

THE SHORELINES

MAY - AUGUST, 2014

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.

Welcome to the Highland Park Senior Center

The City of Highland Park proudly introduces the Highland Park Senior Center, to its residents, in this special edition of *The Shorelines* newsletter. The Senior Center strives to provide exceptional education, recreation, enrichment and support services targeting a population from 50 years of age and upward. Located in a historic greystone mansion overlooking Lake Michigan, this is a great time to visit the Highland Park Senior Center to see firsthand the many opportunities available.

- ~ Life-long learning with excellent speakers for Monday Speakers Series, Barry Bradford Lectures, and a Humanities Series
- ~ Fitness classes including: Low Impact Dance Aerobics, Zumba Gold, Yoga, Tai Chi, Sit & Be Fit, Chair Stretching, Total Body Fit, and more
- ~ Classes in bridge, canasta, art, computers, photography, ceramics, mah jongg & more
- ~ Social events featuring amazing entertainment, themed luncheons, dances, and restaurant outings
- ~ Day excursions to the hottest new plays, museum exhibits, and points of interest with transportation
- ~ Community service and volunteer opportunities for residents
- ~ Access to free transportation for seniors, on a fixed route within Highland Park
- ~ Resources and information for families facing transitions including housing options, home care referrals, and a medical equipment loan closet
- ~ Full time Social Services Coordinator providing support groups for widows, family caregivers, and individuals seeking counseling and advice

Join the 1400 members who have found the Senior Center a great place to spend their leisure time.

A warm and welcoming staff is looking forward to meeting you!

Activity Registration

Returning Student Registration Begins: Tuesday, April 22 at 9 a.m.

Member Registration Begins: Thursday, April 24 at 9 a.m.

Open Registration Begins: Tuesday, April 29 at 9 a.m.



SPECIAL ACTIVITIES

Bytes & Bites

Highland Park High School
Sunday, May 18
11 a.m. - 1 p.m.
Free; for members only

Join the Highland Park High School Sophomore Board for a morning of *Technology* and *Noshes*! Students will work one-on-one or in small groups with seniors to teach modern day technology (mainly using iPads) and all of the fun and useful things that can be done! Students will provide a light brunch of bagels and cream cheese, fresh fruit and juices, and their traditional home-baked sweet table goodies. Students will have some iPads available, however, if you have one, please bring it.

Sponsored by the HPHS Class of 2016

Back to the Beach Party

Park Avenue Beach
Wednesday, June 11
5:30 - 7:30 p.m.
Fee: \$10 / NM: \$20

Lake Michigan is one of Highland Park's greatest natural assets, and it's a perfect time to enjoy the surf, sand, and sunset at the recently re-opened North Shore Yacht Club. Join others for this fun evening out featuring dinner, music and roasted s'mores by the campfire. Dinner catered by Brown's Chicken features broasted chicken, pasta, sides, and beverage. Following dinner you'll enjoy an old fashioned sing-along featuring your favorite campfire tunes.

Sponsored by BrightStar Care

A Starry Night Dinner Dance

Highland Park Country Club
Tuesday, May 20
6 - 8:30 p.m.
Fee: \$25 / NM: \$45



The Highland Park Country Club golf course is the perfect setting to watch the sun go down and the stars come out! This special evening with dinner by Chef Zahlman Greenwood features a dinner salad, your entree choice of London broil or pan seared salmon, risotto, grilled vegetables, and a delicious seasonal dessert. Throughout the evening, you'll enjoy dancing to a talented trio playing oldies music that will draw you to the dance floor. Song selections will include music that will encourage individual, group, and couples dancing. Dance the night away with twinkling toes under twinkling stars.

Sponsored by Right at Home

Alice Moreton Memorial Garden Dedication

Highland Park Senior Center
Tuesday, July 1
10:30 a.m.
Please R.S.V.P.

Alice Moreton found great joy in participating and volunteering at Center activities. She took much comfort in the warmth, support, and friendships she experienced from both Senior Center members and its staff. Upon her passing, in 2011, Alice demonstrated her gratitude by bequeathing an estate donation of more than \$200,000. Join the Highland Park Senior Center community to pay tribute to Alice and to thank her for her extraordinary generosity with the dedication of the new Alice Moreton Memorial Garden. The dedication will begin with the unveiling of the garden, followed by refreshments and music in Alice's memory.

Garden design and installation by landscape architect Debby Blanks, owner of Blanks Design.

SPECIAL ACTIVITIES

Summer Cool Down



Jamba Juice
Friday, August 15
1:30 - 3 p.m.

Free; for members only

JAMBA JUICE is a leader in naturally healthy blended beverages, smoothies and good-for-you snacks. The Jamba Juice team invites Senior Center members to stop in for a complimentary frozen fruit smoothie to help beat the summer heat. Choose from their *All Fruit* menu: Mega Mango, Strawberry Whirl, and Peach Perfection. Seating is outdoors, and weather permitting, there will be musical entertainment to enhance your experience.

Sponsored by Jamba Juice

Back Yard Bashes Music, Food, and Fun

Highland Park Senior Center
Tuesdays, 12 - 2 p.m.
Fee: \$10 / NM: \$20

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.

June 17 Moccio's Gourmet Pizza
July 8 Real Urban Barbecue
August 5 Sunset's Summer Salads

Sponsored by Freedom Home Care

Live on the Links Classic Concerts

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

May 1 **HPHS Jazz Band**

Under the direction of Dr. Jim Hile, the Highland Park High School Jazz Band has won competitions both nationally and internationally. As Dr. Hile retires at the end of this school year, please enjoy his final Senior Center concert. Featuring an amazing pool of talented students, the band will perform a concert of jazz standards, including music by Count Basie, Miles Davis, Duke Ellington, Stan Kenton, Glenn Miller, and more.

June 26 **The Dave and Debbie Duo**

Debbie Miller Koziarz and Dave Massello turn the Highland Park Country Club into a cabaret for the afternoon. Debbie's silky voice and Dave's piano talent create a combination that moves the spirit. Their repertoire includes smooth jazz, Broadway, and a wide variety of nostalgic favorites.

July 17 **Tales and Tunes of the Old West**

Gilmary Doyle-Andrews & Lance Brown are coming to town to do a little singin', tell a few tall tales, yodel a tune or two and do some trick roping. Together, they have put together a fun show full of old-time cowboy songs and tomfoolery. So saddle up, and come on down to enjoy the show!

August 21 **Las Guitarras de Espana: Music and Dance of Spain**

The Spanish Guitar Duo features Diego Alonso (guitar) and Carlo Basile (guitar) as well as other members of the renowned ensemble, Las Guitarras de España. Along with Diego and Carlo, Chihuan Yang (violin/Chinese erhu) forms the core group. The ensemble features original, instrumental Spanish guitar based



material as well as some traditional flamenco, classical and fusion pieces sometimes incorporating vocals and flamenco dance.

Sponsored by Highland Park Nursing and Rehab

SPECIAL ACTIVITIES

Barry Bradford Presents: Fascinating Public Figures

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

The Highland Park Senior Center is thrilled to welcome back internationally recognized, award-winning public speaker and historian Barry Bradford! Using numerous video clips, little-known anecdotes, and intriguing insights, Barry presents a fascinating series.

May 9 Harry Houdini

The name of Harry Houdini has become synonymous with magic. Simply no magician or escape artist has ever captivated the American public's imagination the way that the legendary Houdini did. He started as a Rabbi's son in Wisconsin but developed an unparalleled gift for illusion and entertainment. Later, he became fascinated with debunking paranormal claims. Join Barry for the details of his extraordinary life and mysterious death.

June 20 Julia Child: Spy and Chef

In 1963, Julia Child became the 1st superstar chef on TV. Her program was so influential, that the Smithsonian Institute features her kitchen, intact, as a permanent exhibit! There was another side to Julia Child—one that the public knew little about. In 1943, twenty years earlier, during World War II she worked in the OSS, which was to become the CIA. With her husband, Julia Child moved from one dangerous post to another, serving our country before she learned how to cook.

July 11 Edward R. Murrow

From his riveting broadcasts from the rooftops of London during the Blitz to his unforgettable account of entering the concentration camps, Edward R. Murrow has long represented excellence in electronic journalism. Murrow's life story is unpredictable and unique; his career was harrowing, inspiring and deeply influential. Using rare audio and video clips, amazing anecdotes and fascinating facts, the life and career of Edward R. Murrow will come to life.

Sponsored by Gentle Home Services

Humanities Series

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

May 21 Lost In Yonkers Preview

Cast members from Northlight Theatre discuss and preview Neil Simon's award winning play. Set in 1942, Eddie is broke, with no alternative but to leave his sons with their grandmother while he struggles to pay off his debts. The boys are left to contend with an odd extended family in Yonkers. One attendee will win a pair of tickets to the play.

June 25 Obama's Administration

The Obama administration prioritized open government and transparency at the onset of his first term. Yet, under the guise of national security, his presidency has been strident in its determination to keep secrets – and punish those who reveal them. Oddly, mindful of this paradox, Obama stands betwixt and between openness and secrecy. James Marquardt, Associate Professor of Political Science at Lake Forest College, will discuss how this ambivalence threatens his legacy.

July 9 Hidden Memory

In 2006, local storyteller Anne Shimojima interviewed her 91-year-old aunt, who experienced the difficult days of World War II, living in an incarceration camp for Japanese-Americans. This grew into a family history project and a story for performance. Anne Shimojima performs the story of her family's history, beginning with their immigration from Japan, continuing through World War II as she describes the atmosphere in the country, the assembly centers, and life in the incarceration camps.

August 20 Remembering Pete Seeger

A fixture on nationwide radio in the 1940s, Pete Seeger had a string of hit records as a member of the Weavers before being blacklisted during the McCarthy Era. In the 1960s, he re-emerged on the public scene as a prominent singer of protest music in support of international disarmament, civil rights, counterculture and environmental causes. Musicologist, singer, and multi-instrumentalist Mark Dvorak will perform Seeger's songs and tell stories of his ninety-four year life.

Sponsored by Silverado - Highland Park

SPECIAL ACTIVITIES

Brunch and Learn

Heller Nature Center
Fridays, 10 - 11:45 a.m.
Fee: \$10 / NM: \$15

Presented in cooperation with the Park District of Highland Park and Lake Forest/Lake Bluff Senior Center

May 16 Honeybees of Heller

Spend the morning getting to know all about honeybees with a Heller Beekeeper! Learn about the different types of bees in a hive, the ins and outs of keeping bees, why bees are so important to our society and the challenges faced by beekeepers nationwide. Then get dressed up in a protective bee suit and head outside for an up close look inside an active hive. All participants must wear tall socks and closed shoes in order to go to the hives. The hands-on portion of this activity will run until 12:15 p.m. Inclement weather date: May 23.



June 20 The Wonders of Watercolors

Local artist, Heller Nature Center Volunteer and former school teacher Jim Tingey loves to paint with watercolors! His company, Catch and Release Artwork, allows him to pair his dual interests of the outdoors and painting into a successful business. Come along as he talks about his passion for fishing and the environment, as well as why watercolor is a favorite medium, and the techniques he uses to beautifully capture his subjects.

July 18 Predators of the Sky - Live

Linda Breuer and her feathered friends are back! Linda owns and operates Barnswallow: A Wildlife Concern, a local not-for-profit organization that rehabilitates songbirds and raptors that have been injured or otherwise harmed by humans in order to release them back into the wild. She takes care of several educational birds which can no longer survive in the wild, and she will bring them with to help teach you about these wonderful raptors. Also learn how you can help wild birds survive. Come meet Linda and see several of her hawks and falcons up close!

Sponsored by ManorCare Health Services

Progressive Tour

Brookdale Communities
Wednesday, May 7
Bus departs 10 a.m.
Fee: \$5 / NM: \$10

Explore the mysteries of senior living during this progressive tour of two Brookdale communities. The day will feature tours of facilities including furnished models, computer library, and engaging special activities at each community. The Park at Vernon Hills visit will include a healthy lunch prepared by their master chef. After lunch enjoy decadent desserts at Hawthorn Lakes. Transportation from Toys R Us departs at 10 a.m. and returns at approximately 2 p.m. Space is limited; please register in advance.

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

IPRA Six-County Senior Olympics 2014

Location: North Suburban Communities
Dates: July 7 – July 25
Fee: \$16 single day/\$22 multiple
Ages: 50 years and older

The IPRA Six-County Senior Olympics 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, softball, bocce, volleyball, pickleball, and more. Registration forms and a detailed schedule of events will be available online at www.ilipra.org and at your local Senior Center beginning May 10.

18-hole Golf Outing

Highland Park Country Club
Wednesday, July 23
7:30 a.m. shotgun start

Fee: \$55 (plus the Senior Olympics entry fee)

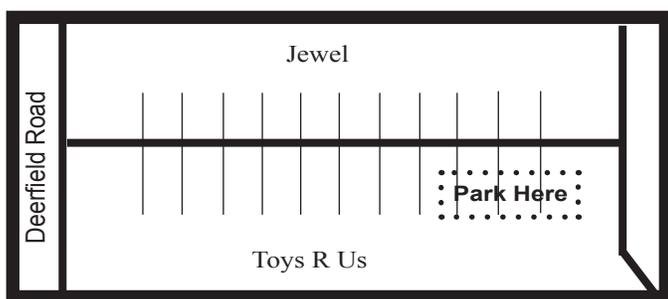
Please call (847) 432-4110 for details.

DAY EXCURSIONS

Registration and Refund Policies

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

Excursions Depart from the
Toys R Us Parking Lot
1610 Deerfield Road
Highland Park, IL



Day Excursion to Drury Lane
Les Misérables - Thursday, May 22

Lifestyles of the Rich and Famous with My Kind of Town Tours

Chicago Neighborhoods

Wednesday, May 14

Fee: \$80 / NM: \$100

Bus departs Toys R Us at 9 a.m.

Bus returns at approximately 4 p.m.

Join historian Leah Axelrod on another of her amazing narrative tours throughout Chicago. **Gold Coast Historic District** and **Hyde Park** area - Drive through the neighborhoods that were home to the city's Who's Who; many which are still maintained as they were in the past. **Charles Dawes Mansion** - Built in Evanston along the lake front, it is still decorated and furnished as it had been before becoming the home of the Evanston Historical Society. **Rockefeller Chapel** - A 1932 interpretation of a Collegiate Gothic house of worship. On the University of Chicago campus, the splendid edifice is used for religious as well as secular functions. There will also be a surprise stop at one of Chicago's grand hotels. Lunch at **Lawry's** is included, with a presentation on the history of this lovely converted mansion off the Magnificent Mile.



Les Misérables & Lunch

Drury Lane, Oakbrook

Thursday, May 22

Fee: \$70 / NM: \$90

Bus departs Toys R Us at 11 a.m.

Bus returns at approximately 5 p.m.

Drury Lane begins its 30th anniversary season with one of the world's most iconic musical classics - a sweeping tale of romance, passion, suspense and redemption. Based on Victor Hugo's novel, *Les Misérables* travels through three turbulent decades of 19th century France. Convict Jean Valjean is on the run, hunted relentlessly by Javert for breaking his parole. Valjean must leave his past behind and keep his vow to raise the young orphan Cosette. With revolution in the air and Javert closing in, Valjean has no choice but to fight for his life and sacrifice everything to protect the people he loves. *Les Misérables* is the recipient of over 50 international theater awards including 8 Tonys and is considered the world's longest running musical. Prior to the show, enjoy lunch featuring a seasonal fruit cup, your choice of entree, chef's choice of sides and dessert. When registering, please indicate your choice of salmon filet or roast strip loin.

DAY EXCURSIONS

Morton Arboretum

Lisle, Illinois

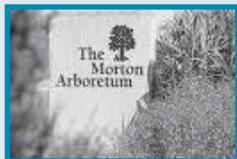
Thursday, June 5

Fee: \$45 / NM: \$65

Bus departs Toys R Us at 9 a.m.

Bus returns at approximately 4 p.m.

The Morton Arboretum is a unique place to explore, discover, escape, and connect with trees and nature. This arboretum experience begins with an open-air tram tour on The Acorn Express; an exciting journey through the ever-changing landscape of The Morton Arboretum. The one-hour narrated tour allows you to relax and enjoy the gentle breeze as you slowly wind your way through the stunning landscapes. Following, enjoy a Dutch treat lunch in Ginkgo Restaurant and dine overlooking their beautiful Meadow Lake. After lunch, participants have the opportunity to enjoy nature up close and personal with an optional narrated 45-minute walking tour amidst the flourishing trees, shrubbery and perennials. If preferred, you may explore other areas of the arboretum on your own, including the Visitor Center, Plant Clinic, The Arboretum Store, four-acre Children's Garden, one-acre Maze Garden, and a paved walking trail around restored Meadow Lake. *Inclement weather date: Thursday, June 12.*



Lake Geneva Mail Boat Cruise

Lake Geneva, Wisconsin

Wednesday, June 18

Fee: \$85 / NM: \$105

Bus departs Toys R Us at 9 a.m.

Bus returns at approximately 5 p.m.

For the true Lake Geneva Experience, you have to get on the water! Beautiful estates, mansions and natural scenery that can only be viewed from the lake unfold through a descriptive and insightful narrated tour. Participants will enjoy an up close perspective of the lake homes on this mail delivery cruise which carries on a tradition that began back in 1870. Loaded with 150 passengers, mail, a very brave and agile mailperson, and a steady handed Captain, the crew delivers mail to about 60 homes around the lake. The mailperson leaps off the bow of the boat onto the pier, places the mail into the box, grabs outgoing mail, and jumps back aboard...all while the boat is still in motion. After, enjoy an upscale lunch overlooking Lake Delavan at the recently renovated Lake Lawn Lodge. When registering, please indicate your entree choice of roasted chicken divan or roasted Boston cod.



High Tea and Hotel Historic Tour

Palmer House Hotel, Chicago

Thursday, July 10

Fee: \$70 / NM: \$90

Bus departs Toys R Us at 10:30 a.m.

Bus returns at approximately 4:30 p.m.

Upon entering the Palmer House Hotel lobby, guests are greeted with a breathtaking one-of-a-kind ceiling fresco by French painter Louis Pierre Rigal. You'll enjoy a traditional high tea with a selection of Harney & Sons fine teas, along with a leisurely lunch featuring an assortment of delicious finger sandwiches, scrumptious scones, and delectable desserts. Following, you will be treated to the hotel's *History is Hot* tour which includes a 75-minute history presentation followed by a mini walking tour highlighting this legendary Chicago landmark.



Brigadoon & Dinner

The Goodman Theatre & Petterino's

Sunday, July 27

Fee: \$130 / NM: \$150

Bus departs Toys R Us at 1 p.m.

Bus returns at approximately 7 p.m.

This unforgettable musical adventure comes alive in a bountiful new adaptation directed by Chicago's own Rachel Rockwell, hailed as an artist of "astounding and very rare talents" by Chicago Tribune. When American tourists Tommy and Jeff get lost on vacation in Scotland they stumble into Brigadoon, a mythical village that appears for only one day every 100 years. No outsider can stay in Brigadoon unless they fall in love, and no resident can leave or the village will vanish forever. But when Tommy falls for a village girl, he is forced to choose between returning to the world that he knows or taking a chance on life and love in the mysterious Brigadoon. Big, beautiful and beguiling, Brigadoon is a ravishing musical delight that will sweep you off your feet. Following the performance, enjoy dinner at Petterino's, which is adjacent to the theater. The meal includes the Irv Kupcinet Chopped Salad (corn, avocado, egg, blue cheese), your choice of entree, sweet chocolate mousse cake for dessert, and coffee, tea or soda. When registering, please indicate your choice of chicken Armondo, herb crusted whitefish or steak Diane (add \$3).



Fiddler on the Roof & Russian Lunch

Light Opera Works & Pavilion Restaurant

Wednesday, August 13

Fee: \$85 / NM: \$105

Meet at the Pavilion Restaurant at 11:30 a.m. for lunch

Bus returns to the Pavilion at approximately 5:30 p.m.

In the little village of Anatevka, Tevye, a hardworking dairyman, is driven to distraction by his freethinking daughters and his equally headstrong wife. With themes of family and faith, this unforgettable musical weaves together a touching portrait of love, laughter, devotion and defiance. Rich in historical and ethnic detail, *Fiddler on the Roof* has touched audiences around the world. Keeping in theme with the Russian shtetl of Anatevka, prior to the performance, you will enjoy lunch at the Pavilion Restaurant in Northbrook. Featuring authentic Russian cuisine, the family style meal includes chicken and potato dumplings, main courses of cod, chicken livers & beef stroganoff, and sides of red cabbage, steamed vegetables, and mashed potatoes. Beverage and a special dessert are also included.

*** Bus departs from and returns to Pavilion Restaurant
577 Waukegan Road, Northbrook**

Milwaukee Zoo Tour

Milwaukee, Wisconsin

Tuesday, August 26

Fee: \$75 / NM: \$95

Bus departs Toys R Us at 8 a.m.

Bus returns at approximately 5 p.m.

As one of the country's finest zoological attractions, the Milwaukee County Zoo will educate, entertain and inspire you! Visit over 2,000 mammals, birds, fish, amphibians and reptiles in specialized habitats spanning 200 wooded acres. The day begins with a 2-hour private tram tour of the zoo led by an experienced zoo docent, who will share detailed information about the animals habits and habitats, as well as some zoo-keeper behind-the-scenes details. The tram will allow time to walk through some of the special enclosed exhibits including stops at the big cat house, the aquatic reptile building, the polar bear & sea lions exhibit, and the apes of Africa house. Following, enjoy a picnic-style buffet lunch featuring grilled brats and burgers, as well as pulled pork sandwiches. Sides, fresh fruit, dessert and beverage are also included. After lunch, there will be time to explore the zoo on your own. Revisit some of your favorite spots, check out an exhibit you did not visit, or take in a show - it's your choice!



Hank Williams: Lost Highway

Chicago, Illinois

Wednesday, September 17

Fee: \$75 / NM: \$95

Bus departs Toys R Us at 9 a.m.

Bus returns at approximately 5 p.m.

Hank Williams: Lost Highway is the spectacular musical biography of the legendary singer-songwriter noted as one of the great innovators of American popular music. The play follows Williams' rise from his beginnings on the Louisiana Hayride to his triumphs on the Grand Ole Opry to his eventual self-destruction at twenty-nine. Along the way, you'll be treated to an unforgettable tribute of more than 20 hit songs like

I'm So Lonesome I Could Cry, Move It on Over and Hey, Good Lookin', which are given fresh and profound resonance set in the context of Williams' life. Prior to the show, you'll enjoy a delicious lunch at a local favorite hot spot!



Verdi's Il Trovatore* and Lunch at Lloyd's of Chicago

Lyric Opera House, Chicago

Thursday, October 23

Fee: \$60 / NM: \$80

Bus departs Toys R Us at 11 a.m.

Bus returns at approximately 6 p.m.

Primal passions. Potent music. The troubadour Manrico and Count di Luna are bitter enemies. But in a twist of fate, they're both in love with Leonora — and they're brothers without knowing it. Emotions boil in an action-packed story that includes babies switched at birth, kidnapping, mistaken identity, poisoning, civil strife, witches burned at the stake, and a noblewoman who offers herself to a man she hates, to save the man she loves. High drama and some of the most famous music Verdi ever composed — including the "Anvil Chorus"! Prior to the performance, enjoy a delicious lunch at Lloyd's of Chicago. Lunch includes soup, your choice of entree, potatoes, seasonal vegetables, an assortment of mini desserts, and your choice of beverage. When registering, please indicate your choice of pretzel crusted tilapia, chicken piccata, or beef gnocci.

*** Dress rehearsal.**

*This trip is partially funded with a grant from
The Trillium Foundation
with tickets provided by the Lyric Opera*



ACTIVITIES - FREE FOR MEMBERS / NM: \$10

Monday at the Movies

Highland Park Police Department

Monday, 1:30 p.m.

Join others for a weekly movie newly released to DVD, shown with captions. Monthly schedule is available at the Center.

Sponsored by BrightStar Care

Table Tennis (Ping Pong)

The Senior Center ping pong table is available for use by members, based on room availability. A list of interested players is available so you can meet new players and schedule play time. Table time must be reserved in advance; please call (847) 432-4110.

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.

Under the direction of Michael Feit, 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.
- Master points are NOT issued.
- 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; you must be currently enrolled in a Senior Center art class.

Knitwits

Tuesdays, 9:30 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. Yarn donations welcome.

Senior TV Production Team

Varied Mondays/Tuesdays, 12:30 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 many exciting positions include camera, sound, directing, and TV host.

Open Bridge

Wednesdays, 9:30 a.m.

Join other players for a friendly game of drop-in bridge. This small group welcomes players of any level who want to play in an informal setting. Participants must be willing to play with all other players and rotate when appropriate.

Yiddish Conversation & Culture

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

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

"For Men Only" Discussion Group

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

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

Mah Jongg

Thursdays, 1 - 3 p.m.

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

News & Views Current Events

Fridays, 10 - 11:30 a.m.

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

Open Canasta

Fridays, 12:30 p.m.

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

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 5, June 2, July 7 and August 4 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.

May 5 Staying Well While Growing Older

Senior Center member and retired cardiologist, Dr. Al Miller will discuss appropriate goals when getting older, risks that can and cannot be altered, what can be done to prevent or decrease risks to one's well being. He will also discuss atherosclerosis, chest pain, and high blood pressure.

May 12 Shirley Temple (Part 1)

Shirley Temple, the adorable, precocious child, helped lift people's spirits. From the time she was three years old when she obeyed her mother's admonition, "Now sparkle, Shirley," into adulthood and middle age, Shirley performed and contributed to her culture and society. Susan Benjamin will present video clips of Shirley's most memorable performances which complement stories of her unusual personal life.

May 19 Brazil and Argentina Travelogue

Member Kay Thomas will discuss her time spent in these two South American countries known for their beauty and history. Through beautiful photographs, you will see the Presidential Palace, the grave of Eva Peron, and many other aspects of the Argentinean culture. On the border of Argentina and Brazil are the mighty Iguassu Falls. In Rio de Janeiro, highlights include Sugar Loaf Mountain, the beaches and Tijuca Forest National Park.

May 26 No Program Memorial Day

June 2 Personal Finance Organization

Do you wish you had for yourself and your family an organized, accessible understanding of your household financial information? Senior Finance Managers Karen Sabin Gitles and Sheila Marks will discuss how to get these important matters organized for yourself and your family. Gain peace of mind knowing that these matters are up to date and taken care of.

June 9 Shirley Temple (Part 2)

Shirley Temple, the adorable, precocious child, helped lift people's spirits in the darkest days of the Great Depression---and beyond. From the time she was three years old when she obeyed her mother's admonition, "Now sparkle, Shirley," into adulthood and middle age, Shirley performed and contributed to her culture and society. In part two of this two-part program, Susan Benjamin will present video clips of Shirley's most memorable performances which complement stories of her unusual personal life.

June 16 Memory Loss and Dementia

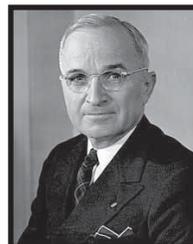
If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. Lauren Levin of the Alzheimer's Association, Greater Illinois Chapter will provide the most current information on detection, causes and risk factors, disease stages, treatment, and much more.

June 23 French Classical Music

Viva La France! French classical music abounds in American pop culture. Bob Levi's multi-media presentation illustrates music written by five French composers including musical selections by Delibes, Saint-Saëns, Ravel, Dukas and Offenbach. Bob provides examples of where their melodies can be found in unexpected places.

June 30 The Buck Stops Here

As the recognized leader of the free world, Harry Truman wielded tremendous power, but he kept his perspective. "I always took the view that the presidency is a gift of the people who elect the president for a limited amount of time." Donna Horwitz, M.A., shares her thought provoking slide presentation featuring Harry Truman's time in office as well as a look at Harry and Bess Truman's life after the White House.



July 7 Knee and Hip Replacement Update
Medical procedures in hip and knee replacement seem to advance every year, along with the factors determining if one is eligible for these procedures. Dr. Ritesch Shah will speak on current trends in hip and knee replacement as well as total joint replacement. What are the benefits? What are the risks? All surgery has pros and cons; Dr. Shah will present a balanced look at these procedures.

July 14 Bob Fosse: Life is a Cabaret
Beginning with his early dance training and performances in Chicago cabarets, Bob Fosse was an original. His dance style altered much of American musical theater. From performing to choreographing to directing, Bob's hard-driving personality created a dazzling product. Susan Benjamin provides personal stories as well as examples of his work as performer, choreographer and director.

July 21 Stand Straighter, Live Longer
Aging experts increasingly believe spine health and posture is, in some cases, an indicator of how well you will age. Chiropractor Dr. David Johnson will discuss how seniors in particular, should be more aware of their body alignment, and what action to take if their posture is not ideal.

July 28 The War Between the States (Part 1)
World traveler and lecturer Bill Helmuth recently has done extensive travelling in the United States, specifically visiting historic Civil War sites. In the first of this series, Bill will discuss the dynamics between the North and South that led to war. An avid photographer, Bill will have plenty of photographs of the historic sites he visited.

August 4 Galapagos and Machu Picchu
In 2013, Fred Gold and his wife traveled to Machu Picchu and The Galapagos Islands which had been on their 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 saw on this journey.

August 11 Walt Disney: Making Mickey
From his humble beginnings, Walt Disney evolved to become the Prince of Hollywood. From the creation of Mickey Mouse on, his studio became one of the major forces in Hollywood. But all of his creativity and success could not compensate for his troubled childhood and personal demons. Susan Benjamin showcases both Walt Disney's famous creations, as well as what motivated his personal and professional actions.

August 18 50 Years of Public Relations
Member Mert Silbar's career in public relations has left him many memories which he will share. His contact with David Ben-Gurion, Eleanor Roosevelt, Jackie Mason and many other famous people has given him plenty of stories. Also included will be the Hollywood Walk of Fame, the Academy Awards, lawn mower racing, the first man on the moon and beyond.

August 25 The War Between the States (Part 2)
World traveler and lecturer Bill Helmuth recently has done extensive travelling in the United States, specifically visiting historic Civil War sites. In the second part of this series, Bill will discuss the early stages of the war and how it tore not only our nation, but many families apart. An avid photographer, Bill will have plenty of photographs of the historic sites he visited.

Discounted Ticket Pass

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, Center Hotline at (847) 926-1864, and front desk fliers. In order to pickup 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 at the Center, Monday - Friday, 8:30 a.m. - 4:30 p.m.; a photo ID is required.

Registration and Refund Policies

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

Fitness Class Levels

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

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

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

Chair Stretching

Mondays, May 12 - June 23 (6 classes)

9:45 - 10:45 am *Fee: \$33 / NM: \$53*

Mondays, July 14 - August 25 (7 classes)

9:45 - 10:45 a.m. *Fee: \$39 / NM: \$59*

This upbeat class is perfect for anyone who desires a great stretching routine in a fun and supportive environment. Explore how the wisdom of the body is the support to structural changes from the inside-out. Instructor Kris Larsen is a Certified Movement Analyst. *No class 5/26.*

** Level 1*

Tuesday Yoga

Tuesdays, May 13 - June 24 (7 classes)

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

Tuesdays, July 15 - August 26 (7 classes)

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

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

** Level 1 / 2*



A Matter of Balance

Tuesdays, May 13 - June 24 (7 classes)

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

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults through discussion and a light exercise program. Participants learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home, and add exercises to increase strength and balance. Presented by CJE.

** Level 1/2*

Total Body Fit

Tuesdays, July 15 - August 26 (7 classes)

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

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

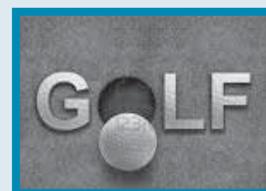
** Level 2*

Senior Adult Travel Golf League

Wednesday Mornings, May - September

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

This innovative 9-hole, coed travel golf league rotates weekly between Sunset Valley Golf Course, Highland Park Country Club, Sportsman Country Club, and Deerfield Golf Club. Greens/ cart fees are additional, and are payable weekly at each course. Please call Laura at (847) 432-4110 for details.



CLASSES

Latin Dance Aerobics: Zumba Gold

Wednesdays, May 21 - June 25 (6 classes)

10:15 - 11:15 a.m. Fee: \$33 / NM: \$53

Wednesdays, July 16 - August 27 (7 classes)

10:15 - 11:15 a.m. Fee: \$39 / NM: \$59

Zumba Gold is a low impact, easier form of Zumba using Latin based music and easy to follow dance moves. Cha cha, salsa, merengue and more with certified Zumba instructor Ali Margolis. Improve your mood, memory and body while having fun!

* Level 2 / 3

Low Impact Dance Aerobics

Thursdays, May 15 - June 26 (7 classes)

9:45 - 10:45 a.m. Fee: \$39 / NM: \$59

Thursdays, July 17 - August 28 (7 classes)

9:45 - 10:45 a.m. Fee: \$39 / NM: \$59

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

* Level 2

Thursday Sit & Be Fit - Chair Exercise

Thursdays, May 15 - June 26 (7 classes)

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

Thursdays, July 17 - August 28 (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 and tone muscle and strength.

* Level 1



Friday Yoga

Fridays, May 16 - July 25 (10 classes)

10:30 - 11:30 a.m. Fee: \$55 / NM: \$75

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 7/4.

* Level 1 / 2

Gentle Tai Chi

Fridays, May 16 - June 27 (6 classes)

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

Fridays, July 18 - August 29 (7 weeks)

1:30 - 2:30 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. No class 6/20.

* Level 2

Golf Clinics

I: Fridays, May 9 - 30 1 - 1:50 p.m.

II: Saturdays, June 7 - 28 10 - 10:50 a.m.

III: Mondays, July 7 - 28 1 - 1:50 p.m.

Fee: \$75 / NM: \$95

Golf Learning Center 2205 Skokie Valley Road, HP
Offered in cooperation with the Park District of Highland Park, these 50-minute golf lessons are designed with the senior golfer in mind. Beginners will learn the fundamentals of grip, stance, alignment, swing, and rules of play. Experienced golfers will work on expanding existing techniques.

AARP Smart Driving Course

Thursday & Friday, May 8 & 9

9 a.m. - 1 p.m. Fee: \$20 / AARP members: \$15

Held at the Highland Park Police Department

Instructor Earl Nichols 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 12

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

The Illinois Secretary of State Rules of the Road Review Course is designed to give drivers the knowledge and confidence needed to renew or obtain a driver's license. The course includes a review of safe driving techniques and Illinois driving laws and also combines an explanation of the driving exam with a practice written exam.

CLASSES

Beginning Bridge Class - Club Series: Modern Bidding

Thursdays, May 15 - July 24 (10 classes)

9:45 - 11:45 a.m.

Fee: \$80 / NM: \$100

If you have always wanted to learn to play bridge, this class is for you! Designed for students with no prior bridge experience, instructor Elaine Morrison will start from the very beginning and will introduce students to the basic concepts of the game including game objectives, dealing and organizing the hand, counting points, and bidding, playing, and scoring. There is an emphasis on modern bidding (opening bids, responses, rebids, overcalls, takeout doubles and stayman) and



sufficient elements of play and defense are introduced to allow the students to start playing hands within a few weeks. Please bring the ACBL Club Series book, to the first class. No class 7/10.

Continuing Bridge Class

Tuesday, May 13 - July 22 (10 classes)

10 a.m. - 12 p.m.

Fee: \$80 / NM: \$100

Elaine Morrison continues the ACBL bridge series with a continuation of the play of the hand (making a plan, promoting winners, finessing, trumping losers, etc.). The initial bidding concepts are reviewed and new bidding concepts are also introduced (Jacoby transfers and slam bidding). Following, the attention turns to defense - discussions of opening leads against suit and notrump contracts, second and third hand play, and defensive signals. Previous experience and basic knowledge of bidding and play of the hand is required. No class 7/8.

Advanced Bridge Lessons

Thursdays, May 1 - May 29 (5 classes)

10 a.m. - 12 noon

Fee: \$33 / NM: \$43

Thursdays, June 26 - August 28 (10 classes)

10 a.m. - 12 noon

Fee: \$65 / NM: \$85

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

Mah Jongg Lessons - Beginning

Wednesdays, July 16 - August 27 (7 classes)

10 - 11:30 a.m.

Fee: \$46 / NM: \$66

Mah Jongg is an ancient Chinese game which is now gaining popularity in the U.S. Join other beginners for this new Mah Jongg class which will start at tile 1, and teach you the basics needed to play the game. Instructor Ilene Bernberg is excited to share her knowledge and love of the game with others. Please bring a current card to the first class.



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.

Beginning Canasta Lessons

Fridays, May 16 - June 20 (6 classes)

1 - 3 p.m.

Fee: \$48 / NM: \$68

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.

Continuing Canasta Lessons

Fridays, July 18 - August 8 (4 classes)

1 - 3 p.m.

Fee: \$32 / NM: \$52

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 play, supervised by instructor Dotty Guthmann.

Register Early !

The Highland Park Senior Center membership and participation have significantly increased over the past few years. Trips, classes and special events often fill up quickly, and it is necessary to form a wait list. To avoid disappointment, if there is something you would like to participate in, please register at your earliest convenience.

CLASSES

Watercolor Workshop

Tuesdays, May 13 - June 3 (4 classes)

9:30 - 11:30 a.m.

Fee: \$35 / NM: \$55

Bari Fleischer will teach watercolor basics: supplies, preparing the paper, creating value studies, painting washes, painting on wet and dry paper, mixing colors and techniques for saving the white of the paper. Watercolor is a versatile painting medium that allows the artist a range of expression and students will finish with a completed piece of artwork.

Drawing & Painting

Wednesdays, May 14 - July 16 (9 classes)

9:30 - 11:30 a.m.

Fee: \$72 / NM: \$82

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 from instructor Christina Lee. Please bring your own supplies. No class 6/25

Digital Photography

Beginning: Wednesdays, May 14 - June 11 (5 classes)

Continuing: Wednesdays, July 9 - 30 (4 classes)

10:30 - 11:30 a.m.

Fee: \$20 / NM: \$40

Instructor and professional photographer Phil Goldman works with students in an intimate setting to learn the basics of digital photography including; camera use, composition, saving, archiving and e-mailing of images, and more. Please bring your digital camera with its accessories and instructions to each class.

Advanced Painting Supervised Studio

Thursdays, May 15 - June 26 (7 classes)

1 - 3 p.m.

Fee: \$39 / NM: \$59

Thursdays, July 17 - August 28 (7 classes)

1 - 3 p.m.

Fee: \$39 / NM: \$59

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, while celebrating life through art. Please bring your own supplies.

Ceramics

Fridays, May 16 - June 27 (7 classes)

1 - 3 p.m.

Fee: \$39 / NM: \$59

Fridays, July 18 - August 29 (7 classes)

1 - 3 p.m.

Fee: \$39 / NM: \$59

Ceramics provides a great opportunity to unleash the hidden artist within. Participants purchase pre-molded and fired pieces called bisque, which they decorate using a variety of painting, stenciling, and sponging techniques. Pieces are fired on site, resulting in a beautiful finished product.

Instructor Marlene White returns to teach this popular class in a fun and supportive environment in which everyone has the opportunity to be successful.



Conversational Spanish

Fridays, May 16 - July 11 (9 classes)

10 - 11 a.m.

Fee: \$40 / NM: \$60

Hola Amigos! Certified Spanish teacher, Leslie Fenster, teaches students the fundamentals of Spanish, including everyday vocabulary, pronunciation, and grammar. Class will focus on both speaking and listening, and is taught in a relaxed and supportive environment. *No class on 7/4.*

Cable TV Production Classes

Wednesdays, June 4 - 25 (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 theory, usage, position and composition as well as 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.

Organizing 101

Wednesday, July 9

1 - 2:30 p.m. *Free; advanced registration required*

Are you overwhelmed with the amount of stuff you have in your home? Would you like to feel more organized but don't know where to begin? Personal Organizer Bonnie Hillman Shay will share tips and techniques to help you pare down the amount of stuff you own, to better organize what you keep and maintain your newly organized spaces going forward.

Free Introduction to iPad

Fridays, June 6

1 - 3 p.m. *Free; advanced registration required*

This introductory presentation is designed to highlight the capabilities of the iPad and give comparison to both the PC and laptop alternatives. Bill Marks will familiarize participants with some of the amazing features and capabilities the iPad has to offer. Bill's real-time demonstration will be projected onto a large screen, and will take you on a tour of locks and passwords, internet, calendars, e-mail, photos, FaceTime, Facebook, and a variety of apps including games, books, music, and more. Workshops covering detailed use of these specific uses will follow.



iPad Workshops - One Topic at a Time

Fridays, 1 - 3 p.m. *Fee per workshop: \$20 / NM: \$40*

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. Advance registration by the prior Tuesday is required.

June 13	Basic Uses and Functions
June 27	Internet Exploration
July 11	E-mail Operation
July 18	Standard App Uses
July 25	Downloadable Apps (Fun & Games)
August 1	Facebook and other Social Media

~ 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
- Support groups including Grief Group for those experiencing recent loss within the past two years and Caregivers Support Group
- 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.

Care and Concern

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

Financial Scholarship

Scholarship dollars may be used toward membership, trips, classes, or special events. Please contact Social Services Coordinator, Jennifer Aiello, and schedule a confidential meeting to determine qualification for scholarship funds.

Scholarship approval is based on proof of:

- Financial need, as determined by the Benefit Access Program
- City of Highland Park residency

Scholarship maximum is \$100 per calendar year, plus membership dues.

- Program and class fees covered 75%, with 25% paid by the participant.

Grief Group

Thursdays, June 5 - July 10 (6 weeks)

1:30 - 3 p.m.

Free

This new group is for those who are experiencing grief due to the death of a loved one (spouse, parent, child, or friend) within the past two years. 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. Please call the Senior Center to register by Monday, June 2.

Widow/Widower's Continuing Support

Second & Fourth Tuesday of each month

1:30 - 3 p.m.

Free

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

Family Caregiver Support Group

Third Thursday of each month (5/15, 6/19, 7/17, 8/21)

10-11:30 a.m.

Free

The role of a family caregiver can face a variety of struggles. Whether providing care for an aging parent, spouse or close friend, the responsibilities can feel overwhelming. This support group, led by Jennifer Aiello, LPC, offers caregivers the opportunity to share their experiences and learn from others aiming toward better self care. Please call Jennifer to register.



*An evening Caregiver Support Group is offered by Family Services of South Lake County. For further details, please contact Stephanie Loda, LCSW, (847) 432-4981.

Daily Telephone Reassurance

Designed for individuals living alone who would like the comfort of knowing that someone will make a daily telephone check. Participants will be called each day by 10 a.m. If there is no answer, emergency procedures will be put into action to check on the condition of the participant and to assess further need. If you would like to receive a daily reassurance call, or if you are interested in volunteering to be a reassurance caller, please call Jennifer at (847) 926-1865.

Reminiscence with Music

Wednesdays, May 28, June 25, July 30, and August 27
1 - 2 p.m.

Per class Fee: \$5 per class / NM: \$10

The power of music holds such positive response for people experiencing memory loss. Hans Christian Anderson had the right idea; "When words fail, music speaks." Often a person can regain a sense of identity and connection enhanced by music. This group, led by Becky Froman, MA, MT-BC (board certified music therapist), will provide opportunities for those with dementia to interact with loved ones, caregivers, and each other, through music activities. Come explore how music helps those with dementia function at their very best. A loved one and/or caregiving partner are encouraged to participate at no additional charge.



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.

Transportation Options

The Senior Connector provides seniors with free bus transportation which runs on a fixed route within Highland Park. Call (847) 432-4110.

Door-to-Door Paratransit Van: The van travels to locations outside of Highland Park within a 15 mile radius. Call (847) 432-3000.

Reduced Taxi Fare Coupon Program: Coupon books may be obtained at the Moraine Township Office, located at 777 Central Avenue. Call (847) 432-3240.

CLASSES

Welcome New Members

Toni Ballenger
Jerry & Linda Bernstein
Beth Damon
Ronald Davis
Reneé Dushman
Maurice & Muriel Fulton
Myrna Gassel
Richard & Suzette Greb
Douglas Hart
Sydnee Heskell
Earl Klugman
Sande Laskov
Christina Martinez
Gloria Mendes
Richard & Geraldine Moll
Gerhart Netzer
Eleanor Rabin
Robert Radke & Bonni Baness
Paul Reinwald
Elaine Rusche
Gayle Shapiro
Margaret Sibbersen
Richard Simon
Jennipher Smith
Rae Weiss

Donations

In Memory of Alice Berube

From: Jolan Korpai
Roberta Kutunow

In Memory of Dr. Jordan Waxman

From: Lou Frey

In Memory of Helen Borris

From: Lou Frey

In Memory of Michael Goldfarb's Sister

From: Lou Frey

In Honor of Mr. & Mrs. Eugene Miller's Anniversary

From: Maxine Levin

In Honor of the Upshernish of Gavriel Harris

From: Julian Martinson

In Honor of Mr. & Mrs. Jim Greenebaum's 60th Anniversary

From: Joan Adler

In Honor Services for Seniors

From: Matthew & Adela Lassen
Claire Shapiro
Marvin & Janice Temple

Senior Center Gift Certificates: A Gift For Any Occasion

Senior Center Gift Certificates are the perfect gift for the Senior Center member who has everything. Gift Certificates may be purchased for any amount (minimum of \$10) and may be used toward membership dues, trips, classes, and special events. Please call Sue at (847) 432-4110 for details.



May 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 1:00 Mah Jongg 10:00 Advanced Bridge 10:00 Men's Only Group 1:30 Live on the Links: HPHS Jazz Band	2 10:00 News & Views 12:30 Open Canasta 1:30 Laurel Larks
5 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	6 9:30 Knitwits	7 9:30 Open Bridge 10:00 Progressive Tour 12:30 Poker 1:30 Yiddish	8 9:00 AARP Driver Safety 10:00 Advanced Bridge 1:00 Mah Jongg	9 9:00 AARP Driver Safety 10:00 News & Views 12:30 Open Canasta 1:00 Barry Bradford 1:00 Golf Clinic 1:30 Laurel Larks
12 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	13 9:30 Knitwits 9:30 Watercolor Workshop 10:00 Continuing Bridge 10:30 Yoga 1:30 Balance Class 1:30 Widow's Group	14 9:00 Trip: Chicago Neighborhoods 9:30 Open Bridge 9:30 Drawing & Painting 10:30 Digital Photography 12:30 Poker 1:30 Yiddish	15 9:45 Low Impact Aerobics 9:45 Beginning Bridge 10:00 Advanced Bridge 10:00 Caregiver Support 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit HPHS Tech Day Sunday, May 18th @ 11am	16 10:00 News & Views 10:00 Spanish Class 10:00 Brunch & Learn 10:30 Yoga 12:30 Open Canasta 1:00 Golf Clinic 1:00 Beginning Canasta 1:00 Ceramics 1:30 Laurel Larks 1:30 Tai Chi
19 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	20 9:30 Knitwits 9:30 Watercolor Workshop 10:00 Continuing Bridge 10:30 Yoga 1:30 Balance Class 6:00 Dinner Dance	21 9:30 Open Bridge 9:30 Drawing & Painting 10:15 Zumba Gold 10:30 Digital Photography 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	22 9:45 Low Impact Aerobics 9:45 Beginning Bridge 10:00 Advanced Bridge 11:00 Trip: Les Miserables 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit	23 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 Golf Clinic 1:00 Beginning Canasta 1:00 Ceramics 1:30 Laurel Larks 1:30 Tai Chi
26 CLOSED MEMORIAL DAY	27 9:30 Knitwits 9:30 Watercolor Workshop 10:00 Continuing Bridge 10:30 Yoga 1:30 Balance Class 1:00 Investment Club 1:30 Widow's Group	28 9:30 Open Bridge 9:30 Drawing & Painting 10:15 Zumba Gold 10:30 Digital Photography 1:00 Reminisce with Music 12:30 Poker 1:30 Yiddish	29 9:45 Low Impact Aerobics 9:45 Beginning Bridge 10:00 Advanced Bridge 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit	30 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 Golf Clinic 1:00 Beginning Canasta 1:00 Ceramics 1:30 Laurel Larks 1:30 Tai Chi

June 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 9:30 Knitwits 9:30 Watercolor Workshop 10:00 Continuing Bridge 10:30 Yoga 1:30 Balance Class	4 9:30 Open Bridge 9:30 Drawing & Painting 10:15 Zumba Gold 10:30 Digital Photography 1:00 Cable Production 12:30 Poker 1:30 Yiddish	5 9:00 Trip: Morton Arboretum 9:45 Low Impact Aerobics 9:45 Beginning Bridge 10:00 Men's Only Group 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit 1:30 Grief Group	6 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 Beginning Canasta 1:00 Ceramics 1:00 iPad Introduction 1:30 Tai Chi Golf Clinic Sat. June 7th, 10 am
9 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	10 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:30 Balance Class 1:30 Widow's Group	11 9:30 Open Bridge 9:30 Drawing & Painting 10:15 Zumba Gold 10:30 Digital Photography 1:00 Cable Production 12:30 Poker 1:30 Yiddish 5:30 Beach Party	12 9:30 Rules of the Road 9:45 Low Impact Aerobics 9:45 Beginning Bridge 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit 1:30 Grief Group	13 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 Beginning Canasta 1:00 Ceramics 1:00 iPad Workshop 1:30 Tai Chi Golf Clinic Sat. 6/14, 10 am
16 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	17 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:00 Back Yard Bash 1:30 Balance Class	18 9:00 Trip: Lake Geneva 9:30 Open Bridge 9:30 Drawing & Painting 10:15 Zumba Gold 1:00 Cable Production 12:30 Poker 1:30 Yiddish	19 9:45 Low Impact Aerobics 9:45 Beginning Bridge 10:00 Caregiver Support 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit 1:30 Grief Group	20 10:00 News & Views 10:00 Spanish Class 10:00 Brunch & Learn 10:30 Yoga 12:30 Open Canasta 1:00 Beginning Canasta 1:00 Ceramics 1:00 Barry Bradford Golf Clinic Sat. 6/21, 10 am
23 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	24 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:30 Balance Class 1:00 Investment Club 1:30 Widow's Group	25 9:30 Open Bridge 10:15 Zumba Gold 10:30 Humanities Series 1:00 Cable Production 1:00 Reminisce with Music 12:30 Poker 1:30 Yiddish	26 9:45 Low Impact Aerobics 9:45 Beginning Bridge 10:00 Advanced Bridge 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit 1:30 Live on the Links 1:30 Grief Group	27 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 Ceramics 1:00 iPad Workshop 1:30 Tai Chi Golf Clinic Sat. 6/28, 10 am
30 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie				

July 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Knitwits 10:00 Continuing Bridge 10:30 Alice Moreton Memorial Garden Dedication	2 9:30 Open Bridge 9:30 Drawing & Painting 12:30 Poker 1:30 Yiddish	3 9:45 Beginning Bridge 10:00 Advanced Bridge 10:00 Men's Only Group 1:00 Mah Jongg 1:30 Grief Group	4 CLOSED INDEPENDENCE DAY
7 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Golf Clinic 1:30 Open Art Studio 1:30 Monday Movie Senior Olympics July 7 - July 25	8 9:30 Knitwits 12:00 Back Yard Bash 1:30 Widow's Group	9 9:30 Open Bridge 9:30 Drawing & Painting 10:30 Digital Photography 10:30 Humanities Series 12:30 Poker 1:00 Organizing 1:30 Yiddish	10 10:00 Advanced Bridge 10:30 Trip: High Tea 1:00 Mah Jongg 1:30 Grief Group	11 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 iPad Workshop 1:00 Barry Bradford
14 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Golf Clinic 1:30 Open Art Studio 1:30 Monday Movie	15 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:30 Total Body Fit	16 9:30 Open Bridge 9:30 Drawing & Painting 10:00 Mah Jongg Class 10:15 Zumba Gold 10:30 Digital Photography 12:30 Poker 1:30 Yiddish	17 9:45 Beginning Bridge 9:45 Low Impact Aerobics 10:00 Advanced Bridge 10:00 Caregiver Support 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit 1:30 Live on the Links	18 10:00 News & Views 10:00 Brunch & Learn 10:30 Yoga 12:30 Open Canasta 1:00 Ceramics 1:00 iPad Workshop 1:00 Continuing Canasta 1:30 Tai Chi
21 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Golf Clinic 1:30 Open Art Studio 1:30 Monday Movie	22 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 1:30 Total Body Fit 1:00 Investment Club 1:30 Widow's Group	23 7:30 Golf Outing 9:30 Open Bridge 10:00 Mah Jongg Class 10:15 Zumba Gold 10:30 Digital Photography 12:30 Poker 1:30 Yiddish	24 9:45 Beginning Bridge 9:45 Low Impact Aerobics 10:00 Advanced Bridge 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit	25 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:00 Ceramics 1:00 iPad Workshop 1:00 Continuing Canasta 1:30 Tai Chi Trip: Brigadoon Sunday, July 27 th @ 1PM
28 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:00 Golf Clinic 1:30 Open Art Studio 1:30 Monday Movie	29 9:30 Knitwits 10:30 Yoga 1:30 Total Body Fit	30 9:30 Open Bridge 10:00 Mah Jongg Class 10:15 Zumba Gold 10:30 Digital Photography 12:30 Poker 1:00 Reminisce with Music 1:30 Yiddish	31 9:45 Low Impact Aerobics 10:00 Advanced Bridge 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit	

August 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 News & Views 12:30 Open Canasta 1:00 Ceramics 1:00 iPad Workshop 1:00 Continuing Canasta 1:30 Tai Chi
4 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	5 9:30 Knitwits 10:30 Yoga 12:00 Back Yard Bash 1:30 Total Body Fit	6 9:30 Open Bridge 10:00 Mah Jongg Class 10:15 Zumba Gold 12:30 Poker 1:30 Yiddish	7 9:45 Low Impact Aerobics 10:00 Men's Only Group 10:00 Advanced Bridge 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit	8 10:00 News & Views 12:30 Open Canasta 1:00 Ceramics 1:00 Continuing Canasta 1:30 Tai Chi
11 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	12 9:30 Knitwits 10:30 Yoga 1:30 Total Body Fit 1:30 Widow's Group	13 9:30 Open Bridge 10:00 Mah Jongg Class 10:15 Zumba Gold 11:30 Trip: Fiddler on the Roof 12:30 Poker 1:30 Yiddish	14 9:45 Low Impact Aerobics 10:00 Advanced Bridge 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit	15 10:00 News & Views 12:30 Open Canasta 1:00 Ceramics 1:30 Tai Chi 1:30 Jamba Juice
18 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	19 9:30 Knitwits 10:30 Yoga 1:30 Total Body Fit	20 9:30 Open Bridge 10:00 Mah Jongg Class 10:15 Zumba Gold 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	21 9:45 Low Impact Aerobics 10:00 Advanced Bridge 10:00 Caregiver Support 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit 1:30 Live on the Links	22 10:00 News & Views 12:30 Open Canasta 1:00 Ceramics 1:30 Tai Chi
25 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	26 8:00 Trip: Milwaukee Zoo 9:30 Knitwits 10:30 Yoga 1:30 Total Body Fit 1:00 Investment Club 1:30 Widow's Group	27 9:30 Open Bridge 10:00 Mah Jongg Class 10:15 Zumba Gold 1:00 Reminisce with Music 12:30 Poker 1:30 Yiddish	28 9:45 Low Impact Aerobics 10:00 Advanced Bridge 1:00 Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit	29 10:00 News & Views 12:30 Open Canasta 1:00 Ceramics 1:30 Tai Chi

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 _____ 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 _____ / _____ / _____



PRESORTED STANDARD
U.S. POSTAGE PAID
HIGHLAND PARK,
ILLINOIS
PERMIT NO. 10

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

MAYOR:
NANCY R. ROTERING

CITY COUNCIL:
ANTHONY BLUMBERG ALYSSA KNOBEL
PAUL FRANK DAVID NAFTZGER
DANIEL A. KAUFMAN KIM STONE

CITY MANAGER:
DAVID KNAPP

ECRWSS
RESIDENTIAL POSTAL CUSTOMER

Senior Center Staff

Don Miner
Manager of Youth and Senior Services

Susan Mosky
Records Administrator

Laura Frey, CPRP
Program Coordinator

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

Center Parking Guidelines

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

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

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

Holiday Closings

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

Memorial Day	Monday, May 26
Independence Day	Friday, July 4
Labor Day	Monday, September 1

Happy Holidays!