



# The Shorelines

September – December 2022

Highland Park Senior Center

NEWSLETTER

1201 Park Avenue West

Monday - Thursday, 9 AM – 4 PM

Friday, 9 AM – 1 PM

## A Message from the Manager

As a lifelong resident of Highland Park, I hold this community deeply in my heart. The senseless tragedy that occurred on July 4th has changed us all in some way, and the weeks that followed have been difficult for many, including myself. Yet, I can't help but see the rainbow that followed this horrific storm. The slogan Highland Park Strong was born, and the outpouring of love and support shared solidifies the deep sense of pride I feel to be a part of such a caring community. The community pulled together to offer a myriad of services to help lift up and heal those in need.

The Highland Park Senior Center and its staff are here to provide a harbor in this storm. If you find yourself in need of support or counseling services, please reach out to our Social Services Specialist, Jennifer Aiello, for assistance. You need not bear this burden alone; the Senior Center is a place to come and be in community with others.

As we move through the various phases of grief while trying to progress through the pain, I share with you the words of Maya Angelou written in a letter to her daughter, "I can be changed by what happens to me. But I refuse to be reduced by it."

With Love,

*Laura Frey*



## Membership

### Annual Membership Rates

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

## Activity Registration

### Returning Student Priority Registration:

Through Monday, August 29

### Member Activity Registration Begins:

Tuesday, August 30 at 9 AM

### Open Registration Begins:

Tuesday, September 6 at 9 AM

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# 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](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.
- 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.

# Day Excursions

## Registration Required

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

**SAFETY PROTOCOL:** All participants must adhere to COVID safety protocol based on City of HP, IDH and CDC guidelines at the time of the excursion.

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

### Chicago Cubs Outing



Wrigley Field, Chicago

Thursday, September 8

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

Fee: \$50 / NM: \$70

Register by: Thursday, August 25

*Registration is currently in progress, please call for availability.*

Holy Cow! Watch the Chicago Cubs battle the Cincinnati Reds! The historic Wrigley Field is known for its ivy-covered brick outfield wall, the unusual wind patterns off Lake Michigan, the iconic red marquee over the main entrance, the hand-turned scoreboard, and for being the last Major League park to have lights installed for night games, in 1988. Trip includes seating in section 118, transportation, and trip leader.

### Casino Outing

Grand Victoria, Elgin

Friday, October 14

Bus departs at 9:30 AM & returns at 4:30 PM

Fee: \$40 / NM: \$60

Register by: Monday, October 3

Take a chance on this exciting casino trip. Located on the spectacular Fox River, the Grand Victoria Casino boasts over 1,100 exciting slots, and a countless variety of Vegas-style table games. Trip includes transportation and trip leader; lunch and game play is on your own.



### The Lion King

Cadillac Palace Theatre, Chicago

Thursday, November 17

Bus departs at 12:30 PM & returns at 5:45 PM

Fee: \$135 / NM: \$155

Register by: Monday, October 10

*Registration is currently in progress, please call for availability.*



Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. This is Disney's THE LION KING, making its triumphant return to Chicago!

More than 100 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular – one of the most breathtaking and beloved productions ever to grace the stage.

Winner of six Tony Awards®, including Best Musical, THE LION KING brings together one of the most imaginative creative teams on Broadway. Tony Award®-winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. Fee includes main floor seating, transportation, and trip leader.



# Special Activities

## Registration Required

### Wine & Cheese Tasting

Lynfred Winery - Highland Park

Friday, September 16

3:30 – 5 PM

Fee: \$20 / NM: \$40

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.



### Thanksgiving Luncheon

Di Pescara - Northbrook

Friday, November 18

11:30 AM – 2 PM

Fee: \$30 / NM: \$50



*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 tomato soup, your choice of entree served with stuffing, green beans and cranberry sauce, enjoy apple crostata for dessert, and your choice of coffee or tea.

When registering, please indicate your entree choice of oven roasted turkey, almond-crusted whitefish, or shrimp penne pasta with tomato vodka sauce.

### Festival of Lights

Tamarisk NorthShore

Thursday, December 15

12 – 2 PM

Fee: \$5 / NM: \$10

*Sponsored by 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

Saturday, December 31

11:30 AM – 2 PM

Fee: \$30 / NM: \$50



*Sponsored by Arbor Terrace Highland Park*

Ring in the New Year with good time cheer! This beloved annual event returns with lunch and live entertainment! Countdown to 12 noon with a champagne toast, then enjoy a fabulous meal featuring calamari and stuffed mushrooms, your choice of entree, grilled vegetables and pesto penne pasta, chocolate mousse cake for dessert, and your choice of soft beverage.

When registering, please indicate your entree choice of grilled salmon, chicken parmesan, or involtini di melanzane (stuffed eggplant).

# Special Activities

Registration Required

## Country Club Concerts

Highland Park Country Club

1:30 – 2:30 PM

Free for members / NM: \$10

*Sponsored by Aperion Care*

### Friday, September 9      That 60s Show

The 60s are back! Menzie & Michael celebrate the decade that forever revolutionized popular music.

From the idyllic early Motown sound and British invasion to the angst and free love of the Woodstock era, *That 60's Show* features songs by many of the decades favorite performers including The Beatles, The Supremes, Petula Clark, The Everly Brothers, Janis Joplin, Andy Williams, Sinatra and many more.

### Friday, October 28      HPHS Spooktacular

The Highland Park High School Band is ready to captivate the audience with their annual Halloween Concert featuring a mix of classical and popular music with a spooky theme! BEWARE - and join in the fun if you DARE!

### Tuesday, December 20      Holly Jolly Show

Enjoy this spectacular holiday performance by Scott Gryder, featuring a unique blend of well loved and obscure holiday songs! Scott Gryder is a three-time Emmy Award-winning, professional entertainer in Chicago. Currently performing in the cabaret circuit and at local music venues, Scott specializes in character songs, with musical styles ranging from pop and cabaret to specialty numbers and show tunes.



## B - I - N - G - O

Highland Park Country Club

2nd Monday of the Month

September 12, October 10,  
November 14, & December 12

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.



## Immunization Clinic

Highland Park Country Club

Friday, October 7

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. Appointment times will be determined at time of registration.







# Special Activities

## Barry Bradford Presents

Highland Park Country Club

Fridays, 1:30 – 3 PM

Free for members / NM: \$10

No Registration Required

*Sponsored by Sunrise Senior Living*

The Highland Park Senior Center is thrilled to welcome 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.

## 20th Century Comedians

### September 23 Sid Caesar

With a career spanning 60 years, Sid Caesar was best known for two pioneering 1950s live television series: *Your Show of Shows* and *Caesar's Hour*, both of which influenced later generations of comedians. Barry highlights how Caesar was celebrated as one of the most intelligent and provocative innovators of television comedy.

### October 21 The Marx Brothers

The Marx Brothers are widely considered to be among the greatest and most influential comedians of the 20th century; an American family comedy act that was successful in vaudeville, on Broadway, and in motion pictures from 1905 to 1949. Barry will take a closer look at the lives and legacy of Chico, Harpo, Groucho, Gummo, and Zeppo.

### December 9 Gracie Allen

Gracie Allen was an American vaudevillian, singer, actress, and comedian who became internationally famous as the zany partner and comic foil of husband George Burns, appearing on radio, television and film as the duo Burns and Allen. Barry explores the life of one of the greatest actresses of her time.

## Book Club Discussion Group

Zoom; Registration Required

Mondays, 1 – 2 PM

Free for members / NM: \$10

*Sponsored by Sunrise Senior Living*

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

### September 19 *Lessons in Chemistry* by Bonnie Garmus

This blockbuster debut set in 1960s California features the singular voice of Elizabeth Zott, a scientist whose career takes a detour when she becomes the star of a beloved TV cooking show. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.

### October 31 *Woman on Fire* by Lisa Barr

A gripping tale of a young, ambitious journalist embroiled in an international art scandal centered around a Nazi-looted masterpiece—forcing the ultimate showdown between passion and possession, lovers and liars, history and truth.

### November 28 *True Biz* by Sara Novic

This is a story of sign language and lip-reading, disability and civil rights, isolation and injustice, first love and loss, and, above all, great persistence, daring, and joy. Absorbing and assured, idiosyncratic and relatable, this is an unforgettable journey into the Deaf community and a universal celebration of human connection.

# Monday Speaker Series & Brunch

Registration Required for Brunch Only

Highland Park Country Club

Mondays (Bi-Monthly)

10:30 – 11:30 AM

Free for members / NM: \$10

*Sponsored by Whitehall of Deerfield HealthCare*

**September 5      No Program - Labor Day**

**September 19      Demystifying Accupuncture**

Have you been curious about how this traditional medicine works to heal the body? Join Al Ladesic, a licensed acupuncturist from Restorative Acupuncture & Wellness, for a short talk on the basic principles and pain-relieving benefits of acupuncture.

**October 3      Immortal Expressions  
of Bruch and Bernstein**

Join Jim Kendros to explore the remarkable worlds of Max Bruch and Leonard Bernstein. Perfect for the fall holidays, this music is meaningful to Jewish and non-Jewish audiences alike. Experience Bruch's famed *Kol Nidre for Viola and Piano*, based on the traditional Hebrew theme. This highly emotional piece is the perfect complement to the Lamentation from Bernstein's *Jeremiah Symphony for Mezzo Soprano and Orchestra*, a compelling work that speaks to audiences of all backgrounds.

**October 17      Domestic Violence  
Awareness Month**

A Safe Place is the leading advocate for eliminating domestic violence and human trafficking in northern Illinois and is dedicated to saving and transforming the lives of domestic violence victims and their children. Learn about the different programs and services available, such as a 24-hour crisis line, legal advocacy, emergency shelter, and therapy. A Safe Place also provides crisis response for individuals faced with multi-victimization, human trafficking, homicide and housing need.

**November 7      Senior Scams**

Back by popular demand! Officer Geneja of the HP Police Department will take an in-depth look at different types of scams and financial fraud targeting seniors. Officer Geneja will also share how to detect if someone is trying to take advantage of you and provide tips to remain vigilant.

**November 21      Wonders of the World**

Some 2,000 years ago, poet and aspiring travel agent, Antipater of Sidon, numbered seven monuments that were wondrous to behold. Unfortunately, time, war, politics and earthquakes have erased six of the sites. In 2007, a list was revealed and there was considerable criticism. What are the new Seven Wonders and what happened to the originals? Eugene Finerman will share the unique history of these historical sites.

**December 5      The Golden Thirteen**

In 1944, sixteen African American sailors arrived at Great Lakes for a groundbreaking officers' training course. Thirteen of those men would become the first African American commissioned officers in Navy history. Explore the experiences of the Golden Thirteen at Great Lakes, their time in the fleet, and the lasting legacy of these pioneers.

**December 19      Festive Voices**

Revel in festive music for choir and orchestra this Holiday Season! Jim Kendros will share the jubilant expressions of highlights from Bach's *Magnificat*, Vivaldi's *Gloria* and Handel's *Messiah*. No matter which holiday you celebrate, you'll enjoy the festive magnificence of Jim's acclaimed Holiday presentation!

**BRUNCH** - Prior to Each Speaker Presentation

10 – 10:30 AM

Fee: \$5 / NM: \$10

Registration Required by the Prior Friday at 1 PM  
- Bagels, cream cheese, sweets, fruit & coffee



# Activities - Cards & Games

Registration Required

## Pinochle Class

Pinochle is an exciting Ace-Ten card game played in three phases: bidding, melds, and tricks. Volunteer instructor David Riordan will teach players how to score points by trick-taking and forming combinations of cards into melds. Participants will move quickly to playing actual games of Pinochle. *No class 10/5.*

Day / Dates: Wednesday, 9/14 – 10/12 (4)

Time: 10:30 AM – 12:30 PM

Fee: \$10 / NM: \$30



## Basics of Mah Jongg

Mah Jongg is an ancient Chinese game which is gaining popularity in the U.S. Join other beginners and learn the basics needed to play the game. Instructor Dale Solow is excited to share her knowledge and love of the game. Participants **MUST** attend the first class. A current Mah Jongg card is included in fee.

Day / Dates: Tuesdays, 10/11 – 11/8 (5)

Time: 1:30 – 3:30 PM

Fee: \$70 / NM \$90

## Beginning Canasta

Canasta has had a resurgence of popularity amongst both men and women. Instructor Terri Argentar teaches canasta in a learn-as-you-play game, supplemented by handouts of the rules.

Day / Dates: Wed, 10/12 – 11/16 (6)

Time: 1:30 – 3:30 PM

Fee: \$72 / NM \$92

## Continuing Canasta: Strategic Play

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

Day / Dates: Wed, 8/31 – 9/21 (4)

Time: 1:30 – 3:30 PM

Fee: \$48 / NM: \$68

Day / Dates: Wed, 11/30 – 12/14 (3)

Time: 1:30 – 3:30 PM

Fee: \$36 / NM \$56

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





# Activities - Cards & Games

## Registration Required

### The ACBL Bridge Lesson Series

This series consists of a progression of five courses, each focusing on a different aspect of the game and bringing students from absolute beginners through to the point where they can confidently play in any bridge game. Courses include 1) *Club Series: 21st Century Bidding*, 2) *Diamond Series: 21st Century Play of the Hand*, 3) *Heart Series: Defense*, 4) *Spade Series: Commonly Used Conventions*, 5) *Notrump Series: More Commonly Used Conventions*. All levels instructed by volunteer instructor, David Nehmadi, a certified Best Practices teacher through the ACBL.

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

### Club Series: Bidding (continued)

This course focuses on introducing the student to the basic concepts of Bridge. There is an emphasis on modern bidding (opening bids, responses, rebids, overcalls, takeout doubles and Stayman) but sufficient elements of play and defense are introduced so students are able to attend bridge games upon the completion of this session. *No class 9/26.*

Day / Dates: Mon, 9/12 – 12/12 (13)  
Time: 9:30 – 11:30 AM  
Fee: \$20 / NM \$40

### Heart Series: Defense (continued)

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 9/27, 10/4.*

Day / Dates: Tues, 9/13 – 12/13 (12)  
Time: 9:30 – 11:30 AM  
Fee: \$20 / NM \$40

### Bridge: Duplicate 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 games 9/5, 12/26.*

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

### Pinochle Open Play

Day: Wednesdays, starting 10/19  
Time: 10:30 AM – 12:30 PM  
Fee: Free for members / NM: \$10

### Canasta Open Play

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

### Private Game Play

Day: Thursdays, *no game 11/24*  
Time: 9:30 AM – 12 PM  
Fee: Free, for members only

### Poker Open Play

Day: Thursdays, *no game 11/24*  
Time: 1 – 3:30 PM  
Fee: \$2 / NM: \$4



# Activities - Exercise

Registration Required

## Better Balance

Level 1 / 2

Taught by Judy Samuelson and Ida Greenfield, this program includes discussion, chair exercises, and standing poses. Using small hand weights and balls, students will increase their strength and flexibility while improving posture and balance. *No class 9/26, 10/5, 11/24.*

Day / Dates: Mon, 9/12 – 10/24 (6)  
Time: 11:15 AM – 12:15 PM  
Fee: \$42 / NM \$62

Day / Dates: Mon, 11/7 – 12/12 (6)  
Time: 11:15 AM – 12:15 PM  
Fee: \$42 / NM \$62

Day / Dates: Wed, 9/14 – 10/26 (6)  
Time: 11:15 AM – 12:15 PM  
Fee: \$42 / NM \$62

Day / Dates: Wed, 11/9 – 12/14 (6)  
Time: 11:15 AM – 12:15 PM  
Fee: \$42 / NM \$62

Day / Dates: Thurs, 9/15 – 10/27 (7)  
Time: 11:15 AM – 12:15 PM  
Fee: \$49 / NM \$69

Day / Dates: Thurs, 11/10 – 12/15 (5)  
Time: 11:15 AM – 12:15 PM  
Fee: \$35 / NM \$55

## 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 9/27, 10/4, 11/24.*

Day / Dates: Tues, 9/13 – 10/25 (5)  
Time: 1:30 – 2:30 PM  
Fee: \$35 / NM \$55

Day / Dates: Tues, 11/8 – 12/13 (6)  
Time: 1:30 – 2:30 PM  
Fee: \$42 / NM \$62

Day / Dates: Thurs, 9/15 – 10/27 (7)  
Time: 1:30 – 2:30 PM  
Fee: \$49 / NM \$69

Day / Dates: Thurs, 11/10 – 12/15 (5)  
Time: 1:30 – 2:30 PM  
Fee: \$35 / NM \$55



# 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. *No class 9/27, 10/4, 11/15.*

Day / Dates: Tues, 9/13 – 10/25 (5)

Time: 6:30 – 7:30 PM

Fee: \$35 / NM \$55

Day / Dates: Tues, 11/8 – 12/13 (5)

Time: 6:30 – 7:30 PM

Fee: \$35 / NM \$55

### 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 9/28, 10/5.*

Day / Dates: Wed, 9/14 – 10/26 (5)

Time: 10:15 – 11:15 AM

Fee: \$35 / NM \$55

Day / Dates: Wed, 11/9 – 12/14 (6)

Time: 10:15 – 11:15 AM

Fee: \$42 / NM \$62

### Gentle Yoga

Level 1 / 2

Taught in both standing and chair positions, instructor Andy Amend leads this class through gentle movements to increase flexibility, strength, and well-being. Students are led through stretches, yoga postures, breathing practices, and then guided into deep relaxation. *No class 10/14, 11/25.*

Day / Dates: Fridays, 9/16 – 10/28 (6)

Time: 11:15 AM – 12:15 PM

Fee: \$42 / NM \$62

Day / Dates: Fridays, 11/18 – 12/16 (4)

Time: 11:15 AM – 12:15 PM

Fee: \$28 / NM \$48



### 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 10/14, 11/25.*

Day / Dates: Fridays, 9/16 – 10/28 (6)

Time: 10 – 11 AM

Fee: \$42 / NM \$62

Day / Dates: Fridays, 11/18 – 12/16 (4)

Time: 10 – 11 AM

Fee: \$28 / NM \$48



# General Activities

Registration Required

## Knit and Crochet Club

Share good conversation and great company while knitting or crocheting items for local charities. Participants work on hats, scarves, mittens, blankets, and other interesting items, and often share new techniques. Don't know how to knit? Knitting host, Meg Sibbernson, will give lessons to beginners. Supplies 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. *No program 10/5.*

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, and will focus on speaking, listening, and vocabulary. *No class 11/24.*

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

Day / Dates: Thursdays, 9/15 – 10/27 (7)  
Fee: \$49 / NM \$69

Day / Dates: Thursdays, 11/10 – 12/15 (5)  
Fee: \$35 / NM \$55

## At the Movies

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



*Sponsored by Freedom Home Care*

Day: Thursdays, *no movie 11/24 & 12/15*  
Time: 1:00 PM  
Fee: Free, for members only



## Rules of the Road

### Drivers Test Preparation Course

Rules of the Road is designed to give drivers the knowledge and confidence needed to renew or obtain a driver's license. This review course combines an explanation of the driving exam with a practice written exam.

Day / Date: Thursday, September 8  
Time: 10 AM – 12 PM  
Fee: Free, open to all

## AARP Smart Driver Course

This driver safety course which covers current rules of the road, defensive driving techniques, and how to operate a vehicle more safely in today's challenging driving environment. Learn how to manage and accommodate common age-related changes in vision, hearing, and reaction time.

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

# General Activities

## Registration Required

### ART Classes at The Art Center HP

The Senior Center is excited to collaborate with the Art Center of Highland Park to offer Senior Center art classes at their state of the art facility.

*Sponsored by NorthShore University Healthcare Systems*

#### Watercolor Pencils

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

Day/Dates: Tuesdays, 9/13 – 10/11 (5)

Time: 1:45 – 3:45 PM

Fee: \$60 (Members Only)

Day/Dates: Tuesdays, 10/25 – 11/15 (4)

Time: 1:45 – 3:45 PM

Fee: \$48 (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: Thursday, 9/15 – 10/13 (5)

Time: 9:30 – 11:30 AM

Fee: \$60 (Members only)

Day/Dates: Thursday, 10/20 - 11/10 (4)

Time: 9:30 – 11:30 AM

Fee: \$48 (Members only)

#### Mosaics

For students new to the contemporary mosaic art form. Learn the basic aspects of mosaic, work with traditional mosaic tools of the hammer and Hardie. Explore different varieties of traditional and modern materials. *No class 11/18, 11/25.*

Day / Dates: Fridays, 9/16 – 12/16 (12)

Time: 8:45 – 11:45 AM

Fee: \$216 (Members only)





## 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](mailto:jaiello@cityhpil.com) or 847.926.1868.**

## Senior Center Loan Closet

**1201 Park Avenue West**

**Mondays & Thursdays; by appointment only**  
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 and to schedule an appointment.



## Medicare Open Enrollment

Open enrollment for the Medicare Prescription Drug Plan extends from October 15 - December 7, 2022. During this period, you may change from your current drug plan or enroll for the first time. Everyone is encouraged to re-evaluate their insurance coverage due to changes in the drug plans or changes in your own prescriptions. Trained Senior Health Insurance Program (SHIP) volunteers are available to assist in navigating the Medicare Part D enrollment process in a personal appointment at the Senior Center. Please call Jennifer Aiello to schedule an appointment.

## SHIP: Senior Health Insurance Program

Volunteers are available free of charge to (1) help interpret and resolve problems with medical bills, Medicare, Medicare supplemental insurance, and with appeals, if needed; (2) explain the Medicare supplements available for people just becoming eligible or who are interested in changing plans; (3) review and explain long-term care policies; and (4) explain the Medicare Prescription Drug Plan. Trained volunteers are available to assist in navigating the enrollment process in a personal appointment either over the phone or virtually via zoom. Please contact Jennifer Aiello to schedule an appointment.

## Senior 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](http://www.illinois.gov/aging). Please contact Jennifer Aiello for assistance in completing your online application.

# Social Services

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

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](http://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 Detective Brian Soldano at 847.926.1083.

## Notary Public - At Your Service!

Notary Public, Jennifer Aiello, is available to notarize and certify the proper execution of your personal documents including real estate, power of attorney, and more. To schedule an appointment, please email [jaiello@cityhpil.com](mailto:jaiello@cityhpil.com)

## Financial Scholarship

Scholarship dollars may be used by residents toward membership, trips, classes, or special events. Scholarship approval is based on proof of City of Highland Park residency and financial need, as determined by the Benefit Access Program. Please contact Jennifer Aiello to schedule an appointment to determine qualification.

## Reduced Rates for City Services

Resident households who qualify under the federal HUD low-income rates are eligible for reduced rates of garbage, sewer, and diseased elm tree removal. Please call Highland Park City Hall at 847.432.0800 for further information.

## Counseling Services

Finding ways to cope can be trying for anyone and sometimes facing even the most mundane tasks can feel overwhelming. Sharing your thoughts and feelings can help lighten the load and shed a beam of light on your path. Jennifer Aiello, LCPC, can help offer guidance and support during one-on-one telephone or Zoom sessions. Please contact Jennifer to schedule an appointment.

## Senior Transportation Opportunities

### Ride Lake County

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

### Connector Bus Service

The Connector operates on Tuesdays and Fridays from 9 AM – 3:30 PM. Masks must be worn and appropriate social distancing will be enforced. For further details and the schedule, please visit [www.cityhpil.com/seniorcenter](http://www.cityhpil.com/seniorcenter).

## Advanced Care Planning Packet

In order to help ensure your wishes are known and honored, the Senior Center has created an Advanced Care Planning Packet which includes; *Five Wishes* workbook, *Advanced Care Planning Tips* and *Getting Your Affairs in Order* booklets from the National Institute on Aging, and more. Please contact Jennifer Aiello to schedule a pick-up appointment.

# September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	01	02
	9:00 Member Registration		9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:30 Sit & Be Fit	10:00 Yoga 11:15 Gentle Yoga
05	06	07	08	09
<b>CLOSED</b> Labor Day	9:00 Open Registration 10:30 Knit & Crochet Club 1:00 Open Mah Jongg	10:00 News & Views (Z) 1:00 Open Canasta 1:30 Continuing Canasta	9:30 Private Game Play 10:00 <b>Rules of the Road</b> 11:30 <b>Trip: Chicago Cubs</b> 1:00 Movie 1:00 Open Poker	1:30 <b>Concert:</b> <i>That 60s Music</i>
12	13	14	15	16
9:30 Bridge: Club Series 11:15 Better Balance 1:00 Duplicate Bridge 1:30 <b>Bingo</b>	9:30 Bridge: Heart Series 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:45 Watercolor Pencils 6:30 Tai Chi	10:00 News & Views (Z) 10:15 Zumba Gold 10:30 Pinochle Class 11:15 Better Balance 1:00 Open Canasta 1:30 Continuing Canasta	9:30 Drawing 9:30 Private Game Play 9:30 Int. Spanish 9:30 Adv. Spanish 11:00 Better Balance 1:00 Movie 1:00 Open Poker 1:30 Sit & Be Fit	8:45 Mosaics 10:00 Yoga 11:15 Gentle Yoga 3:30 <b>Wine &amp; Cheese Tasting</b>
19	20	21	22	23
9:30 Bridge: Club Series 10:00 <b>Bagel Brunch</b> 10:30 <b>Speaker Series</b> 11:15 Better Balance 1:00 Duplicate Bridge 1:00 <b>Book Club (Z)</b>	9:30 Bridge: Heart Series 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:45 Watercolor Pencils 6:30 Tai Chi	10:00 News & Views (Z) 10:15 Zumba Gold 10:30 Pinochle Class 11:15 Better Balance 1:00 Open Canasta 1:30 Continuing Canasta	9:30 Drawing 9:30 Private Game Play 9:30 Int. Spanish 9:30 Adv. Spanish 11:00 Better Balance 1:00 Movie 1:00 Open Poker 1:30 Sit & Be Fit	8:45 Mosaics 10:00 Yoga 11:15 Gentle Yoga 1:30 <b>Barry Bradford</b>
26	27	28	29	30
1:00 Duplicate Bridge	10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:45 Watercolor Pencils	10:00 News & Views (Z) 10:30 Pinochle Class 11:15 Better Balance 1:00 Open Canasta	9:30 Drawing 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:30 Sit & Be Fit	8:45 Mosaics 10:00 Yoga 11:15 Gentle Yoga

# October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
03 9:30 Bridge: Club Series <b>10:00 Bagel Brunch</b> <b>10:30 Speaker Series</b> 11:15 Better Balance 1:00 Duplicate Bridge	04 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:45 Watercolor Pencils	05 1:00 Open Canasta	06 9:30 Drawing 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:30 Sit & Be Fit	07 8:45 Mosaics 10:00 Yoga 11:15 Gentle Yoga <b>1:30 Vaccine Clinic</b>
10 9:30 Bridge: Club Series 11:15 Better Balance 1:00 Duplicate Bridge <b>1:30 Bingo</b>	11 9:30 Bridge: Heart Series 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 1:45 Watercolor Pencils 6:30 Tai Chi	12 10:00 News & Views (Z) 10:15 Zumba Gold 10:30 Pinochle Class 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	13 9:30 Drawing 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:30 Sit & Be Fit	14 8:45 Mosaics <b>9:30 Trip: Casino</b>
17 9:30 Bridge: Club Series <b>10:00 Bagel Brunch</b> <b>10:30 Speaker Series</b> 11:15 Better Balance 1:00 Duplicate Bridge	18 9:30 Bridge: Heart Series 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	19 10:00 News & Views (Z) 10:15 Zumba Gold 10:30 Open Pinochle 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	20 9:30 Drawing 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:30 Sit & Be Fit	21 8:45 Mosaics 10:00 Yoga 11:15 Gentle Yoga <b>1:30 Barry Bradford</b>
24 9:30 Bridge: Club Series 11:15 Better Balance 1:00 Duplicate Bridge	25 9:30 Bridge: Heart Series 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 1:45 Watercolor Pencils 6:30 Tai Chi	26 10:00 News & Views (Z) 10:15 Zumba Gold 10:30 Open Pinochle 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	27 9:30 Drawing 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:30 Sit & Be Fit	28 8:45 Mosaics 10:00 Yoga 11:15 Gentle Yoga <b>1:30 Concert: HPHS Spooktacular</b>
31 9:30 Bridge: Club Series 1:00 Duplicate Bridge <b>1:00 Book Club (Z)</b>	01	02	03	04

# November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
31	01	02	03	04
	9:30 Bridge: Heart Series 9:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:45 Watercolor Pencils	10:00 News & Views (Z) 10:30 Open Pinochle 1:00 Open Canasta 1:30 Beginning Canasta	9:30 Drawing 9:30 Private Game Play 1:00 Movie 1:00 Open Poker	8:45 Mosaics
07	08	09	10	11
9:30 Bridge: Club Series <b>10:00 Bagel Brunch</b> <b>10:30 Speaker Series</b> 11:15 Better Balance 1:00 Duplicate Bridge	9:30 Bridge: Heart Series 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 1:45 Watercolor Pencils 6:30 Tai Chi	10:00 News & Views (Z) 10:15 Zumba Gold 10:30 Open Pinochle 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	9:30 Drawing 9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:30 Sit & Be Fit	<b>CLOSED</b>  Veterans Day  8:45 Mosaics
14	15	16	17	18
9:30 Bridge: Club Series 11:15 Better Balance 1:00 Duplicate Bridge <b>1:30 Bingo</b>	9:30 Bridge: Heart Series 10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:45 Watercolor Pencils	10:00 News & Views (Z) 10:15 Zumba Gold 10:30 Open Pinochle 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta	9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance <b>12:00 Trip: Lion King</b> 1:00 Movie 1:00 Open Poker 1:30 Sit & Be Fit	10:00 Yoga 11:15 Gentle Yoga <b>11:30 Thanksgiving Luncheon</b>
21	22	23	24	25
9:30 Bridge: Club Series <b>10:00 Bagel Brunch</b> <b>10:30 Speaker Series</b> 11:15 Better Balance 1:00 Duplicate Bridge	9:30 Bridge: Heart 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 10:30 Open Pinochle 11:15 Better Balance 1:00 Open Canasta	<b>CLOSED</b>  Thanksgiving	<b>CLOSED</b>  Thanksgiving Break
28	29	30	01	02
9:30 Bridge: Club Series 11:15 Better Balance 1:00 Duplicate Bridge <b>1:00 Book Club (Z)</b>	9:30 Bridge: Heart 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 10:30 Open Pinochle 11:15 Better Balance 1:00 Open Canasta 1:30 Continuing Canasta		



# December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	01	02
			9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:30 Sit & Be Fit	8:45 Mosaics 10:00 Yoga 11:15 Gentle Yoga
05	06	07	08	09
9:30 Bridge: Club Series 10:00 <b>Bagel Brunch</b> 10:30 <b>Speaker Series</b> 11:15 Better Balance 1:00 Duplicate Bridge	9:30 Bridge: Heart 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 10:30 Open Pinochle 11:15 Better Balance 1:00 Open Canasta 1:30 Continuing Canasta	9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Movie 1:00 Open Poker 1:30 Sit & Be Fit	8:45 Mosaics 10:00 Yoga 11:15 Gentle Yoga 1:30 <b>Barry Bradford</b>
12	13	14	15	16
9:30 Bridge: Club Series 11:15 Better Balance 1:00 Duplicate Bridge 1:30 <b>Bingo</b>	9:30 Bridge: Heart 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 10:30 Open Pinochle 11:15 Better Balance 1:00 Open Canasta 1:30 Continuing Canasta	9:30 Private Game Play 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 12:00 <b>Festival of Lights</b> 1:00 Open Poker 1:30 Sit & Be Fit	8:45 Mosaics 10:00 Yoga 11:15 Gentle Yoga
19	20	21	22	23
10:00 <b>Bagel Brunch</b> 10:30 <b>Speaker Series</b> 1:00 Duplicate Bridge	10:30 Knit & Crochet Club 1:00 Open Mah Jongg 1:30 <b>Concert:</b> <i>Holiday Show</i>	10:00 News & Views (Z) 10:30 Open Pinochle 1:00 Open Canasta	<b>CLOSED</b>  Winter Break	<b>CLOSED</b>  Winter Break
26	27	28	29	30
<b>CLOSED</b>  Winter Break	<b>CLOSED</b>  Winter Break	<b>CLOSED</b>  Winter Break	<b>CLOSED</b>  Winter Break	<b>CLOSED</b>  Winter Break
				Saturday, Dec 31: 11:30 <b>NYE Luncheon</b>



**Highland Park Senior Center**

1201 Park Avenue West

Highland Park, IL 60035

847.432.4110

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

**Senior Center Staff**

Laura Frey, CPRP

Manager of Senior Services

Jennifer Aiello, M.S., LCPC

Social Services Specialist

Christina Earle, CPRP

Program Coordinator

Miguel Rangel-Martinez

Support Staff

Michele Wilson

Customer Service Clerk

**Mayor**

Nancy Rotering

**City Council**

Anthony E. Blumberg

Michelle L. Holleman

Annette Lidawer

Adam Stolberg

Kim Stone

Andrés Tapia

**City Manager**

Ghida S. Neukirch

**Holiday Schedule**

The Senior Center will be closed:

**Labor Day: September 5**

**Veterans Day: November 11**

**Thanksgiving: November 24 – 25**

**Winter Break: December 22 – January 2**



**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.