

THE SHORELINES

JANUARY - APRIL, 2015

THE HIGHLAND PARK SENIOR CENTER

54 LAUREL AVENUE (847) 432-4110

CITY WEBSITE: WWW.CITYHPIL.COM

HOURS: MONDAY - FRIDAY
8 A.M. - 5 P.M.



Activity Registration

Returning Student Registration Begins: Monday, January 5 at 9 a.m.

Member Registration Begins: Wednesday, January 7 at 9 a.m.

Open Registration Begins: Friday, January 9 at 9 a.m.

New Year's Eve Luncheon



Ruth's Chris Steakhouse
Wednesday, December 31

11:45 a.m. - 1:30 p.m.

Fee: \$30 / NM: \$40

Early registration deadline: December 22

New Year's Eve is a great time to celebrate with friends - both old and new! Join others for a champagne countdown to 12 o'clock (noon), complete with festive party favors! Enjoy a delicious lunch at Ruth's Chris Steakhouse, which provides guests with a warm, comfortable fireplace lit atmosphere, genuine hospitality, and the best food on the North Shore. Lunch includes their steak house salad, your choice of entree, sautéed mushrooms, potatoes au gratin, crème brûlée for dessert, and your choice of coffee, tea or soda. Live background music will enhance your holiday experience. When registering, please indicate your entree choice of petite filet, salmon, or stuffed chicken breast, as well as any friendship requests for seating. Doors open at 11:30 a.m.; coat check will be available.

Sponsored by Freedom Home Care

"What the New Year brings to you, will depend a great deal on what you bring to the New Year."

Vern McLellan

SPECIAL ACTIVITIES

Mix and Mingle - Dine Around the World

This new series takes you on a culinary trip around the world. These wonderful luncheons/dinners provide you with the opportunity to meet new people and explore many of the North Shore's greatest ethnic restaurants. Please register a minimum of one week in advance at (847) 432-4110.

Sponsored by Brightstar Care

All American: Mardi Gras

Bluegrass Restaurant - Highland Park

Friday, January 23

12 - 2 p.m.

Fee: \$20 / NM: \$30

Early registration deadline: January 16



Celebrate Mardi Gras with the authentic flavors of New Orleans, right here in Highland Park. Enjoy a chef's choice tasting menu featuring many Bourbon Street favorites including Louisiana alligator, nawlins' sweet and spicy shrimp, jambalaya, crawfish etouffee, chocolate chip bread pudding for dessert, and your choice of beverage. There will also be plenty of Mardi Gras beads to go around!

Italy: Valentine's Day Luncheon and Concert

Bella Via - Highland Park

Friday, February 13

12 - 2 p.m.

Fee: \$20 / NM: \$30

Early registration deadline: February 6

Celebrate love, laughter and friendship on this day of *Amore*. Lunch includes an appetizer portion of carciofini (baked artichoke hearts), your choice of entree with chef's choice of sides, cannoli for dessert and beverage. Following lunch, enjoy musical entertainment featuring love songs from throughout the years in a concert that is sure to warm your heart. When registering, please indicate your choice of chicken vesuvio, grilled salmon, or eggplant parmesan.



India and Nepal Buffet

Curry Hut - Highwood

Friday, March 27

12 - 1:30 p.m.

Fee: \$16 / NM: \$26

Early registration deadline: March 20

Welcome to Curry Hut, an Indian and Nepalese dining concept, right in the heart of Highwood, bringing you the taste of home cooked food from the huts of rural India. The recipes are simple in nature but authentic in Indian flavor. Their wonderful lunch buffet allows you to sample many of the native foods, and go back for everything you loved. Many of the buffet items are flavorful, yet not spicy - something for everyone!

Israel: Israeli Independence Day

Mizrahi Grill - Highland Park

Thursday, April 23

5 - 6:30 p.m.

Fee: \$16 / NM: \$26

Early registration deadline: April 16

Mizrahi Grill uses only farm raised and hormone-free meat, which has passed very thorough inspections to be deemed kosher. All of their dishes feature fresh ingredients and spices used by many past generations. At Mizrahi Grill not only do you enjoy food that's good but also food that's good for you! Dinner boasts a delicious sampling of Israeli cuisine including an appetizer plate featuring hummus, baba ganoush, and falafel. The main dish features light cabbage salad, rice, and Jerusalem mixed grill. Baklava and a soda of your choice are also included.



SPECIAL ACTIVITIES

St. Patrick's Day Celebration

North Shore Place - Northbrook

Tuesday, March 17

12 - 2:30 p.m.

Fee: \$5 / NM: \$10



Early registration deadline: March 10

Everyone is Irish on St. Patrick's Day! The North Shore's newest retirement community invites you to join them for a St. Patrick's Day celebration! Feast on a delicious lunch featuring corned beef and cabbage along with other traditional Irish favorites. Following, enjoy live entertainment that will have you dancing in your seats and singing along. Facility tours of this beautiful new facility will be available, and each participant will receive a special goody bag to take home.

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

Sponsored by North Shore Place

Passover Seder

Aperion Care - Highwood

Thursday, April 9

12 - 2 p.m.

Fee: \$5 / NM: \$10

Early registration deadline: April 2

Enjoy a traditional Passover Seder and lunch featuring many delicious favorites. Participate in a condensed service following a specially designed Haggadah which was created for this event. After the service, enjoy a delicious holiday meal featuring chopped liver, matzo ball soup, gefilte fish, brisket, chicken, noodle kugel, tzimmes, green beans, and a variety of desserts. Members of all faiths are welcome to attend and will learn about the holiday's history and traditions.

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

Sponsored by Aperion Care

Senior Citizen Prom

Highland Park High School

Saturday, April 25

5 - 8 p.m.

Fee: \$5 / NM: \$10

Early registration deadline: April 17

Put on your dancing shoes and gather with your friends for a night to remember! The Highland Park High School Class of 2018 invites you to join them for a fabulous night of dinner, dancing, and entertainment. Guests will enjoy a tasty catered dinner and a sweet table with home-baked goodies provided with love by the students. The HPHS DJ Club will provide music to dance the night away and some of the high school's most talented artists will perform throughout the evening. The student hosts will be all dressed up... ready to serve, ready to dance, and ready to entertain. The students look forward to seeing you there! Advanced registration required; please call (847) 432-4110.

*Sponsored by CJE Weinberg Community
for Senior Living*

Memorial Day Ice Cream Social



Silverado Communities - Highland Park

Monday, May 25

2 - 3:30 p.m.

Fee: \$5 / NM: \$10

Early registration deadline: May 18

Take pleasure in this wonderful new tradition featuring an old fashioned ice cream social. Their ice cream bar features a variety of delicious ice creams with an extensive array of toppings to tickle your taste buds including chocolate, strawberries, marshmallow, caramel, butterscotch, nuts, cherries, whipped cream and more. Delightful music will enhance the experience. Silverado is happy to invite your immediate family and friends to share in the celebration.

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

Sponsored by Silverado - Highland Park

SPECIAL ACTIVITIES

Humanities Series

Highland Park Public Library
Wednesdays, 10:30 - 11:30 a.m.
Free and open to all

January 14 The Best And Worst Films of 2014
Chicago Tribune film critic Michael Phillips, who views more 250 films each year, shares his list of 2014's best and worst. See how his list matches up with yours.

February 11 White Guy On A Bus
Cast members from Northlight Theatre preview this world premiere about a wealthy white businessman and a struggling black single mom who ride the same bus week after week. As they get to know each other, their conversation reveals a complex web of moral ambiguity, revenge, and racial biases. The play provides a candid and surprising perspective on the racial and socioeconomic divide in the education and criminal justice systems, and the pervasiveness of stereotyping across race, class and gender lines.

February 18 What The Lady Wants
Author Renee Rosen discusses her bestselling book, *What The Lady Wants: A Novel Of Marshall Field and the Gilded Age*. The book tells the story of Chicago's Merchant Prince, Marshall Field, a visionary retail tycoon who made his fortune wooing customers with his famous motto: "Give the lady what she wants." His charm also won the heart of socialite Delia Spencer, which led to their infamous love affair. The book weaves a tale of true love, and the founding of the Marshall Field empire.

March 18 Memoir Reading
A group of women will read from their memoirs that include stories of family, adventure, triumph and failure, loss and renewal. The memoirs were written by a group of women who have supported one another's writing, encouraging each other to develop authentic and unique voices that tell compelling stories.

April 8 Mr. Rauner Goes to Springfield
Governor Bruce Rauner had so many issues to attend to upon his inauguration. How is he faring as the new guy in town? Political author and blogger Carol Felsenthal will assess how Governor Rauner is progressing with his agenda. Also discussed will be the recent Chicago Mayoral election.

Sponsored by Silverado - Highland Park

Live on the Links Classic Concerts

Highland Park Country Club
Thursdays, 1:30 - 2:30 p.m.
Free for members / NM: \$10

February 5 HPHS Jazz Band
The Highland Park High School Jazz Band has won competitions both nationally and internationally, and is a favorite among Senior Center members. Featuring an amazing pool of talented students, the band will perform a concert of jazz standards, including music by Count Basie, Miles Davis, Duke Ellington, Stan Kenton, Glenn Miller, and more. Under the direction of Josh Chodoroff, you'll enjoy the music of the great big bands.

March 19 Pilgrim Chamber Players
The Pilgrim Chamber Players is celebrating its 18th Anniversary Season with five innovative chamber music concerts throughout the season. Join members of this prestigious group of performers for a concert featuring music including the famous Piano Quintet by Antonin Dvorak for piano, 2 violins, viola and cello, along with other delightful selections.



April 16 Encore!
Encore! is the traveling performing ensemble of the Buffalo Grove Park District fine arts adult choir, The BG Singers. This talented group of adults perform a variety of music, from jazz to pop, and from oldies to the best of Broadway. Their show is upbeat and uplifting, and you are sure to have a good time during this wonderful performance.



Sponsored by Aperion Care

SPECIAL ACTIVITIES

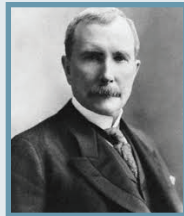
Barry Bradford Presents: **America's Rich and Famous**

Highland Park Public Library
Fridays, 1 - 2:30 p.m.
Free for members / NM: \$10

The Highland Park Senior Center is thrilled to welcome back internationally recognized, award-winning public speaker and historian Barry Bradford! Using numerous video clips, little-known anecdotes, and intriguing insights, Barry presents this fascinating series entitled *America's Rich and Famous*. The late 1800s saw the creation of some of America's greatest fortunes, and Barry will examine how the richest Americans got their money.

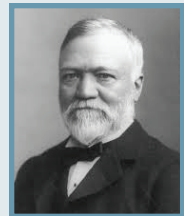
February 20 Rockefeller

John D. Rockefeller was the richest American of all time. No one even comes close! The story of how this bookkeeper from Cleveland rose to be the wealthiest man of all time is fascinating, controversial and makes for a great presentation.



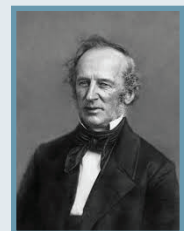
March 13 Carnegie

Andrew Carnegie ranks second on the list of richest Americans - his wealth was staggering and so was his dedication to philanthropy. His controversial management style led to him being despised and his enormous contributions to charity caused him to be revered.



April 10 Vanderbilt

Cornelius Vanderbilt is third on the list of the richest Americans. This cold blooded tycoon was feared, loathed and unbelievably successful. Barry will explore how he earned his money, how he destroyed his competition and how the legacy of the Vanderbilt family has affected America.



Sponsored by Gentle Home Services

Monday at the Movies

Highland Park Police Station
Mondays, 1:30 p.m.
Free for members / NM: \$10

Join other Center members for a fun and free afternoon out. Enjoy screenings of great movies newly released to DVD, along with a few "Oldies but Goodies." Current movies are released to DVD at the last possible moment, and in order to provide the most up-to-date film screenings, movie titles will be posted on a monthly flyer and in the weekly Friday e-mails.



Sponsored by BrightStar Care

Film Showings and Discussions: Rock and Roll in the Movies

Highland Park Public Library
Sundays, 2 - 4:30 p.m.

Free; open to the community at large

Join film instructor Bob Coscarelli for an introduction, screening, and discussion of wonderful films.
Co-presented with the Highland Park Public Library.

February 15 The Buddy Holly Story

The story of the life and career of the early rock and roll singer, from his meteoric rise to stardom, to his marriage and untimely death.

March 8 La Bamba

Biographical story of the rise from nowhere of early rock and roll singer Ritchie Valens who died at age 17 in a plane crash with Buddy Holly and the Big Bopper.

April 12 Jersey Boys

The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960s rock group The Four Seasons.

Sponsored by The Wealshire



DAY EXCURSIONS

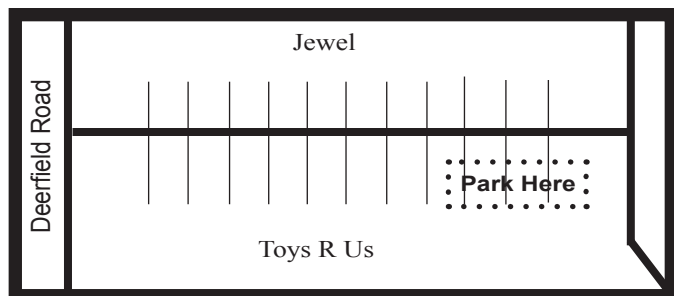
New: Late Registration Fee

Because extensive planning and detail are involved in each Senior Center trip, class and special activity, it is appreciated when participants register at their earliest opportunity. Regular registration fees will apply on or before the *early registration deadline*. For trips and special activities, the deadline date will be identified in the newsletter copy; for classes, the deadline date will be three days prior to the start of the class.

When possible, late registration will be accepted, however a late fee of \$5 will be charged to help defray extra costs necessary to effect the late registration.

Your cooperation and understanding of this new policy is greatly appreciated, and will help the Center run more smoothly and efficiently.

**Day Excursions depart from the
Toys R Us Parking Lot**
1610 Deerfield Road
Highland Park, IL



Senior Center Gift Certificates: A Perfect Gift for Any Occasion

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 toward membership dues, trips, classes, and special events. Please call Sue at (847) 432-4110 for details.

Registration and Refund Policies

- Participants must register prior to the start of classes, trips, or special events; payment is due when registering. Please advise staff if you require any reasonable, special accommodations for trips, events, or classes regarding dietary or other special needs.
- Classes, trips and special events have minimum and maximum numbers for enrollment; please register early to avoid the disappointment of a cancelled activity.
- If you must cancel, refunds will be issued **ONLY** if the registration fills and a replacement can be found.
- All refunds will be issued after the activity is completed; a \$5 processing fee will be charged. Refunds may take several weeks.

West Side Story & Lunch

Drury Lane, Oak Brook

Thursday, March 12

Fee: \$70 / NM: \$90

Bus departs Toys R Us at 11 a.m.

Bus returns at approximately 6 p.m.

Early registration deadline: February 19

Drury Lane closes its 30th anniversary season with one of the world's greatest love stories. A modern retelling of Shakespeare's *Romeo and Juliet*, *West Side Story* tells the tale of two star crossed lovers caught between rival gangs. A revolutionary work that changed the course of American musicals, *West Side Story* features an electrifying Latin and jazz-infused score including *Somewhere, Tonight, I Feel Pretty*, and *America*. Lunch includes Mandarin spinach salad, chicken marsala or lemon salmon, and chef's choice of sides and dessert.



DAY EXCURSIONS

My Kind of Town: Ethnic Chicago II

My Kind of Town Tours, Chicago

Thursday, April 23

Fee: \$80 / NM: \$100

Bus departs Toys R Us at 9 a.m.

Bus returns at approximately 4:30 p.m.

Early registration deadline: April 2

Sponsored by Comfort Keepers

Enjoy a fascinating day in Chicago's north side ethnic communities, exploring their unique and rich heritages. Tour the Irish-American Heritage Center and learn about the artful transformation of this old Chicago public school into a great center of the Irish culture, history, and social meeting place. During your visit to the Swedish museum of America, located in Andersonville and rededicated in 1988, you'll learn about the culture of those who immigrated to Chicago. Tour Lincoln Square and explore this enclave of German life including bakeries, butchers, specialty import shops, and lunch at the famous Chicago Brauhaus. Lastly, walk around Devon Avenue's Indian community. Your visit to a sari shop and an aromatic grocery store will allow you to enjoy the sights and sounds of this colorful neighborhood.

Chicago Architectural River Cruise

Chicago River, Chicago

Wednesday, May 20

Fee: \$75 / NM: \$95

Bus departs Toys R Us at 9 a.m.

Bus returns at approximately 4 p.m.

Early registration deadline: April 30

Sponsored by Freedom Home Care

Departing from the Wendella Dock at Trump Tower, an expert architecture tour guide leads you through all three branches of the Chicago River. This 75 minute tour highlights Chicago's rich architectural heritage, with dramatic views of residential and office buildings along the river. During this tour you will discover a wide range of architectural styles designed by notable architects: Mies van der Rohe, Bertrand Goldberg, and Skidmore, Owings and Merrill. Lunch at the popular Chicago Shaw's Crab House is also included.



The Royal Ballet - Don Quixote

Auditorium Theatre, Chicago

Saturday, June 20

Fee: \$115 / NM: \$135

Bus departs Toys R Us at 12:30 p.m.

Bus returns at approximately 6 p.m.

Early registration deadline: May 29



The Auditorium Theatre closes their 125th Anniversary Season by bringing The Royal Ballet back to Chicago after a 37-year absence. Led by Director Kevin O'Hare, the company will present Carlos Acosta's production of *Don Quixote*, which The Guardian says "rediscover(s) the ballet's fun" and DanceLondon says "Acosta has done a fine job in giving The Royal Ballet's (*Don Quixote*) a completely new lease on life." The company makes their Auditorium debut during a three-city tour of the U.S. that includes The John F. Kennedy Center for the Performing Arts and the Lincoln Center for the Performing Arts. Don't miss this once-in-a-lifetime opportunity to see the Royal Ballet perform live!

Pilgrim Chamber Player Concerts

Call (847) 433-0992 for tickets

Winter Reflections

Highland Park Community House

January 25 at 3 p.m.

\$10 for HPSC members

String Fantasy

Highland Park Community House

March 15 at 3 p.m.

\$10 for HPSC members

Stars of Tomorrow

Highland Park Community House

April 27 at 3 p.m.

Free

Highland Park Strings Concert

Call (847) 831-3622 for tickets

Annual Benefit Concert

Ravinia Festival

February 8 at 3 p.m.

\$30 for HPSC members

MONDAY SPEAKER SERIES

Monday Speaker Series

Highland Park Police Department

Mondays, 10:30 - 11:30 a.m.

Free for members / NM: \$10

*Sponsored by Whitehall of Deerfield
Healthcare Center*

Bagels: Whitehall of Deerfield will provide bagels, cream cheese, and coffee for lecture attendees, on January 5, February 2, and March 2 at 10 a.m.

Parking: Parking in the police department's west lot is not permitted. Please park in the spaces in front of the police department or in the Bluegrass lot. Your cooperation is greatly appreciated.

January 5 Stories of Athletes

Member Steve Isaacson will discuss several famous and not so famous athletes. A member of the United States Table Tennis Hall of Fame, Steve's connection with athletes goes way beyond table tennis. Steve's stories will include two plane crashes, two kisses and one punch in the nose.

January 12 Mitzi Gaynor

Although enormously talented, a true "triple threat," Mitzi Gaynor did not achieve major stardom until she was cast as Nellie Forbush in the movie version of the Rodgers and Hammerstein musical, *South Pacific*. Prior to and following *South Pacific*, she turned in many remarkable performances in a long and varied career. Susan Benjamin will discuss her life, including personal and professional heartache, until she found lasting happiness in a long and enduring marriage with a devoted husband who guided her career to its peak.



**January 19 No Program
Martin Luther King Jr. Day**

January 26 A Tribute to Victor Borge

Trained as a concert pianist, Victor Borge began infusing comedy into his stage concert appearances during the 1930s while performing in his native Denmark. He fled the Nazis, sailed to America and became one of the greatest entertainers of the 20th century. As a tribute to Victor Borge, member Bob Levi has developed this multimedia presentation on his life. The program includes numerous video clips of some of Borge's funniest moments.

February 2 The Wasp Killer and Other Stories

Based in a Jewish summer camp in Michigan in 1959, but with ties to Chicago, this story of defiance by Bob Katzman will inspire all. Bob has published five books and has a wealth of stories based on growing up on the west side of Chicago, working his way through high school by running a newsstand in Hyde Park. He will share lessons learned along the way, including the old way to get things done in Chicago.

February 9 Judy Garland: Over the Rainbow

Judy Garland's extraordinary performing career began when she was just two years old. Though her personal life was turbulent, her contributions to the Great American Songbook are legendary. Susan Benjamin's presentation will integrate Judy's personal stories with highlights of her great American performances.

February 16 All You Can Do to Stay Safe

Many people report getting calls from people claiming to be with the Internal Revenue Service using scare tactics to steal money. Others have received scam letters that they owe delinquent property taxes with Lake County. Detective Eric Hernandez of the Highland Park Police Department will discuss phone and internet scams, as well as ways to better ensure your safety at home and in the community.

February 23 Loves of the Great Composers

Who were the significant others of the great composers? This is a question which fascinates both musicians and listeners alike. In this compelling presentation, composer and music researcher Jim Kendros will explore this musical matter of the heart with uplifting and insightful selections and commentary. Hear the sadness of Mozart's lost love, the emotionally powerful Symphony # 4 by Schumann for his wife Clara and the String Sextet # 2 by Brahms which spells the name of the woman he loved throughout his life.

March 2 Common Core State Standards

In 2010, Illinois began implementing the Common Core State Standards (CCSS). The CCSS provide a consistent, clear understanding of what students are expected to learn in English language arts and mathematics as they progress through grades K–12. North Shore School District 112 Assistant Superintendent for Teaching and Learning, Jennifer Ferrari, will discuss the background of Common Core State Standards and the progress in North Shore School District 112.



March 9 Liza Minnelli

The daughter of Judy Garland and Vincent Minnelli, how could she not become a star? Dancer, singer, actress, Liza could do it all. Winner of an Oscar, Tony, and Emmy Award, she has done it all. Despite her prodigious talent and hard work, Liza has faced significant professional and personal challenges. Susan Benjamin's program celebrates Liza's courage and triumph over adversity as well as her performance highlights.

March 16 Beverly Sills: Opera Royalty

Beverly Sills captured America's heart with her glorious artistry, engaging personality and salty intelligence. Roberta Randall brings to life this internationally acclaimed soprano, covering her remarkable life from child performer to co-director of the New York City Opera.



March 23 No Program due to Early Voting

March 30 No Program due to Early Voting

Holiday Closings

The Senior Center will be closed and the Senior Connector will be out of service the following dates.

Winter Holiday: December 24 - January 2

Martin Luther King Jr. Day: January 19

Happy Holidays

April 6 No Program due to Early Voting

April 13 Poetry in Highland Park

Highland Park Poetry celebrates April, National Poetry Month, with its annual "Poetry On Parade," featuring readings by talented local writers led by Jennifer Dotson. Senior Center members are encouraged to bring a poem to share as well, either an original composition or a favorite poem by a published author.

April 20 Mickey Rooney: Enduring Star

With a career that spanned over 80 years, Mickey Rooney was one of the most enduring and endearing stars in Hollywood. He was beloved for his all-American Andy Hardy role and, when he could no longer play the boy-next-door parts, he segued into comic, dramatic and musical adult performances. Susan Benjamin's program demonstrates how his personal life was as tumultuous as the extremes in his professional life.

April 27 Galapagos and Machu Picchu

In 2013, Fred Gold and his wife traveled to Machu Picchu and the Galapagos Islands which had been on their collective bucket list of sites to visit. This presentation will include what it takes to prepare for a trip such as this, some of the history of the areas they visited, and pictures of the unique people, places and animals they encountered on this journey.

~ Featured Artists ~

Charles Sha ner

January - February

Artist Reception

Wednesday, January 14

4:30 - 6 p.m.

Ruth Schneiderman

March - April

Artist Reception

Wednesday, March 4

4:30 - 6 p.m.

CLASSES

Registration and Refund Policies

- Participants must register prior to the start of classes, trips, or special events; payment is due when registering. Please advise staff if you require any reasonable, special accommodations for trips, events, or classes regarding dietary or other special needs.
- Classes, trips and special events have minimum and maximum numbers for enrollment; please register early to avoid the disappointment of a cancelled activity.
- If you must cancel, refunds will be issued ONLY if the registration fills and a replacement can be found.
- All refunds will be issued after the activity is completed; a \$5 processing fee will be charged. Refunds may take several weeks.

Fitness Class Levels

Level 1 - Classes are designed for those with limited physical fitness ability. They are slower paced, and may be done while seated.

Level 2 - Classes are designed for those with moderate physical fitness ability. They include some aerobic activity and participants must have good balance.

Level 3 - Classes are designed for those with strong physical fitness ability. They include aerobic activity and are fast paced. Classes including floor work will be noted.



Gentle Tai Chi

Fridays, January 16 - February 27

Chair Stretching

Mondays, January 12 - February 23 (6 classes)

9:45 - 10:45 am

Fee: \$33 / NM: \$53

Mondays, March 9 - April 20 (7 classes)

9:45 - 10:45 a.m.

Fee: \$39 / NM: \$59

This upbeat class is perfect for anyone who desires a great stretching routine in a fun and supportive environment. Explore how the wisdom of the body is the support to structural changes from the inside-out. Instructor Kris Larsen is a Certified Movement Analyst. No class on 1/19.

** Level 1*



Tuesday Yoga

Tuesdays, January 13 - February 24 (7 classes)

10:30 - 11:30 a.m.

Fee: \$39 / NM: \$59

Tuesdays, March 10 - April 21 (7 classes)

10:30 - 11:30 a.m.

Fee: \$39 / NM: \$59

Taught by certified Yoga instructor Susan Smolin this class explores gentle movements to increase flexibility, strength, and well-being. Students are led through stretches, yoga postures, breathing practices, and then guided into deep relaxation.

** Level 1 / 2*

Total Body Fit

Tuesdays, January 13 - February 24 (7 classes)

1:30 - 2:30 p.m.

Fee: \$39 / NM: \$59

Tuesdays, March 10 - April 21 (7 classes)

1:30 - 2:30 p.m.

Fee: \$39 / NM: \$59

Carol King returns to teach this new class targeted to increase strength, flexibility and balance. This full body workout includes low impact standing cardio, muscle strengthening exercises using light weights and resistance tubing, plus standing exercises to improve stability.

** Level 2*

Low Impact Dance Aerobics

Wednesdays, January 14 - February 25 (7 classes)

9:45 - 10:45 a.m.

Fee: \$39 / NM: \$59

Wednesdays, March 11 - April 22 (7 classes)

9:45 - 10:45 a.m.

Fee: \$39 / NM: \$59

You will love exercising to music with instructor Kris Larsen. This fabulous low impact aerobics class is designed to get you moving and will improve body strength, muscle tone, and may enhance the efficiency of your heart and lungs. Working with choreographic structures also assists in memory enhancement as well as increasing self-esteem.

** Level 2*

Thursday Sit & Be Fit - Chair Exercise

Thursdays, January 15 - February 26 (7 classes)

1:30 - 2:30 p.m. Fee: \$39 / NM: \$59

Thursdays, March 12 - April 23 (7 classes)

1:30 - 2:30 p.m. Fee: \$39 / NM: \$59

Join Carol King for a fun workout you will do while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music. The class utilizes light weights and resistance tubes to build strength and tone muscle.

* Level 1

Friday Yoga

Fridays, January 16 - February 27 (7 classes)

10:30 - 11:30 a.m. Fee: \$39 / NM: \$59

Fridays, March 13 - April 24 (7 classes)

10:30 - 11:30 a.m. Fee: \$39 / NM: \$59

Taught by certified Yoga instructor Joy Luster, this class explores gentle movements to increase flexibility, strength, and well-being. Students are led through stretches, yoga postures and breathing practices, then guided into deep relaxation.

* Level 1 / 2

Gentle Tai Chi

Fridays, January 16 - February 27 (7 classes)

1:30 - 2:30 p.m. Fee: \$39 / NM: \$59

Fridays, March 13 - April 24 (6 classes)

1:30 - 2:30 p.m. Fee: \$33 / NM: \$53

Tai Chi is easy and enjoyable to learn, bringing with it many health benefits safely and quickly. Based on Sun style Tai Chi, the fundamentals include a set of 12 movements, warm-up, wind-down, and Qi Gong breathing exercises. Taught by certified instructor Gordon Lock, this course will improve muscular strength, flexibility and overall fitness. No class 4/3.

* Level 2

Senior Adult Travel Golf League

Wednesday Mornings, May - September

Tee Off between 7 - 9 a.m. Fee: \$40 / NM: \$60

Returning registration begins: March 10

Resident registration begins: March 17

Open registration begins: March 24

This innovative 9-hole, coed travel golf league rotates weekly between Sunset Valley Golf Course, Highland Park Country Club, Sportsman Country Club, and Deerfield Golf Club. Greens/cart fees are additional, and are payable weekly at each course.

Conversational Spanish: Beyond the Basics

Fridays, January 16 - February 20 (6 classes)

- Advanced: 10 - 11 a.m. Fee: \$33 / NM: \$53

- Continuing: 11 a.m. - 12 noon Fee: \$33 / NM: \$53

Fridays, March 13 - April 24 (6 classes)

- Advanced: 10 - 11 a.m. Fee: \$33 / NM: \$53

- Continuing: 11 a.m. - 12 noon Fee: \$33 / NM: \$53

Hola Amigos! Certified Spanish teacher, Leslie Fenster, teaches students the fundamentals of Spanish, including everyday vocabulary, pronunciation, and grammar. Class will focus on speaking, listening and vocabulary, and is taught in a fun and supportive environment. No class on 4/3.

Continuing Bridge: Conventions

Tuesdays, January 13 - February 24 (7 classes)

10 a.m. - 12 p.m. Fee: \$56 / NM: \$76

Tuesdays, March 10 - April 21 (7 classes)

10 a.m. - 12 p.m. Fee: \$56 / NM: \$76

Elaine Morrison continues the ACBL bridge series with review of the play of the hand, bidding, and defense strategies. Using the ACBL **Commonly Used Conventions** as a reference, students will also be introduced to the play of modern conventions. Previous experience and basic knowledge of bidding and play of the hand is required.

Advanced Bridge Lessons

Thursdays, January 15 - February 26 (7 classes)

10:00 a.m. - 12 noon Fee: \$56 / NM: \$76

Thursdays, March 12 - April 23 (7 classes)

10:00 a.m. - 12 noon Fee: \$56 / NM: \$76

This class is designed to give advanced players the opportunity to improve their game in the areas of bidding, playing and defending. Each lesson will begin with a mini-lecture, followed by play of pre-set hands related to the presented topic. Come with a partner or as an individual, everyone is welcome. This is a great opportunity to increase your bridge skills.

Beginning Canasta Lessons

Fridays, March 20 - April 24 (5 classes)

1 - 3 p.m. Fee: \$40 / NM: \$60

Canasta lessons return to the Highland Park Senior Center by popular request. Canasta is a fun and exciting card game which has recently had a resurgence of popularity! Instructor Dotty Guthmann teaches canasta in a learn-as-you-play game, supplemented by lesson handouts. No class 4/3.

CLASSES

Life Rhythms: Wellness through Music

Thursdays, January 15 - February 19 (6 classes)

10:30 - 11:30 a.m. Fee: \$36 / NM: \$56

Life Rhythms aims to facilitate health and wellness through the power of rhythmic music. Designed for participants to express their creative spirit, reduce stress, improve brain activity, and synchronize a healthy and beneficial life rhythm, drumming circles provide an uplifting environment where self-expression, movement, socialization and team building are encouraged. Facilitator Noah Plotkin provides a variety of instruments including drums and percussions, which allows participants to shake up the fun!

Watercolor Workshop

Tuesdays, January 13 - February 24 (7 classes)

1 - 3 p.m. Fee: \$56 / NM: \$76

Tuesdays, March 10 - April 21 (7 classes)

1 - 3 p.m. Fee: \$56 / NM: \$76

Watercolor is a versatile painting medium that allows the artist a fluid range of expression. Bari Fleischer will teach watercolor basics: supplies, preparing the paper, creating value studies, painting washes, painting on wet and dry paper, mixing colors and more.

Drawing & Painting

Wednesdays, January 14 - February 25 (7 classes)

9:30 - 11:30 a.m. Fee: \$56 / NM: \$79

Wednesdays, March 11 - April 22 (7 classes)

9:30 - 11:30 a.m. Fee: \$56 / NM: \$79

Designed for both **beginning** and **intermediate** artists, each class begins with a mini-lesson designed to teach students a specific art skill. Following, participants will receive individualized instruction to help them learn new techniques and improve their work. This opportunity allows artists to work independently, while also receiving professional instruction and guidance.

Advanced Painting Studio

Thursdays, January 15 - February 26 (7 classes)

1 - 3 p.m. Fee: \$56 / NM: \$76

Thursdays, March 12 - April 23 (7 classes)

1 - 3 p.m. Fee: \$56 / NM: \$76

Instructor and professional artist Larry Lubeck guides experienced students toward improving their drawing and painting skills. While students work individually on their personal paintings, Larry offers support in developing use of color, composition, perspective, and more.

Technology Classes

Computer Training & Support Services was founded in 1990 by Bill Marks, and has paved a road for students to learn technology skills. Their qualified instructors are patient and provide handouts for reference.



Introduction to iPad (I)

Wednesdays, March 4 - 25 (4 classes)

10 a.m. - 12 noon

Fee: \$80 / NM: \$100

The Apple iPad is the hottest senior friendly electronic gadget on the market. In this hands-on class, instructor Bill Marks provides students with an overview of iPad fundamentals. Class will be taught at a slow pace, with plenty of time for review. iPad topics will include basic use and functions, internet exploration, and e-mail operation. The final class will allow time for review as well as an extensive question and answer period.

Introduction to iPad (II)

Wednesdays, April 8 - 29 (4 classes)

10 a.m. - 12 noon

Fee: \$80 / NM: \$100

This iPad session picks up where the previous classes left off, and covers standard apps, downloadable apps, camera, photos, and videos, as well as an introduction to social media.

Rules of the Road

Thursday, March 12

9:30 - 11:30 a.m.

Free

The *Rules of the Road* review course gives drivers the knowledge and confidence needed to renew or obtain a driver's license. Taught by an Illinois Secretary of State instructor, advanced registration is required.

AARP Smart Driving Course

Thursday & Friday, June 4 & 5

9 a.m. - 1 p.m.

Fee: \$20 / AARP members: \$15

Held at the Highland Park Fire Station #33

Instructor Earl Nicholas helps students sharpen driving skills and develop strategies for adjusting to age-related changes, during this two day class. Pre-registration with payment by check is required; please make checks payable to: AARP.

ACTIVITIES - FREE FOR MEMBERS / NM: \$10

Table Tennis (Ping Pong)

A ping pong table for use by members is available in the Lake Michigan Room. A list of interested players is available so you can meet new players to schedule play time. Table time must be reserved in advance.

Free Blood Pressure Screening

The first Monday of each month

Police Station: 10 - 10:30 a.m.

Provided by Traycee Home Care Services

Duplicate Bridge

Mondays, 12:30 - 3:30 p.m.

This duplicate bridge game allows experienced players the opportunity to play with their partner in a casual and beautiful environment.

- All players must have a partner.
- Game begins promptly at 12:30 p.m.
- Players must be available through 3:30 p.m.
- Bidding boxes are used.
- New players must register in advance, and will receive a game orientation prior to playing.

Open Art Studio

Mondays, 1:30 - 3:30 p.m. or by appointment when the studio is not in use

Open studio time provides artists with a designated time to work side-by-side. Please bring your own supplies. Participants must be currently enrolled in a Senior Center art class.

Knitwits

Tuesdays, 9:30 - 11:30 a.m.

Share good conversation and great company while knitting items for local charities. Participants work on hats, scarves, mittens, blankets, and other interesting items, and often share new techniques.

Senior TV Production Team

Tuesdays, 12:30 - 3:30 p.m.

HP Public Access Center, 1677 Old Deerfield Road
Have fun creating and working on cable TV shows at the new studio. Some of the exciting positions available include camera, sound, directing, and TV host.

Drop-In Poker

Wednesdays, 12:30 - 3 p.m. Daily Fee: \$2 / NM: \$4
Championship Poker is designed to add a competitive edge to this friendly game of poker. Players will receive chips each week, and the top chip winner will receive a gift card to a local business.

Yiddish Conversation & Culture

Wednesdays, 1:30 - 2:30 p.m.

Join facilitators Ludmilla Coven and Bernie Hammer for a fun and lively Yiddish group. Learn basic Yiddish phrases, sing songs and watch movies in Yiddish.

"For Men Only" Discussion Group

First Thursday each month, 10 - 11:30 a.m.

Whether the topic is sports, politics, health issues, the best restaurants around, or whatever is making the headlines, find a chair and join this men's group at the Center. Facilitator: Dr. Albert Miller

Mah Jongg

Thursdays, 1 - 3 p.m.

This Mah Jongg game is designed to give players an opportunity to meet and play with others. Participants must be willing to play with all other players and rotate when appropriate. Please bring a current card.

News & Views Current Events

Fridays, 10 - 11:30 a.m.

Irving Drobny facilitates an intellectual discussion on worldwide current events. Share thoughts and opinions with a wonderful group.

Open Canasta

Fridays, 12:30 - 3 p.m.

Experienced canasta players gather each Friday for drop-in canasta in a friendly and inclusive game. Participants must be willing to play with all other players and rotate when appropriate.

Laurel Larks Singing Group

Peers Building - 400 Central Avenue

Fridays, February 6 - May 29

1:30 - 3 p.m.

Free, for members only

Under the direction of John Kula, and accompanied by Dave Massello, this lively group of singers rehearse popular and upbeat songs to prepare for spring performances held at local senior living facilities. Join other members who love singing and bringing joy to others! No experience necessary; just a love for music and a love for fun! *No rehearsal 4/3.*

*Sponsored by First Bank
of Highland Park*



~ Social Services ~

Social Services Coordinator, Jennifer Aiello, LPC, is available to help individuals and families as they navigate through life's transitions. In order to help maintain or improve one's quality of life and well being, social services include support groups, individual and family counseling, and information and referrals including:

- Information and referrals for caregiving agencies, alternative living facilities, transportation options, medical alert systems, and mobile meal 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 or to schedule an appointment, call Jennifer at (847) 926-1865.

Grief Group

Thursdays, March 19 – April 23 (6 weeks)

1:30 - 3 p.m.

Free

Please register by March 16.

For those who are experiencing grief due to the death of a loved one within the past year, this 6-week interactive group will address the process of mourning, provide coping skills, and offer the support of others facing a similar loss. Facilitated by Jennifer Aiello, LPC, each participant must attend the initial meeting in order to participate.

Widow/Widower's Continuing Support

Second & Fourth Tuesday of each month

1:30 - 3 p.m.

Free

The loss of a spouse creates many changes and challenges. This group provides continued emotional and social support to its participants in a safe and compassionate environment. Under the leadership of Jennifer Aiello, LPC, participants discuss thoughts and ideas about moving forward.

Home Alone Telephone Reassurance

Would you like the comfort of knowing that someone will make a daily (Monday-Friday) telephone call to check-in? Participants will be called each morning, and if there is no answer, procedures will be put into action to check on the condition of the participant and to assess further need. To receive a daily reassurance call, or to volunteer to be a reassurance caller, please call Jennifer at (847) 926-1865.

Well-Being Checks for Seniors

With the cold, wintery months approaching, consider having someone check in with you in cases of severe snow storms or when temperatures plummet. The Highland Park Police Department is offering a courtesy service of well-being checks to seniors during periods of extreme weather and temperatures. Volunteer members of the Community Emergency Response Team (CERT) and Police Department personnel will periodically perform the check-ins personally or by phone, depending on the weather conditions. For anyone interested in the program, please contact Detective Eric Hernandez at (847) 926-1123.

Care & Concern

As Senior Center members experience illness, loss or transitions in life, sometimes a note of support or a caring phone call can bring great comfort. Please contact Jennifer if you are aware of a member who might appreciate a kind gesture.

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 new Medicare Prescription Drug Plan.

Medical Equipment Lending Closet

Monday - Friday, 9 a.m. - 4 p.m.

Senior Center members and Highland Park residents may borrow equipment including wheelchairs, walkers, and bath benches, at no charge, for an unlimited amount of time. A liability waiver must be signed by the individual who will be using the equipment.

January 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 29	December 30	December 31	1	2
CLOSED Winter Holiday	CLOSED Winter Holiday	CLOSED Winter Holiday 11:45 New Years Lunch Ruth's Chris Steak House Please register by 12/22	CLOSED Winter Holiday	CLOSED Winter Holiday
5	6	7	8	9
10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits	12:30 Poker 1:30 Yiddish	10:00 Men's Only Group 1:00 Open Mah Jongg	10:00 News & Views 12:30 Open Canasta
12	13	14	15	16
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:00 Water Color Class 1:30 Total Body Fit 1:30 Widow's Group	9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:30 Humanities Series 12:30 Poker 1:30 Yiddish 4:30 Artist Reception	10:00 Advanced Bridge 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:30 Open Canasta 1:30 Tai Chi
19	20	21	22	23
CLOSED Martin Luther King Jr. Day	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:00 Water Color Class 1:30 Total body Fit	9:30 Drawing & Painting 9:45 Low Impact Aerobics 12:30 Poker 1:30 Yiddish	10:00 Advanced Bridge 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:00 Mix and Mingle 11:00 Spanish Class 12:30 Open Canasta 1:30 Tai Chi
26	27	28	29	30
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:00 Investment Club 1:00 Water Color Class 1:30 Total Body Fit 1:30 Widow's Group	9:30 Drawing & Painting 9:45 Low Impact Aerobics 12:30 Poker 1:30 Yiddish	10:00 Advanced Bridge 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:30 Open Canasta 1:30 Tai Chi

February 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>3</div> 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:00 Water Color Class 1:30 Total Body Fit	<div>4</div> 9:30 Drawing & Painting 9:45 Low Impact Aerobics 12:30 Poker 1:30 Yiddish	<div>5</div> 10:00 Advanced Bridge 10:00 Men's Only Group 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Live on the Links	<div>6</div> 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:30 Open Canasta 1:30 Laurel Larks 1:30 Tai Chi
<div>9</div> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>10</div> 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:00 Water Color Class 1:30 Total Body Fit 1:30 Widow's Group	<div>11</div> 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	<div>12</div> 10:00 Advanced Bridge 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	<div>13</div> 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Mix and Mingle 12:30 Open Canasta 1:30 Laurel Larks 1:30 Tai Chi Film Series - HP Library Sun. Feb. 15 @ 2pm
<div>16</div> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>17</div> 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:00 Water Color Class 1:30 Total Body Fit	<div>18</div> 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	<div>19</div> 10:00 Advanced Bridge 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	<div>20</div> 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:30 Open Canasta 1:00 Barry Bradford 1:30 Laurel Larks 1:30 Tai Chi
<div>23</div> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>24</div> 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:00 Water Color Class 1:00 Investment Club 1:30 Total Body Fit 1:30 Widow's Group	<div>25</div> 9:30 Drawing & Painting 9:45 Low Impact Aerobics 12:30 Poker 1:30 Yiddish	<div>26</div> 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	<div>27</div> 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:30 Laurel Larks 1:30 Tai Chi

March 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>3</div> 9:30 Knitwits	<div>4</div> 10:00 iPad Class 12:30 Poker 1:30 Yiddish 4:30 Artist Reception	<div>5</div> 10:00 Men's Only Group 1:00 Open Mah Jongg	<div>6</div> 10:00 News & Views 12:30 Open Canasta 1:30 Laurel Larks Film Series - HP Library Sun. March 8 th @ 2pm
<div>9</div> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>10</div> 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:00 Water Color Class 1:30 Widow's Group 1:30 Total Body Fit	<div>11</div> 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 iPad Class 12:30 Poker 1:30 Yiddish	<div>12</div> 9:30 Rules of the Road 10:00 Advanced Bridge 11:00 Trip: West Side Story 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	<div>13</div> 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:30 Open Canasta 1:00 Barry Bradford 1:30 Laurel Larks 1:30 Tai Chi
<div>16</div> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>17</div> 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:00 St. Patricks Day Luncheon 1:00 Water Color Class 1:30 Total Body Fit	<div>18</div> 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 iPad Class 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	<div>19</div> 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group 1:30 Live on the Links	<div>20</div> 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Lunch and Concert 12:30 Open Canasta 1:00 Beginning Canasta 1:30 Tai Chi 1:30 Laurel Larks
<div>23</div> 9:45 Chair Stretching 12:30 Duplicate Bridge 1:30 Open Art Studio	<div>24</div> 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:00 Water Color Class 1:00 Investment Club 1:30 Widow's Group 1:30 Total Body Fit	<div>25</div> 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 iPad Class 12:30 Poker 1:30 Yiddish	<div>26</div> 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group	<div>27</div> 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Mix and Mingle 12:30 Open Canasta 1:00 Beginning Canasta 1:30 Tai Chi 1:30 Laurel Larks
<div>30</div> 9:45 Chair Stretching 12:30 Duplicate Bridge 1:30 Open Art Studio	<div>31</div> 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:00 Water Color Class 1:30 Total Body Fit			

April 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 Drawing & Painting 9:45 Low Impact Aerobics 12:30 Poker 1:30 Yiddish	2 10:00 Men's Only Group 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group	3 10:00 News & Views 10:30 Yoga 12:30 Open Canasta
6 9:45 Chair Stretching 12:30 Duplicate Bridge 1:30 Open Art Studio	7 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:00 Water Color Class 1:30 Total Body Fit	8 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 iPad Class 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	9 10:00 Advanced Bridge 12:00 Passover Seder 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group	10 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:30 Open Canasta 1:00 Beginning Canasta 1:00 Barry Bradford 1:30 Laurel Larks 1:30 Tai Chi Film Series – 4/12 @ 2pm
13 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	14 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:00 Water Color Class 1:30 Total Body Fit 1:30 Widow's Group	15 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 iPad Class 12:30 Poker 1:30 Yiddish	16 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group 1:30 Live on the Links	17 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:30 Open Canasta 1:00 Beginning Canasta 1:30 Laurel Larks 1:30 Tai Chi
20 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	21 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:00 Water Color Class 1:30 Total Body Fit	22 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 iPad Class 12:30 Poker 1:30 Yiddish	23 9:00 Trip: Ethnic Chicago 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group 5:00 Mix and Mingle	24 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:30 Open Canasta 1:00 Beginning Canasta 1:30 Laurel Larks 1:30 Tai Chi
27 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	28 9:30 Knitwits 1:00 Investment Club 1:30 Widow's Group	29 10:00 iPad Class 12:30 Poker 1:30 Yiddish	30 1:00 Open Mah Jongg	Senior Citizen Prom Highland Park High School Saturday, April 25 th @ 5 pm Film Series - HP Library Sun. May 3 rd @ 2pm

Welcome New Members

Kari Lee Amundson
Victor & Joanne Ancer
Wayne & Susan Benjamin
Charles & Vickie Block
Susan Cohn
Anna Lee Cooper
Ethel Davidson
Thomas Dolan
Melinda Edelcup
Richard Eichner
Seymour & Judith Fleischman
Valentina Feoktistova
Howard Gerber
Edna Gingold
Edith Gross
Penelope Jackson
Seymour Jacobs
Colleen Jenn
Sandra Kahn
Stanley Kapuler
Paulette Krelman
Daniel & Kamla Koch
Henry Kopka
Virginia Lemme
Esther Levine
Carl & Judith Levy
Angel Martinez
Robin & Anne Matell
Doris Mayer
Shirley Merar
Edwin Miller
Gerald & Jean Pollack
Nicholas Prokos
Michael Rabin
Mary Ray
Lucy Righi
Diane Roodman
Tammie Roth
Eleanor Silverman
Mya Solow
Eric & Jill Spitzer
Jeffrey & Yolanda Stein
Sara Stults
Jim & Mary Swanson
Regina Swoope
Shirley Tross
Frank & Margaret Vena
Shirley Watstein
Joan Weintraub

Donations

In Honor of Marilyn Adler's Birthday

From: Leonard Adler

Best Wishes for a Speedy Recovery to Zoe Wolf

From: Maxine Levin

In Memory of Seymour Greene

From: Dr. Sandra Lewis

In Memory of Teri Lindsey

From: Leonard & Marilyn Adler

In Memory of Miriam Wien

From: The HPSC Poker Group

In Memory of Mary Levitan

From: Lou Frey

In Memory of Arthur Frohman's Birthday

From: Leonard & Marilyn Adler

In honor of Services for Seniors

From: Leon Bernstein
Melinda Edelcup
Iris Morgan
Linda Wallace
Betty Warady

Tree of Honor Donation

Platinum Leaf Donation

In honor of Services for Seniors

From: Celeste Chamberlin &
John Chamberlin

A Leaf on the Tree of Honor...

Honor a person or occasion, or remember a dear one, by purchasing a leaf on the Tree of Honor. Donated in honor of Joan Weinberg's 70th Birthday, the tree's branches hold leaves which may be engraved according to the following donation amounts:

Gold Leaf: \$200 - \$499

Platinum Leaf: \$500 +

Your generous tax-deductible donations provide a lasting memory as well as support for Senior Center activities, facilities, and scholarships.



CITY OF HIGHLAND PARK

54 LAUREL AVENUE,
HIGHLAND PARK, IL. 60035
(847) 432-4110
WWW.CITYHPIL.COM

MAYOR:
NANCY R. ROTERING

CITY COUNCIL:
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PAUL FRANK
DANIEL A. KAUFMAN
ALYSSA KNOBEL
KIM STONE
MICHELLE L. HOLLEMAN

CITY MANAGER:
GHIDA NEUKIRCH

**PRESORTED STANDARD
U.S. POSTAGE PAID
HIGHLAND PARK,
ILLINOIS
PERMIT NO. 97**

Senior Center Staff

Don Miner,
Manager of Youth and Senior Services

Susan Mosky,
Records Administrator

Laura Frey, CPRP,
Program Coordinator

Jennifer Aiello, M.S., LPC,
Social Services Coordinator

Center Parking Guidelines

General Parking: General parking is available in the Central Avenue Parking Lot, located on the north side of Central Avenue and Lake Street. Highland Park City Sticker or Senior Center Parking Permit is required. Shuttle service from the lot is available.

Handicapped Parking: Handicapped parking is available on Laurel Avenue, from the Senior Center driveway west to Lake Avenue. A state-issued handicapped placard as well as an "SR Permit" is required.

Driveway Parking: Parking in the Senior Center driveway is reserved for those individuals who are severely disabled and for guest speakers. Parking permits are issued by Center staff.

New: Late Registration Fee

Because extensive planning and detail are involved in each Senior Center trip, class and special activity, it is appreciated when participants register at their earliest opportunity. Regular registration fees will apply on or before the *early registration deadline*. For trips and special activities, the deadline date will be identified in the newsletter copy; for classes, the deadline date will be three days prior to the start of the class.

When possible, late registration will be accepted, however a late fee of \$5 will be charged to help defray extra costs necessary to effect the late registration.

Your cooperation and understanding of this new policy is greatly appreciated, and will help the Center run more smoothly and efficiently.