



# The Shorelines

September - December, 2023

Highland Park Senior Center

NEWSLETTER

1201 Park Avenue West

Monday - Thursday, 9 AM – 4 PM

Friday, 9 AM – 1 PM

## 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:

August 15 - 18

### Member Activity Registration Begins:

August 21

### Open Registration Begins:

August 28

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Hello!

From spending time with neighbors to exploring our natural spaces to enjoying special events, we hope that this summer has been full of fun experiences. There's still plenty of time to enjoy outdoor activities in Highland Park, with the Ravinia Farmers Market, Food Truck Thursdays, and events at The Lot continuing well into the fall. As the weather begins to change and the holiday season approaches, we hope that you'll take advantage of Highland Park's specialty boutiques, one-of-a-kind restaurants, and new movie theater. Visit [enjoyhighlandpark.com](http://enjoyhighlandpark.com) to browse upcoming events and find the perfect shop to explore or restaurant to try.

Many thanks to all who have shared such valuable feedback about your experiences as we embark on the renovation of the Highland Park Country Club. Your input is critical and always welcome. After years of growing membership and enthusiasm for Senior Center programs and activities, we are excited to invest in reimagining this space into one that will serve our community well for years to come. Please don't hesitate to share additional feedback on this or any other project on the City's workplan by emailing [cityhp@cityhpil.com](mailto:cityhp@cityhpil.com) or calling 847.926.1000.

After a wonderful summer of activities and excursions, we are delighted to spend the autumn season with you at the Senior Center. We are appreciative that the team at the Senior Center has planned an exciting slate of programming and look forward to seeing you soon!

All the best,

*Mayor Nancy Rotering*

## Welcome Rachel Trabaris

Hello community members!

My name is Rachel and I am very excited to be joining the City of Highland Park as the **Social Services Specialist** with the Division of Senior Services!

I grew up in the north shore area and I am looking forward to being a part of this community in a new and meaningful way. I am passionate about social work, love getting to know people, and relish in learning new things. I enjoy collaborating with folks to learn about, plan for, and help meet their unique individual goals.

Previously, I have worked as a therapist in private practice, supporting individuals, couples, families, and groups to process life transitions, medical illness, grief, and trauma. I have also worked with refugees throughout the resettlement process and in hospice supporting patients at the end of life. I have been honored to be with clients through a wide range of life's ups and downs.

In addition to my career, I enjoy spending time outside in the garden with my husband, daughter, and dog. We can frequently be found playing board games such as Catan and Ticket to Ride. My hobbies include baking, sewing, and photography. Creativity and problem solving are strengths I like to integrate into my work.

It is my goal to provide a safe, accepting, and supportive environment to discuss and process life transitions. I am looking forward to getting to know you and hearing about your experiences, and I welcome you to stop in and say hello.

Thank you,

Rachel Trabaris, LSW, CT



## Social Services Specialist

Social Services Specialist, Rachel Trabaris, LSW, CT, 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.
- Appointments with a SHIP (Senior Health Insurance Program) volunteer.
- Volunteer snow shoveling and grass cutting services for low income senior or disabled residents.
- Telephone Reassurance Program for senior adults living alone.
- Counseling for individuals experiencing loss, life changes, or seeking personal support.

For further information on these services or to schedule an appointment, please contact Rachel at [rtrabaris@cityhpil.com](mailto:rtrabaris@cityhpil.com) or 847.926.1868.

## Senior Center Loan Closet

**HPCC - 1201 Park Avenue West**

**Mondays & Thursdays; 2 - 3 PM**

Senior Center members & Highland Park residents may borrow medical equipment 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.



# Social Services

## Grief Group

If you have had a loss and are experiencing grief, you may be feeling confused, overwhelmed, and isolated, and wondering when - or if - you'll ever feel like yourself again. This group offers space to process the questions that have come as a result of these changes, and will help find unique ways to honor what you've lost while discovering what a meaningful, hopeful future can look like. Please call Rachel for dates and details.

## Financial Scholarship

Free membership and activity discounts are available for income qualified residents of Highland Park. Please contact Rachel 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 for 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 may be submitted at: [www.illinois.gov/aging](http://www.illinois.gov/aging).

## United Way of Lake County 2-1-1

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

## Medicare Open Access Enrollment

Medicare's Open Enrollment Period, also known as the Medicare Advantage and Prescription Drug Plan "annual enrollment period" takes place from October 15 through December 7. Open enrollment gives you the chance to review and make changes to your current Medicare coverage to ensure you have a plan that best meets your needs. Please call Rachel to schedule an appointment with a state trained volunteer to assist you with the process.

## State Health Insurance Assistance Program (SHIP)

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 in-person, over the phone, or virtually via Zoom. Please contact Rachel to schedule an appointment.

## Senior Transportation Opportunities

### Highland Park Connector Bus Service

For details, please call 847.432.4110.  
[www.cityhpil.com/seniorcenter](http://www.cityhpil.com/seniorcenter)

### Ride Lake County

For details, please call 800.201.6446.  
[www.lakecountyil.gov/transportation](http://www.lakecountyil.gov/transportation)

### Moraine Township Door-to-Door Paratransit Van

For details, please call 847.432.3000.  
[www.morainetownship.org](http://www.morainetownship.org)

# Day Excursions

**Registration Required**

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

## 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

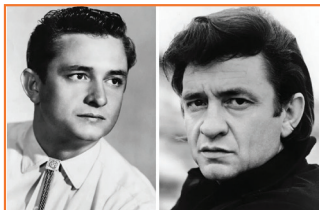
Registration Deadline: Monday, August 21

*Registration for this trip is currently underway; please call 847.432.4110 to register.*

*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, entrée, garlic mashed potatoes, green beans, ice cream sundae for dessert and coffee or tea. When registering,

please indicate your entrée choice of grilled salmon or bistro steak. Fee includes lunch, performance, transportation, and trip leader.



## Klaimont Kollections Spectacular Auto Museum & Lunch

Chicago, Illinois

Wednesday, November 8

Bus departs at 9:15 AM & returns at 2:30 PM

Fee: \$75 / NM: \$95

Registration Deadline: Friday, October 13



Explore one of the mid-west's finest and most extensive private collections of automobiles under one roof! Klaimont Kollections is a not-for-profit foundation that aims to engage and educate guests as to the significant role automobiles have played throughout history. It's founder, Larry Klaimont, was a highly decorated WWII veteran, successful local businessman, and Highland Park resident. This unique one-of-a-kind collection has over 300 eclectic and award winning vehicles from the early 1900s to present day, and has something for everyone. The vehicles and period correct displays represent science, technology, engineering, art, and mathematics. This 100,000 square foot exhibit is a fascinating and thrilling opportunity for all!

Following, enjoy lunch at a popular Irving Park eatery. Lunch begins with cheese curds and includes your entrée choice of fish and chips, grilled chicken sandwich, Reuben sandwich or brisket tacos, served with crispy Brussels sprouts and garlic french fries, key lime pie for dessert, and your choice of soft beverage. Trip includes museum, lunch, transportation, and trip leader.



# Day Excursions

**Registration Required**

# City Events

## MJ - The Musical

James M. Nederlander Theatre

Wednesday, August 30

Bus departs at 12:15 & returns at 6 PM

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

## A Wonderful World

Cadillac Palace Theatre

Wednesday, October 25

Bus departs at 12:15 & returns at 6 PM

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

## Aida

Lyric Opera, Civic Opera House

Thursday, March 13, 2024

Registration Opens: 1/10/24



Experience opera at its grandest with Verdi's visually stunning and musically captivating *Aida*. Featuring intimate arias, dramatic duets, and thrilling Verdi choruses, a riveting love triangle unfolds in an alluring Egyptian setting. Fee includes premium main floor seating, transportation, and trip leader.

## Midsummer Night's Dream Ballet

Joffrey Ballet, Civic Opera House

Sunday, May 5, 2024

Registration Opens: 1/10/24

Far from a Shakespearean tale, Ekman's *Midsummer Night's Dream* is a mind-bending trip to a surreal realm of unearthly delights. Ekman's picturesque fusion of classical and contemporary ballet blurs the line between the real and the imagined and makes us wonder, is it all a dream? Fee includes center front orchestra seating (rows D - L), transportation, and trip leader.

## Enjoy The Lot

Located at 525 Central Avenue

- Enter at St. Johns & Park Avenue -

Enjoy this exciting line-up of special events and festivals at The Lot in Downtown Highland Park! From specialty markets to unique dining, family friendly entertainment, weekend concerts and food fests, there's something for everyone.

## Artisan Market

Sundays, Through September 24

10 AM - 3 PM



## Vintage Car Show

September 9

12 - 4 PM

## Oktoberfest

September 30

12 - 10 PM

## Vintage Market

October 8

11 AM - 4 PM



## Stews & Brews (and Blues!)

October 13 & 14

5 - 9 PM



# Registration Information

## Online Membership and Registration Portal

The Senior Center has 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](http://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](http://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.*

## **September 19      Monet at Giverny: His Garden and Water Lilies**

Claude Monet loved nature and found inspiration in his garden for over 30 years. The defining project of his career were the murals he painted of his water lilies, known as the *Grande Decorations*. See Monet's garden, his water lilies and hear the story of how they were created. Presented by Lois Davis, Art Lecturer and former museum docent.

## **October 17      Shakespeare, Mendelssohn and Something New**

The magical, dream-inspired world of Shakespeare's 16th Century *A Midsummer Night's Dream* takes musical form with Mendelssohn's *19th Century Overture*, composed at age 17, followed by an orchestral suite many years later. The Joffrey Ballet adds a contemporary twist with a Swedish composer and choreographer, the only link to its predecessors being the Summer Solstice. However, it is Mendelssohn and his evocative music which will inform this program. Presented by Stephanie Ettelson, violinist, pre-concert lecturer and music educator.

## **November 21      Slices of Turkey**

As Thanksgiving approaches, discover the history of the empire for whom the bird was named. By the time of World War I, the Ottoman Empire was this bloated parody of power, incompetence in a fez. It certainly was no match for Peter O'Toole. But four centuries earlier, the Turks could boast of being the greatest power in Asia, North Africa and Europe, and they would be right. France was begging for an alliance, and Austria was paying tribute with portraits of various sultans who personified the greatness and vices of the empire. Presented by Eugene Finerman, writer, humorist and Jeopardy champion.

## **December 19      A Novelist's Christmas Carol: The Life of Charles Dickens**

During the holiday season, one can make the choice to either embrace the holiday spirit of kindness and giving or to say "bah humbug" and be what others call, "a Scrooge." The greedy Ebenezer Scrooge, the kindhearted Bob Cratchit and Tiny Tim, provide life lessons during the holiday season. These lessons, originated in the novella, *The Christmas Carol* by Charles Dickens, have been passed down from generation to generation. Dickens has been said by many to be one of the greatest writers of the Victorian Era.

Historian Michelle Gibbons will discuss the life of Charles Dickens and his great influence on Victorian age writing and on the tradition of holiday spirit. Gibbons will discuss Dickens' role as a writer, his background, life and his many famous works. She will explain how Dickens, who was widely praised during his time and still continues to be for his works, was also an advocate for children's rights and social reform.



# Special Activities

Registration Required

## Immunization Clinic

Highland Park Country Club

Friday, October 6

1:30 - 3 PM

Medicare/insurance will be billed,  
for those who qualify

Jewel-Osco will provide flu, pneumonia, shingles, and COVID (Pfizer and Moderna) vaccines at no charge to Medicare and insured clients. Advanced registration is required; when registering, please indicate which vaccines you would like to receive. Specific appointment times will be determined at time of registration.



## Fall Wine Tasting & Candy Pairing

Lynfred Winery HP - Tasting Room

Wednesday, October 11

2 - 4 PM

Fee: \$25 / NM: \$45

Registration Deadline: Wednesday, October 4

Get in the Halloween spirit with a fun candy pairing to complement a sampling of four specially selected wines, served along 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. Lynfred Winery's unique setting offers the perfect location to wind down and enjoy a fun fall afternoon!



## The Preserve: Golf Cart Tours

Highland Park Country Club

Friday, October 13

1 – 3 PM

Free; for members only

Registration Deadline: Friday, October 6

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: Monday, October 16.*

## Halloween Lunch & Murder Mystery

Highland Park Country Club

Friday, October 27

11:30 AM – 1:30 PM

Fee: \$20 / NM: \$40

Registration Deadline: Friday, October 20

*Sponsored by NorthShore Home Care*

The list of believers in Madame Gaze's psychic abilities spans the globe. Now Madame Gaze is dead and her diary seems to be missing; what an unpredictable turn of events! Come in your favorite Halloween costume and jump into the party!

Join others for a spooky meal including cranberry walnut salad, corn bread, your choice of entree served with roasted broccoli, cranberry wild rice and pumpkin cheesecake roll for dessert. When registering, please indicate your entree choice of maple-glazed grilled salmon or chicken.



# Special Activities

Registration Required

## Thanksgiving Luncheon

Di Pescara - Northbrook

Friday, November 17

12 - 1:30 PM

Fee: \$30 / NM: \$50

Registration Deadline: Monday, October 30

*Sponsored by Whitehall of Deerfield*

*There is so much to be thankful for,  
good health and happiness are at the core.*

Join others for a delicious Thanksgiving feast including orchard salad, your choice of entrée served with stuffing, green beans and cranberry sauce, enjoy chocolate mousse cake for dessert, and your choice of coffee or tea.

When registering, please indicate your entrée choice of roasted turkey, almond encrusted whitefish, or chopped steak.



## Festival of Lights Luncheon

Tamarisk NorthShore

Monday, December 4

12 - 1:30 PM

Fee: \$5 / NM: \$15

Registration Deadline: Monday, November 20

*Sponsored by CJE Tamarisk NorthShore*

Celebrate the holidays with delicious food, wonderful entertainment, fabulous friends, and plenty of fun! Tamarisk NorthShore invites you to join them for a delicious holiday luncheon. You'll enjoy this special program which is sure to get you into the holiday spirit. Tamarisk features independent living apartment homes for adults 65 and better; tours will be available. If interested, please request a tour upon registration.

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

## New Year's Eve Luncheon

Bella Via - Highland Park

Sunday, December 31

12 - 1:30 PM

Fee: \$30 / NM: \$50

Registration Deadline: Monday, December 18

*Sponsored by Arbor Terrace*

Ring in the New Year with good times and good cheer! Enjoy good friends, both old and new, a delicious meal served family style and live music to add to the festivities!

Lunch includes mixed salad, grilled salmon with lemon butter sauce, chicken with artichoke and white wine sauce, pesto penne pasta, grilled vegetables, tiramisu for dessert, and your choice of soft beverage.

This beloved annual tradition is one event you won't want to miss!



## B - I - N - G - O

Highland Park Country Club

2nd Monday of the Month

September 11, October 9,

November 13, December 11

1:30 – 2:30 PM

Free for members / NM: \$10

*Sponsored by Aperion Care*

Calling all Bingo lovers! Enjoy an afternoon of fun with the chance to win local gift certificates. Antonio Liga, from Aperion Care, will call six games, with the final game of the day being a cover-the-card game.





# 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.

### America's Leading Men

#### September 22 Paul Newman



In a career that spanned over 50 years, Newman established himself as one of the greatest actors in the history of film. Often playing cool antiheroes, Newman was a star from his 20s through his 70s. Learn about a remarkable man with an amazing legacy of charity, philanthropy and acting.

#### November 3 Steve McQueen

The "King of Cool" was an iconic actor known for his charisma and ability to play rebels and outsiders. He was a complicated man who lived life on his own terms and left behind a legacy of great movies, great potential, and painful choices. Explore his legendary career and one-of-a-kind personality.

#### December 15 Robert Redford



It's hard to believe that Redford is 86 years old! In addition to being a fabulous actor, Redford has become a great director and producer, a champion for environmental causes and film preservation, and a living legend in movie history. His career has been so long and impactful that he's even appeared in some of the recent Marvel movies!

### Country Club Concerts

Highland Park Country Club

Fridays, 1:30 – 2:30 PM

Free for members / NM: \$10



*Sponsored by Freedom Home Care*

#### September 8 Maxwell Street Klezmer Quartet



Maxwell Street Klezmer Band has entertained audiences in Chicagoland, the US and Europe since 1983. This year, they are celebrating their 40-year anniversary. Like the klezmerim of Eastern Europe, these musicians draw upon the lyrical and soulful melodies of the shtetl to create an energetic and inspiring program of klezmer and Yiddish favorites. The quartet will feature Bibi Marcell, vocalist, with clarinet, violin, and keyboard.

#### October 20 Hits of the 60s

Nostalgia Entertainment, featuring husband and wife, Matt and Cynthia Gruel, combine their musical talents to create versatile, high-quality acts certain to please. *I Feel Good! Hits of the 60s* brings you those fun, inspiring and joyful songs of the 1960s! This musical and storytelling cabaret features music from artists like James Brown, The Beatles, The Beach Boys, The Marvelettes, Frank Sinatra, Louis Armstrong, Neil Diamond and more!

#### December 22 Holiday Bazaar

Join vocalist Hilary Anne Feldman and accompanist Becky Menzie for a concert filled with surprises, just as holidays should be. Holiday Bazaar is a sackful of songs to make audiences both laugh and cry. A veritable smorgasbord of off-the-beaten-path holiday songs with some classic gems thrown in for good measure, this unique holiday show is sure to delight.



# Special Activities

## Wise & Well Education Series

Zoom; Registration Required

Wednesdays, 6 - 7 PM

Free for members / NM: \$10

### October 4      **Creating a Post-Career Life of Purpose and Passion**

Ten thousand Boomers retire every day and for most, there is not a rocking chair in sight! Instead of the end to an active life, retirement can be the start of a whole new journey. Investigate the non-financial aspects of post-career life, discover who you are apart from your work, and begin to map out what your significant life post-career will look like! Presented by Jerilyn Willin, leadership development consultant, career strategies coach and author.



### November 1      **Transportation Opportunities**

Accessible Metra, Pace and CTA buses and trains are easy to use and the Regional Transportation Authority (RTA) would love to show you how! A representative from RTA will share information and safety tips for accessible public transit options and traveling independently. Presented by Bianca Diaz, Mobility Outreach Coordinator with RTA.

### December 6      **Estate Planning 101**

Having an understanding of one's options is critical before proceeding with an estate plan. This discussion will highlight the differences between Wills and Trusts, understanding which might be a better fit in particular circumstances. Additionally, you will learn about Powers of Attorneys and other legal documents that complete and make up a "full" estate plan. Presented by Matthew Margolis, Estate Planning & Elder Law attorney with Margolis & Weldon.



## Community Concerts

### Pilgrim Chamber Players Concerts

Highland Park Community House

HPSC Member Discounted Ticket Price: \$10

[www.pilgrimplayers.org](http://www.pilgrimplayers.org)

### Dazzling Czech & Bohemian Gems

Sunday, September 10

3 PM

### Last Leaf: Cinematic Folklore

Sunday, November 5

3 PM



### Highland Park Strings Concerts

Highland Park High School Auditorium

Free Admission

[www.highlandparkstrings.org](http://www.highlandparkstrings.org)

### Bolcom and Brahms

Desirée Ruhstrat, Violin Soloist

Sunday, October 15

3 PM

### Mostly Mozart

Susan Merdinger, Pianist

Sunday, December 3

3 PM





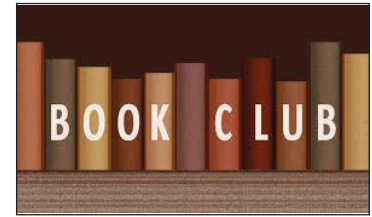
# Activities - Book Club

**Zoom; Registration Required**

Mondays, 1 – 2:15 PM

Free for members / NM: \$10

*Sponsored by Assured Healthcare Staffing*



**September 18**      ***The Measure*** by Nikki Erlick

A story of love and hope as interweaving characters display how all moments, big and small, can measure a life. Filled with joy, love, romance, and hope this story is a luminous, spirit-lifting blockbuster that asks: would you choose to find out the length of your life?

**October 30**      ***Upgrade*** by Blake Crouch

After a botched raid, GPA agent Logan Ramsay discovers he's been infected by an unknown virus. A virus that slowly changes his DNA, upgrading his mental and physical prowess and turning him into the kind of anomaly the GPA hunts down. To make matters worse, Logan believes his upgrade wasn't an accident at all.

**November 27**      ***Symphony of Secrets*** by Brendan Slocumb

A gripping page-turner about a professor who uncovers a shocking secret about the most famous American composer of all time—that his music was stolen from a young Black composer named Josephine Reed. Determined to uncover the truth and right history's wrongs, Bern Hendricks will stop at nothing to finally give Josephine the recognition she deserves.

**December 18**      ***The Yellow Wife*** by Sadeqa Johnson

This fully immersive story follows an enslaved woman forced to barter love and freedom while living in the most infamous slave jail in Virginia.

**Meet Your New Book Club Discussion Facilitators** - Stephanie Hoffman and Pamela Kramer have each selected two books, and will rotate months in leading Book Club. Even if you've never participated before, please join others on this new reading adventure!

**Pamela Kramer**

Pam has been many things: lawyer, jewelry designer, educator, watercolor painting teacher, animal rescuer, and writer. But the thing that stirs her passion most is combining her love of animals and her love of reading by sharing wonderful books, often books about animals. Pam was the National Book Reviewer for the now defunct Examiner.com and a contributor to Huffington Post. She currently reviews books for Bookreporter.com and her own blog, PamelaKramer.com. She also wrote the Pet of the Week column for the Pioneer Press for over a decade. Pam resides with her musician husband Jack, and enjoys volunteering for local rescues, filling her yard with native plants, and reading.

**Stephanie Hofman**

A native and current resident of Highland Park, Stephanie has had a deep passion for reading for as long as she can remember. She is known as the "go to girl" for book recommendations and she enjoys sharing book suggestions. Stephanie is devoted to spreading her love of reading by running a book club for friends and by posting book reviews online. Stephanie is a graduate of Brandeis University and has a Master's Degree from Northwestern University. She has two twenty-something children, two Alaskan malamutes, one husband, and is a Realtor with @properties. In her free time, Stephanie can be found helping to rescue dogs, working out, and trying new restaurants.



# 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

- September 18

- October 16

- November 20

- December 18

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

### Conversational Spanish

Hola Amigos! Certified Spanish teacher Leslie Fenster teaches students the fundamentals of Spanish in a fun and supportive environment. *No class 11/10, 11/23, 11/24.*

Times: **Intermediate:** 9:30 – 10:30 AM

**Advanced:** 11 AM – 12 PM

Day / Dates: Thursdays, 9/21 – 10/26 (6)

Fee: \$42 / NM: \$62

Day / Dates: Thursday, 11/2 – 12/21 (7)

Fee: \$49 / NM: \$69

Times: **Beginning (continued):**

9:30 – 10:30 AM

Day / Dates: Fridays, 9/22 – 10/27 (6)

Fee: \$42 / NM: \$62

Day / Dates: Fridays, 11/3 – 12/22 (6)

Fee: \$42 / NM: \$62

### 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, September 14

Time: 10 AM – 12 PM

Fee: Free, open to all

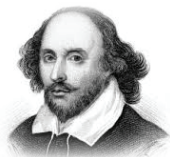
### AARP Smart Driver Course

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.

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

### 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! Participants are asked to bring their own copy of the current play being discussed. Please call the office for details.



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

### Creative Writing Club

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!

Day / Date: Tuesdays, 9/12 – 10/31 (8)  
Time: 9:30 – 11 AM  
Fee: \$10 / NM: \$30

Day / Date: Tuesdays, 11/7 – 12/19 (7)  
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. *No class 9/25.*

Day / Date: Mondays, 9/11 – 10/30 (7)  
Time: 2:30 – 3:30 PM  
Fee: \$20 / NM: \$40

Day / Date: Mondays, 11/6 – 12/18 (7)  
Time: 2:30 – 3:30 PM  
Fee: \$20 / NM: \$40



### 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.

Day / Date: By appointment  
Time: Interview appointments available weekday afternoons  
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.

#### 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. *No class 11/10, & 11/24.*

Day / Dates: Fridays, 9/8 – 10/13 (6)  
Time: 9:15 – 11:45 AM  
Fee: \$100 (HPSC members only)

Day / Dates: Fridays, 10/27 – 12/15 (6)  
Time: 9:15 – 11:45 AM  
Fee: \$100 (HPSC members only)



#### Sketching for Beginners

Sketching is the first step to a more detailed drawing, often used to create drafts, practice techniques, or work out ideas on paper. Through drawing exercises, line-work, and deconstructing objects (breaking down complex objects into simpler shapes); you will have a better 'base' for your drawings and greater confidence in your drawing abilities. *No class 10/11.*

Day / Dates: Wednesdays, 9/13 – 11/8 (8)  
Time: 1– 3 PM  
Fee: \$96 (HPSC members only)

#### Art Around the World (Virtual)

Each session, new museums from around the world will be visited virtually, to learn about the masterpieces housed within. Instructor Paige Brevick will discuss multiple art movements, artists, and historical periods, followed by time for discussion and questions.

*Dates and time to be determined; please call for details.*

#### 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 on 9/7, 9/8, 11/10, 11/17, 11/23, 11/24, & 12/1*



# 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 9/25, 11/23.*

Day / Dates: Mondays, 9/11 – 12/18 (14)

Time: 11:15 AM – 12:15 PM

Fee: \$98 / NM: \$118

Day / Dates: Tuesdays, 9/12 – 12/19 (15)

Time: 11:15 AM – 12:15 PM

Fee: \$105 / NM: \$125

Day / Dates: Wednesdays, 9/13 – 12/20 (15)

Time: 11:15 AM – 12:15 PM

Fee: \$105 / NM: \$125

Day / Dates: Thursdays, 9/14 – 12/21 (14)

Time: 11:15 AM – 12:15 PM

Fee: \$98 / NM: \$118



## Sit & Be Fit

Level 1

Join Carol King for a fun workout done while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music, utilizing light weights and resistance tubes. *No class 11/23.*

Day / Dates: Tuesdays, 9/12 – 12/19 (15)

Time: 1:30 – 2:30 PM

Fee: \$105 / NM: \$125

Day / Dates: Thursdays, 9/14 – 12/21 (14)

Time: 1:30 – 2:30 PM

Fee: \$98 / NM: \$118

## 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 9/27, 11/22.*

Day / Dates: Wednesdays, 9/13 – 11/1 (7)

Time: 10:15 – 11:15 AM

Fee: \$49 / NM: \$69

Day / Dates: Wednesdays, 11/8 – 12/20 (6)

Time: 10:15 – 11:15 AM

Fee: \$42 / NM: \$62



# Activities - Exercise

## Registration Required

### Tai Chi

Level 2

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

Day / Dates: Tuesdays, 9/12 – 10/31 (8)  
Time: 6:30 – 7:30 PM  
Fee: \$56 / NM: \$76

Day / Dates: Tuesdays, 11/7 – 12/19 (7)  
Time: 6:30 – 7:30 PM  
Fee: \$49 / NM: \$69



### 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. *No class 11/10 & 11/24.*

Day / Dates: Fridays, 9/15 – 10/27 (7)  
Time: 10 – 11 AM  
Fee: \$49 / NM: \$69

Day / Dates: Fridays, 11/3 – 12/22 (6)  
Time: 10 – 11 AM  
Fee: \$42 / NM: \$62



### 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 work out! Participants should be able to get on the floor for additional training exercises. *No class 11/10, 11/24, 12/1.*

Day / Dates: Fridays, 9/15 – 10/27 (7)  
Time: 9:00 – 10:00 AM  
Fee: \$49 / NM: \$69

Day / Dates: Fridays, 11/3 – 12/22 (5)  
Time: 9:00 – 10:00 AM  
Fee: \$35 / NM: \$55

### 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: Thursday, September 28  
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 9/4, 9/25.*

Day: Mondays

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

## Canasta Open Play

Day: Wednesdays

Time: 1 – 3:30 PM

Fee: Free for members / NM: \$10

## Poker Open Play

Day: Thursdays, *No game 11/23*

Time: 1 – 3:30 PM

Fee: \$2 / NM: \$4

## Chess Open Play

Day: Thursdays, *No game 11/23*

Time: 1 – 3 PM

Fee: Free for members / NM: \$10



## Intro to Chess

Designed for absolute beginners to the game of chess, participants will learn the basic concepts of the game and how pieces move. Perfect for those who know nothing about chess but may be interested in learning the game.

Day / Date: Thursdays, 9/14 – 10/5 (4)

Time: 1:30 PM – 2:30 PM

Fee: \$28 / NM: \$48

## Beginning Chess Instruction

Designed for participants who know how to move the pieces. Participants will learn basic openings and checkmating strategies.

Day / Date: Thursdays, 10/12 – 11/16 (6)

Time: 1:30 PM – 2:30 PM

Fee: \$42 / NM: \$62

## Strategic Chess (Intermediate)

Participants should know one or two openings and be comfortable checkmating with King and Castle. Participants will learn the fun, the beauty, and the pathos inherent in opening gambits and other strategic chess sacrifices.

Day / Date: Thursdays, 11/30 – 12/21 (4)

Time: 1:30 PM – 2:30 PM

Fee: \$28 / NM: \$48

*Instructor Steve Kaufman has been playing chess for 73 years and is a current US Chess Federation Certified Chess Coach, and has taught chess in a variety locations.*

# 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. *No class 10/4.*

Day / Dates: Wednesdays, 9/13 – 10/25 (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, 11/8 – 11/29 (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, 9/12 – 10/10 (5)

Time: 1:30 – 3:30 PM

Fee: \$75 / NM: \$95



### 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.

### Beginning Bridge for New Players Club Series: Bidding

Introduction to the basic concepts of Bridge. 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 completion of this session. *No class 9/25.*

Day / Dates: Mondays, 9/11 – 12/18 (14)

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.

Day / Dates: Tuesdays, 9/12 – 12/19 (15)

Time: 9:30 – 11:30 AM

Fee: \$20 / NM: \$40



# September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	01
				9:00 Triple Fit 10:00 Yoga 10:30 Movie
04	05	06	07	08
CLOSED  Labor Day	10:30 Knit & Crochet Club 1:00 Open Mah Jongg	10:00 News & Views (Z) 1:00 Open Canasta 1:30 Shakespeare Reading Group	1:00 Open Poker 1:00 Open Chess	9:15 Mosaics 1:30 <b>Concert: Maxwell Street Klezmer Trio</b>
11	12	13	14	15
9:30 Bridge: Club Series 11:15 Better Balance 1:00 Duplicate Bridge 1:30 <b>Bingo</b> 2:30 Classical Kaleidoscope	9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:15 Better Balance 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 Sketching 1:00 Open Canasta 1:30 Learn Canasta 1:30 Shakespeare Reading Group	10:00 <b>Rules of the Road</b> 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Intro to Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 10:00 Yoga 10:30 Movie
18	19	20	21	22
9:30 Bridge: Club Series 11:15 Better Balance 1:00 <b>Book Club</b> 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 11:15 Better Balance 11:30 <b>Brunch &amp; Learn</b> 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 Sketching 1:00 Open Canasta 1:30 Learn Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 10:15 <b>Trip: Ring of Fire</b> 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Intro to Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 1:30 <b>Barry Bradford</b>
25	26	27	28	29
1:00 Open Games 1:00 Viewer's Choice Movie	9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:15 Better Balance 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 Sketching 1:00 Open Canasta 1:30 Learn Canasta 1:30 Shakespeare Reading Group	9:00 <b>Heart Saver CPR/AED</b> 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Intro to Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie



# October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
02 9:30 Bridge: Club Series 11:15 Better Balance 1:00 Duplicate Bridge 2:30 Classical Kaleidoscope	03 9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	04 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group 6:00 <b>Wise &amp; Well (Z)</b>	05 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Intro to Chess 1:30 Sit & Be Fit	06 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 1:30 <b>Immunization Clinic</b>
09 9:30 Bridge: Club Series 11:15 Better Balance 1:00 Duplicate Bridge 1:30 <b>Bingo</b> 2:30 Classical Kaleidoscope	10 9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	11 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 2:00 <b>Wine Tasting</b>	12 9:30 Int. Spanish 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	13 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 1:00 <b>Fall Preserve Tours</b>
16 9:30 Bridge: Club Series 11:15 Better Balance 1:00 Duplicate Bridge 1:30 Puzzles & Puccini 2:30 Classical Kaleidoscope	17 9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:15 Better Balance 11:30 <b>Brunch &amp; Learn</b> 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	18 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Learn Canasta 1:30 Shakespeare Reading Group	19 9:30 Int. Spanish 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	20 9:00 Triple Fit 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 1:30 <b>Concert: Hits of the 60s</b>
23 9:30 Bridge: Club Series 11:15 Better Balance 1:00 Duplicate Bridge 2:30 Classical Kaleidoscope	24 9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	25 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 12:15 <b>Trip: A Wonderful World</b> 1:00 Sketching 1:00 Open Canasta 1:30 Learn Canasta 1:30 Shakespeare Reading Group	26 9:30 Int. Spanish 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	27 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie 11:30 <b>Halloween Luncheon &amp; Murder Mystery</b>
30 9:30 Bridge: Club Series 11:15 Better Balance 1:00 <b>Book Club</b> 1:00 Duplicate Bridge 2:30 Classical Kaleidoscope	31 9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	01	02	03



# November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	01	02	03
		10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group 6:00 <b>Wise &amp; Well (Z)</b>	9:30 Int. Spanish 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 1:30 <b>Barry Bradford</b>
06	07	08	09	10
9:30 Bridge: Club 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 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	<b>9:15 Trip: Auto Museum &amp; Lunch</b> 10:00 News & Views (Z) 10:15 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:00 Sketching 1:30 Continuing Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 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	CLOSED  Veterans Day Observed
13	14	15	16	17
9:30 Bridge: Club Series 11:15 Better Balance 1:00 Duplicate Bridge <b>1:30 Bingo</b> 2:30 Classical Kaleidoscope	9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:15 Better Balance 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 Continuing Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 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 <b>12:00 Thanksgiving Luncheon</b>
20	21	22	23	24
9:30 Bridge: Club 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 11:15 Better Balance <b>11:30 Brunch &amp; Learn</b> 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 1:30 Continuing Canasta 1:30 Shakespeare Reading Group	CLOSED  Thanksgiving	CLOSED  Thanksgiving Holiday
27	28	29	30	01
9:30 Bridge: Club Series 11:15 Better Balance <b>1:00 Book Club</b> 1:00 Duplicate Bridge 2:30 Classical Kaleidoscope	9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:15 Better Balance 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 Continuing Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Strategic Chess 1:30 Sit & Be Fit	

# December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	01
				9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga
04	05	06	07	08
9:30 Bridge: Club Series 11:15 Better Balance <b>12:00 Festival of Lights</b> 1:00 Duplicate Bridge 2:30 Classical Kaleidoscope	9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:15 Better Balance 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 <b>6:00 Wise &amp; Well (Z)</b>	9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Strategic Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie
11	12	13	14	15
9:30 Bridge: Club Series 11:15 Better Balance 1:00 Duplicate Bridge <b>1:30 Bingo</b> 2:30 Classical Kaleidoscope	9:30 Bridge: Spade Series 9:30 Creative Writing Club 10:30 Knit & Crochet Club 11:15 Better Balance 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 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Strategic Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie <b>1:30 Barry Bradford</b>
18	19	20	21	22
9:30 Bridge: Club Series 11:15 Better Balance <b>1:00 Book Club</b> 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 11:15 Better Balance <b>11:30 Brunch &amp; Learn</b> 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 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:00 Open Chess 1:30 Strategic Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:30 Beg. Spanish 10:00 Yoga 10:30 Movie <b>1:30 Concert: Holiday Bazaar</b>
25	26	27	28	29
				<b>New Year's Eve Luncheon Sunday, December 31 12 PM</b>



**Highland Park Senior Center**

1201 Park Avenue West

Highland Park, IL 60035

847.432.4110

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

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Program Coordinator

**Rachel Trabaris, LSW, CT**

Social Services Specialist

**Miguel Rangel-Martinez**

Support Staff

**Michele Wilson**

Customer Service Specialist

**Mayor**

Nancy Rotering

**City Council**

Anthony E. Blumberg

Jeff Hoobler

Annette Lidawer

Yumi Ross

Kim Stone

Andrés Tapia

**City Manager**

Ghida S. Neukirch

**Holiday Schedule**

The Senior Center will be closed:

**Labor Day**

**Monday, September 4**

**Veterans Day Holiday**

**Friday, November 10**

**Thanksgiving Holiday**

**Thursday, November 23 & Friday, November 24**

**Winter Break**

**Monday, December 25 - Monday, January 1**

**SENIOR CENTER GIFT CERTIFICATES**

**A Wonderful Holiday Gift**

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

Please call the Senior Center at 847.432.4110 for further details.