Activity Registration

Returning Student Registration Begins: Thursday, August 20 at 9 a.m.
Member Registration Begins: Thursday, August 27 at 9 a.m.
Open Registration Begins: Thursday, September 3 at 9 a.m.

Thanksgiving Luncheon & Concert
Highland Park Country Club
Thursday, November 19
12 - 2:30 p.m.
Fee: $22 / NM: $32

Celebrate Thanksgiving with good food, good music, and good friends. Enjoy a buffet lunch featuring traditional favorites such as turkey, cranberries, stuffing, sweet potatoes, Brussels sprouts, and a delicious holiday dessert. Following lunch, you'll be thankful for the wonderful music provided by vocalist Tom Michael and pianist Beckie Menzie. Seating arrangements will be set in advance; please indicate friendship requests upon registration.

Sponsored by Whitehall of Deerfield

Labor Day Luncheon
Warren Barr North Shore
Monday, September 7
12 - 2 p.m.
Fee: $5; for members only

Celebrate Labor Day with a fabulous lunch and wonderful entertainment by the Legacy Girls! Tour their newly renovated, upscale facility, which includes beautifully appointed rooms and state of the art rehab.

Transportation is on your own.

Brunch, Bach & Bingo
Brookdale - Vernon Hills
Wednesday, October 28
10:45 a.m. - 1 p.m.
Fee: $5; for members only

Relish brunch featuring many delicious favorites, live classical music, and bingo with great prizes. Tour their newly renovated facility which includes the world's largest residential rain-forest.

Bus departs Toys R Us at 10 a.m., and returns at 1:30 p.m.

Festival of Lights
CJE Weinberg Community
Wednesday, December 9
12 - 2 p.m.
Fee: $5; for members only

Rejoice during the holidays with fun and friends. Party with a delicious kosher luncheon, traditional Hanukkah music, and party favors for all. Tour their facility and have a chance to learn all about CJE SeniorLife.

Transportation is on your own.
Mix and Mingle

Dine Around the World

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

Thailand: Ruby of Siam
1849 Second Street - Highland Park
Monday, September 28 from 12 - 1:30 p.m.
Fee: $16 / NM: $26

Enjoy a taste of Thailand at one of Highland Park’s newest restaurants. Lunch begins with a sampler platter of appetizers including a fresh spring roll, crab rangoon, and chicken potsticker. Lunch includes your choice of entree served with jasmine rice, Thai custard with sweet coconut rice, and soda or tea. When registering, please indicate your entree choice of basil chicken, garlic beef, curry shrimp, pad Thai, or pad see iew.

Germany: Tap House Grille
260 Green Bay Road - Highwood
Wednesday, October 14 from 12 - 1:30 p.m.
Fee: $20 / NM: $30

Celebrate Oktoberfest with a taste of Germany. Lunch features a sampler plate of appetizers including potato pancake, bratwurst, and Bavarian pretzel with dipping sauces, your choice of entree with family style sides including cucumber salad, warm German potatoes, and herb spaetzle, followed by warm apple strudel with cinnamon ice cream for dessert. When registering, please indicate your choice of wiener schnitzel, chicken schnitzel, or beer braised brisket. A cash bar will feature a wide array of German beers. Prost!

Greece: The Simple Greek Early Bird Dinner
478 Central Avenue - Highland Park
Tuesday, November 3 from 4 - 5 p.m.
20% discount off your order

The Simple Greek serves Greek food fast and fresh. Their signature gyros are a blend of seasoned lamb and beef pressed into a cone shape and cooked on a vertical broiler. It is then sliced into thin strips and served on a warm pita with lettuce, tomatoes, onions and special sauce to make the best gyro you have ever eaten. All of their meats are marinated and prepared daily to ensure freshness and quality. All of their food is made to order right in front of you. Dine in with other members, or take your order to go - it’s your choice.
Humanities Series
Highland Park Public Library
Wednesdays, 10:30 - 11:30 a.m.
Free and open to all
Co-presented with the Highland Park Library
Sponsored by Silverado - Highland Park

September 16  A Look Back at Women’s Clubs
For the past 125 years, the General Federation of Women’s Clubs have impacted communities through their volunteer work. What contributions and reforms have women brought to the table in Highland Park and across our nation? Join community member Amy Lohmolder to learn about the history of Club Women/General Federation of Women’s Clubs “municipal housekeeping” and local stories from our own community. If you yourself are a Club Woman you may have a few stories of your own to share!

October 28  Jimmie Lee and James: Two Lives, Two Deaths, and the Movement that Changed America
Authors Steve Fiffer and Adar Cohen discuss their book entitled Jimmie Lee and James: Two Lives, Two Deaths, and the Movement that Changed America that tells the story of the struggle for voting rights and the Selma-to-Montgomery marches by focusing on two martyrs, Jimmie Lee Jackson and Rev. James Reeb. Jackson was a 26-year-old African American pulpwood chopper and church deacon who was shot to death by an Alabama state trooper in February 1965 after a peaceful protest. Reeb was a 38-year old white Unitarian minister turned community organizer who was beaten to death by white vigilantes in Selma in March 1965. Four days after Reeb’s death, President Lyndon Johnson evoked his memory when he brought voting rights legislation to Congress. The national outcry over these two brutal killings ensured its passage. Books will be for sale and the event will conclude with a book signing.

November 18  Dressing Downton: Changing Fashions For Changing Times
Get a sneak preview of the exhibition, Dressing Downton: Changing Fashion For Changing Times, coming to Chicago’s Driehaus Museum in February. Lise Dubé-Scherr, the museum’s executive director, will give a preview of the exhibition which will feature more than 35 costumes from the popular British TV series Downton Abbey, offer a new perspective on the show’s memorable characters, and chronicle the great changes taking place in Britain during the early 20th century.

December 2  Northlight Theater Preview: You Can’t Take It With You
Join special guests from the Northlight Theater, for a preview of their upcoming show entitled You Can’t Take It With You; one of the most popular and successful comedies in American theatre, this Pulitzer Prize-winning, depression-era classic has a timeless appeal. Meet the Sycamores - a madcap clan who sets the bar for eccentricity. When Alice brings her high society fiancé home to meet the parents, fireworks (figuratively and literally) nearly bring the house down. Despite their zany antics and unconventional ways, this tight-knit family offers hope that love and laughter lead to happiness, even in the hardest of times. At the end of the presentation, one lucky participant will win a pair of tickets to the performance.
2015 marks the 150th anniversary of the end of the Civil War. To mark this hallowed date in history, revered historian and storyteller Barry Bradford returns with three absolutely riveting presentations!

**September 18  Ulysses S. Grant**
Grant has been called “The Man Who Saved the Union.” Until Lincoln appointed him as commanding general of the U.S. Army, the Civil War seemed to be a bloody stalemate. Less than a year later, slavery was destroyed, the terrorists were defeated and the nation began the process of healing. In this unique multimedia presentation we will look at Grant’s life, his legacy as one of America’s greatest military commanders and the complicated evaluation of his presidency.

**October 16  Sherman’s March**
No military action in the bloody Civil War was probably more controversial than Sherman’s March To The Sea. After the War, Southerners who were inclined to respect Grant and revere Lincoln were unreconstructed in their hatred of William T. Sherman. The brutal, unprecedented destruction of enormous swaths of the South hastened the end of the War and sped the end of the barbarous practice of the enslavement of the descendants of kidnap victims. The breathtaking race to the sea is recounted through dramatic stories, video clips and astounding photos.

**November 6  Black Friday: The Assassination of Lincoln**
The dramatic conspiracy to murder Abraham Lincoln, America’s greatest President, springs to life in a one man show that is sure to move you. On April 14, 1865, John Wilkes Booth, a famous actor and Confederate sympathizer, fatally shot President Abraham Lincoln at a play at Ford’s Theatre in Washington, D.C.. Become swept up in the tide of events that would change this nation forever. This fascinating presentation has earned standing ovations across the USA.

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**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*

**September 24  A Change of Seasons**
Join pianist Andrew Blenderman and vocalist Audrey Billings for a concert featuring well known and well loved songs, centering around summer turning into fall. They will draw from Broadway and old standards, including September Song, Autumn Leaves, That Sunday That Summer and the like. This talented duo will take you down memory lane and will bring warmth to your cool autumn day.

**October 22  Spooktacular Concert**
Enjoy the musical notes of some great Halloween favorites! The Highland Park High School Wind Orchestra will perform a variety of Halloween classical and popular favorites such as Bach’s Toccata and Fugue in D Minor, Edvard Grieg’s March of the Trolls, Ritual Fire Dance by Manuel da Falla, The Noon Witch by Antonin Dvorak, Moussorgsky’s Night on Bald Mountain, made popular in Walt Disney’s animated film Fantasia, and the old television theme from Alfred Hitchcock Presents, Funeral March for a Marionette.

**December 10  Highland Park Strings Piano Trio**
Larry Block, cellist and founder of the Highland Park Strings, will be joined by Highland Park resident, Steven Greene on piano and David Yonan, internationally acclaimed violinist, in a performance of piano trios, including the beloved Piano Trio No. 7 by Beethoven (the “Archduke”).
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.

Film Showing and Discussion
Alfred Hitchcock Revisited
Highland Park Public Library
Sundays, 2 p.m.
Free and open to all
Sponsored by Warren Barr North Shore
Join film instructor Bob Coscarelli for an introduction, screening, and discussion of wonderful, classic films. Presented in conjunction with the HPPL.

September 27      The Birds (1933)
A wealthy San Francisco socialite pursues a potential boyfriend to a small town that slowly takes a turn for the bizarre when birds of all kinds suddenly begin to attack.

October 11           Frenzy (1972)
A serial murderer is strangling women with a necktie. The London police have a suspect, but he is the wrong man.

November 22      Strangers on a Train (1951)
A psychotic socialite confronts a pro tennis star with a theory on how two complete strangers can get away with murder.

December 6          North by Northwest (1959)
A hapless New York advertising executive is mistaken for a government agent by a group of foreign spies, and is pursued across the country while he looks for a way to survive.

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.

September 11      Nature Mosaics Workshop
Let nature be your inspiration while creating beautiful mosaic decorations for potted plants. Guest artist Lisa Behnke will guide you in use of beach glass, beads and other materials to decorate pots, then a Heller Naturalist will help you plant seeds to take home and grow.

October 9            Woods Throughout a Year
Take an armchair tour though the annual cycle of life in local area woodlands, with the Lake County Forest Preserve District. Test your natural history knowledge by trying to identify plants and animals that live in the woods during different times of the year.

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.
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 discount deadline date. For trips and special activities, discount deadline dates are 1 week prior, unless identified in the newsletter copy; for classes, discount 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.

Chicago Cubs vs. Cincinnati Reds
Wednesday, September 2
Fee: $40 / NM: $60
Bus departs Toys R Us at 12 p.m.
Bus returns at approximately 6 p.m.
This trip is currently filled: please call the Center to have your name added to the wait list.

Rossini’s Cinderella and Lunch
Lyric Opera House & Lloyd’s of Chicago
Thursday, October 1
Fee: $60 / NM: $80
Bus departs Toys R Us at 10:15 a.m.
Bus returns at approximately 6 p.m.
Discount deadline: September 11
The Lyric Opera has laid out a visual feast, with delightfully colorful sets and costumes, bubbling over with enchantment for this production of the classic fairytale. Zany and bright, it sparkles with wit and cleverness, creating an exciting take on the beloved fairytale.

(Lyric Opera Continued)
Prior to the performance, enjoy lunch at Lloyd’s of Chicago beginning with their house salad, followed by your choice of entree served with chef’s selection of sides. You’ll enjoy chocolate raspberry cheesecake for dessert, and your choice of beverage. When registering, please indicate your entree selection of panko crusted whitefish, braised beef short rib gnocci, or lemon chicken. Fee includes lunch, dress rehearsal performance, and transportation. *All participants must bring a valid, legal form of identification.

Grand Victoria Casino
Grand Victoria Casino, Elgin
Thursday, November 5
Fee: $35 / NM: $55
Bus departs Toys R Us at 8:30 a.m.
Bus returns at approximately 4 p.m.
Discount deadline: October 16
A smoke-free facility, the Grand Victoria Casino is perched atop the spectacular Fox River and boasts over 1,100 exciting slots, a countless variety of Vegas-style table games, and wonderful dining options. Lunch at their new Indulge Show Kitchen Buffet provides guests with a one-of-a-kind experience with six micro-restaurants in one. All this makes Grand Victoria Casino one of the best gaming, dining, and entertainment destinations in all of Chicagoland. Fee includes lunch and transportation.

Beautiful: The Carole King Musical
Oriental Theatre, Chicago
Wednesday, December 16
Fee: $129 / NM: $149
Bus departs Toys R Us at 12:30 p.m.
Bus returns at approximately 5:30 p.m.
Discount deadline: October 16
Beautiful is the Award-winning inspiring true story of Carole King’s remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she wrote the soundtrack to a generation. Fee includes main floor seating and transportation.
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, 1:30 - 4 p.m.
Fridays, 1:30 - 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 and Ralph Bernstein rotate in facilitating an intellectual discussion on worldwide current events. Share your thoughts and opinions with a wonderful group.

Laurel Larks Singing Group
Peers Building, 400 Central Avenue
Fridays, 1:30 - 3 p.m. (Beginning 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! Senior Center membership and advanced registration is required.

Sponsored by First Bank of Highland Park
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 October 5, November 2 and December 7 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.

September 7    Labor Day: No Program
September 14   Rosh Hashanah: No Program
September 21   Lorenz Hart
Lorenz (Larry) Hart was a great talent with an unbelievable affinity for rhyming. His lyrics were witty and clever and, in many ways, his work was a perfect complement to that of his composing partner, Richard Rodgers. Susan Benjamin’s program juxtaposes examples of Hart’s extraordinary work with stories of his tumultuous personal life.

September 28   No Program
(Please consider registering for the Thai Luncheon at Ruby of Siam; see page 2 for details)

October 5    Galapagos and Machu Picchu
In 2013, Fred Gold and his wife traveled to Machu Picchu and the Galapagos Islands which had been on their collective bucket list of sites to visit. This presentation will include what it takes to prepare for a trip such as this, some of the history of the areas they visited, and pictures of the unique people, places and animals they encountered on this journey.

October 12   Mickey Rooney: Enduring Star
With a career that spanned over 80 years, Mickey Rooney was one of the most enduring and endearing stars in Hollywood. He was beloved for his all-American Andy Hardy role, and when he could no longer play the boy-next-door parts, he segued into comic, dramatic and musical adult performances. Susan Benjamin’s program demonstrates how his personal life was as tumultuous as the extremes in his professional life.

October 19   Movie Monsters Celebrated
Spend time with Dracula, Wolfman, Frankenstein’s Monster and many more bone-chilling villains in this delightfully creepy celebration of classic movie monsters! Steve Frenzel’s interactive presentation combines film clips, insider trivia, and behind-the-scenes facts, for a crowd pleasing, spooktacular time.

October 26   Big Band Swing
From the 1920s through the 1940s, big bands and swing music dominated the popular scene. Member Bob Levi shows how this particular music form transitioned from Dixieland jazz. Band leaders and their orchestras, highlighted in this program, include Fletcher Henderson, Fats Waller, Cab Calloway, Duke Ellington, Count Basie, Earl “Fatha” Hines, Benny Goodman, the Dorsey Brothers, Glenn Miller and Stan Kenton.

November 2    China: What a Metamorphosis
International speaker and author Helene Turner will discuss how China is predicted to become the world’s largest economy in the near future. Partake in Beijing’s Forbidden City, the Temple of Heaven, Tiananmen Square, and the Summer Palace. View the Xian Terracotta Soldiers, traditional cultural symbols, Buddhist Art, and China’s architectural and engineering marvels. Follow the results of an increasingly open market, including an explosion of U.S. fast food companies.

November 9    Dick Powell and June Allyson
Dick Powell’s charm, charisma and strong singing voice helped lead to the success of Warner Brothers musicals in the 1930s and 1940s. June Allyson, an ingénue with a low, hoarse voice, had a crush on Dick Powell for years before they met, and, after his divorce from Joan Blondell, married. Eventually her musical career eclipsed his. Susan Benjamin will describe how their relationship survived most of Hollywood’s pressures as she evolved into a musical star, and he evolved into a media mogul.
November 16    Auto Care & Emergencies
There are many things you can do to winterize your car. Rick Shoemaker and Bruce Bertucci of Rick’s Auto Care will discuss what to keep in your vehicle in the event of a winter driving emergency. Also discussed will be what to do in the event of an accident. They will also talk about how aluminum cars will be changing the future of the auto industry!

November 23    Stars of the Silver Screen
An in depth and intimate portrayal of three of the most famous film actresses throughout history. Dramatist Roberta Randall will portray Bette Davis, Elizabeth Taylor and Judy Garland. Ms. Randall has presented her unique “One Woman Theater” throughout the Midwest and California for thirty years.

November 30    Advocating for Residents of Long Term Care Facilities
Learn the role of the Long Term Care Ombudsman Program and strategies for advocating for residents of nursing homes and other long term care facilities. Derek Koshinski, Ombudsman Paralegal of the Legal Assistance Foundation, will also discuss the expanded ombudsman program that will provide the same advocacy for those receiving home healthcare.

December 7    Bebop and Cool Jazz
Following World War II, two new jazz forms emerged: bebop and cool jazz. In this mixed media presentation, member Bob Levi explains how these jazz styles differed from one another and how they differed from big band swing dance music.

December 14    Mary Martin: She Had to Crow
From her tomboy, Texas youth to her starring Broadway roles, Mary Martin was an original. She began her performing career as a dancer; yet with her impish, joyful demeanor, she flourished on stage as a singer and actress. Although her personal life did not always mirror her happy presence on the stage, Mary Martin was truly a star in every way. In this program, Susan Benjamin will discuss personal and professional stories as well as samples from her work including Peter Pan, Annie Get Your Gun, South Pacific and others.

December 21    Happy Holidays: No Program
December 28    Happy Holidays: No Program

Highland Park Players

Avenue Q
Northbrook Theatre
Saturday, October 17 at 4 p.m.
Senior Center member price: $16
For tickets, call (847) 432-4110

Avenue Q is a laugh-out-loud musical that tells the timeless story of a recent college graduate who moves into a shabby New York apartment all the way out on Avenue Q. There, he meets the girl next door, a Republican, an internet sexpert, and other colorful types who help him finally discover his purpose in life! A block of 30 tickets has been purchased by the Center, and tickets are available on a first come first served basis.

Please Note: Avenue Q is an an adult themed performance, and may not be appropriate for all audiences.

Highland Park Strings

Schumann and Beethoven
Highland Park High School
Saturday, October 25 at 3 p.m.
Free Admission

Mozart, Stamitz, and Haydn
Highland Park High School
Sunday, December 13
Free Admission
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 discount deadline date. For trips and special activities, discount deadline dates are 1 week prior, unless identified in the newsletter copy; for classes, discount 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, September 21 - October 26 (6 classes)**
9:45 - 10:45 am  Fee: $33 / NM: $53

**Mondays, November 9 - December 14 (6 classes)**
9:45 - 10:45 a.m.  Fee: $33 / NM: $53

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.

* Level 1

Tuesday Gentle Yoga

**Tuesdays, September 8 - October 27 (6 classes)**
10:30 - 11:30 a.m.  Fee: $33 / NM: $53

**Tuesdays, November 10 - December 15 (6 classes)**
10:30 - 11:30 a.m.  Fee: $33 / NM: $53

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. No class 9/15 & 9/22.

* Level 1 / 2

Tuesday Sit & Be Fit

**Tuesdays, September 8 - October 27 (6 classes)**
1:30 - 2:30 p.m.  Fee: $33 / NM: $53

**Tuesdays, November 10 - December 15 (6 classes)**
1:30 - 2:30 p.m.  Fee: $33 / NM: $53

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 9/15 & 9/22.

* Level 1

Low Impact Dance Aerobics

**Wednesdays, September 9 - October 28 (7 classes)**
9:45 - 10:45 a.m.  Fee: $39 / NM: $59

**Wednesdays, November 18 - December 16 (5 classes)**
9:45 - 10:45 a.m.  Fee: $28 / NM: $48

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. No class 9/23.

* Level 2
Senior Center Library

Members are invited to borrow books from the Senior Center library located in the main floor office. You’ll find a nice selection of fiction, non-fiction and large print books. Books are loaned on the honor system, and there is no limit on how long they can be kept out.

Thursday Sit & Be Fit

**Thursdays, September 10 - October 29 (8 classes)**

1:30 - 2:30 p.m.  Fee: $44 / NM: $64

**Thursdays, November 12 - December 17 (5 classes)**

1:30 - 2:30 p.m.  Fee: $28 / NM: $48

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 11/26.*

* Level 1

Friday Gentle Yoga

**Fridays, September 11 - October 30 (8 classes)**

10:30 - 11:30 a.m.  Fee: $44 / NM: $64

**Fridays, November 13 - December 18 (5 classes)**

10:30 - 11:30 a.m.  Fee: $28 / NM: $48

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 11/26.*

* Level 1 / 2

Gentle Tai Chi

**Fridays, September 11 - October 23 (7 classes)**

12 - 1 p.m.  Fee: $39 / NM: $59

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.

* Level 2

Supervised Bridge for Intermediate Players

**Tuesdays, September 29 - November 24 (8 classes)**

10 a.m. - 12 p.m.  Fee: $80 / NM: $100

Instructor Elaine Morrison returns to teach intermediate players in this new format. Each class begins with a mini-lesson, and is followed by supervised play. Elaine will be available to answer questions, and review how each hand was played. *No class 10/27.*

Advanced Bridge Lessons

**Thursdays, September 17 - November 19 (8 classes)**

10 a.m. - 12 noon  Fee: $80 / NM: $100

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. *No class 10/22 & 10/29.*

Beginning Canasta Lessons

**Fridays, October 9 - November 20 (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 handouts of the rules.

* Level 1 / 2

Gentle Tai Chi

**Fridays, September 11 - October 23 (7 classes)**

12 - 1 p.m.  Fee: $39 / NM: $59

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.

* Level 2

Rules of the Road

**Thursday, September 10**

9:30 - 11:30 a.m.  Fee: Free

The Rules of the Road review course gives drivers the knowledge and confidence needed to renew or obtain a driver’s license.

AARP Smart Driving Course

**Thursday & Friday, October 29 & 30**

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.
**Beginning iPad Class**

*Wednesdays, October 7 - 28 (4 classes)*

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

Instructor Bill Marks will provide students with hands-on instruction on the following functions and features of the iPad: 1) overview and functions, 2) internet, 3) e-mail, and 4) standard apps.

**Continuing iPad Class**

*Wednesdays, November 4 - December 2 (4 classes)*

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

As a follow up to the beginning class, Instructor Bill Marks will provide students with hands-on instruction on the following functions and features of the iPad: 5) photos and videos, 6) SIRI, 7) Apple store apps, and 8) Face Time & Skype. *No class 11/11.*

**Watercolor Workshop**

*Thursdays, September 10 - October 29 (8 classes)*

10 a.m. - 12 noon  
Fee: $64 / NM: $84

*Thursdays, November 12 - December 17 (5 classes)*

10 a.m. - 12 noon  
Fee: $40 / NM: $60

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. *No class 11/26.*

**Advanced Painting Studio**

*Thursdays, September 10 - October 29 (8 classes)*

1 - 3 p.m.  
Fee: $64 / NM: $84

*Thursdays, November 12 - December 17 (5 classes)*

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

Experienced students are guided toward improving their drawing and painting skills while working individually on their personal paintings. The instructor will offer support in developing use of color, composition, perspective, and more. *No class 11/26.*

**Conversational Spanish:**

*Fridays, September 11 - November 20 (11 classes)*

- **Beginning:** 9 - 10 a.m.  
  Fee: $55 / NM: $75
- **Advanced:** 10 - 11 a.m.  
  Fee: $55 / NM: $75
- **Continuing:** 11 a.m. - 12 noon  
  Fee: $55 / NM: $75

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.

**Featured Artists**

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

**Paulette Krelman**

September & October  
Artist Reception  
Wednesday, September 2 from 4:30 - 6 p.m.

**Marilyn Schiller**

November - December  
Artist Reception  
Wednesday, November 4 from 4:30 - 6 p.m.
~ 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, October 8 – November 12 (6 weeks) 1:30 - 3 p.m. Free
Please register by October 5.
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.

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.

Prescription Drug Plan Assistance
Open enrollment for the Medicare Prescription Drug Plan extends from October 15 - December 7, 2015. During this period, you may change from your current drug plan or enroll for the first time. Everyone is encouraged to re-evaluate their insurance coverage due to changes in the drug plans or changes in your own prescriptions. Trained volunteers are available to assist in navigating the Medicare Part D enrollment process during a personal appointment at the Senior Center. Please call Jennifer to make an appointment.

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.

telephone Reassurance –“R.U.OK?”
The Lake County Sheriff’s Office “Are You OK?” program offers a personal wellness check by making phone calls to those who are home-bound and living alone. Those interested in participating in the program can request an application by contacting the Lake County community services team at (847) 377-4211.

Well-Being Checks for Seniors
The Highland Park Police Department offers 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.

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.
Welcome New Members

Leonard & Phyllis Abrams
Linda Alaimo
Steven & Sara Bazer
Elaine Blumenthal
Stephanie Brent
Francine Cabonargi
Karen Champlin
Irene Cohen
Shula Cohen
Linda Cohn
Regina Cooper
Linda Davis
Harold & Shirley Degen
Joseph & Diane Deiss
Jeffrey & Deborah Dubow
Cliff & Nadine Eisenberg
Gilbert Feldman
Robbie Friedland
Ted & Nancy Funk
Judy Golan
Joan Golder
Howard Goldman
Susan Greenberg
Stephen & Bobbi Guthman
Tim Hendershot
Steve & Joan Herczeg
Darlene Hoffenberg
Joel & Carol Honigberg
Janet Jacobson
Jerry & Linda Kahn
Gary & Lori Kash
Lennie Kay
William & Carol King
Richard Klemp
Ann Lamas
Martin & Charlotte Langer
David Levinson
Nancy Liberman
Marie Lutz
Ila Lynn
Randi Marconi
John & Maria Mastro
Carol Mitchel
Roberta Nagel
Penelope Paris
Wendy Perlman
Allen A. Petlin
Sharon Pick
Eleanor Pieracci
Charlene Podolsky
Peter & Nancy Polansky
Zorack Rabin
Linda Randall
Judy Robins
Sidney Rosenberg
Richard & Barbara Rosenfield
Sheldon & Jewell Schaps
Audrey Schmetterer
Gregory & Sophia Shadkin
Mary Seyfarth
Esther Silberman
Sam & Paula Stancin
Sue Steiner
Helene Stone
Roslyn Sugar
Sheri Tisdahl
Jose & Leanna Torres
Filippo & Rita Di Vagno
Ronald Weingardt
Ruthe Weis
Donald & Barbara Weiss
Hamilton & Alana Wishnoff
Carolyn Wittack
Milton & Joan Wood
Suzanne Zweig

Donations

In Honor of the Anniversary of James & Muriel Cowen
From: Judy & Mike Thompson

In honor of Services for Seniors
From: Harold & Gert Savitz

In Honor of Don Miner’s Retirement
From: Ludmilla Coven
Janet Freed
Lou Frey
Barbara Gifford
Jehan & Mary Kavoosi
Jerry & Shirley Miller
Morry & Betty Robinson

Best Wishes for a Speedy Recovery to Irv Drobn
From: Maxine Levin

In Memory of Deena Coppi
From: Lou Frey

In Memory of Isabel Dickstein
From: Pearl Pierce

In Memory of Hariette Levinson
From: Lou Frey

In Memory of Lila Trotsky
From: The Family of Lila Trotsky

TREE of HONOR Donations

In Appreciation of the Highland Park Senior Center Staff and Services
From: The Chamberlin Family
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<tr>
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Film Series - HP Library
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**Special Events:**
- Avenue Q HP Players - Sat. Oct. 17 @ 4pm
- Pilgrim Player - Sun. Oct. 18 @ 3pm
- Highland Park Strings - Sat. Oct. 25 @ 3pm
- AARP Driving Course - 10:00, 9:00
- AARP Driving Course - 10:00
- Film Series - HP Library - Sun. Oct. 11 @ 2pm
- AARP Driving Course - 10:00
- AARP Driving Course - 9:00
- Barry Bradford - 1:00

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### November 2015

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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**Film Series - HP Library**
Sun. Nov. 22 @ 2pm
## December 2015

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<td>12:30 Senior Producers</td>
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<td><strong>12:00 Festival of Lights</strong></td>
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### Events

- **Film Series - HP Library**
  - Sun. Dec. 6 @ 2pm
- **Highland Park Strings**
  - Sun. Dec. 13 @ 3pm

### CLOS:D
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City of Highland Park

Highland Park Senior Center Membership Registration
54 Laurel Avenue
Highland Park, IL 60035
Phone: (847) 432-4110; FAX: (847) 432-4531

Please return this completed form by mail or in person to the Senior Center.

Highland Park: Single $30 _____ / Couple $50 _____; Non-resident: Single $50 _____ / Couple $90 _____

Name______________________________ Birthdate _____ / _____ / _____
Name______________________________ Birthdate _____ / _____ / _____
Address____________________________ City_______ Zip_______
Phone___________________________ Cell____________ E-Mail________________

Current Member_____ New Member______ Former Member______ Check: $________________
Credit (VISA, MC, Disc.) #________________________ Exp._______ Signature:________________

Please list two people we could contact if necessary:

1. Name____________________________ Relationship________
   Address____________________________ City_______ Cell____________

2. Name____________________________ Relationship________
   Address____________________________ City_______ Cell____________

Doctor’s name_______________________ Phone________________

Participant Liability Waiver and Hold Harmless Agreement

Please read this form carefully and be aware that by registering for and/or participating in programs sponsored by the Highland Park Senior Center, you will be waiving your rights to all claims for injuries you might sustain arising out of participation, and you will be required to indemnify, hold harmless and defend The City of Highland Park for any claims arising out of participation in Senior Center activities.

Risk of Injury: "As a participant in Senior Center activities, I recognize and acknowledge that there are certain risks of physical injury, including but not limited to death, and I agree to assume the full risk of injuries, including death, damages, or loss which I may sustain as a result of participating in any and all activities associated with participation.

Waiver of Injury Claims: "I agree to waive and relinquish any and all claims I may have arising out of, connected with, or in any way associated with the activities of the Senior Center.

Release from Liability: "I do hereby fully release and discharge the City of Highland Park and its officers, agents, and employees from any and all claims from injuries, including death, damage or loss which I may have or which may occur on account of participation in Senior Center activities."

Indemnity and Defense: "I further agree to indemnify, hold harmless and defend the City of Highland Park and its officers, agents, and employees from any and all claims from injuries, including death, damages and losses sustained by me and arising out of, connected with, or in any way associated with the activities of the Senior Center."

I have read and fully understand and agree to the above stated conditions of Highland Park Senior Center membership.

In the event of any emergency, I authorize the City of Highland Park to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed reasonable and necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered to me.

I have read and fully understand and agree to the above stated conditions of membership to the City of Highland Park Senior Center.

Signature________________________ Signature________________________
Date_______/_______/_________ Date_______/_______/_________
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.

Holiday Schedule

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

<table>
<thead>
<tr>
<th>Holiday</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Labor Day</td>
<td>Monday, September 7</td>
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<tr>
<td>Veteran’s Day</td>
<td>Wednesday, November 11</td>
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<tr>
<td>Thanksgiving Holiday</td>
<td>Thursday, November 26 - Friday, November 27</td>
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<tr>
<td>Winter Holiday</td>
<td>Thursday, December 24 - Monday, January 4</td>
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