Back Yard Bashes
Music, Food, and Fun
Highland Park Senior Center
Fridays, 12 - 2 p.m.
Fee: $10 / NM: $20
Sponsored by Freedom Home Care

The Senior Center back yard provides some of the best views in Highland Park. Overlooking beautiful Lake Michigan, it is the perfect spot to enjoy a fun-filled afternoon. Sit back and listen to live entertainment, enjoy a meal catered by a popular local restaurant, and play some games including bocce, baggo, horseshoes, and board games such as chess, backgammon, and rummikub. Picnic tables will be available, but please feel free to bring your favorite folding chair. Early registration deadline: 1 (one) week in advance.

May 8       Moccio’s Gourmet Pizza
June 26     Real Urban BBQ
July 17     La Casa de Isaac y Moshe
August 7    Sunset Summer Salads

Brunch and Learn
Nature Workshops
Heller Nature Center
Fridays, 10 - 11:45 a.m.
Fee: $10 / NM: $20
Sponsored by Traycee Home Care

This exciting series features a casual brunch, followed by unique and interesting nature programs led by area naturalists and other expert educators. Early registration deadline: 1 (one) week in advance.

May 15      Wildflower Walk
Discover the magic of woodland wildflowers in spring! A brief indoor photo presentation will be followed by an optional walk along Heller Nature Center’s forested trails to look for these special flowers that only appear for a few weeks each spring.

June 19     Owls
Meet Linda Breuer of Barnswallow and her owls! Barnswallow is a wildlife rehabilitation center that cares for non-releasable captive birds of prey. Linda will bring some of her amazing owls to talk about their special characteristics and give everyone an up close look at birds that are rare to see in the wild.
Mix and Mingle

These wonderful luncheons, dinners, and events, provide you with the opportunity to meet new people and explore many of the North Shore’s greatest ethnic restaurants.

Please register at (847) 432-4110.

Sponsored by Brightstar Care

Mexico: Cinco de Mayo Fiesta
La Casa de Isaac y Moshe - Highland Park
Tuesday, May 5
11:30 a.m. - 1 p.m.
Fee: $20 / NM: $30
Early registration deadline: May 1

Cinco de Mayo commemorates the Mexican army’s 1862 victory over France at the Battle of Puebla. Celebrate the rich traditions of Mexico at La Casa de Isaac y Moshe with an authentic Mexican lunch and entertainment. Lunch includes: chips, salsa and guacamole, entree served with Spanish rice, refried beans, and lettuce, Mexican pastel de tres leches for dessert, and coffee, tea or soda. When registering, please indicate your choice of enchilada combo plate (one chicken and one cheese), grilled tilapia with mango salsa, or grilled skirt steak.

USA: All American Dinner
Beelow’s NorthShore - Highland Park
Thursday, July 2
5 - 7 p.m.
Fee: $25 / NM: $35
Early registration deadline: June 19

Enjoy an upscale dinner at Highland Park’s new-est restaurant. Beelow’s Steakhouse is proud to feature locally raised cuts of beef and pork, fresh seafood and locally sourced produce, in a fun and lively atmosphere. From the moment you arrive, their experienced personnel will guide you through the Beelow’s experience and treat you like family. Each participant will select their meal choices from a limited menu presented that evening.

Gardens Tour, Dinner & Concert
Chicago Botanic Gardens - Glencoe
Tuesday, June 9
4 - 8 p.m.
Fee: $45 / NM: $55
Early registration deadline: May 22

4 p.m. Grand Tram Tour Get carried away on this 2.3-mile narrated tour! Learn the history and science of the Garden while viewing highlights.

5 p.m. Dinner Buffet features a family style presentation of corn muffins, Caesar salad, grilled salmon, fried chicken, Mediterranean toasted farro salad, with lemon bars and cookies for dessert.

6 p.m. Concert The Redmonds will perform as an acoustic duo, featuring impeccable harmonies and a full band with some of the best musicians in the region.

Ravinia Dinner and Concert
Ravinia Festival - Highland Park
Wednesday, August 26
6 - 10 p.m.
Fee: $45 / NM: $55
Early registration deadline: August 10

6 p.m. Dinner at Mirabelle Ravinia’s famous Chef’s Table which offers a bounty of selections from the Midwest pairs perfectly with a night at Ravinia. Featuring guest chef menus with an endless variety of gourmet selections, you are sure to enjoy this delicious meal.

8 p.m. Concert The Piano Guys, as they are known collectively, have been taking the nation by storm, capturing audiences with their unusual takes on classical and pop tunes. Playing eclectic instruments in addition to the piano, their innovative music is sure to delight you.

Tickets and meal vouchers will be available for pick-up at the Ravinia Festival main gate between 5:30 - 6 p.m. the evening of the performance.
May 13  Archibald Motley: Jazz Age Modernist
 Twenty-first-century American artist Archibald J. Motley, Jr. (1891-1981) had an important impact on art history. While considered a major contributor to the Harlem Renaissance, Motley never lived in New York but rather played that role from Chicago – his home for most of his life. Amy Mooney, Associate Professor of Art History at Columbia College Chicago, will present an overview of Motley’s life and work. A special exhibit of Motley’s work is on display at the Chicago Cultural Center through August.

June 17  Saul Bellow Centennial
 To celebrate Nobel and Pulitzer award winning author Saul Bellow’s 100th birthday, Richard Reeder reads from his work and discusses the author. Reeder is the President of the Board of the Chicago Literary Hall of Fame.

July 15  Corruption in Illinois
 Public funds spent on jets and horses. Shoeboxes stuffed with embezzled cash. Ghost payrolls and incarcerated ex-governors. Illinois’ culture of “Where’s mine?” and the public apathy it engenders has made our state and local politics a disgrace. Authors Thomas J. Gradel and Dick Simpson will discuss their new book Corruption in Illinois and dispel the notion that corruption only occurs in the City of Chicago.

August 12  Music for Wartime
 Rebecca Makkai’s first two novels, The Borrower and The Hundred-Year House have establishd her as one of the freshest and most imaginative voices in fiction. Now, the acclaimed local area writer and Lake Forest College English lecturer presents her highly anticipated collection of short stories marked with her signature mix of intelligence, wit, and heart.

May 28  Maxwell Street Klezmer
 The klezmorim of Eastern Europe (Jewish folk musicians) drew upon both the lyrical, haunting melodies of cantors and the boisterous dances of the Russians, Rumanians, and Poles, to create a unique and evocative style of their own. This quartet from the Maxwell Street Klezmer Band includes piano, violin, clarinet and vocals and will feature Klezmer, Jewish, Yiddish, as well as American music composed by some of the most loved Jewish composers.

June 18  Music from the Silver Screen
 Join the Savoy Singers for a musical journey featuring music from the silver screen. Vocalist Randy Toelke and Diane Adamski, accompanied by Steve Burke on piano, will perform songs from Wizard of Oz, Easter Parade, Cabaret, All That Jazz, and more. Also included in their repertoire is a medley of music from Henry Mancini’s best films including Moon River, The Days of Wine and Roses, and Dear Heart.

July 30  Jazz Standards
 Elaine Dame, Chicago jazz singer, bandleader, recording artist and classical flautist has headlined the finest jazz venues in Chicago, the Midwest and the nation. Join Elaine, as part of this talented jazz trio for a fabulous set of popular Jazz standards. Come and enjoy some of Chicago’s hottest performers, right here in Highland Park.

August 13  Las Guitarras de Espana
 Las Guitarras de Espana presents a wonderfully exciting program of music and dance based on Spanish Guitar. The spectacular ensemble features Carlo Basile (guitarist), along with a vocalist and dancer. Music styles include Flamenco, Spanish Classical and Latin American.
Monday at the Movies

Highland Park Police Station
Mondays, 1:30 p.m.
Free for members / NM: $10
Sponsored by BrightStar Care

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.

Special Activities

Barry Bradford Presents:
History in the Movies
Real Life vs. Silver Screen

Highland Park Public Library
Fridays, 1 - 2:30 p.m.
Free for members / NM: $10
Sponsored by Gentle Home Services

The Highland Park Senior Center is thrilled to welcome back internationally recognized, award-winning public speaker and historian Barry Bradford! Barry presents this fascinating series entitled History in the Movies, and will examine a popular film based on history and then explain where the film is true and where it deviates from the facts. Combining history, popular culture, film clips, and a dramatic speaking style, these presentations are always in demand!

May 29    In Cold Blood
Truman Capote created the first “nonfiction novel” with a harrowing account of the murder in the heartland of America. After a botched robbery results in the brutal murder of a rural family, two drifters elude police, in the end coming to terms with the repercussions of their vile atrocity. Three different movies have attempted to tell the story of these killings. What is the true story behind these amazing accounts?

June 12    The Girl in the Red Velvet Swing
The setting: A swanky society gathering on the roof of Madison Square Garden. The players: A charming rogue who was America’s greatest architect, the drug addicted scion of one of America’s wealthiest families and his wife, a teenage chorus girl who was America’s first supermodel. In fact, it has been fictionalized in two movies: “Ragtime” and “The Girl In The Red Velvet Swing.” Come and be fascinated as spellbinding storyteller Barry Bradford unravels a mesmerizing story of murder and madness, sex and celebrity at the dawn of the twentieth century.

July 10    The Bridge on the River Kwai
The Bridge on the River Kwai is one of the most popular and critically acclaimed movies ever made. Yet when this brilliant WWII drama premiered, it was met with bitter protests by the very British soldiers it depicted. This fascinating multimedia presentation explores the true story behind the thrilling cinema classic.

Memorial Day Ice Cream Social
Silverado - Highland Park
Monday, May 25
2 - 3:30 p.m.
Fee: $5 / NM: $10
Early registration deadline: May 18
Sponsored by Silverado Communities - Highland Park

Take pleasure in this wonderful new tradition featuring an old fashioned ice cream social. The 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.
Special Activities

National Bike Month
Free Senior Events

In recognition of National Bike Month, the Senior Center is partnering with Trek Highland Park to offer a variety of cycle activities for seniors.

**Senior Cycling** hosted by Trek
Monday, May 4 from 10:30 - 11:30 a.m.
This presentation includes information on best cycling practices and bike safety, takes a look at the latest bicycle models that maintain balance and stress-free mounting, and includes a review of local trails for riders of all levels. Held at Police Department Training Room.

**Senior Bike Expo** hosted by Trek
Wednesday, May 6 from 10 - 11:30 a.m.
Register by: May 1
See, touch, and try some of the many innovative products in the cycling industry that are senior friendly, including 3-wheelers for better stability, easy mount bicycles for those with limited flexibility, and recumbent bikes providing back support. Exhibits include a variety of accessories to make your rides more safe and more comfortable. Held at Trek Highland Park - 1925 Skokie Valley Road

**Bicycle Repair Clinic** hosted by Trek
Tuesday, May 12 from 9 - 11 a.m.
Register by: May 7
Learn to handle simple bicycle breakdowns with confidence. This clinic will cover road side basics including: 1) changing and repairing a flat tire, 2) reengaging a dropped bicycle chain, and 3) creating a survival kit with basic items you should carry at all times to ensure your safety and keep you rolling. Held at Trek Highland Park - 1925 Skokie Valley Road

**Senior Ride**
Thursday, May 21 at 1 p.m.
Register by: May 15
Join other active adults ages 50 and up, on a scenic ride along a local, popular route. Trip 1, will be slower, and less distance, while Trip 2 will be at a faster pace, covering more distance.

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**IPRA Six County Senior Games 2015**

Location: Park Ridge and area communities  
Dates: July 8 – July 23  
Fee: $16 single day / $22 unlimited days  
Ages: 50 years and older  

**Sponsored by Humana, Comfort Keepers, and Brookdale Senior Living Solutions**

The IPRA Six County Senior Games provides an opportunity for older adults to compete with their peers in an atmosphere of friendship and support, and to receive recognition for their efforts and achievements. The event is open to seniors of all ability levels, and hosts more than 30 events including: golf, tennis, bowling, swimming, biking, track & field, bocce, volleyball, pickleball, and more. All participants will receive a 2015 Senior Games T-shirt, and medals will be awarded to the 1st, 2nd and 3rd place finishers in each age/gender category.

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**18-hole Golf Outing**
Highland Park Country Club  
Wednesday, July 22  
7:30 a.m. shotgun start  
Fee: $55 (plus the Senior Games entry fee)  

**Sponsored by Humana, Comfort Keepers, and Brookdale Senior Living Solutions**

This popular golf outing held at the Highland Park Country Club includes 18-holes of golf with cart, snacks and buffet lunch followed by an awards ceremony.

Please call (847) 432-4110 for registration information.

**Congratulations to HPHS student Rudy Orihuela, winner of the Six County Senior Games logo contest**
**Day Excursions**

**Registration and Refunds**

Participants must register prior to the start of classes, trips, or special events; payment is due when registering.

Regular registration fees will apply on or before the early registration deadline. For trips and special activities, deadline dates will be identified in the newsletter copy; for classes, deadline dates are 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.

Please advise staff if you require any reasonable, special accommodations regarding dietary or other special needs.

If you must cancel, refunds will be issued ONLY if registration fills and a replacement can be found.

Refunds (minus a $5 processing fee) will be processed after the activity is completed, and may take several weeks.

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**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: May 15*

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.

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**Cantigny Museums and Gardens**

*Wheaton, Illinois*

*Tuesday, June 2*

*Fee: $65 / NM: $85*

*Bus departs Toys R Us at 9 a.m.*

*Bus returns at approximately 4 p.m.*

*Early registration deadline: May 15*

Cantigny’s 500-acre park offers educational and recreational experiences through visits to the formal gardens, visitor’s center and two museums. Enjoy a guided tour of the Robert R. McCormick Museum, which is a historic house museum that depicts the country home of the family that made the Chicago Tribune the World’s Greatest Newspaper. You’ll also tour the First Division Museum, an interactive museum honoring the US military. It depicts American history as seen through the eyes of the Army’s First Infantry Division. Following, enjoy lunch at their Le Jardin restaurant, featuring your choice of entree, rice, vegetable, dessert and beverage. After lunch, there will be time to stroll some of their many amazing gardens and explore the visitor’s center. Upon registering, please indicate your choice of baked tilapia or pomegranate chicken.

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**Ring of Fire - The Music of Johnny Cash**

*Mercury Theater, Chicago*

*Thursday, May 14*

*Fee: $55 / NM: $75*

*Bus departs Toys R Us at 2 p.m.*

*Bus returns at approximately 6 p.m.*

*Early registration deadline: April 29*

From the iconic songbook of Johnny Cash comes this musical about love and faith, struggle and success, rowdiness and redemption, and home and family. Featuring more than two dozen Johnny Cash hits – including I Walk the Line, A Boy Named Sue, Folsom Prison Blues, and the title tune – performed by a multi-talented cast.
Day Excursions

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!

Jazzin’ and Dinner at the Shedd
Shedd Aquarium, Chicago
Wednesday, August 12
Fee: $80 / $100
Bus departs Toys R Us at 4 p.m.
Bus returns at approximately 10 p.m.
Early Registration deadline: July 27
Savor the sounds of summer concerts with some of the best musicians in the city from jazz to funk. While being serenaded, music lovers enjoy the Aquarium’s extended hours and visit with all of their favorite creatures as the sun goes down and fireworks fly from Navy Pier over Lake Michigan. Your experience is enhanced with reserved seats in the new Jazz Lounge, located in the Soundings Café. In the comfort of an air-conditioned space, guests enjoy an indoor view of the fireworks, live music performed by a jazz trio, a buffet of savory small plates and one complimentary cocktail.

Kinky Boots
Cadillac Palace Theatre, Chicago
Saturday, July 25
Fee: $129 / NM: $149
Bus departs Toys R Us at 12:30 p.m.
Bus returns at approximately 5:30 p.m.
Early registration deadline: May 29
Kinky Boots is the exhilarating Broadway musical that will lift your spirits to new high-heeled heights! Winner of six Tony Awards® including BEST MUSICAL, this inspirational story follows a struggling shoe factory owner who works to turn his business around with help from Lola, a fabulous entertainer in need of some sturdy stilettos. Together, this unlikely pair finds that they have more in common than they ever dreamed possible... proving that when you change your mind about someone, you can change your whole world. Don’t miss Kinky Boots this time around!

Chicago Cubs vs. Cincinnati Reds
Wrigley Field, Chicago
Wednesday, September 2
Fee: $40 / NM: $60
Bus departs Toys R Us at 12 p.m.
Bus returns at approximately 6 p.m.
Early registration deadline: August 4
Cheer on the Chicago Cubs as they battle the Cincinnati Reds from excellent Terrace Reserved seats (section 118) in Wrigley Field. Wrigley Field, which is currently being renovated, is known for its ivy covered brick outfield wall, the unusual wind patterns off Lake Michigan, the iconic red marquee over the main entrance, the hand turned scoreboard, and for being the last major league park to have lights installed for play after dark. Come see how the current phase of renovations have changed the bleacher experience, while trying to maintain as much of it’s original character. You may bring your own snack/lunch, or purchase food at one of the many food vendor options.

Save the Date:
Rossini’s Cinderella and Lunch
Thursday, October 1
Fee: $60 / NM: $80

Beautiful - The Carol King Musical
Wednesday, December 16
Fee: $129 / NM: $149

Trip and registration details will be announced in the September - December issue of The Shorelines.
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 May 4, June 1, July 6 and August 3 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.

May 4 Senior Cycling
In honor of National Bike month, this presentation includes information on best cycling practices and bike safety, takes a look at the latest bicycle models that maintain balance and stress-free mounting, and includes a review of local trails for riders of all levels.

May 11 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.

May 18 Ragtime and Blues
In the 1890s, ragtime became popular because of one person – Scott Joplin. His music set the stage for other ragtime composers. Member Bob Levi demonstrates how ragtime music developed during the early part of the 20th century. Similarly, blues originated with Negro slave work songs and sacred music. Included in the program is music of blues artists such as Ma Rainey, Bessie Smith, W.C. Handy and Louis Armstrong.

May 25 Memorial Day - No Program

June 1 Optimize Your Nutrition
Did you know that a vitamin B12 deficiency has been associated with increased ringing in the ears and reduced brain response for hearing? Are you getting the proper nutrients to maintain eye health? Registered and Licensed Dietitian Carly Wells from the Lake County Health Department and Community Health Center’s North Shore Health Center in Highland Park will discuss these and many more areas in which nutrition not only impacts your quality of life but your longevity as well.

June 8 Ethel Merman
Ethel Merman lit up the stage and, with her powerful voice, she sang to the rafters. Some people said that she lived for her audiences. She certainly played to them, as she upstaged everyone else in a production. Susan Benjamin’s program juxtaposes challenging incidents in this great star’s personal life with her performance triumphs.

June 15 Healthy Life, Healthy Brain
For centuries, it has been known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize one’s physical and cognitive health as you age. Gene Kuhn from the Alzheimer’s Association will discuss the latest research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

June 22 A Life Less Lived
This story about a Jewish family living in the world of an immigrant Chicago neighborhood in the 1940s and 1950s follows the twists and turns that their lives take. Set against the turbulent times of postwar America, this novel is based on the city member Eileen Ladin-Panzer knows and loves.

June 29 Those Melodious Americans
Celebrate the Spirit of ’76 with great American composers with Jim Kendros. Experience the Three Preludes arranged for Orchestra by George Gershwin-each in a delightful class by itself! The passionately yearning Violin Concerto by Samuel Barber is an American masterpiece! Finally, revel in Copland’s highly patriotic Lincoln Portrait - an amazing work inspiring Americans since WW II.
Better Balance Better You
Falls are among the nation’s leading causes of disability and mortality for the U.S. senior population. This entertaining lecture by Dr. David Johnson, owner and director of North Shore Spinal & Sports Rehabilitation, will highlight the latest research demonstrating a variety of fall prevention programs. Balance screens will be demonstrated and preventive exercise will be discussed. Don’t miss this opportunity to learn how to maintain or improve your balance!

Bert Lahr: The Lion’s Roar
Bert Lahr earned a reputation as one of the funniest men on Broadway and in Hollywood. The lyrics that the cowardly lion sang in The Wizard of Oz were actually written for Bert himself, not for the character of the lion. However, in contrast to his on-stage persona, his personal life took on dimensions of wildly fluctuating moods, mostly settling on distant moroseness. Susan Benjamin’s program features examples of his best work through the decades, along with stories of personal challenges.

Research in Multiple Sclerosis
Stephen D. Miller, Ph.D., Professor of Microbiology and Immunology at the Northwestern University Feinberg School of Medicine has focused his research on finding a more effective treatment for Multiple Sclerosis. This paralytic disease in which immune cells attack and destroy myelin in the brain and spinal cord affects an estimated 400,000 people in the United States, with an average of 200 new cases diagnosed each week. Dr. Miller will discuss his research to develop a safe and effective treatment for MS and other autoimmune diseases which will lead to a cure.

Dixieland Jazz
Dixieland jazz became popular during the 1910s and 1920s due to the advent of phonograph recordings and radio. Bob Levi discusses how Dixieland jazz had its roots in southern juke joints and migrated to New Orleans dance halls. Featured artists in the program include the Original Dixieland Jazz Band, Jelly Roll Morton, King Oliver, Kid Ory, Bix Beiderbecke and Louis Armstrong.

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 the lessons learned along the way, including the old way to get things done in Chicago.

Stephen Sondheim: Art Isn’t Easy
Stephen Sondheim reshaped American musical theater in the 20th century. From his early days as lyricist for West Side Story and Gypsy to composing music and lyrics for A Funny Thing Happened on the Way to the Forum to serving as composer and lyricist for Company, Follies, A Little Night Music, Sunday in the Park with George and more, Sondheim’s originality and genius shine through. Susan Benjamin’s program will feature examples of that genius as well as stories of how talent and mentorship combined to bring forth unbridled creativity.

Two Trips to Mount Kilimanjaro
Brothers Max and Ben Zavell, both students at Highland Park High School, have ascended Mount Kilimanjaro two times along with their father, Howard. Their reasons for the trips were not simply to have a bucket list experience; the trips were fundraisers to purchase an ambulance for the Israeli Red Cross. Both trips had unexpected obstacles which resulted in life lessons that they will never forget.

Descendants of Rajgrod
Karen Kaplan will discuss her book Descendants of Rajgrod, in which she shares the story of her father who survived the Holocaust in the forests of Eastern Europe and how that deeply impacted more than one generation. The emotional scars her father wore impacted his parenting. Karen’s struggles eventually resulted in an inspiring journey to forgive her father and move forward with her life.

Russia: The New and the Old
It has been twenty-five years since the Berlin Wall came down, yet Russia is reemerging on many people’s minds. World traveler Bill Helmuth has spent extensive time in most areas that make up the large geography of Russia. Bill will take you through St. Petersburg, Kiev, Moscow and many other places to bring historical perspective to the complex nation many are concerned about.
Classes

Registration and Refunds

Participants must register prior to the start of classes, trips, or special events; payment is due when registering.

Regular registration fees will apply on or before the early registration deadline. For trips and special activities, deadline dates will be identified in the newsletter copy; for classes, deadline dates are 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.

Please advise staff if you require any reasonable, special accommodations regarding dietary or other special needs.

If you must cancel, refunds will be issued ONLY if registration fills and a replacement can be found.

Refunds (minus a $5 processing fee) will be processed after the activity is completed, and may take several weeks.

Fitness Class Levels

Level 1 - Designed for those with limited physical fitness ability. They are slower paced, and may be done while seated. Level 2 - Designed for those with moderate physical fitness ability. They include some aerobic activity and participants must have good balance. Level 3 - 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, May 11 - June 22 (6 classes)
9:45 - 10:45 am                                  Fee: $33 / NM: $53
Mondays, July 6 - August 24 (8 classes)
9:45 - 10:45 a.m.          Fee: $44 / NM: $64
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 5/25.
* Level 1

Tuesday Gentle Yoga
Tuesdays, May 12 - June 23 (7 classes)
10:30 - 11:30 a.m.                               Fee: $39 / NM: $59
Tuesdays, July 7 - August 25 (8 classes)
10:30 - 11:30 a.m.          Fee: $44 / NM: $64
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

Tuesday Sit & Be Fit
Tuesdays, May 12 - June 23 (7 classes)
1:30 - 2:30 p.m.                                  Fee: $39 / NM: $59
Tuesdays, July 7 - August 25 (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. No class 7/28.
* Level 1

Low Impact Dance Aerobics
Wednesdays, May 13 - June 17 (6 classes)
9:45 - 10:45 a.m.                                  Fee: $33 / NM: $53
Wednesdays, July 8 - August 26 (8 classes)
9:45 - 10:45 a.m.          Fee: $44 / NM: $64
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

Senior Adult Travel Golf League
Wednesday Mornings, May - September
Tee Off between 7 - 9 a.m.                  Fee: $40 / NM: $60
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.

* Level 2
Memory in Motion

Weekly, July 8 - August 26 (8 classes)
1:30 - 2:30 p.m.  Fee: $44 / NM: $64
Memory in Motion is a physical and mental exercise program, set to music that will take you on a trip down memory lane. Facilitator Erica Hornthal, a licensed Dance Therapist, will lead participants in sitting as well as standing movements while guiding discussion to stimulate your mind and memory. Designed for individuals looking to increase awareness, agility, flexibility, and mood.
* Level 1 / 2

Thursday Sit & Be Fit

Thursday, May 14 - June 25 (7 classes)
1:30 - 2:30 p.m.  Fee: $39 / NM: $59
Thursday, July 9 - August 27 (8 classes)
1:30 - 2:30 p.m.  Fee: $44 / NM: $64
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 Gentle Yoga

Friday, May 15 - July 31 (11 classes)
10:30 - 11:30 a.m.  Fee: $60 / NM: $80
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. No class 7/3.
* Level 1 / 2

Gentle Tai Chi

Friday, May 15 - June 26 (6 classes)
12 - 1 p.m.  Fee: $33 / NM: $53
Friday, July 10 - August 28 (8 classes)
12 - 1 p.m.  Fee: $44 / NM: $64
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 6/19.
* Level 2

Continuing Bridge: Conventions

Tuesday, May 12 - July 28 (11 classes)
10 a.m. - 12 p.m.  Fee: $88 / NM: $108
Using the ACBL Commonly Used Conventions as a reference, Elaine Morrison will continue to teach the play of modern conventions. Previous experience and basic knowledge of bidding and play of the hand is required. No class 5/26.

Mah Jongg Lessons

Wednesday, May 13 - June 24 (7 classes)
10 - 11:30 a.m.  Fee: $20 / NM: $40
Mah Jongg is an ancient Chinese game which is gaining popularity in the U.S. Join other beginners for this Mah Jongg class which will start at tile 1, and teach you the basics needed to play the game. Volunteer instructor Ilene Bernberg is excited to share her knowledge and love of the game. Please bring a current card to the first class.

Advanced Bridge Lessons

Thursday, May 14 - July 30 (12 classes)
10 a.m. - 12 noon  Fee: $96 / NM: $116
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. August will be reserved for instructor missed make-ups.

Beginning Canasta Lessons

Friday, May 8 - June 26 (7 classes)
1 - 3 p.m.  Fee: $56 / NM: $79
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 6/12.

Continuing Canasta Lessons

Friday, July 10 - 31 (4 classes)
1 - 3 p.m.  Fee: $40 / NM: $60
Designed for students who have already learned the basics of the game, this class will focus on strategy and improved play. Students will also have the opportunity to participate in supervised play.
Life Rhythms: Wellness through Music  
**Thursdays, July 9 - August 27 (8 classes)**  
10:30 - 11:30 a.m.  Fee: $48 / NM: $68  
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, July 7 - August 25 (8 classes)**  
11 a.m. - 1 p.m.  Fee: $64 / NM: $84  
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  
**Wednesday, May 13 - June 24 (7 classes)**  
9:30 - 11:30 a.m.  Fee: $56 / NM: $79  
**Wednesdays, July 8 - August 26 (8 classes)**  
9:30 - 11:30 a.m.  Fee: $64 / NM: $84  
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, May 14 - June 25 (7 classes)**  
1 - 3 p.m.  Fee: $56 / NM: $76  
**Thursdays, July 9 - August 27 (8 classes)**  
1 - 3 p.m.  Fee: $64 / NM: $84  
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.

Conversational Spanish: Beyond the Basics  
**Fridays, May 15 - June 26 (7 classes)**  
- Advanced: 10 - 11 a.m.  Fee: $39 / NM: $59  
- Continuing: 11 a.m. - 12 noon  Fee: $39 / NM: $59  
**Fridays, July 10 - August 7 (5 classes)**  
- Advanced: 10 - 11 a.m.  Fee: $28 / NM: $48  
- Continuing: 11 a.m. - 12 noon  Fee: $28 / NM: $48  
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.

Cable TV Production Classes  
**Wednesdays, July 8 - 29 (4 classes)**  
1 - 3 p.m.  Free; advanced registration is required  
Designed to introduce members to the world of cable TV productions, this 4-week class will begin with a cable studio overview and orientation including an Access Center tour, review of studio rules, and an introduction to basic production principles. Participants will learn studio operations including camera usage, set design, layout, lighting and sound. Instructor Vic Walter will also teach control room operations such as use of the audio and character generator controls and show direction. The final class will include course review, time for questions, and certification testing. Additionally a member of the Senior Producers will give an introduction and invitation to their unique and enticing production group.

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.

Rules of the Road  
**Thursday, June 11**  
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.
**Technology Classes**

Classes are taught by Computer Training & Support Services; please bring your own device.

**Windows 8 / 8.1 with Laptops**

Wedgesdays, May 6 - 27 (4 classes)

10 a.m. - 12 noon       Fee: $100 / NM: $120

Designed to teach students the basic functionality of their Windows 8 / 8.1 laptops, learn how to operate your laptop, navigate the new look of the new way of computing and take advantage of some basic and exciting features offered. This class also covers basic Internet use. Please bring your laptop charged and ready to use.

**Introduction to iPad Classes**

Wednesdays, 10 a.m. - 12 noon

Fee per class: $25 / NM: $45

To allow for a better and more complete learning experience, each week will cover one specific topic, with plenty of time to learn and practice each subject. Workshops will include an in-depth lesson of the topic as well as handouts. Please bring your own iPad.

- June 3    FREE Demonstration Class
- June 10   iPad Basics
- June 24   iPad Internet
- July 1    iPad eMail
- July 8    iPad Standard Apps
- July 22   iPad Camera & Video
- July 29   iPad Facetime and Skype

**Discounted Ticket Passes**

The Highland Park Senior Center is thrilled to partner with a variety of local theater and concert venues to offer members specially negotiated discounted ticket prices. Senior Center members will be notified of special offerings via e-mail. In order to pick up tickets at the discounted price, you must present your current “Discounted Ticket Pass” issued by the Highland Park Senior Center along with a photo ID. Discounted Ticket Passes are not transferable and there is a limit of one (1) ticket per member, per performance. Discounted Ticket Passes are issued in conjunction with Senior Center membership, and may be picked up in person, with a photo ID, at the Center, during regular business hours.

**Welcome New Members**

Joan Field      Marty & Sharon Lovi
Gerald Frank &  Cyrele Mandel
   Pam Chill
   Hyla Cohen
   Howard &  
   Michele Feinberg
   Ann Genser
   Sheldon Gerber
   Barry Gilberg
   Diane Gordon
   Yosef Hakimi
   Jana Johnson
   Irv & Joanne Kannett
   Donald Lavin

**Donations**

In Memory of Marilyn Adler
From: James & Mary Drolte
   Loraine Field
   Michael & Holly Kogan
   Jean Mendel
   Robert & Florette Weiss

In Memory of Shirley Blair
From: David & Blossom Krakauer

In Memory of Isabel Dickstein
From: Joan Adler
   Janie Bress
   Jerry & Barbara Cosner
   Susan Dvora
   Roberta Field
   Jerry & Barbara Handler
   Rochelle Jacobson
   Susan Kahn
   Muriel Lederer
   Iris Morgan
   Anita Neumann
   Dan & Rhoda Pierce
   Sandy Ridker
   Mickey Ridker
   Charlotte Shapiro
   Michael & Julie Solot
   Diane Stempfel
   Linda Wallace

In Memory of Shirley Blair
From: Michael & Julie Solot
   Diane Stempfel
   Linda Wallace

Services for Seniors
From: Harry Christopherson
   Dorothy Ross
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.

**Games Galore**  
*Tuesdays, 1 - 4 p.m.*  
Do you love to play Rummikub, Scrabble, Pinochle, Yahtzee, canasta, mah jongg, and other games? Are you and your friends looking for a comfortable place to play your favorite card or board games? Gather a group of your friends and your favorite game, and enjoy the afternoon in the Senior Center card room, overlooking beautiful Lake Michigan.

**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 facilitator Ludmilla Coven 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, the best restaurants around, or whatever is making the headlines, join this men’s group for stimulating conversation and camaraderie. Facilitated by 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.

**Laurel Larks Singing Group**  
*The Laurel Larks are currently on summer break, and will resume this fall, on Friday, September 11.*  
This lively group of singers rehearse popular and upbeat songs to prepare for concert 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!  
*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, May 21 - June 25 (6 weeks)**
1:30 - 3 p.m.  
*Free*

Please register by May 19.

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.

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

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.

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.

Living Alone Today - Support Group

**Second & Fourth Tuesday of each month**
1:30 - 3 p.m.  
*Free*

Looking to share some laughs, discuss an interesting topic or for someone to lend a compassionate ear? This group welcomes those who are living alone and are seeking to spend some time in the company of others in a safe and supportive atmosphere. Guided by Jennifer Aiello, LPC, participants are encouraged to share delights, plights or ways to help handle life's transitions.

Notary Public - At Your Service!

Looking for a legal witness to sign important documents? Search no further and schedule an appointment with Jennifer Aiello, Notary Public, who can provide notary assistance.
# May 2015

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**11** 9:00 Knitwits
9:30 Continuing Bridge
10:00 Yoga
10:30 Senior Producers
1:00 Games Galore
1:00 Sit & Be Fit
1:30 Living Alone

**12** 9:00 Drawing & Painting
9:30 Humanities Series
9:45 Low Impact Aerobics
10:00 Mah Jongg Class
10:00 Computer Class
10:30 Humanitas Series
12:30 Poker
1:30 Yiddish

**13** 10:00 Advanced Bridge
1:00 Advanced Painting
1:00 Open Mah Jongg
1:30 Sit and Be Fit
2:00 Trip: Johnny Cash

**14** 10:00 News & Views
10:00 Spanish Class
10:00 Brunch & Learn
10:30 Yoga
11:00 Spanish Class
12:00 Tai Chi
1:00 Beginning Canasta

**15** 10:00 News & Views
10:00 Spanish Class
10:00 Brunch & Learn
10:30 Yoga
11:00 Spanish Class
12:00 Tai Chi
1:00 Beginning Canasta

**16** 9:45 Chair Stretching
10:30 Monday Speaker
12:30 Duplicate Bridge
1:30 Open Art Studio
1:30 Monday Movie

**17** 9:30 Knitwits
10:00 Continuing Bridge
10:30 Senior Producers
1:00 Games Galore
1:00 Sit & Be Fit
1:30 Living Alone

**18** 9:30 Chair Stretching
10:30 Monday Speaker
12:30 Duplicate Bridge
1:30 Open Art Studio
1:30 Monday Movie

**19** 9:00 Trip: River Cruise
9:30 Drawing & Painting
9:45 Low Impact Aerobics
10:00 Mah Jongg Class
10:00 Computer Class
12:30 Poker
1:30 Yiddish

**20** 10:00 Advanced Bridge
1:00 Advanced Painting
1:00 Open Mah Jongg
1:00 Senior Bike Ride
1:30 Sit and Be Fit
1:30 Grief Group

**21** 10:00 News & Views
10:00 Spanish Class
10:30 Yoga
11:00 Spanish Class
12:00 Tai Chi
1:00 Beginning Canasta

**22** 10:00 News & Views
10:00 Spanish Class
10:30 Yoga
11:00 Spanish Class
12:00 Tai Chi
1:00 Beginning Canasta

**23** 9:30 Knitwits
10:00 Yoga
12:30 Senior Producers
1:00 Games Galore
1:00 Investment Club
1:30 Sit & Be Fit
1:30 Living Alone

**24** 9:30 Drawing & Painting
9:45 Low Impact Aerobics
10:00 Mah Jongg Class
10:00 Computer Class
12:30 Poker
1:30 Yiddish

**25** 10:00 Advanced Bridge
1:00 Advanced Painting
1:00 Open Mah Jongg
1:30 Sit and Be Fit
1:30 Live on the Links
1:30 Grief Group

**26** 10:00 News & Views
10:00 Spanish Class
10:30 Yoga
11:00 Spanish Class
12:00 Tai Chi
1:00 Beginning Canasta

**27** 10:00 News & Views
10:00 Spanish Class
10:30 Yoga
11:00 Spanish Class
12:00 Tai Chi
1:00 Beginning Canasta

**28** 10:00 News & Views
10:00 Spanish Class
10:30 Yoga
11:00 Spanish Class
12:00 Tai Chi
1:00 Beginning Canasta

**29** 10:00 News & Views
10:00 Spanish Class
10:30 Yoga
11:00 Spanish Class
12:00 Tai Chi
1:00 Beginning Canasta

**B** 1:00 Barry Bradford
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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Saturday, June 20th, 12:30

Trip: Royal Ballet

10:00   | News & Views   | 10:00  | Spanish Class  |
| 10:00  | Spanish Class  | 10:30  | Yoga          |
| 10:00  | Brunch & Learn | 10:00  | Spanish Class  |
| 10:00  | Yoga           | 11:00  | Spanish Class  |
| 12:00  | Tai Chi        | 12:00  | Beginning Canasta |
| 1:00   | Beginning Canasta | 1:00   |  |

10:00   | Beginning Canasta | 1:00   |  |

10:30  | Monday Speaker  | 10:00  | Spanish Class  |
<p>| 10:00  | Spanish Class  | 10:00  | Spanish Class  |
| 12:00  | Tai Chi        | 12:00  | Beginning Canasta |
| 1:00   | Beginning Canasta | 1:00   |  |</p>
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**Senior Games**

July 8 - July 23

**Trip: Kinky Boots**

Saturday, July 25th 12:30
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**Upcoming Trips:**
- Sept. 2 Cubs Game
- Oct. 1 Rossini’s Cinderella
- Dec. 16 Beautiful - Carol King Musical
Center Parking Guidelines

City of Highland Park

Mayor:
Nancy R. Rotering

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

City Manager:
Ghida S. Neukirch

Senior Center

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

Holiday Closings

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

Memorial Day: Monday, May 25
Independence Day: Friday, July 3

Happy Holidays

Featured Artists

The Senior Center walls are filled with member’s artwork and exhibits change bi-monthly. Please stop in and enjoy the wonderful talent on display.

Arlene Goldman
May - June
Artist Reception
Thursday, May 21
4:30 - 6 p.m.

Stuart Green
July - August
Artist Reception
Thursday, July 16
4:30 - 6 p.m.

New Shuttle Service Information: In order to increase efficiency of the shuttle service, to and from the parking lot, shuttle service will be available on the hour and every 15 minutes after, upon request. Request for service in between those times will be honored at the following 1/4 hour.

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 individuals engaging in Center business for 10 minutes or less. Please park to the far right of the driveway.