

THE SHORELINES

SEPTEMBER - DECEMBER, 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.

Activity Registration

Returning Student Registration Begins: Thursday, August 14 at 9 a.m.

Member Registration Begins: Tuesday, August 19 at 9 a.m.

Open Registration Begins: Tuesday, August 26 at 9 a.m.

3rd Annual Fall Harvest Dinner Dance

Highland Park Country Club
Wednesday, October 8
5:30 - 8 p.m.
Fee: \$30 / NM: \$50

Put on your dancing shoes and enjoy a fun-filled evening out. Dance the night away to the sounds of a fabulous live band featuring Jack Kramer (trumpet, EVI, and vocals), Jerry Frank (drums and vocals), and a keyboard player. This talented trio will play danceable music heard throughout the decades. No need to have a partner - the music will be well suited for singles, couples and even groups. Dinner features a fall harvest salad, your choice of grilled salmon with a red onion vinaigrette or roasted pork loin with a sage-molasses brown butter sauce, duchess potatoes, grilled asparagus, and apple pie à la mode for dessert.

Sponsored by Right at Home



Thanksgiving Luncheon & Concert

Highland Park Country Club
Friday, November 21
12 - 2:30 p.m.
Fee: \$20 / NM: \$40

Celebrate Thanksgiving with good food, good music, and good friends. Enjoy a buffet lunch featuring traditional favorites such as turkey, cranberries, stuffing, sweet potatoes, green beans, and a delicious pumpkin dessert. After lunch, enjoy the amazing talents of the Highland Park High School Wind Symphony playing a wide variety of well loved music! Seating arrangements will be set in advance; please indicate friendship requests upon registration.



Sponsored by Whitehall of Deerfield

Gratitude turns what we have into enough, denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

- Melody Beattie

SPECIAL ACTIVITIES

Bingo at the Beach

North Shore Yacht Club
Wednesday, September 10
5 - 6:30 p.m.

Fee: \$10 / NM: \$20

B-I-N-G-O! Join your friends for an evening in the great outdoors; watching and listening to the gentle waves of Lake Michigan and enjoying the fresh air breeze. Dinner includes gourmet pizzas from Moccio's, along with their chopped cobb salad, and dessert. Following, you'll enjoy some fun games of bingo with prizes galore. Please dress for the weather.

Sponsored by Freedom Home Care

Pumpkin Fest

Didier Farms - Lincolnshire
Tuesday, October 14
1 - 3 p.m.



Fee: \$15 / NM: \$25

Pumpkin Fest is sure to bring out your inner-child! Participants will enjoy a variety of fall themed activities including a 30 minute hayride through the pumpkin patch, a farm animal petting zoo, a walk through the corn maze where you will find your own way out, and a Halloween themed craft project. You'll have time to explore the grounds, visit the gift shop, and grab a bite to eat.

Veteran's Day Luncheon

Biaggi's - Deerfield
Tuesday, November 11
12:30 - 2 p.m.



Fee: \$20 / NM: \$30

Celebrate your freedom and thank a veteran! Biaggi's casual Italian restaurant features authentic Italian cuisine made with the freshest ingredients, delivered with exceptional service. Lunch includes penne pasta made with olive oil, garlic, and vegetables, your choice of entree, chefs choice of vegetable, tiramisu for dessert, and beverage. When registering, please indicate your choice of seasonal fish, chicken Pietro, or eggplant Parmesan.

Each U.S. veteran will receive a \$10 discount and a special gift. Thank you for your service!

Festival of Lights Celebration

Weinberg Community
Wednesday, December 17
12 - 2 p.m.

Fee: \$5 / NM: \$15

Celebrate the holidays with delicious food, wonderful music, friends, and fun! CJE Weinberg Community for Senior Living invites you to join them for a delicious kosher lunch including seared salmon with a variety of sides including potato latkes and applesauce. You'll enjoy traditional music which is sure to get you into the holiday spirit. Each participant will receive a special goody bag, and facility tours will be available upon request. *All registration fees will be generously donated to the Highland Park Senior Center.*

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

September 12 Beyond Bees: Other Pollinators
October 10 Fall Colors
November 7 Thanksgiving Centerpieces

Sponsored by Comfort Keepers - Wheeling

Film Showing and Discussion

Women in Peril

Highland Park Public Library
Sundays, 2 p.m.
Free and open to all

Presented in cooperation with the Highland Park Public Library

September 14 House on Telegraph Hill (1951)
October 12 Rosemary's Baby (1968)
November 2 Gaslight (1944)
December 14 Wait until Dark (1967)

SPECIAL ACTIVITIES

Live on the Links Classic Concerts

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

September 11 Klezmer, Yiddish & more...

Jazmer Trio which includes a talented vocalist along with a clarinet / saxophone player, and a pianist. This fabulous band presents a vast repertoire of Klezmer, Yiddish, Russian and Israeli music, including selections from the hora to popular classics.



October 2 Highland Park Strings Piano Quartet

Enjoy a delightful afternoon of classical music with members of the Highland Park Strings: Susan Merdinger, (piano), Larry Block (cello), David Yonan (violin), and Rebecca Wilcox (viola). Pieces include Mozart's Piano Quartette No. 1 in G Minor, K. 478 and Schumann's Piano Quartette in E Flat Major, Op. 47.

November 6 Broadway Show Tunes

Both lifelong Broadway enthusiasts, Beckie Menzie & Tom Michael will bring their acclaimed vocal stylings and anecdotes to a collection of music that includes songs from such classics as *West Side Story* and *Carousel*, as well as more contemporary favorites from *Chicago* and *Wicked*. Beckie and Tom will sing Broadway, their way!



December 18 Holiday Bazaar

Filled with surprises, just as holidays should be, this Bazaar is a sackful of songs to make audiences laugh and cry and hold their loved ones close. Hilary Ann Feldman sings a veritable smorgasbord of off-the-beaten path of holiday gems, along with some festive standards. This unique holiday show will raise your spirits!

Sponsored by Aperion Care Highwood

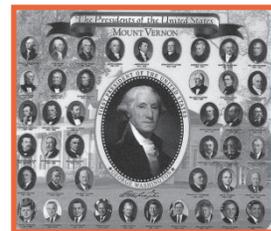
Barry Bradford Presents: Top Ten in Politics

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.

September 12 Top 10 Presidents

From Washington to Obama, from Lincoln to Nixon, America has had a very diverse group of men serve as president! Who are the 10 best American presidents? Barry Bradford will return with his list, which is sure to provoke a lot of discussion!



October 17 10 Favorite First Ladies

The lives of the First Ladies are often fascinating, unexpected, and inspiring, yet often little-known. In this unique and memorable session, Barry will share the tales of his favorite first ladies, including several you have never heard of!



November 7 Top 10 Candidates Never to be President

Audiences are always intrigued by the "what ifs" of history. Award winning historian Barry Bradford will enthrall you with his list of the ten best candidates never to win the Presidency.

Sponsored by Gentle Home Services



DAY EXCURSIONS

Humanities Series

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

Sept. 10 **Il Trovatore: Lyric Opera Commentary**

Christine Casey from the Lyric Opera will present a lecture on Verdi's *Il Trovatore*. Designed to give participants a bit of added knowledge to enhance their opera going experience, this lively presentation features biographical information about the composer, librettist, and performers, as well as plot synopsis and in-depth information about the opera. Musical examples are included, as this highly emotional and action packed opera is examined.

Oct. 8 **Fall Movie Preview**

Block buster movies released each fall are often Oscar contenders. Some early possible candidates include: *Unbroken*, *Foxcatcher*, *Birdman*, *Wild*, and *Trash*. Chicago Tribune Film Critic Michael Phillips will preview the new releases, and share his pick for Oscar nominations.

Nov. 19 **Victura: The Kennedys, a Sailboat and the Sea**

Author James Graham discusses his book, *Victura: The Kennedys, a Sailboat and the Sea*, which explores how one small sailboat taught the Kennedys about life, family, leadership, and winning, and looks at their intense relationship with sailing and the sea. Books will be available for sale and the event will conclude with a book signing.

Dec. 10 **Below Stairs: A Servant's Life in Edwardian England**

Leslie Goddard, historian, educator, and actress, portrays Margaret Powell, who worked as a servant in stately English homes in the 1920s. Powell's 1968 bestselling memoir *Below Stairs* inspired *Downton Abbey* and *Upstairs, Downstairs*. Behind the glamour of the lavish households, a small army of servants toiled around the clock. Learn who they were and how their labor shaped and upheld the households.

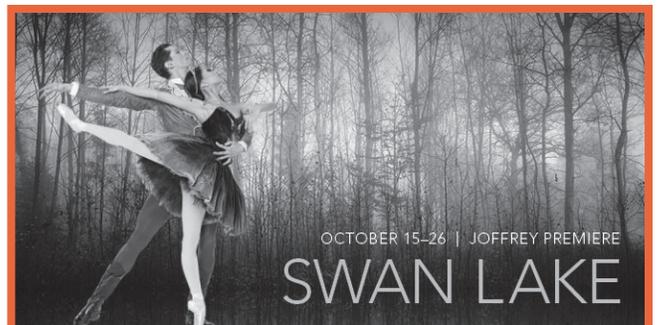
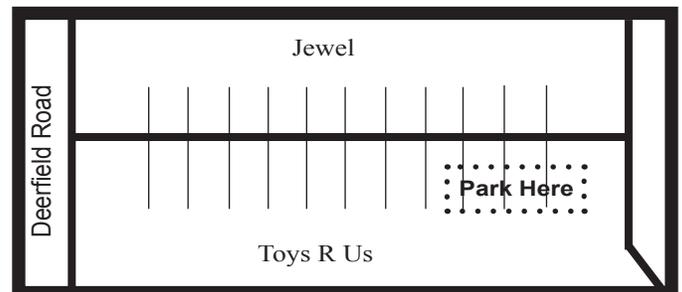
Presented in conjunction with the
Highland Park Public Library

Sponsored by Silverado - Highland Park

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 and refunds may take up to several weeks.

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



Swan Lake Day Excursion - Sunday, October 19

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

Greenhouse Theater, Chicago

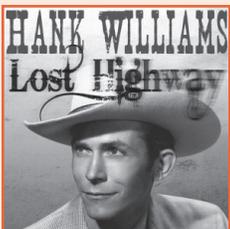
Wednesday, September 17

Fee: \$75 / NM: \$95

Bus departs Toys R Us at 10:30 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!

Swan Lake by the Joffrey Ballet

Auditorium Theatre, Chicago

Sunday, October 19

Fee: \$115 / NM: \$135

Bus departs Toys R Us at 12:45 p.m.

Bus returns at approximately 6 p.m.

The Joffrey Ballet brings a newly re-imagined *Swan Lake* to Chicago, choreographed by one of ballet's most acclaimed choreographers, Christopher Wheeldon. Set in the 19th century milieu of the Paris Opera Ballet, during the time when Tchaikovsky was actually composing *Swan Lake* and when Edgar Degas was on the rise. The ballet uses actual Degas imagery to create an Opera Ballet studio as young boy Siegfried daydreams of escaping rehearsal for the lake, while the ensemble prepares for a major opening night gala. The ballerinas and their wealthy patrons serve as the central characters of this classical fantasy.

Verdi's Il Trovatore and Lunch

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.

This trip is currently filled with registration from the previous newsletter; this information serves to remind registrants of the trip details.

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

Grand Victoria Casino

Grand Victoria Casino, Elgin

Wednesday, November 12

Fee: \$30 / NM: \$50

Bus departs Toys R Us at 8:30 a.m.

Bus returns at approximately 4 p.m.

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 the best gaming, dining, and entertainment destinations in all of Chicagoland. Fee includes lunch and transportation. **All participants must bring a valid, legal form of identification.*



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 October 6 and December 1 at 10 a.m.

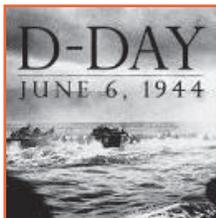
Parking: Parking in the police department's west lot is not permitted. Please park in the spaces in front of the police department or in the Bluegrass lot.

September 1 **No Program Labor Day**

September 8 **George Gershwin**
Gershwin's brief life was packed with events and accomplishments, such as melodies that are some of our most recognizable even today. Susan Benjamin will share the story of his life, accompanied by examples of some of his best work. This program focuses on what and how he achieved so much in so little time.

September 15 **Postcards from Normandy**

On June 6, 1944, the coast of Normandy, France was the setting for a crucial invasion which would change the course of history. The D-Day invasion involved 5,000 ships carrying men and vehicles across the English Channel as well as 800 planes dropping over 13,000 men in parachutes. A further 300 planes dropped bombs on German troops defending the beaches. Over 156,000 Allied troops made it to shore that day. The success of this invasion was the beginning of the end for Nazi Germany. In this program, Donna Horwitz will discuss the invasion and share photos of Omaha Beach, Utah Beach, Bayeux, Arromanches-Sword Beach, Ste Mere Eglise, and the American Cemetery.



September 22

**Chicago Sports Teams:
A Lifetime of Memories**

The five major Chicago sports teams have provided fans with memories of successes and failures. As an eight-year old, member Bob Levi became a lifetime Chicago sports fan and fondly remembers the glory days and the heartbreaks. The one-hour multimedia presentation highlights his recollections of great Chicago teams and why Chicago remains one of the best sports cities in the country.



September 29

Stroke Prevention

Strokes remain a major health concern for many. Dr. Ricardo Senno, a specialist in physical medicine and rehabilitation, will provide an educational lecture on stroke prevention. He will discuss the etiology of stroke, how to recognize the symptoms, and what to do if it happens to you. Dr. Senno is associated with the Rosalind Franklin University of Medicine and Science.

October 6

How to Stay in Your Home

Most people want to stay in their homes as long as possible. Safety is often an obstacle to staying in your home. Pete Furlong of Stay Renovations will discuss fall risk assessment, statistics on falls, and what can be done to reduce risks. Citing statistics from Morse fall risk scale, the Center for Disease Control and AARP recommendations, it is not all gloom and doom. This can be your call to action to be your own advocate in the desire to stay in your own home.

October 13

Lerner and Loewe

The unlikely pairing of Frederick Loewe, a Viennese musician, and Alan Jay Lerner, a dapper New Yorker, dominated the musical stage of the 1950s. Susan Benjamin will share how their musicals, including My Fair Lady, Brigadoon and Camelot, mixed a bit of social commentary with fantasy and are still popular today.



October 20

No Program

October 27

No Program

November 3 **No Program**

November 10 **Lena Horne: Activist Artist**

Lena Horne passed through racial barriers to become one of our most popular American singers and actors. However, she suffered indignities and insults that motivated her to try to change the way the American entertainment business functioned. Susan Benjamin's program features examples of how her performance style changed as she matured, not only as an artist, but as a Civil Rights activist as well.

November 17 **Will There Be a Need for Organized Religion in 100 Years?**

Temple and church attendance and membership are changing, and also our beliefs in God. Where will we be in one hundred years? For many years, member Buddy Schreiber has taught religion classes to both youth and adults here in Highland Park as well as in Florida. Buddy's style of teaching is to ask questions which will stimulate a lively discussion of the future.

November 24 **Updates on Fracking**

Fracking continues to be a controversial issue in the country with those opposed to it turning on the heat to various legislatures to ban the technology and the supporters arguing that the technology is vital to the US position in the energy world in order to reduce our dependence on foreign suppliers. Dave Hacker will discuss the complicated two-fold environmental argument. The presentation will examine these arguments and discuss the new state of technology that is being developed to allay these issues.

December 1 **Charitable Giving**

As the holidays approach, many people receive an increase in solicitations from various organizations asking for donations. Financial advisor Mike Wise designed this presentation to help families decide the most effective ways to achieve their philanthropic goals. He will detail the differences in gifting strategies utilized by Americans, paired with advantages and disadvantages for the charity, the donor, as well as other beneficiaries. Included in the presentation will be six different ways that donating can impact one's control of the assets, how it is donated, its tax benefits, and other factors to consider.

December 8 **Harry Belafonte: Calypso King**

Born into poverty in Harlem and shuttled between Jamaica and the US as a child, Harry Belafonte rose to become one of our nation's most respected entertainers. But the focus of his life's work went far beyond entertaining: in several ways he was a leader of the civil rights movement. Susan Benjamin's program demonstrates how Harry Belafonte's sharing his talents led to his becoming politically involved and effecting social change.

December 15 **Composers in Pop Culture**

Featured in this program are melodies by nine unique and diverse composers – Rossini, Haydn, Dvorak, Grieg, de Falla, Chabrier, von Suppe, Britten and Orff. Their music spans over two centuries. In this program, Bob Levi demonstrates where their music can be found in contemporary movies, cartoons, recordings, commercials and other pop culture venues.

December 22 **Who's On First?**

The Abbott and Costello classic comedy routine has stood the test of time and is still found funny by many. However, Bud Abbott and Lou Costello "stole" this routine from another comedian. Local humor enthusiast Mark Horowitz will give the history of this classic and we will hear it in its entirety. Also included will be the 2000 Year Old Man by Mel Brooks and Carl Reiner, as well as a treasure trove of jokes Mark has assembled over the years.

December 29 **No Program**

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 the length of time they can be kept out. Please consider donating your gently used, current, best seller, hardcover books to the library for other members to enjoy.



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- 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, September 8 - October 27 (8 classes)

9:45 - 10:45 am Fee: \$44 / NM: \$64

Mondays, November 3 - December 15 (7 classes)

9:45 - 10:45 a.m. Fee: \$39 / NM: \$93

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 Yoga

Tuesdays, September 9 - October 28 (8 classes)

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

Tuesdays, November 4 - December 16 (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, *Level 1 / 2

Total Body Fit

Tuesdays, September 9 - October 28 (8 classes)

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

Tuesdays, November 4 - December 16 (7 classes)

1:30 - 2:30 a.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

Latin Dance Aerobics: Zumba Gold

Wednesdays, September 10 - October 29 (8 classes)

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

Wednesdays, November 5 - December 17 (7 classes)

10:30 - 11:30 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. * Level 2 / 3

Low Impact Dance Aerobics

Thursdays, September 11 - October 30 (7 classes)

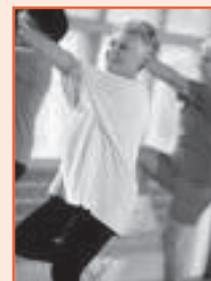
9:45 - 10:45 a.m. Fee: \$39 / NM: \$59

Thursdays, November 6 - December 18 (6 classes)

9:45 - 10:45 a.m. Fee: \$33 / NM: \$53

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 9/25 & 11/27.

* Level 2



CLASSES

Life Rhythms:

Wellness through Music

Session I - Wednesdays, October 8 - 29 (4 classes)

Session II - Wednesdays, November 5 - 26 (4 classes)

1:30 - 2:30 p.m.

Fee: \$26 / NM: \$46

Life Rhythms aims to facilitate health and wellness through the power of rhythmic music. Designed for participants to express their creative spirit, reduce stress, improve brain activity, and synchronize a healthy and beneficial life rhythm, drumming circles provide an uplifting environment where self-expression, movement, socialization and team building are encouraged. Facilitator Noah Plotkin, provides a variety of instruments including congas,



bongos, talking drums, frame drums, djembes, shakers, rattles, bells, woodblocks and dumbeks, which allows participants to shake up the fun!

Thursday Sit & Be Fit - Chair Exercise

Thursdays, September 11 - October 30 (7 classes)

1:30 - 2:30 p.m.

Fee: \$39 / NM: \$59

Thursdays, November 6 - December 18 (6 classes)

9:45 - 10:45 a.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 and tone muscle and strength. *No class 9/25 & 11/27.*

* Level 1

Friday Yoga

Fridays, September 12 - November 21 (10 classes)

10:30 - 11:30 a.m.

Fee: \$55 / NM: \$75

** Fridays, December 5 - 19 (3 classes)

10:30 - 11:30 a.m.

Fee: \$18 NM: \$38

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 9/26.*

** December session taught by Susan Smolin.

* Level 1 / 2

Laurel Larks Singing Group

Peers Building - 400 Central Avenue

Fridays, September 12 - December 19

1:30 - 3 p.m.

Free, for members only

Under the direction of John Kula, and accompanied by Dave Massello, this lively group of singers rehearse popular and upbeat songs to prepare for winter 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! *No rehearsal 9/26 & 10/3.*

Watercolor Workshop

NEW

Tuesdays, September 9 - October 28 (8 classes)

1 - 3 p.m.

Fee: \$64 / NM: \$84

Tuesdays, November 4 - December 16 (7 classes)

1 - 3 p.m.

Fee: \$56 / NM: \$76

Watercolor is a versatile painting medium that allows the artist a fluid range of expression. Bari Fleischer will teach watercolor basics: supplies, preparing the paper, creating value studies, painting washes, painting on wet and dry paper, mixing colors and more.

Drawing & Painting

Wednesdays, September 10 - October 29 (8 classes)

9:30 - 10:30

Fee: \$64 / NM: \$84

Wednesdays, November 5 - 26 (4 classes)

9:30 - 11:30 a.m.

Fee: \$32 / NM: \$52

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. Please bring your own supplies.

Advanced Painting Studio

Thursdays, September 11 - October 30 (7 classes)

1 - 3 p.m.

Fee: \$42 / NM: \$62

Thursdays, November 6 - December 18 (6 classes)

1 - 3 p.m.

Fee: \$36 / NM: \$56

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. *No class 9/25 & 11/27.*

CLASSES

Continuing Bridge: Conventions

Tuesday, September 9 - November 18 (10 classes)

10 a.m. - 12 p.m.

Fee: \$80 / NM: \$100



Elaine Morrison continues the ACBL bridge series with review of the play of the hand, bidding, and defense strategies. Using the ACBL **Commonly Used Conventions** as a reference, students will also be introduced to the play of modern conventions. Previous experience and basic knowledge of bidding and play of the hand is required. *No class 9/30.*

Advanced Bridge Lessons

Thursdays, September 11 - November 20 (10 classes)

10 a.m. - 12 noon

Fee: \$70 / NM: \$90

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. *No class 9/25.*



Beginning Canasta Lessons

Fridays, September 12 - October 31 (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. *No class 9/26 & 10/3.*

Continuing Canasta Lessons

Fridays, November 7 - 21 (3 classes)

1 - 3 p.m.

Fee: \$24 / NM: \$44

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.

Medical Ethics

Thursdays, October 9 - 30 (4 classes)

10 - 11:30 a.m.

Fee: \$40 / NM: \$60

Medical ethics considers the morality (and potential problems thereof) of medical decision-making and addresses the broad ethical principles that impact patients, physicians and healthcare institutions. Dr. Maurice Pickard will discuss current moral, social, and ethical issues, including implications of modern medical research and practices. Class format includes lecture and discussion; areas covered will include transplants,



human research, the pharmaceutical industry's responsibilities to society, and whether knowing your genome is of benefit. Join Dr. Pickard for a look at some of today's controversial issues.

Conversational Spanish

Fridays, September 12 - November 21 (10 classes)

Advanced: 9 - 10 a.m.

Beginning: 10 - 11 a.m.

Continuing: 11 a.m. - 12 noon

Fee: \$60 / NM: \$80

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 9/26.*

Rules of the Road

Thursday, September 11

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, Illinois driving laws, and the driving and written exams.

AARP Smart Driving Course

Thursday & Friday, October 30 & 31

9 a.m. - 1 p.m.

Fee: \$20 / AARP members: \$15

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.



CLASSES

Free Introduction to iPad

Wednesday, September 10

10 a.m. - 12 noon 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

Wednesdays, 10 a.m. - 12 noon Fee: \$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.

September 17	Basic Uses and Functions
September 24	Internet Exploration
October 1	E-mail Operation
October 8	Standard App Uses
October 15	Downloadable Apps
November 5	Camera, Photos & Videos
November 12	Social Media
November 19	Wrap Up and Review

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 and Center Hotline at (847) 926-1864.

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.

~ Featured Artists ~

Alice Solovy

September - October

Artist Reception

Wednesday, September 3

4:30 - 6 p.m.

Barbara Dolinger

November - December

Artist Reception

Wednesday, November 12

4:30 - 6 p.m.

Highland Park Players Presents

A Chorus Line

Discounted Ticket Price for Members: \$15

This fabulous production includes 9 performances over three weekends beginning Friday, October 10. Performances are held at the Northbrook Theater, at 8 p.m. on Friday and Saturday nights, and at 2 p.m. on Sunday matinees.

Tickets are \$15 (25% off) **only when purchased at the Senior Center before October 10** (by cash or check to Highland Park Players). The tickets are general admission for any of the performances.

Pilgrim Chamber Players

The "Trout" Quintet

Discounted Ticket Price for Members: \$10

Held at the Highland Park Community House, on **October 19 at 3 p.m.**, the Pilgrim Chamber Players open their 18th season with one of the most popular works of music in the repertoire: Franz Schubert's The "Trout" Quintet for Piano and Strings. Leonard Bernstein's jazzy Clarinet Sonata opens this musically diverse program, followed by Paul Ben-Haim's lyrical Serenade for Flute and Strings, and more.

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. *No movies 10/20, 10/27 & 11/3.*

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.

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

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.

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 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

Open 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.

SOCIAL SERVICES

~ Social Services ~

Social Services Coordinator, Jennifer Aiello, LPC, is available to help individuals and families as they navigate through life's transitions. In order to help maintain or improve one's quality of life and well being, social services include support groups, individual and family counseling, and information and referrals including:

- Information and referrals for caregiving agencies, alternative living facilities, transportation options, medical alert systems, and mobile meal assistance
- Counseling for individuals experiencing loss, life changes, or seeking personal support
- Grief Group for those experiencing recent loss within the past year
- Appointments with a SHIP (Senior Health Insurance Program) volunteer
- Telephone Reassurance Program for senior adults living alone

For further information or to schedule an appointment, call Jennifer at (847) 926-1865.

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.



Prescription Drug Plan Assistance

Open enrollment for the Medicare Prescription Drug Plan extends from October 15 – December 7, 2014. 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 Senior Center volunteers are available to assist in navigating the Medicare Part D enrollment process in a personal appointment at the Senior Center. Please call Jennifer Aiello to schedule an appointment.

Grief Group

Thursdays, October 2 - November 6 (6 weeks)

1:30 - 3 p.m.



Free

Designed 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 on October 2, in order to participate. Please register by 9/29.

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.

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.

Daily Telephone Reassurance

Would you like the comfort of knowing that someone will make a daily telephone check? Participants will be called each morning, and 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. 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.

CLASSES

Welcome New Members

Howard & Wendy Allenberg
Ralph & Doris Amheim
Margie Ariano
Ron Banion & Linda Dickens
Anna Bensinger
Jennie Berk
Charles & Naomi Berndt
Lee Bernstein
Paul & Sally Boehmer
Jerry & Janet Beger
Carol Brom
Rita Brown
Patricia Buscani
John Cartland
Lorraine Chase
Harry Christopherson
Normand & Reta Cohen
Philip Conway
Ted & Phyllis Davis
Ray & Else-Britt DeLong
Boris & Emilia Dragunsky
Caroline Ephraim
Lou Ann Erikson
Bobbie Etchell
Stephanie Ettelson
Lloyd Falk
Michael & Mona Fishbane
Jacquelyn Fishman
Howard & Judy Friedman
Jamie Gallagher
Sumner & Ruth Garte
Eileen Goldstein
Nan Gordon
Scott & Joan Gordon
Mercedes Graf
James & Susan Grave
Lawrence Green
Neil & Rachel Greenbaum
Elaine Greenberg
Beatrice Greene
William & Ellen Habay
Cyrus & Susan Haery
Beverly Hirsch
Ardyth Howe
Rosemary Hunt
Norman & Geri Jacobs
Jackie Kane
Marlene Kaplan
Ronald Katch
Irving Katz
Robert Keller
Ronald & Adrienne Kirshbaum
Dolores Kohl
Pete & Peg Koukos
M. Thomas Krauss
Paula Krengel
Marsha Lazar
Marc Lerner

Mae Levin
Ken & Marion Lewis
Shirley Lewis
Mildred Lidov
Pam Lipton
Priscilla McGraw
Sara Mesirov
Jackie Meskin
Judy Meyers
Judy Mishkin
Chantal Moon
Robert & Marilyn Mordini
Zorine Morton
Sheldon Orkin
Edward & Heather Patay
Gila Peller
Randy Perkins
Judith Perlman
Mark Perlman
Joan Perlstein
Dzintars Peterson
Lynda Pogofsky
Leah Polk
Sheldon & Nancy Rachman
Harold Rafson
Ronald & Alita Reicin
Bernard Reisin
Marvin & Beverly Rose
Ralph & Bette Rose
Ralph & Lillian Rush
Maurice Sable
Ruth Sang
Flo Schainis
Susan Scheff
David & Ruth Schiff
Reva Schwartz
Stuart & Marlene Senescu
Charles Shaffner
Stewart Shiman
Betty Lou Shoemaker
Saul & Leah Silverstein
Dorothy Solomon
George & Helen Solomon
Alice Solovy
Charles & Sondra Sonneborn
Judith Stein
Morris Steinberg
Morton & Alyce Stotsky
Stanley Warshauer
Linda Watts
Ellie Weingardt
Norman Weisberg
Erika Welindt
Annette Westheimer
Dianne Williams
Jeffrey Wohlstadter
Arlene & Aaron Wolff
Miles Zimmerman

Donations

In Memory of Peter Litt

From: Harmon & Char Kravitz
Morris & Betty Robinson

In Memory of Harry Simon

From: Maxine Levin

Best Wishes for a Speedy Recovery to Jerry Krause

From: Maxine Levin

Best wishes for a Speedy Recovery to Cindy Cash

From: Morris & Betty Robinson

In Honor of the 60th Anniversary of Jim & Lilli Greenebaum

From: Joan Adler

In Honor of the Marriage of Lee & Claire Vickman's Daughter

From: Howard & June Berkowitz

Best Wishes for a Speedy Recovery to Russ Kogan

From: Morris & Betty Robinson

Best Wishes for a Speedy Recovery to Jim Cowen

From: The Bridge Group

In honor of Services for Seniors

From: Dennis McDonald
Mercedes Graf
Marianne Reinisch

~ A Gift For Any Occasion ~

Senior Center Gift Certificates

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

September 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED LABOR DAY	2 9:30 Knitwits 12:30 Senior Producers	3 12:30 Poker 1:30 Yiddish 4:30 Artist Reception	4 10:00 Men's Only Group 1:00 Mah Jongg	5 10:00 News & Views 12:30 Open Canasta
8 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:30 Total Body Fit 1:30 Widow's Group	10 9:30 Drawing & Painting 10:00 iPad Introduction 10:30 Zumba Gold 10:30 Humanities Series 12:30 Poker 1:30 Yiddish 5:00 Bingo at the Beach	11 9:30 Rules of the Road 9:45 Low Impact Aerobics 10:00 Advanced Bridge 1:30 Sit and Be Fit 1:00 Advanced Painting 1:00 Mah Jongg 1:30 Live on the Links Film Series - HP Library Sun. Sept 14 @ 2pm	12 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:00 Brunch and Learn 10:30 Yoga 11:00 Continuing Spanish 12:30 Open Canasta 1:00 Beginning Canasta 1:00 Barry Bradford 1:30 Laurel Larks
15 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	16 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:30 Total Body Fit	17 9:00 Trip: Hank Williams 9:30 Drawing & Painting 10:00 iPad Class 10:30 Zumba Gold 12:30 Poker 1:30 Yiddish	18 9:45 Low Impact Aerobics 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Mah Jongg 1:30 Sit and Be Fit	19 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Yoga 11:00 Continuing Spanish 12:30 Open Canasta 1:00 Beginning Canasta 1:30 Laurel Larks
22 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	23 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:00 Investment Club 1:30 Total Body Fit 1:30 Widow's Group	24 9:30 Drawing & Painting 10:00 iPad Class 10:30 Zumba Gold 12:30 Poker 1:30 Yiddish	25 1:00 Mah Jongg	26 10:00 News & Views 12:30 Open Canasta
29 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	30 9:30 Knitwits 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:30 Total Body Fit			

October 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 Drawing & Painting 10:00 iPad Class 10:30 Zumba Gold 12:30 Poker 1:30 Yiddish	2 9:45 Low Impact Aerobics 10:00 Advanced Bridge 10:00 Men's Only Group 1:00 Advanced Painting 1:00 Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group 1:30 Live on the Links	3 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Yoga 11:00 Continuing Spanish 12:30 Open Canasta
6 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	7 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:30 Total Body Fit	8 9:30 Drawing & Painting 10:00 iPad Class 10:30 Zumba Gold 10:30 Humanities Series 12:30 Poker 1:30 Yiddish 1:30 Life Rhythms 5:30 Dinner Dance	9 9:45 Low Impact Aerobics 10:00 Advanced Bridge 10:00 Medical Ethics 1:00 Advanced Painting 1:00 Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group Film Series - HP Library Sun. Oct. 12 @ 2pm	10 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:00 Brunch and Learn 10:30 Yoga 11:00 Continuing Spanish 12:30 Open Canasta 1:00 Beginning Canasta 1:30 Laurel Larks
13 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	14 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:00 Pumpkin Fest 1:30 Total Body Fit 1:30 Widow's Group	15 9:30 Drawing & Painting 10:00 iPad Class 10:30 Zumba Gold 12:30 Poker 1:30 Yiddish 1:30 Life Rhythms	16 9:45 Low Impact Aerobics 10:00 Advanced Bridge 10:00 Medical Ethics 1:00 Advanced Painting 1:00 Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group Trip: Swan Lake Sunday, Oct 19th @ 12:45	17 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Yoga 11:00 Continuing Spanish 12:30 Open Canasta 1:00 Beginning Canasta 1:00 Barry Bradford 1:30 Laurel Larks
20 9:45 Chair Stretching 12:30 Duplicate Bridge 1:30 Open Art Studio	21 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:30 Total Body Fit	22 9:30 Drawing & Painting 10:30 Zumba Gold 12:30 Poker 1:30 Yiddish 1:30 Life Rhythms	23 9:45 Low Impact Aerobics 10:00 Advanced Bridge 10:00 Medical Ethics 11:00 Trip: Il Trovatore 1:00 Advanced Painting 1:00 Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group	24 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Yoga 11:00 Continuing Spanish 12:30 Open Canasta 1:00 Beginning Canasta 1:30 Laurel Larks
27 9:45 Chair Stretching 12:30 Duplicate Bridge 1:30 Open Art Studio	28 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:30 Total Body Fit 1:00 Investment Club 1:30 Widow's Group	29 9:30 Drawing & Painting 10:30 Zumba Gold 12:30 Poker 1:30 Yiddish 1:30 Life Rhythms	30 9:00 AARP Driving Class 9:45 Low Impact Aerobics 10:00 Advanced Bridge 10:00 Medical Ethics 1:00 Advanced Painting 1:00 Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group Film Series - HP Library Sun. Nov. 2 @ 2pm	31 9:00 AARP Driving Class 9:00 Advanced Spanish 10:00 Beginning Spanish 9:00 AARP Driving Class 10:00 News & Views 10:30 Yoga 11:00 Continuing Spanish 12:30 Open Canasta 1:00 Beginning Canasta 1:30 Laurel Larks

November 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> 9:45 Chair Stretching 12:30 Duplicate Bridge 1:30 Open Art Studio	<p style="text-align: right;">4</p> 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:30 Total Body Fit	<p style="text-align: right;">5</p> 9:30 Drawing & Painting 10:00 iPad Class 10:30 Zumba Gold 12:30 Poker 1:30 Yiddish 1:30 Life Rhythms	<p style="text-align: right;">6</p> 9:45 Low Impact Aerobics 10:00 Advanced Bridge 10:00 Men's Only Group 1:00 Advanced Painting 1:00 Mah Jongg 1:30 Grief Group 1:30 Sit and Be Fit 1:30 Live on the Links	<p style="text-align: right;">7</p> 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:00 Brunch and Learn 10:30 Yoga 11:00 Continuing Spanish 12:30 Open Canasta 1:00 Continuing Canasta 1:00 Barry Bradford 1:30 Laurel Larks
<p style="text-align: right;">10</p> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<p style="text-align: right;">11</p> 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 12:30 Veteran's Day Lunch 1:00 Water Color Class 1:30 Widow's Group 1:30 Total Body Fit	<p style="text-align: right;">12</p> 8:30 Trip: Casino 9:30 Drawing & Painting 10:00 iPad Class 10:30 Zumba Gold 12:30 Poker 1:30 Yiddish 1:30 Life Rhythms 4:30 Artist Reception	<p style="text-align: right;">13</p> 9:45 Low Impact Aerobics 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Mah Jongg 1:30 Sit and Be Fit	<p style="text-align: right;">14</p> 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Yoga 11:00 Continuing Spanish 12:30 Open Canasta 1:00 Continuing Canasta 1:30 Laurel Larks
<p style="text-align: right;">17</p> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<p style="text-align: right;">18</p> 9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:30 Total Body Fit	<p style="text-align: right;">19</p> 9:30 Drawing & Painting 10:00 iPad Class 10:30 Zumba Gold 10:30 Humanities Series 12:30 Poker 1:30 Yiddish 1:30 Life Rhythms	<p style="text-align: right;">20</p> 9:45 Low Impact Aerobics 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Mah Jongg 1:30 Sit and Be Fit	<p style="text-align: right;">21</p> 9:00 Advanced Spanish 10:00 Beginning Spanish 10:00 News & Views 10:30 Yoga 11:00 Continuing Spanish 12:00 Lunch and Concert 12:30 Open Canasta 1:00 Continuing Canasta 1:30 Laurel Larks
<p style="text-align: right;">24</p> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<p style="text-align: right;">25</p> 9:30 Knitwits 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:00 Investment Club 1:30 Widow's Group 1:30 Total Body Fit	<p style="text-align: right;">26</p> 9:30 Drawing & Painting 10:30 Zumba Gold 12:30 Poker 1:30 Yiddish 1:30 Life Rhythms	<p style="text-align: right;">27</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Thanksgiving</p>	<p style="text-align: right;">28</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Thanksgiving</p>

December 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	2 9:30 Knitwits 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:30 Total Body Fit	3 10:30 Zumba Gold 12:30 Poker 1:30 Yiddish	4 9:45 Low Impact Aerobics 10:00 Men's Only Group 1:00 Advanced Painting 1:00 Mah Jongg 1:30 Sit and Be Fit	5 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:30 Laurel Larks
8 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9 9:30 Knitwits 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:30 Total Body Fit 1:30 Widow's Group	10 10:30 Zumba Gold 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	11 9:45 Low Impact Aerobics 1:00 Advanced Painting 1:00 Mah Jongg 1:30 Sit and Be Fit	12 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:30 Laurel Larks Film Series - HP Library Sun. Dec. 14 @ 2pm
15 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	16 9:30 Knitwits 10:30 Yoga 12:30 Senior Producers 1:00 Water Color Class 1:30 Total Body Fit	17 10:30 Zumba Gold 12:00 Festival of Lights 12:30 Poker 1:30 Yiddish	18 9:45 Low Impact Aerobics 1:00 Advanced Painting 1:00 Mah Jongg 1:30 Sit and Be Fit 1:30 Live on the Links	19 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:30 Laurel Larks
22 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	23 9:30 Knitwits 12:30 Senior Producers 1:00 Investment Club 1:30 Widow's Group	24 CLOSED Winter Holiday	25 CLOSED Winter Holiday	26 CLOSED Winter Holiday
29 CLOSED Winter Holiday	30 CLOSED Winter Holiday	31 CLOSED Winter Holiday		

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 _____



PRESORTED STANDARD
U.S. POSTAGE PAID
HIGHLAND PARK,
ILLINOIS
PERMIT NO. 97

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

MAYOR:
NANCY R. ROTERING

CITY COUNCIL:
ANTHONY E. BLUMBERG
PAUL FRANK
DANIEL A. KAUFMAN
ALYSSA KNOBEL
KIM STONE
MICHELLE L. HOLLEMAN

CITY MANAGER:
DAVID KNAPP

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.

Labor Day
Thanksgiving Holiday
Winter Holiday

Monday, September 1
Thursday, November 27 - Friday, November 28
Wednesday, December 24 - Monday, January 5