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
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!

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!

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.

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.
### 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, tzimmis, 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*
**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  

**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.

**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.

**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.

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*Sponsored by Aperion Care*
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.

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
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.

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.

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.
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 “rediscovers 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!
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

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 Shaffner
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.

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
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.

Chair Stretching
Mondays, January 12 - February 23 (6 classes)
9:45 - 10:45 a.m. 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

Gentle Tai Chi
Fridays, January 16 - February 27
### 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*

### 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.
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.

Technological Classes

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.
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 play-
ners the opportunity to play with their partner in a ca-
sual 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 interest-
ing 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 avail-
able 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 competi-
tive 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. Par-
ticipants 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 perfor-
manences 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.
Free

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

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# March 2015

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| 9:45    | Chair Stretching | 9:30   | Knitwits | 9:00    |
| 10:30   | Monday Speaker | 10:00  | Continuing Bridge | 10:00 News & Views |
| 12:30   | Duplicate Bridge | 10:30  | Yoga | 10:30 Spanish Class |
| 1:30    | Open Art Studio | 1:00   | Water Color Class | 11:00 Yoga |
| 1:30    | Monday Movie | 1:30   | Widow’s Group | 12:00 Spanish Class |
|         |           | 1:30   | Total Body Fit | 12:30 Open Canasta |

| 9       | 10      | 11      | 12      | 13      |
| 9:45    | Chair Stretching | 9:30   | Drawing & Painting | 10:00 News & Views |
| 10:30   | Monday Speaker | 10:00  | Low Impact Aerobics | 10:00 Spanish Class |
| 12:30   | Duplicate Bridge | 10:00  | iPad Class | 10:00 Yoga |
| 1:30    | Open Art Studio | 12:30  | Poker | 11:00 Spanish Class |
| 1:30    | Monday Movie | 1:30   | Yiddish | 12:00 Lunch and Concert |
|         |           | 1:30   | Sit and Be Fit | 12:30 Open Canasta |
|         |           | 1:30   | Grief Group | 1:00 Beginning Canasta |
|         |           | 1:30   | Live on the Links | 1:30 Tai Chi |

| 16      | 17      | 18      | 19      | 20      |
| 9:45    | Chair Stretching | 9:30   | Drawing & Painting | 10:00 News & Views |
| 10:30   | Monday Speaker | 9:45   | Low Impact Aerobics | 10:00 Spanish Class |
| 12:30   | Duplicate Bridge | 10:00  | iPad Class | 10:00 Yoga |
| 1:30    | Open Art Studio | 10:30  | Humanities Series | 11:00 Spanish Class |
|         | Monday Movie | 12:30  | Trip: West Side Story | 12:00 Lunch and Concert |
|         |           | 1:30   | Advanced Bridge | 12:30 Open Canasta |
|         |           | 1:30   | Advanced Painting | 1:00 Beginning Canasta |
|         |           | 1:30   | Sit and Be Fit | 1:30 Tai Chi |
|         |           | 1:30   | Grief Group | 1:30 Laurel Larks |

| 23      | 24      | 25      | 26      | 27      |
| 9:45    | Chair Stretching | 9:30   | Drawing & Painting | 10:00 News & Views |
| 12:30   | Duplicate Bridge | 9:45   | Low Impact Aerobics | 10:00 Spanish Class |
| 1:30    | Open Art Studio | 10:00  | iPad Class | 10:00 Yoga |
|         | Monday Movie | 10:30  | Poker | 11:00 Spanish Class |
|         |           | 12:30  | Yiddish | 12:00 Mix and Mingle |
|         |           | 1:30   | Sit and Be Fit | 12:30 Open Canasta |
|         |           | 1:30   | Grief Group | 1:00 Beginning Canasta |
|         |           | 1:30   | Live on the Links | 1:30 Tai Chi |
|         |           | 1:30   | Laurel Larks | 1:30 Laurel Larks |

| 30      | 31      |
| 9:45    | Chair Stretching | 9:30   | Knitwits |
| 12:30   | Duplicate Bridge | 10:00  | Continuing Bridge |
| 1:30    | Open Art Studio | 10:30  | Yoga |
|         | Monday Movie | 1:00   | Water Color Class |
|         |           | 1:30   | Total Body Fit |
# April 2015

<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>9:45 Chair Stretching</td>
<td>9:30 Knitwits</td>
<td>9:30 Drawing &amp; Painting</td>
<td>10:00 Men’s Only Group</td>
<td>10:00 News &amp; Views</td>
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<td>12:30 Duplicate Bridge</td>
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<td>1:00 Water Color Class</td>
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<td>10:30 Monday Speaker</td>
<td>10:00 Continuing Bridge</td>
<td>9:45 Low Impact Aerobics</td>
<td>12:00 Passover Seder</td>
<td>10:00 Spanish Class</td>
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<tr>
<td>9:45 Chair Stretching</td>
<td>9:30 Knitwits</td>
<td>9:30 Drawing &amp; Painting</td>
<td>9:00 Trip: Ethnic Chicago</td>
<td>10:00 News &amp; Views</td>
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<tr>
<td>10:30 Monday Speaker</td>
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<td>10:30 Monday Speaker</td>
<td>9:30 Knitwits</td>
<td>10:00 iPad Class</td>
<td>Senior Citizen Prom</td>
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<td>12:30 Duplicate Bridge</td>
<td>1:00 Investment Club</td>
<td>12:30 Poker</td>
<td>Highland Park High School</td>
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<tr>
<td>1:30 Open Art Studio</td>
<td>1:30 Widow’s Group</td>
<td>1:30 Yiddish</td>
<td>Saturday, April 25th @ 5 pm</td>
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<td>1:30 Monday Movie</td>
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<td>Film Series - HP Library</td>
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<td>Sun. May 3rd @ 2pm</td>
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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.
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.

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

City of Highland Park
54 Laurel Avenue,
Highland Park, IL. 60035
(847) 432-4110
WWW.CITYHPIL.COM

Mayor:
Nancy R. Rotering

City Council:
Anthony E. Blumberg
Paul Frank
Daniel A. Kaufman
Alyssa Knobel
Kim Stone
Michelle L. Holleman

City Manager:
Ghida Neukirch

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.