the cell phone was born.

Country Club Concerts

Highland Park Country Club



Fridays, 1:30 – 2:30 PM

Free for members / NM: \$10

Sponsored by Freedom Home Care

May 19 HPHS Jazz Band

Under the direction of Josh Chodoroff, the Highland Park High School Jazz Band returns to perform Jazz classics by greats such as Count Basie, Duke Ellington, Glen Miller and more. These talented musicians are sure to brighten your day.

June 9 Broadway Revisited

Lifelong Broadway enthusiast Ashton Layne will perform a wonderful selection of Broadway classics, as well as a few more recent Broadway hits. Enjoy selections from *Chicago*, *Les Miserables*, and *Phantom of the Opera*, along with many other well-loved songs.

July 14 Buddy Holly Tribute

Join Michael Mahler and Zachary Stevenson for a concert featuring classics such as *Oh, Boy!*, *It's So Easy to Fall in Love*, *Peggy Sue*, and *That'll Be the Day*. Stevenson possesses the voice, moves, guitar licks and irresistible energy of the "original". Mahler was the sublime music director and ensemble cast member of the American Blues Theater production of *The Buddy Holly Story*.

August 11 Music for the Hour

Drawing from her experience and knowledge of classical music, Kathleen Monson's performance features composers such as Chopin, Donizetti, and Strauss. This concert seamlessly combines musical genre favorites of classical, operetta and musical theater. Highlights from *Die Fledermaus*, *Lucia Di Lammermor*, *La Cenerentola* and others provide a spectacular musical experience.

Special Activities

Drop-In Activity

Wise & Well

Zoom; Registration Required

Wednesdays, 3:30 PM – 4:30 PM

Free for members / NM: \$10



May 3 Managing Modifiable Risk Factors and Preventable Diseases

Abigail Hill, a physical therapist with Ivy Rehab in Highland Park, will discuss the differences between modifiable and non-modifiable risk factors for disease, share simple and effective ways to improve your overall health, and how you can prevent chronic disease. Come prepared with questions and learn how to live a full, healthy life!

June 7 Investing for Older Americans

Jamie Davidson, from the US Securities and Exchange Commission, will provide information and access to tools to help seniors make smart investments, avoid fraud, and plan for diminished capacity.

August 2 Who Will Inherit the Mess?

Greg Corey, Financial Advisor, will share different options in estate planning and why some prefer one course of action to another. Learn tips to help maximize the transfer of wealth (as intended), minimizing or avoiding unnecessary taxes along the way, and preserve relationships between friends and family.

Book Club Discussion Group

Zoom; Registration Required

Mondays, 1 – 2 PM

Free for members / NM: \$10

Sponsored by Assured Healthcare Staffing

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

May 22 *Demon Copperhead* by Barbara Kingsolver

The story of a boy born to a teenaged single mother in a single-wide trailer, who braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses.

June 26 *Tomorrow, and Tomorrow, and Tomorrow* by Gabrielle Zevin

Two friends - often in love, but never lovers - come together as creative partners in the world of video game design, where success brings them fame, joy, tragedy, duplicity, and, ultimately, a kind of immortality.

July 31 *Maame* by Jessica George

Maame explores what it feels like to be torn between two homes and cultures - and it celebrates finally being able to find where you belong.

August 28 *Hello Beautiful* by Ann Napolitano

A profoundly moving portrait of what is possible when one chooses to love someone not in spite of who they are, but because of it.



Outdoor and Adventure Activities

Registration Required

NEW

Outdoor and Adventure Club

The Senior Center recently conducted an online survey to determine member interest in outdoor and adventure programs. 70% of respondents indicated interest in some form of outdoor and adventure activities. Staff has planned a few of the most requested activities for this summer and fall. To ensure their success, please register early. *All participants must receive doctor's approval to participate, prior to registering, and must meet minimum qualifications listed below.*

Take a Hike!

Thursday, May 25 from 9 AM – 5 PM

Fee: \$30 / \$50

Registration Deadline: Friday, May 12

Richard Bong State Recreation Area, Wisconsin



NEW

Explore the outdoors! Participants will adventure around the trails of the Richard Bong State Recreation Area, completing a four-mile hike through prairie and woodland, past wetlands and around Wolf Lake, an incredible place for spring wildflowers. Generally considered an easy route with some inclines, it takes an average of one and a half to two hours to complete. Please wear sturdy gym shoes or hiking boots, and bring a water bottle, sack lunch, and snacks to keep yourself nourished throughout the day. Trip includes transportation and trip leader.

Qualifications: Must have good balance and be able to walk / hike for four miles on uneven ground at a moderate pace without assistance.

Lake Kayak Outing

Monday, July 24 from 9 AM – 5 PM

Fee: \$100 / \$120

Registration Deadline: Friday, June 23

Lake McCullen, McHenry, IL



NEW

Enjoy a day of guided paddling on beautiful Lake McCullen. Begin with basic paddling and safety instruction, and then spend time on the lake for some fun in the sun with a qualified staff member from Scull and Oars Outfitters. This trip is best for *beginner* paddlers who want to learn basic skills or *intermediate* paddlers who are looking to paddle at pace with the group guide. All participants will be required to wear an approved Personal Floatation Device. Trip includes instruction, rental, permit fees, lunch, bus, and trip leader.

Qualifications: Must be a solid swimmer with moderate upper body strength, and must have the physical strength to get in and out of your chosen vessel.

Campfire Fun & Optional Night Hike

Wednesday, September 6 from 7 – 8:30 PM

Fee: \$15 / NM: \$25

Registration Deadline: Friday, August 25

Heller Nature Center, Highland Park



Activities - General

Registration Required

Puzzles & Puccini

Jigsaw puzzles and classical music provide many benefits such as improved memory and mood along with decreased stress levels. Come to the Senior Center for a relaxing afternoon of friendship, fine motor skills, fantasia, and fanfare!

Day / Dates: Mondays, Monthly
May 15
June 19
July 17
August 7
Time: 1:30 – 3:30 PM
Fee: Free / NM: \$10

Knit and Crochet Club

Share good conversation and great company while knitting or crocheting items for local charities, or working on your own projects. Participants work on hats, scarves, mittens, blankets, and other items, and often share new techniques. Club host, Meg Sibbersen, will give lessons to beginners. Supplies for charitable items will be provided.

Day: Tuesdays
Time: 10:30 AM – 12 PM
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

Rules of the Road: Drivers Test Prep

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 8
Time: 10 AM – 12 PM
Fee: Free, open to all

AARP Smart Driver Course

This driver safety course 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.

Day / Date: Monday, May 22 &
Tuesday, May 23
Time: 10 AM – 2 PM
Fee: AARP Members - \$20
Non Members - \$25

Conversational Spanish

Hola Amigos! Certified Spanish teacher Leslie Fenster teaches students the fundamentals of Spanish in a fun and supportive environment.

Times: **Intermediate:** 9:30 – 10:30 AM
Advanced: 11 AM – 12 PM

Day / Dates: Thursdays, 5/11 – 6/22 (7)
Day / Dates: Thursday, 7/13 – 8/24 (7)
Fee: \$49 / NM: \$69 (per session)

Times: **Beginning (continued):**
9:30 – 10:30 AM
Day / Dates: Fridays, 5/12 – 6/23 (7)
Day / Dates: Fridays, 7/14 – 8/25 (7)
Fee: \$49 / NM: \$69 (per session)

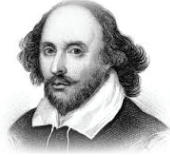


Activities - Humanities

Registration Required

Shakespeare Close Reading Group

Explore the words of Shakespeare every week with this stimulating close reading group. Join in to read the plays out loud, or just to listen and discuss. Facilitated by Jeffrey Less, the group will make its way through the pages of William Shakespeare's plays, discussing meaning, symbolism, the humours, and more! The group will kick off with ***Macbeth* on May 10**; please bring a copy of the play each week.



Day / Date: Wednesdays, weekly
Time: 1:30 - 3 PM
Fee: \$10 / NM: \$30

Creative Writing Club

NEW

Everyone has a story. What's yours? This writers' workshop offers a supportive, non-judgemental environment to stretch your writing muscles. Sessions will include writing warm-up exercises, prompts to help spark inspiration, sharing and responding to each others' pieces and discussion about the writing process. This workshop is designed for anyone who has a story to tell; anyone who is looking for a creative outlet; anyone who likes to write and/or likes to read; anyone who has a work in progress or is looking to get started. In short, it is designed for anyone. Come and find out what you have to say - you may be surprised! *No workshop 6/20.*

Day / Date: Tuesdays, 5/16 – 6/27 (6)
Time: 9:30 – 11 AM
Fee: \$10 / NM: \$30

Day / Date: Tuesdays, 7/11 – 8/15 (6)
Time: 9:30 – 11 AM
Fee: \$10 / NM: \$30

Classical Kaleidoscope

Please join Beethoven, Mozart, Chopin, Schubert and your host Sandy Fishman for a weekly hour of entertainment and education. Listen and learn about the classics during this interactive Music Appreciation class.

NEW

Day / Date: Mondays, 6/5 – 6/26 (4)
Time: 2:30 – 3:30 PM
Fee: \$10 / NM: \$30

Day / Date: Mondays, 7/10 – 7/31 (4)
Time: 2:30 – 3:30 PM
Fee: \$10 / NM: \$30

Day / Date: Mondays, 8/7 – 8/28 (4)
Time: 2:30 – 3:30 PM
Fee: \$10 / NM: \$30

Songs, Seniors & Stories Podcast

Join HPHS student Emma Pasternak for a discussion about music & memories. Emma is launching a new podcast called *Songs, Seniors, and Stories*, featuring discussions with seniors about music and memories in an effort to uncover ordinary human connections forged through lyrics and sounds. Through this podcast, Emma will interview members and listen to their favorite music while discussing songs and memories from their lives. Each episode will reveal a wonderful personal journey that can then be shared with loved ones as an audio keepsake. Please call the Senior Center to schedule your interview with Emma.

NEW

Day / Date: Mondays & Thursdays
Beginning June 15
Time: Interview appointments
available between 12-4 PM
Fee: Free

Activities - Humanities

Art Classes at The Art Center HP

Registration Required

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, utilizing their amazing instructors.

Sponsored by NorthShore University Healthcare Systems

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, 6/16 – 8/18 (10)
Time: 9:15 – 11:45 AM
Fee: \$150 (HPSC members only)

Painting for Beginners

Instructor Sandra Bacon teaches about color, shading, value, and more. Working with both watercolor and acrylic, participants will sample a variety of step-by-step painting techniques. A supply list is available upon registration.

Day / Dates: Wednesdays, 7/19 – 8/16 (5)
Time: 1– 3 PM
Fee: \$60 (HPSC members only)

Drawing for Beginners

Transform what you see into drawing: learn about light, shadow and perspective. From still life to landscape to figure, instructor Sandra Bacon will teach a variety of different media and techniques (pencil, charcoal, watercolor, pastel).

Day / Dates: Wednesdays, 6/14 – 7/12 (5)
Time: 1 – 3 PM
Fee: \$60 (HPSC members only)

Art Around the World (Virtual)

Virtually visit a variety of museums from around the world to learn about the masterpieces housed within. Instructor Paige Brevick will discuss multiple art movements, artists, and historical periods. Each class will have time for discussion and questions.

Day / Dates: Fridays, May 5 – June 2 (5)
Fridays, July 21 – August 18 (5)
Time: 9 – 10 AM
Fee: \$35 (per session)
(HPSC members only)

At the Movies

Thursdays at 1 PM and Fridays at 10:30 AM

Fee: Free / NM: \$10

Sponsored by Aperion Care



Now showing twice weekly, the same movie will be projected on both Thursday afternoons and Friday mornings. Enjoy screenings of movies covering a wide range of genres including romance, comedy, drama, suspense and action. Most movies are newly released to DVD, with a few older film titles as well. Movie titles will be available on a monthly flyer and via e-mails. *No movie 5/25.*



Activities - Exercise

Registration Required

Better Balance

Level 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 5/29.*

Day / Dates: Mondays, 5/8 – 8/28 (16)
Time: 11:15 AM – 12:15 PM
Fee: \$112 / NM: \$132

Day / Dates: Wednesdays, 5/10 – 8/30 (17)
Time: 11:15 AM – 12:15 PM
Fee: \$119 / NM: \$139

Day / Dates: Thursdays, 5/11 – 8/31 (17)
Time: 11:15 AM – 12:15 PM
Fee: \$119 / NM: \$139

Tai Chi

Level 2

Tai Chi is a martial art that improves balance and body awareness. Its relaxed, slow, and precise body movements enhance body strength and mind clarity. Ken Ning will guide you to nurture the Qi (life force) within, to flow smoothly and powerfully throughout the body to help concentration, energy, stress relief and harmony.

Day / Dates: Tuesdays, 5/9 – 6/27 (8)
Time: 6:30 – 7:30 PM
Fee: \$56 / NM: \$76

Day / Dates: Tuesdays, 7/11 – 8/29 (8)
Time: 6:30 – 7:30 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 7/4 and 7/13.*

Day / Dates: Tuesdays, 5/9 – 8/29 (16)
Time: 1:30 – 2:30 PM
Fee: \$112 / NM: \$132

Day / Dates: Thursdays, 5/11 – 8/31 (16)
Time: 1:30 – 2:30 PM
Fee: \$112 / NM: \$132

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 6/14 and 8/16.*

Day / Dates: Wednesdays, 5/10 – 6/28 (7)
Time: 10:15 – 11:15 AM
Fee: \$49 / NM: \$69

Day / Dates: Wednesdays, 7/5 – 8/30 (8)
Time: 10:15 – 11:15 AM
Fee: \$56 / NM: \$76



Activities - Exercise

Registration Required



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, 5/19 – 6/30 (7)
Time: 11:15 AM – 12:15 PM
Fee: \$49 / NM: \$69

Day / Dates: Fridays, 7/7 – 9/1 (9)
Time: 11:15 AM – 12:15 PM
Fee: \$63 / NM: \$83

Yoga with Mat Work

Level 3

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, 5/19 – 6/30 (7)
Time: 10 – 11 AM
Fee: \$49 / NM: \$69

Day / Dates: Fridays, 7/7 – 9/1 (9)
Time: 10 – 11 AM
Fee: \$63 / NM: \$83

Triple Fit

Level 3

Carol King brings three fitness elements together in this exciting new class: standing cardio (low impact), strength training using weights or resistance bands, and balance for a total body workout! Participants should be able to get on the floor for additional training exercises. *No class 7/14.*

Day / Dates: Fridays, 5/12 – 6/30 (8)
Time: 9:00 – 10:00 AM
Fee: \$56 / NM: \$76

Day / Dates: Fridays, 7/7 – 9/1 (8)
Time: 9:00 – 10:00 AM
Fee: \$56 / NM: \$76

NEW

Heart Saver CPR / AED

1130 Central Avenue - HP Fire Department

Led by the Highland Park Fire Department, this course teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children, and infants. This course teaches skills with the American Heart Association's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills. This class is hands on, and participants will need to be able to perform quality CPR for 3-5 minutes to receive a completion card. Cards are electronic and delivered via email.

Day / Date: Wednesday, May 17
Time: 9 AM – 12:30 PM
Fee: \$50





Activities - Cards & Games

Registration Required

Duplicate Bridge Open Play

The card room will be open for non-sanctioned Duplicate Bridge. Volunteer David Nehmadi will manage the game and help determine the appropriate level of play. If you are looking for a partner, please inquire. *No game 5/29.*

Day: Mondays

Time: 1 – 3:30 PM

Fee: Free for members / NM: \$10

Mah Jongg Open Play

Day: Tuesdays, *No game 7/4*

Time: 1 – 3:30 PM

Fee: Free for members / NM: \$10

Canasta Open Play

Day: Wednesdays

Time: 1 – 3:30 PM

Fee: Free for members / NM: \$10

Rummikub Open Play

Day: Thursdays

Time: 10:30 AM – 12:30 PM

Fee: Free for members / NM: \$10

Poker Open Play

Day: Thursdays

Time: 1 – 3:30 PM

Fee: \$2 / NM: \$4



Chess Open Play

Day: Thursdays, beginning 5/4

Time: 1 – 3 PM

Fee: Free for members / NM: \$10

Beginning Chess Instruction



This class is for you, if:

- You do not know how to move all the chess pieces and/or do not know the object of the game.
- You know how to move the pieces but you do not know how to Castle OR you know how to Castle but you do not know why or when to Castle
- You played chess years ago but could use a lot of refresher information
- You have a child or grandchild who plays chess and you would like to know what they're up to and why they're enjoying it so much.

Day / Date: Thursdays, 6/1 – 7/6 (6)

Time: 1:30 PM – 2:30 PM

Fee: \$10 / NM: \$30

Continuing Chess Instruction

This class is for you, if:

- You know how to move all the pieces and you know how to Castle, but you would like a little bit of opening theory.
- Your grandchild is playing chess and you would like to follow their progress and maybe even win against them occasionally.
- You play chess on rare occasions but would like more and possibly stronger opponents.

Day / Date: Thursdays, 7/27 – 8/17 (4)

Time: 1:30 PM – 2:30 PM

Fee: \$10 / NM: \$30

Instructor Steve Kaufman has been playing chess for 73 years and is a current US Chess Federation Certified Chess Coach; he gave simultaneous tournaments 70 years ago and has been playing actively since then. Steve taught chess for the city of Manley Beach and most recently has taught in a variety of local schools.

Activities - Cards & Games

Registration Required

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 various handouts. Participants **MUST** attend the first class.

Day / Dates: Wednesdays, 5/31 – 7/5 (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: Wednesdays, 7/19 – 8/9 (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.*

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, 5/16 – 6/13 (5)

Time: 1:30 – 3:30 PM

Fee: \$70 / NM: \$90

Day / Dates: Tuesdays, 7/11 – 8/8 (5)

Time: 1:30 – 3:30 PM

Fee: \$70 / NM: \$90

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 are available for sale at the Senior Center.

- Weekly assignments may be given to maintain the pace of the class.

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. *No class 5/29.*

Day / Dates: Mondays, 5/8 – 8/28 (16)

Time: 9:30 – 11:30 AM

Fee: \$20 / NM: \$40

Spade Series (continued): Commonly Used Conventions

Focus on beginning (basic) conventions most likely to be encountered in a duplicate game. Introduction to duplicate strategy and the relationship of bids and plays. Covers Stayman, Jacoby transfers, Jacoby 2NT, weak two-bids, and strong two club openings. *No class 7/4.*

Day / Dates: Tuesdays, 5/9 – 8/29 (16)

Time: 9:30 – 11:30 AM

Fee: \$20 / NM: \$40



Social Services

Social Services Specialist

Social Services Specialist, 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.

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 in-person, telephone, or Zoom sessions. Please contact Jennifer to schedule an appointment.

SHIP: Senior Health Insurance Program

State trained 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.

United Way of Lake County 2-1-1

211 is a free, confidential, 24-hour information and referral helpline connecting individuals in need with access to available health and human services. Lake County residents can connect to a wide range of services by phone or text, and an expert navigator will guide them to the help they need, regardless of the time of day, the language they speak or where they live. Call 211, text 898211 or visit 211lakecounty.org

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 Officer Hyndman at 847.926.1122.

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

Senior Center Loan Closet

1201 Park Avenue West

Mondays & Thursdays; please call for details

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. Please contact the Senior Center for further details.



Financial Scholarship

Free membership and activity discounts are available for income qualified residents of Highland Park. Please contact Jennifer Aiello to schedule an appointment to determine eligibility.

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 services. 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.

Grief Group

Thursday, May 11 - June 1 (4)

1:30 – 2:30 PM



Grief is a difficult journey to walk alone, and 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 5/9/23.

Senior Transportation Opportunities

Connector Bus Service

The Connector operates on Tuesdays and Fridays from 9 AM – 3:30 PM, and runs on a fixed route throughout Highland Park. For further details and to access the schedule, please visit www.cityhpil.com/seniorcenter.

Ride Lake County

Ride Lake County is a 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; cost is between \$2 – \$6. For details please call the Pace Call Center at 800.201.6446.

Moraine Township Door-to-Door Paratransit Van

The Township's paratransit van travels to locations within a 15-mile radius. Medical appointments have first priority; other destinations based on availability. Rides are scheduled on weekdays from 8:30 am - 4 pm. Fares are \$4 each way and \$2 each way for income-qualified residents. Caregivers are required to accompany wheelchair riders (caregivers ride free). Please call 847.432.3000 to schedule an appointment.

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
01 1:00 Neighborhood Meeting (City) 1:00 Duplicate Bridge 1:00 Book Club (makeup)	02 10:30 Knit & Crochet Club 1:00 Open Mah Jongg	03 10:00 News & Views (Z) 1:00 Open Canasta 3:30 Wise & Well (Z)	04 10:30 Open Rummikub 1:00 Movie 1:00 Open Poker 1:00 Open Chess	05 9:00 Art Around the World 9:15 Mosaics 10:00 Yoga (makeup) 10:30 Movie 11:15 Gentle Yoga (makeup) Saturday 5/6 – 5 PM Senior Prom
08 9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge 1:30 Bingo	09 9:30 Bridge: Spade Series 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Shakespeare Reading Group	11 9:30 Int. Spanish 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Sit & Be Fit 1:30 Grief Group	12 9:00 Art Around the World 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:30 Movie
15 9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge 1:30 Puzzles & Puccini	16 9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:30 Brunch & Learn 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	17 9:00 Heart Saver Class 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Shakespeare Reading Group	18 10:00 Trip: Art Institute 9:30 Int. Spanish 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Sit & Be Fit 1:30 Grief Group	19 9:00 Art Around the World 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga 1:30 Concert: HPHS Jazz Band
22 9:30 Bridge: Heart Series 10:00 AARP Driver Safety 11:15 Better Balance 1:00 Duplicate Bridge 1:00 Book Club	23 9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:00 AARP Driver Safety 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	24 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Shakespeare Reading Group	25 9:00 Take a Hike! 9:30 Int. Spanish 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 1:30 Sit & Be Fit 1:30 Grief Group	26 9:00 Art Around the World 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga 1:30 Barry Bradford
29 CLOSED Memorial Day 12 PM - Indoor BBQ	30 9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	31 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Learn Canasta 1:30 Shakespeare Reading Group	01	02

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	01	02
			9:30 Int. Spanish 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Beginning Chess 1:30 Sit & Be Fit 1:30 Grief Group	9:00 Art Around the World 9:00 Triple Fit 9:15 Mosaics 9:30 Trip: Milwaukee Highlights 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga
05	06	07	08	09
9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge 2:30 Classical Kaleidoscope	9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Learn Canasta 1:30 Shakespeare Reading Group 3:30 Wise & Well (Z)	9:30 Int. Spanish 10:00 Rules of the Road 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker & Chess 1:30 Beginning Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga 1:30 Concert: Broadway Saturday 6/10 – 2 PM Pippin
12	13	14	15	16
9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge 1:30 Bingo 2:30 Classical Kaleidoscope	9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 11:15 Better Balance 1:00 Open Canasta 1:00 Beginning Drawing 1:30 Learn Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Beginning Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga 2:00 Wine Tasting
19	20	21	22	23
9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Preserve Tours 1:00 Duplicate Bridge 1:30 Puzzles & Puccini 2:30 Classical Kaleidoscope	9:30 Bridge: Spade Series 10:30 Knit & Crochet Club 11:30 Brunch & Learn 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:00 Beginning Drawing 1:30 Learn Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker & Chess 1:30 Beginning Chess 1:30 Sit & Be Fit 4:30 Food Truck Event	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga 1:30 Barry Bradford
26	27	28	29	30
9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge 1:00 Book Club 2:30 Classical Kaleidoscope	9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:00 Beginning Drawing 1:30 Learn Canasta 1:30 Shakespeare Reading Group	10:30 Open Rummikub 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Beginning Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga 1:00 Preserve Tours

July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
03 9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge	04 CLOSED Independence Day	05 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:00 Beginning Drawing 1:30 Learn Canasta 1:30 Shakespeare Reading Group	06 10:30 Open Rummikub 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Beginning Chess 1:30 Sit & Be Fit	07 9:00 Triple Fit 9:15 Mosaics 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga
10 9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge 1:30 Bingo 2:30 Classical Kaleidoscope	11 9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:00 Trip: Illusion Show 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	12 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:00 Beginning Drawing 1:30 Shakespeare Reading Group	13 9:30 Int. Spanish 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess	14 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga 1:30 Concert: Buddy Holly Tribute Saturday 7/15 - 4:30 PM World Music & Food Fest
17 9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge 1:30 Puzzles & Puccini 2:30 Classical Kaleidoscope	18 9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:30 Brunch & Learn 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	19 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:00 Beginning Painting 1:30 Continuing Canasta 1:30 Shakespeare Reading Group	20 9:30 Int. Spanish 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Sit & Be Fit	21 9:00 Art Around the World 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga 12:00 Hot Dog Day
24 9:00 Lake Kayak Outing 9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge 2:30 Classical Kaleidoscope	25 9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	26 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:00 Beginning Painting 1:30 Continuing Canasta 1:30 Shakespeare Reading Group	27 9:30 Int. Spanish 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Advanced Chess 1:30 Sit & Be Fit	28 9:00 Art Around the World 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga 1:30 Barry Bradford
31 9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge 1:00 Book Club 2:30 Classical Kaleidoscope	01	02	03	04

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
31	01	02	03	04
	9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:00 Beginning Painting 1:30 Continuing Canasta 1:30 Shakespeare Reading Group 3:30 Wise & Well (Z)	9:30 Int. Spanish 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Advanced Chess 1:30 Sit & Be Fit	9:00 Art Around the World 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga
07	08	09	10	11
9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge 1:30 Puzzles & Puccini 2:30 Classical Kaleidoscope	9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:00 Beginning Painting 1:30 Continuing Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Advanced Chess 1:30 Sit & Be Fit	9:00 Art Around the World 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga 1:30 Concert: Music for the Hour
14	15	16	17	18
9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge 1:30 Bingo 2:30 Classical Kaleidoscope	9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:30 Brunch & Learn 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 11:15 Better Balance 1:00 Open Canasta 1:00 Beginning Painting 1:30 Shakespeare Reading Group	9:30 Int. Spanish 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Advanced Chess 1:30 Sit & Be Fit	9:00 Art Around the World 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga Saturday 8/19 – 2 PM The Producers
21	22	23	24	25
9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge 2:30 Classical Kaleidoscope 3:30 Ice Cream Social	9:30 Bridge: Spade Series 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 10:30 Open Rummikub 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga
28	29	30	31	01
9:30 Bridge: Heart Series 11:15 Better Balance 1:00 Duplicate Bridge 1:00 Book Club 2:30 Classical Kaleidoscope	9:30 Bridge: Spade Series 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 12:30 Trip: MJ – The Musical 1:00 Open Canasta 1:30 Shakespeare Reading Group	10:30 Open Rummikub 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Sit & Be Fit	9:00 Triple Fit 10:00 Yoga 10:30 Movie 11:15 Gentle Yoga



Highland Park Senior Center

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Highland Park, IL 60035
847.432.4110
www.cityhpil.com

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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:

Memorial Day
Monday, May 29

Independence Day
Tuesday, July 4



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.