



THE SHORELINES

MAY - AUGUST, 2015

THE HIGHLAND PARK SENIOR CENTER
54 LAUREL AVENUE (847) 432-4110
CITY WEBSITE: WWW.CITYHPIL.COM

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

Activity Registration

Returning Student Registration Begins: Tuesday, April 21 at 9 a.m.

Member Registration Begins: Tuesday, April 28 at 9 a.m.

Open Registration Begins: Tuesday, May 5, April at 9 a.m.

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.



SPECIAL ACTIVITIES

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.

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.

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 newest 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.

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.

SPECIAL ACTIVITIES

Humanities Series

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

Sponsored by Silverado - Highland Park

May 13 Archibald Motley: Jazz Age Modernist

Twentieth-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 established 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.

Live on the Links Classic Concerts

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

Sponsored by Aperion Care

May 28 Maxwell Street Klezmer

The klezmerim 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.



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.

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

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.



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.



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.

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.



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.



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.

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!



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!

Kinky Boots

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.

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 its 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

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.

July 6 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!

July 13 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.



July 20 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.

July 27 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.

August 3 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.

August 10 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.

August 17 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.

August 24 Descendants of Rajgrad

Karen Kaplan will discuss her book *Descendants of Rajgrad*, 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.

August 31 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.

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.

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*

Memory in Motion

Wednesdays, July 8 - August 26 (8 classes)

1:30 - 2:30 a.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, 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 who are looking to increase awareness, agility, flexibility, and mood.

** Level 1 / 2*

Thursday Sit & Be Fit

Thursdays, May 14 - June 25 (7 classes)

1:30 - 2:30 p.m.

Fee: \$39 / NM: \$59

Thursdays, 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

Fridays, 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

Fridays, May 15 - June 26 (6 classes)

12 - 1 p.m.

Fee: \$33 / NM: \$53

Fridays, 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

Tuesdays, 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

Wednesdays, 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

Thursdays, 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

Fridays, 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

Fridays, 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.

CLASSES

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

Wednesdays, 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 lap-top 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 & Pam Chill	Cyrene Mandel
Hyla Cohen	Renee Miller
Howard & Michele Feinberg	Dana Muller
Ann Genser	William Oliver
Sheldon Gerber	Lawrence & Carol Reich
Barry Gilberg	Phyllis Schwartz
Diane Gordon	Phyllis Silverman
Yosef Hakimi	Leslie Storch
Jana Johnson	Gail Taxy
Irv & Joanne Kannett	Steve Wasserman
Donald Lavin	Elaine Waxman
	Ella Wendrow

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 Stempfelf
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 ~

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.

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.



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.

May 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:00 OPEN REGISTRATION 9:30 Knitwits 11:30 Mix & Mingle La Casa de Isaac 12:30 Senior Producers 1:00 Games Galore	10:00 Senior Bike Expo 10:00 Computer Class 12:30 Poker 1:30 Yiddish	10:00 Men's Only Group 1:00 Open Mah Jongg	10:00 News & Views 12:00 Backyard Bash 1:00 Beginning Canasta
11	12	13	14	15
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:00 Bicycle Repair 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Games Galore 1:30 Sit & Be Fit 1:30 Living Alone	9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 Mah Jongg Class 10:00 Computer Class 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 2:00 Trip: Johnny Cash	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
18	19	20	21	22
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Games Galore 1:30 Sit & Be Fit	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	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	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Tai Chi 1:00 Beginning Canasta
25	26	27	28	29
CLOSED Memorial Day Ice Cream Social at Silverado 2pm	9:30 Knitwits 10:30 Yoga 12:30 Senior Producers 1:00 Games Galore 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 Mah Jongg Class 10:00 Computer Class 12:30 Poker 1:30 Yiddish	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	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Tai Chi 1:00 Beginning Canasta 1:00 Barry Bradford

June 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	2 9:00 Trip: Cantigny 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Games Galore 1:30 Sit & Be Fit	3 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 Mah Jongg Class 10:00 iPad Class 12:30 Poker 1:30 Yiddish	4 9:00 AARP Driving Course 10:00 Advanced Bridge 10:00 Men's Only Group 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group	5 9:00 AARP Driving Course 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Tai Chi 1:00 Beginning Canasta
8 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Games Galore 1:30 Sit & Be Fit 1:30 Living Alone 4:00 Mix & Mingle Botanic Garden	10 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 Mah Jongg Class 10:00 iPad Class 12:30 Poker 1:30 Yiddish	11 9:30 Rules of the Road 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group	12 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Tai Chi 1:00 Beginning Canasta 1:00 Barry Bradford
15 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	16 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Games Galore 1:30 Sit & Be Fit	17 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 Mah Jongg Class 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	18 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	19 10:00 News & Views 10:00 Spanish Class 10:00 Brunch & Learn 10:30 Yoga 11:00 Spanish Class 1:00 Beginning Canasta Trip: Royal Ballet Saturday, June 20 th 12:30
22 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	23 9:30 Knitwits 10:00 Continuing Bridge 10:30 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 10:00 Mah Jongg Class 10:00 iPad 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 Grief Group	26 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Backyard Bash 12:00 Tai Chi 1:00 Beginning Canasta
29 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	30 9:30 Knitwits 10:00 Continuing Bridge 12:30 Senior Producers 1:00 Games Galore			

July 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 iPad Class 12:30 Poker 1:30 Yiddish	2 10:00 Advanced Bridge 10:00 Men's Only Group 1:00 Open Mah Jongg 5:00 Mix & Mingle: Beelow's	3 CLOSED Independence Day
6 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	7 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 11:00 Water Color Class 12:30 Senior Producers 1:00 Games Galore 1:30 Sit & Be Fit	8 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 iPad Class 12:30 Poker 1:00 Cable TV Production 1:30 Yiddish 1:30 Memory in Motion Senior Games July 8 - July 23	9 10:00 Advanced Bridge 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	10 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Tai Chi 1:00 Continuing Canasta 1:00 Barry Bradford
13 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	14 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 11:00 Water Color Class 12:30 Senior Producers 1:00 Games Galore 1:30 Living Alone 1:30 Sit & Be Fit	15 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:30 Humanities Series 12:30 Poker 1:00 Cable TV Production 1:30 Yiddish 1:30 Memory in Motion	16 10:00 Advanced Bridge 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	17 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Backyard Bash 12:00 Tai Chi 1:00 Continuing Canasta
20 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	21 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 11:00 Water Color Class 12:30 Senior Producers 1:00 Games Galore 1:30 Sit & Be Fit	22 7:30 Golf Outing 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 iPad Class 12:30 Poker 1:00 Cable TV Production 1:30 Yiddish 1:30 Memory in Motion	23 10:00 Advanced Bridge 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	24 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Tai Chi 1:00 Continuing Canasta Trip: Kinky Boots Saturday, July 25th 12:30
27 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	28 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 11:00 Water Color Class 12:30 Senior Producers 1:00 Games Galore 1:00 Investment Club 1:30 Living Alone	29 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:00 iPad Class 12:30 Poker 1:00 Cable TV Production 1:30 Yiddish 1:30 Memory in Motion	30 10:00 Advanced Bridge 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Live on the Links	31 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Tai Chi 1:00 Continuing Canasta

August 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>4</div> 9:30 Knitwits 10:30 Yoga 11:00 Water Color Class 12:30 Senior Producers 1:00 Games Galore 1:30 Sit & Be Fit	<div>5</div> 9:30 Drawing & Painting 9:45 Low Impact Aerobics 12:30 Poker 1:30 Yiddish 1:30 Memory in Motion	<div>6</div> 10:00 Men's Only Group 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	<div>7</div> 10:00 News & Views 10:00 Spanish Class 11:00 Spanish Class 12:00 Backyard Bash 12:00 Tai Chi
<div>10</div> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>11</div> 9:30 Knitwits 10:30 Yoga 11:00 Water Color Class 12:30 Senior Producers 1:00 Games Galore 1:30 Living Alone 1:30 Sit & Be Fit	<div>12</div> 9:30 Drawing & Painting 9:45 Low Impact Aerobics 10:30 Humanities Series 12:30 Poker 1:30 Yiddish 1:30 Memory in Motion 4:00 Trip: Jazzin' and Dinner at the Shed	<div>13</div> 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Live on the Links	<div>14</div> 10:00 News & Views 12:00 Tai Chi
<div>17</div> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>18</div> 9:30 Knitwits 10:30 Yoga 11:00 Water Color Class 12:30 Senior Producers 1:00 Games Galore 1:30 Sit & Be Fit	<div>19</div> 9:30 Drawing & Painting 9:45 Low Impact Aerobics 12:30 Poker 1:30 Yiddish 1:30 Memory in Motion	<div>20</div> 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	<div>21</div> 10:00 News & Views 12:00 Tai Chi
<div>24</div> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div>25</div> 9:30 Knitwits 10:30 Yoga 11:00 Water Color Class 12:30 Senior Producers 1:00 Games Galore 1:00 Investment Club 1:30 Living Alone 1:30 Sit & Be Fit	<div>26</div> 9:30 Drawing & Painting 9:45 Low Impact Aerobics 12:30 Poker 1:30 Yiddish 1:30 Memory in Motion 6:00 Mix & Mingle Ravinia	<div>27</div> 10:30 Life Rhythms 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	<div>28</div> 10:00 News & Views 12:00 Tai Chi
<div>31</div> 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie				Upcoming Trips: Sept. 2 Cubs Game Oct. 1 Rossini's Cinderella Dec. 16 Beautiful - Carol King Musical



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

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ILLINOIS
PERMIT NO. 97

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.

Center Parking Guidelines

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.