



THE SHORELINES

MAY - AUGUST, 2011

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.

Thank You Home Instead

The printing and mailing of The Shorelines newsletter for 2011 is made possible by a generous donation from Home Instead Senior Care. Sincere thanks go to Fran and Steve Glassman for their generosity.

Welcome Don Miner

Senior Center Interim Manager

Please welcome Don Miner as Interim Manager of the Highland Park Senior Center. Don has been working for the City of Highland Park Division of Youth and Senior Services for the past 15 years. For the past two years, he has managed *The Firehouse* Youth Center, and before that he was the Program Supervisor. Don is thrilled to join the team at the Senior Center, and has enjoyed meeting many of the members. Please take the time to stop in and introduce yourself and get to know Don.

Breakfast at the Beach

North Shore Yacht Club

Friday, June 3

9:30 - 11:00 a.m.

Fee: \$10 / NM: \$15

Enjoy a hidden jewel in Highland Park... the North Shore Yacht Club and Park Avenue Beach. This special day features a breakfast buffet overlooking the sandy shores of Lake Michigan. Catered by Sunset Foods, breakfast features eggs, French toast, bagels and cream cheese, bacon, turkey sausage, sweet breads, and fresh fruit. For your dining pleasure, musical entertainment will complement the peacefulness of Lake Michigan. Advance registration is required; please call (847) 432-4110.

Sponsored by Freedom Home Care

Mother's Day Brunch

Sunrise Assisted Living

Sunday, May 8

11 a.m. - 1 p.m.

Fee: \$5 / NM: \$8

Sunrise Assisted Living, 1601 Green Bay Rd.
Celebrate Mother's Day in style as Sunrise Assisted Living invites you for a delicious brunch featuring an omelette station, bagels, lox and cream cheese, French toast, fresh fruit, juice and a variety of sweets. Fabulous entertainment will bring sunshine to your meal. This event is open to all; mothers and non-mothers alike. Advance registration is required; please call (847) 432-4110.

Sunrise will generously donate the registration fees back to the Highland Park Senior Center.

Sponsored by Sunrise Assisted Living

Sizzlin' Summer Cool Down

Jamba Juice

Friday, July 8

1 - 3 p.m.

Free; for members only

Jamba Juice, 1849 Green Bay Rd. #113
Founded in 1990, 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 refreshment to help beat the summer heat. Choose from their *All Fruit* menu: Mega Mango, Strawberry Whirl, Peach Perfection, or Pomegranate Paradise. Seating is outdoors and weather permitting, there will be musical entertainment to enhance your experience. Advance registration is required; please call (847) 432-4110.

Sponsored by Jamba Juice

SPECIAL ACTIVITIES

Mix and Mingle

Social Events Open to All

The Highland Park, Lake Forest / Lake Bluff, and Northbrook Senior Centers, invite members to attend the Mix and Mingle Social Group. These early evening events are designed to give members an opportunity to meet and socialize with new friends. Registration is required; deadline is 1 week in advance.

Ruth's Chris Steak House Dinner Outing

933 Skokie Boulevard - Northbrook,
Wednesday, May 25
5 - 7 p.m.

Fee: \$40 / NM: \$50

Enjoy dinner at the North Shore's top steak house. Dinner includes their steak house salad, your choice of entree served with mashed potatoes and creamed spinach, chocolate sin cake for dessert, and beverage. When registering please indicate your choice of petite filet, stuffed chicken breast or salmon filet.



Dinner & Concert Dance, Inc at Ravinia

Bennett Gordon Hall - Ravinia Festival
Thursday, June 9
6:30 p.m. dinner
8:30 p.m. show
Fee: \$25 / NM: \$35

Concert Dance, Inc, honors its long relationship with Ravinia by programming works that were commissioned by Ravinia Festival and choreographed by CDI Artistic Director Venetia Stifler. Program includes a world-premiere work set to music by Franz Liszt, in honor of the composer's 200th birthday. Prior to the show, enjoy dinner at Mirabelle, Ravinia's famous Chef's Table which offers a bounty of selections from the Midwest which pair perfectly with a night at Ravinia. Featuring themed and guest chef menus that change daily with an endless variety of gourmet selections, you are sure to enjoy this delicious meal. Tickets will be available for pick-up at the front gate the evening of the event from 5:45 - 6:15 p.m.



Mix and Mingle continued

Ristorante Abruzzo Dinner Outing

483 Lake Cook Road - Deerfield
Wednesday, July 13
5 - 7 p.m.

Fee: \$20 / NM: \$30

This authentic Italian restaurant recently opened in their new location, near the Secretary of State's office. Their Italian cuisine offers flavorful, homemade food using the freshest ingredients. Dinner includes bread and butter, prosciutto & mozzarella appetizer, soup or salad, your choice of entree served with a vegetable medley and Rigatoni pasta, Tiramisu for dessert, and coffee, tea or soda. When registering, please indicate your choice of chicken breast with artichoke, sauteed lake perch, or eggplant parmesan.

Chicago Botanic Garden Tour & Dinner

1000 Lake Cook Road - Glencoe
Tuesday, August 23
4:30 - 6:30 p.m.
Fee: \$35 / NM: \$45

The Chicago Botanic Garden offers 385 acres of beauty and serenity where you will find waterfalls, English walled and rose gardens, native prairies, water gardens and more. The evening begins with a narrated Grand Tour tram ride which includes views of the Japanese Gardens, the oak woodland and the native prairie. The event continues with a buffet dinner in a private dining facility featuring traditional caesar salad, grilled boneless chicken breast, whipped potatoes, sauteed seasonal vegetable medley, roasted vegetable pasta, and New York Style cheesecake for dessert, and iced tea. Following dinner, you are welcome to enjoy wonderful live entertainment on the Esplanade until 8 p.m. The band *Pantastic 4* features a steel-pan combo performing original compositions in Latin/Caribbean styles.



Sponsored by Visiting Angels

SPECIAL ACTIVITIES

Live on the Links Classic Dance and Concerts

Highland Park Country Club

1:30 - 2:30 p.m.

Free; for members only

Advance registration required

Musical Review Concert

Thursday, May 19

Enjoy song and dance to music from composers like Gershwin and Berlin and tunes from the Big Band Era. Performers interact with the audience and close with "God Bless America."

Neil Diamond Tribute

Thursday, June 23

Denny Diamond & The Family Jewels are an accomplished family trio who perform the music of one of America's favorite singer/songwriters, Neil Diamond. Mixing in songs made famous by artists like Johnny Cash, Roger Miller, Dean Martin, and Ricky Nelson along with countless others, creates a recipe for a fabulous afternoon.

The Best of Broadway

Thursday, July 21

Peter Oprisko and his musical trio are thrilled to perform their celebration of Broadway which highlights selections from some of the most popular and beloved shows such as *Showboat*, *Porgy & Bess*, *South Pacific*, *West Side Story*, and many other favorites!

The Music and Dance of Spain

Thursday, August 25

Las Guitarras de Espana presents a wonderfully exciting program of music and dance based on "Spanish Guitar." This spectacular ensemble plays a variety of music styles including Flamenco, Spanish Classical and Latin American.

Spectacular Concert

Thursday, September 8

Pilgrim Chamber Players

Thursday, October 27

HPHS Band

Thursday, November 17

Sponsored by Lake Forest Place

Lunch and Learn Nature Workshops

Heller Nature Center

Fridays, 12 - 2 p.m.

Fee: \$10 / NM: \$15

This new and exciting series features a delicious lunch catered by Sunset Foods including bread, entree, side, vegetable, dessert and beverage. Following lunch, you will enjoy hands-on workshops led by the professional staff at Heller Nature Center. Advance registration is required; please call the Senior Center at (847) 432-4110.

Friday, May 13 Wildflower Walk

Between the winter snows and summer leaves, something magical happens in the forest, right beneath your feet! Learn all about the woodland spring ephemerals before they disappear for another year. Heller staff will guide you on a walk through the woods to look for and identify these unique forest flowers. Please dress for the weather.

Friday, June 17 Birds of Prey Live!

Raptors are the rulers of the sky. These highly efficient hunters are essential to keeping a balanced ecosystem. You will meet several live birds of prey, and learn about the characteristics that make them the top predators in their food chain. Presented by Barnswallow: A Wildlife Concern, a wildlife rehabilitation center in Wauconda.

Friday, July 15 The Wonderful World of Bees

Bees are fascinating insects which have a complex social structure that keeps tens of thousands of bees all working efficiently together in a single hive. Learn the basics about bee biology and beekeeping with a Heller naturalist. You will also have the option of putting on a bee suit to get an up-close look at the inner workings of a beehive.

Friday, August 12 Animal Adaptations

Why do deer have eyes on the side of their heads? Why do rodents love to chew on things so much? Why can owls turn their heads 270°? Why do seeds stick to your clothes when you walk outside? Get answers to all of these questions and more when you visit Heller to learn all about adaptations!

Sponsored by BrightStar Lifecare

SPECIAL ACTIVITIES

Monday at the Movies

Highland Park Police Station
Mondays, 1:30 p.m.
Free, for members only

Black Swan (drama)
May 2

Morning Glory (comedy)
May 9

Burlesque (musical)
May 16

Fair Game (thriller)
May 23

The King's Speech (drama)
June 6

Love and Other Drugs (comedy)
June 13

True Grit (western)
June 20

Unstoppable (thriller)
June 27

Casino Jack (drama)
July 11

Kind of a Funny Story (comedy)
July 18

Country Strong (musical drama)
July 25

The Tourist (thriller)
August 1

The Fighter (drama)
August 8

127 Hours (drama)
August 15

Sponsored by Belmont Village in Glenview



Senior TV Production Team

OPEN HOUSE

Highland Park Public Access Center
1677 Old Deerfield Road
Tuesday, June 7
1 - 3 p.m.

Free

Join this fun and dedicated group at their Open House and learn about who they are and what they do. Tour the new production studio, meet the Senior TV Production Team volunteer crew, participate in a mock production involving hands-on experience, and enjoy refreshments. Please call (847) 432-4110 to register.

Cable TV Production Classes

Highland Park Public Access Center
1677 Old Deerfield Road
Thursdays, June 9 - 30
1 - 3 p.m.

Free

This 4-part series is designed to get seniors involved with the Senior TV Production Team, and will be taught by City of Highland Park Access Studio staff. Advanced registration is required; please call (847) 432-4110.

June 9 Camera

Learn the basics needed for operation of a camera for TV productions. Take this class and you will be zooming and focusing like a pro.

June 16 Audio Equipment

Bring in the music and open the microphones! Learn the skills necessary to "bring in the audio."

June 23 Character Generator

The character generator places the text of names and titles and special information onto the screen. Learn how to use this intriguing piece of studio equipment.

June 30 Directing

From "roll tape" to "fade to black," the director is responsible for the overall look of the show. This session focuses on the skills needed to direct your first show.

LECTURES

Kenney, Miller, & Bronstein Lecture Series 2011

**Highland Park Country Club
Thursdays, 1 - 3 p.m.
Free, for members only
Advance registration required**

Living in a World Without God

May 5

by Ron Miller

In the USA today there are probably more people simply living their lives without reference to any higher order than there are people actively fighting the idea of a transcendent reality. Ron will discuss the various forms "living without God" takes, from humanism to agnosticism to militant atheism. And through understanding them, you will better grasp the positions people are drawn to, whether in agreement or disagreement.



Does Organized Religion Have a Future

July 7

by Ron Miller

The mainline Christian and Jewish organizations in the USA are in trouble. Although only 12% of the Jewish population in this country is Orthodox, that statistic jumps to 34% when you are looking at American Jews between the ages of 18 and 24. About 30,000,000 Americans identify as "former Catholics," i.e. roughly 10% of the total population. A new megachurch (usually fundamentalist) arises in this country once every two days. Where is all of this going? What shape is American religion taking? What challenges do mainline religious organizations have to meet?

2012: Why the World Won't Be Ending

September 15

by Jim Kenney

Spiritual Shakespeare: A New View

November 10

by Rabbi H. Bronstein

Sponsored by ManorCare Health Services

Rise and Shine Humanities

**Highland Park Public Library
Wednesdays, 10:30 - 11:30 a.m.
Free & Open to the General Public**

*Presented by the Highland Park Senior Center &
the Highland Park Public Library*

Rossini & Donizetti's Operas in Pop Culture

May 18

Lecturer Bob Levi illustrates the intersection of pop culture with operatic melody with Rossini's Barber of Seville and Donizetti's Elixir of Love. Discover how opera melodies are present throughout American pop culture -- in movie soundtracks, cartoons, and radio and TV broadcasts.

Sponsored by Sunrise Assisted Living

Brain Builders Club

**Highland Park Senior Center
Thursdays, 10 - 11:30 a.m.
Free, for members only**

Facilitated by Larry Meyer of Arden Courts in Northbrook, this group was created to provide challenges recommended to maintain healthy brain function. Advance registration required; call (847) 432-4110.

Brain Games

Thursday, June 16

Is it a Senior Moment or Something More?

Thursday, July 14

Brain Games & Technology

Thursday, August 18

Dementia Research: Prevention & Treatment

Thursday, September 22

Brain Games - Name That Tune

Thursday, October 20

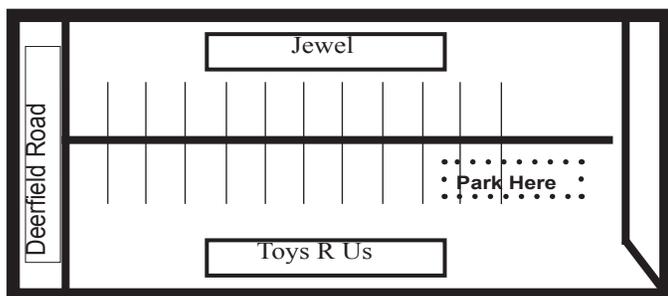
Sponsored by Arden Courts

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.

Departure Location for Trips
1610 Deerfield Road
Highland Park, IL



Working

Musical Based on Studs Terkel's Book

Wednesday, May 4

Fee: \$92 / NM: \$102

Motorcoach departs Toys R Us at 12:15 p.m. and returns at approximately 5:45 p.m.

WORKING is a vital new musical based on the book by Pulitzer Prize winning author and Chicago's own Studs Terkel.

Broadway Playhouse

Lilacia Park & Morton Arboretum

Tuesday, May 10

Fee: \$60 / NM: \$70

Motorcoach departs Toys R Us at 9:15 a.m. and returns at approximately 5:45 p.m.

This nature lovers trip begins at Lilacia Park in Lombard and finishes at the Morton Arboretum. Lilacia Park features 200 varieties of lilacs and 50 varieties of tulips along with perennials and annuals in a fragrant, peaceful environment. The Lombard Historical Society, in partnership with the Lombard Park District, offers this walking tour of Lilacia Park with information on Colonel Plum, park horticulture, and the inspiring story of Lombard's crown jewel. Next, the bus will travel to the Morton Arboretum for a Dutch treat lunch, a 1-hour narrated tram tour, and time to explore on your own. The Arboretum's 1,700 acres of woods, gardens, lakes, and prairie invite exploration and discovery. Walking paths, roads, and trails lead you into collections and habitats that display the diversity of nature. The Children's Garden is designed to spark curiosity among youth and adults alike. The Acorn Express open air tram features a narrated journey through the ever-changing landscape of The Morton Arboretum.



Bill Hinchliff: University of Chicago Area

Wednesday, June 8

Fee: \$65 / NM: \$75

Motorcoach departs Toys R Us at 9 a.m. and returns at approximately 5 p.m.

Explore the campus and culture of the University of Chicago - one of the world's greatest institutions of higher learning. While traveling to Hyde Park, Bill will share his knowledge on the history of the area. After a stop at Rockefeller Chapel, tour Frank Lloyd Wright's important Robie House which is nearing the completion of a thorough renovation. Following lunch at Piccolo Mondo (an Obama favorite) explore the campus both on foot and by bus. Walk through the beautiful main quadrangle, as well as the Law School's Laird Bell quadrangle. Participants will also visit the newest buildings on campus, including Helmut Jahn's glass-domed addition to the Regenstein Library and the Reva and David Logan Center for the Arts, which is still under construction.

Please note that participants will need to navigate stairs and stand for approximately one hour.

DAY EXCURSIONS

Arlington Park Racetrack

Thursday, July 28

Fee: \$69 / NM: \$79

Motorcoach departs Toys R Us at 11:45 a.m. and returns at approximately 5:45 p.m.

Described as the most beautiful track in America, Arlington Park offers a fun and fabulous racing experience. Their delicious lunch buffet features assorted spreads including hummus, white bean and basil, French onion and spinach dips served with crackers, carrots and celery. A variety of salads including their BLT salad and a tossed green salad, and seasonal vegetable antipasti featuring the best picks of summer. Also featured are: chef carved slow roasted pork, chipotle honey grilled chicken, orecchiette pasta, and chocolate fudge brownies and freshly baked chocolate chip cookies for dessert. This package includes unlimited soft drinks, and a cash bar. The International Room is unique to the track, offering floor-to-ceiling windows, a balcony overlooking the paddock and numerous other betting amenities. It is one of the best places in the clubhouse to watch the races.

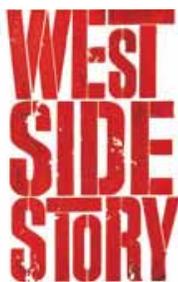


West Side Story

Wednesday, August 3

Fee: \$120 / NM: \$130

Motorcoach departs Toys R Us at 12:30 and returns at approximately 5:30 p.m.



More than fifty years ago, one musical changed theater forever. Now it's back, and mesmerizing audiences once again. From the first note to the final breath, West Side Story soars as the greatest love story of all time. Directed by David Saint, using Tony Award-winning librettist Arthur Laurents' Broadway direction, West Side Story remains as powerful, poignant and timely as ever. The new Broadway cast album of West Side Story recently won the 2010 Grammy Award for Best Musical Show Album. The Bernstein and Sondheim score is considered to be one of Broadway's finest and features such classics of the American musical theatre as "Something's Coming," "Tonight," "America," "I Feel Pretty" and "Somewhere."

Light Opera Works: The Student Prince & Davis Street Fish Market Luncheon

Wednesday, August 24

Fee: \$85 / NM: \$95

Motorcoach departs Toys R Us at 11:15 a.m. and returns at approximately 5:45 p.m.

Young love blossoms in Old Heidelberg as the betrothed heir to the throne goes off to university, only to fall for a beautiful waitress in the beer garden. Their romance turns bittersweet when he is called home to succeed his father as king. The score overflows with melody... "Drinking Song," "Serenade," "Golden Days," "Deep in My Heart, Dear," and many others. Prior to the show, enjoy lunch at The Davis Street Fish Market. Lunch includes appetizers of french fried calamari, rainbow trout guacamole, and ceviche served family style,



your choice of entree served with chef's choice of sides, Key Lime pie for dessert, and coffee, tea or soda. When registering, please indicate your entree choice of grilled Atlantic salmon, Maryland blue crab cakes, or Tuscan Chicken.

Lake Geneva Lunch Cruise

Wednesday, September 21

Fee: \$69 / NM: \$79

Motorcoach departs Toys R Us at 9:30 a.m. and returns at approximately 5 p.m.

Welcome aboard! Lake Geneva Cruise Line is one of the areas premiere attractions - a must see experience when in the Lake Geneva area! This wonderful lunch cruise offers an in-depth historical narration about the many estates and mansions that line the shores of beautiful Geneva Lake. Lunch includes fruit and relish platters, chicken entree, pasta and vegetable sides, dessert and your choice of beverage. Cash bar available.



MONDAY SPEAKER SERIES

Monday Mornings, 10:30 - 11:30 a.m.

Held at:

Highland Park Police Station

1677 Old Deerfield Road

For those attending the lecture, bagels & coffee are served on the first Monday of each month at 10 a.m.

Lectures and Bagels are sponsored by Whitehall of Deerfield HealthCare Center

May 2 Finding the Self (part II)

Rabbi Herbert Bronstein addresses questions, including What is the Self? and What is the Soul? with some surprising answers.

May 9 Gordon MacRae

Susan Benjamin's multi-media presentation explores Gordon MacRae's career progression with examples of soaring melodies.

May 16 Elise Barack: Book Review

Elise Barack returns to review and share her insight on *Nine Stories*, written by one of America's most well-known yet enigmatic authors, J.D. Salinger.

May 23 Larry Stern: Washington DC

Larry Stern, award winning photographer and historian, will take you on an insightful visual tour of this nation's capital.

May 30 Memorial Day - Closed

June 6 Finding the Self (part III)

June 13 Jerome Kern

Susan Benjamin explores how Jerome Kern took musical theatre through an American door into the 20th century.

June 20 Elise Barack: Book Review

Parrot and Olivier, by Peter Carey, was a finalist for this year's Man Booker Prize. Reviewed by Elise Barack, Carey creates his own unique characters who experience the early days of American democracy.

June 27 Bill Helmuth: Syria

Bill takes you on a fascinating journey beyond politics and religion to uncover Syria's people and their multi-ethnic culture. Visit the extraordinary Roman ruins, the ancient Christian Citadels, and more.

July 4 Independence Day - Closed

July 11 Alice Faye

Susan Benjamin brings a wonderful program demonstrating how a young girl from Hell's Kitchen slums, can thrive in show business and become a major star.

July 18 Tales from the Diaspora

Chicago storyteller Elyne Handler returns to bring Tales from Eastern Europe, the Middle East, USA: wisdom, gladness and sorrow. Part 2 of a 2 part series.

July 25 Obama's Legislative Agenda

Julie Strauss addresses the new political reality of a divided government. She will detail Obama's legislative proposals and political calculations in the face of a Republican majority in the House of Representatives and a slimmer Democratic majority in the Senate.

August 1 Explore Millennium Park

Visit Millennium Park through the eyes of Hy Speck, a 12 year architecture docent. Hy will share his insight, and passion for the artists, philanthropists, and the "Movers and Shakers" who made this masterpiece possible.

August 8 Ethel Merman

Ethel Merman lit up the stage with her powerful voice; she sang to the rafters. Presented by Susan Benjamin, this program juxtaposes challenging incidents in this great star's personal life with her performance triumphs.

August 15 Opera in Pop Culture

Bob Levi presents how Jews have influenced opera. The special program highlights Jewish opera composers, conductors and singers from the past and present.

August 22 J. Edgar Hoover (Part I)

Presented by Ed Arturi. In life, Hoover was thought of by the public, as a hero and the upholder of the law, but in death, it is learned that he more often broke the law for his own personal protection and gain.

August 29 China Travels

Long-time Highland Park resident and world traveler Frank Gold shares his photos and stories from his recent trip to China.

ACTIVITIES - FREE FOR MEMBERS

Table Tennis (Ping Pong)

Mondays & Wednesdays, 9 a.m. - 4 p.m.

Based on popular request, the Senior Center has purchased a ping pong table for use by members in the Lake Michigan Room. Table Tennis has proved to be a fabulous aerobic activity for older adults, and the table will be available for use during scheduled times. A list of interested players is available so you can meet new players to schedule play time. Table time must be reserved in advance; please call (847) 432-4110.

Free Blood Pressure Screening

Mondays, May 2, June 6, July 11 & August 1

Police Station: 10 - 10:30 a.m.

Provided by Traycee Home Care Services

Duplicate Bridge

Mondays, 12:30 - 3 p.m.

Enjoy this great opportunity for informal duplicate bridge play. Master points will not be issued.

Open Art Studio

Mondays, 1:30 - 3:30 p.m.

Open studio time provides artists with a designated time to work side-by-side. Painting with others allows participants to share knowledge while keeping good company. Please bring your own supplies; 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. Leader: Sylvia Dennis

Open Bridge

Tuesdays, 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.



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 available include camera, sound, directing, and TV host. A TV Guide listing the Senior Producers' programming is accessible at www.cityhpil.com.

Yiddish Conversation & Culture

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

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

"For Men Only" Discussion Group

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

Whether the topic is sports, politics, health 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 p.m.

This Mah Jongg game is designed to give players an opportunity to meet and play with others. All players are required to sign a Code of Conduct prior to participating. 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.

Chess Club

Fridays, 1 - 4 p.m.

Facilitated by Tom Kimmel, this group meets weekly. Players are matched based on skill level. Players of all levels are welcome, including beginners. Please call (847) 432-4110.

Laurel Larks

The Laurel Larks will break for the summer, and will resume in September.

This fun-loving group practices weekly to prepare for performances.

Sponsored by First Bank of 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. Refunds may take several weeks.

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 9 - June 27 (7 classes)

Mondays, July 11 - August 22 (7 classes)

9:45 - 10:45 a.m.

Fee: \$39 / NM: \$49

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 with knowledge in "inner connectivities" and "body repatterning".

* Level 1

(No class 5/30)

Monday Sit & Be Fit - Chair Exercise

Mondays, May 9 - June 13 (5 classes)

1:30 - 2:30 p.m.

Fee: \$28 / NM: \$38

Mondays, July 11 - August 22 (7 classes)

1:30 - 2:30 p.m.

Fee: \$39 / NM: \$49

Join instructor Marla Solarz 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. People with Arthritis, Parkinson's, Fibromyalgia and Chronic Pain conditions are encouraged to attend.

* Level 1

(No class 5/30)

Mix - It - Up! Cardio, Strength, Core & More

Tuesdays, May 10 - June 14 (6 classes)

9 - 10 a.m.

Fee: \$33 / NM: \$43

Tuesdays, July 12 - August 23 (7 classes)

9 - 10 a.m.

Fee: \$39 / NM: \$49

Marla Solarz teaches this total body conditioning class which is designed to keep your interest by offering a variety of workouts in each class. Students will mix-it-up with a 20/20/20 workout set to fun, upbeat music. Class includes 20 minutes each of cardio conditioning, strength training, core work, and or stretching. Floor work included.

* Level 3

Tuesday Yoga

Tuesdays, May 10 - June 14 (6 classes)

10:30 - 11:30 a.m.

Fee: \$33 / NM: \$43

Taught by certified Yoga instructor Patti Bartelstein, these classes explore gentle movements to increase flexibility, strength and well-being. Students are led through stretches, yoga postures and breathing practices, then guided into deep relaxation. Ideal for anyone who would like a gentle approach to practicing yoga.

* Level 1 / 2

Latin Dance Aerobics: Zumba Gold

Wednesdays, May 11 - June 8 (5 classes)

10:30 - 11:30 a.m.

Fee: \$28 / NM: \$38

Wednesdays, July 13 - August 24 (7 classes)

10:30 - 11:30 a.m.

Fee: \$39 / NM: \$49

Certified instructor Marla Solarz teaches lively Latin dances including meringue, cumbia, salsa, cha cha and bachata. Class alternates fast and slow dance styles to achieve the maximum cardiac exercise, allowing for increased heart rate and proper recovery.

* Level 2 / 3



CLASSES

Gentle Tai Chi

Wednesdays, May 11 - June 29 (7 classes)

Wednesdays, July 13 - August 24 (7 classes)

1:30 - 2:30 p.m. Fee: \$39 / NM: \$49

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 5/18)*

* Level 2

Low Impact Dance Aerobics

Thursdays, May 12 - June 30 (8 classes)

9:45 - 10:45 a.m. Fee: \$44 / NM: \$54

Thursday, July 14 - August 25 (7 classes)

9:45 - 10:45 a.m. Fee: \$39 / NM: \$49

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 12 - June 9 (5 classes)

1:30 - 2:30 p.m. Fee: \$28 / NM: \$38

Thursday, July 14 - August 25 (7 classes)

1:30 - 2:30 p.m. Fee: \$39 / NM: \$49

Join Marla Solarz 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.

* Level 1

Friday Yoga

Fridays, May 13 - June 17 (6 classes)

10:30 - 11:30 a.m. Fee: \$33 / NM: \$43

Fridays, July 8 - 29 (4 classes)

10:30 - 11:30 a.m. Fee: \$22 / NM: \$32

Taught by certified Yoga instructors, Patti Bartelstein on Tuesdays and Joy Luster on Fridays, these classes explore gentle movements to increase flexibility, strength and well-being. Students are led through stretches, yoga postures and breathing practices, then guided into deep relaxation. Ideal for anyone who would like a gentle approach to practicing yoga.

* Level 1 / 2

Senior Golf Clinics

Session I: Thursdays, May 5 - 26

Session II: Sundays, June 5 - 26

Session III: Thursdays, July 7 - 28

Session IV: Sundays, August 7 - 28

9 - 10 a.m. Fee: \$70 / NM: \$80

Golf Learning Center

Offered in cooperation with the Highland Park Country Club, 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 techniques. Classes taught by Alex Prior, Head Golf Professional and staff.

Yes You Can: Small Changes, Big Results

Tuesdays, May 10 - June 21 (6 weeks)

2 - 3:30 p.m. Fee: \$10 / NM: \$20

Eat Better and Move More is a nutrition and walking program emphasizing even small changes in diet and physical activity make a difference at any age. "Eating Better" topics include the importance of fruits and vegetables, calcium, fiber, portion sizes and the food pyramid. Food samples relevant to the topic being discussed are provided. The "Move More" portion of the program stresses the importance of regular physical activity. Participants walk at their own pace during class and keep track of steps taken during the week using a pedometer. New step goals are formulated weekly. *(No class 5/24)*

CJE will generously donate the registration fees back to the Highland Park Senior Center.

*Sponsored by CJE
Weinberg Community for Senior Living*

The Birthday Club

Happy Birthday to You! Each month, the Senior Center will do a random drawing of members who are celebrating birthdays that month. Two winners will be chosen to receive a special birthday gift. All Senior Center members celebrating their birthdays will automatically be included in the drawings.

Sponsored by BrightStar Lifecare

CLASSES

Ceramics

Tuesdays, May 10 - June 21 (7 classes)

Tuesdays, July 12 - August 23 (7 classes)

1 - 3 p.m.

Fee: \$39 / NM: \$49

Brown Bag Lunch: 12 - 1 p.m.

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.

Portrait and Landscape Art Class

Wednesdays, May 11 - June 29 (8 classes)

9:30 - 11:30

Fee: \$44 / NM: \$54

Wednesdays, July 13 - August 24 (7 classes)

9:30 - 11:30 a.m.

Fee: \$39 / NM: \$49

Designed for the novice student, this class will take you through the basics of drawing and painting, and teach skills including line, form, composition, and color. Instructor Irving Moses will help you develop your natural talent in a supportive environment. Supply list available at the first class.

Continuing Digital Photography

Beginning: Wednesdays, May 11 - June 1 (4 classes)

Continuing: Wednesdays, July 6 - 27 (4 classes)

10 - 11 a.m.

Fee: \$15 / NM: \$25

Instructor and professional photographer, Phil Goldman, works with continuing students to improve on their picture taking skills and techniques. This session will focus on composition of both indoor and outdoor photographs, and specifics on how to take a great picture.

Advanced Drawing and Painting

Thursdays, May 12 - June 30 (8 classes)

1 - 3 p.m.

Fee: \$44 / NM: \$54

Thursday, July 14 - August 25 (7 classes)

1 - 3 p.m.

Fee: \$39 / NM: \$49

Instructor and professional artist, Larry Lubeck, guides experienced students toward improving their drawing and painting skills. Larry offers support in creating artwork based on individual interests and assists in developing use of color, composition and the celebration of life through art. Supply list available at the first class.

Jewelry Making

Friday, May 20

9 a.m. - 12 noon

Materials Fee: \$15 / NM: \$25

Local artist Claire Shapiro has designed a unique technique for creating jewelry similar to that worn by Hollywood's hottest stars. Each participant will be assisted in designing and creating an individual piece of wearable art. Basic supplies are included in the fee. At the start of class, students may purchase a variety of beads from the instructor for an additional fee ranging from \$5 - \$20, depending on the quality and quantity of beads chosen. Please stop by the Center Library to view samples of her work. Maximum: 6

Featured Artist: SHARON KOGAN

May & June

Sharon Kogan spent her professional career as a commercial artist specializing in pen and ink line drawing. Sharon had never painted oil on canvas until six years ago, when she took a painting class here at the Highland Park Senior Center. Sharon's art incorporates vivid colors that make the paint seem to jump off the canvas. She has also studied at the Art Institute of Chicago, the Chicago Academy of Art, the Evanston Art Center, and the North Shore Art League. Sharon specializes in landscapes, as well as portraits, and has a talent that you will not want to miss.

Featured Artist: MYRNA KUZNITSKY

July & August

Myrna Kuznitsky has painted since she was a young girl, winning a scholarship to the Art Institute. She continued painting, but then her creativity took another turn when she opened a flower shop almost 40 years ago. During the time Myrna owned and operated the flower shop, her artist daughter opened an art studio behind the store and Myrna took lessons from her daughter, advancing her skills yet again. She entered a piece in a North Shore Art League competition and won, having her painting displayed at the Cultural Center in downtown Chicago.

Myrna is currently taking a class at the Senior Center and has worked her way from oils, through pastels, and is now painting with acrylics. Each painting she completes is more beautiful than the one before, and her enthusiasm about her work matches the wonder of the work itself.

CLASSES

Championship Poker: Drop-In

Wednesdays, 1 - 3 p.m. Daily Fee: \$2 / NM: \$3
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. Games are dealer's choice.

Advanced Bridge Class

Thursdays, May 19 - June 23 (6 classes)
Thursdays, July 14 - August 18 (6 classes)
10 a.m. - 12 noon Fee: \$38 / NM: \$48
This new 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 lecture, followed by supervised play of pre-set hands related to the presented topic. This is a great opportunity to increase your Bridge playing skills.

Conversational Spanish

Tuesdays, May 10 - July 26 (12 classes)
Continuing Students: 10 - 11 a.m.
Beginning Students: 11:15 a.m. - 12:15 p.m.
Fee: \$60 / NM: \$70

This is a great learning opportunity for those beginning or continuing their education with the Spanish language. Certified Spanish teacher, Leslie Fenster, helps students gain basic knowledge of Spanish, including everyday vocabulary, pronunciation, and grammar. Class will focus on speaking skills, and elementary vocabulary. Students will utilize the textbook *Spanish for Gringos*. New students to Leslie's classes should inquire about the appropriate level prior to registering.

Let's NOOK Up

Highland Park Police Department
Monday, May 2
11:45 a.m. - 1:00 p.m. Free; for members only
Representatives from the Deerfield Barnes and Noble store will share the latest and greatest information about their electronic reader, the Nook. Electronic readers have many benefits for senior adults including; variable font sizes so books can be read with large print, the ability to download FREE rental books from public libraries, and they are lightweight and able to hold many books at one time. Please register in advance.

IPRA Six-County Senior Olympics 2011

Location: Park Ridge and area communities
Day / Date: Wednesday, July 6 – Friday, July 22
Fee: \$14 single day / \$20 unlimited days
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 receive recognition for their efforts and achievements. The event is open to seniors of all ability levels, and hosts more than 30 events including: golf, tennis, bowling, swimming, biking, track & field, bocce, volleyball and more.

18-hole Golf Outing

Highland Park Country Club
Monday, July 11
8 a.m. shotgun start

Fee: \$55 (plus the Senior Olympics entry fee)
This popular golf outing held at the Highland Park Country Club includes 18-holes of golf with cart and a delicious sit down lunch followed by an awards ceremony. All participants must submit an IPRA Six-County Senior Olympics registration form no later than July 2nd.

*Senior Olympics is sponsored by Presbyterian Homes,
Rush Alzheimer's Disease Center and
BrightStar Lifecare*

Rules of the Road

Thursday, June 2 / Thursday, September 1
9:30 - 11:30 a.m. Free
The Rules of the Road Review Course is designed to give drivers - especially senior citizens the knowledge and confidence needed to renew or obtain a driver's license. Taught by instructor Judy Hutton.

AARP Driver Safety

Thursday & Friday, June 9 & 10
9 a.m. - 1 p.m. Fee: \$14 / AARP members: \$12
Held at HP Police Station, 1677 Old Deerfield Road
Instructor Earl Nichols helps students sharpen driving skills and develop strategies for adjusting to age-related changes. Pre-registration with payment by check is required; please make checks payable to: AARP.

New Grief Group Beginning

Tuesdays, May 10 - June 14

10 - 11:30 a.m.

Free

A new group is forming for persons who are experiencing grief due to the death of a spouse, parent, child, sibling, etc. within the past two years. This 6-week educational group will address the stages of grief, provide coping skills, and offer the support of others experiencing a similar loss. Facilitated by: Paula Cyphers, M.A., Social Services Coordinator at the Senior Center, and Lois Silverstein, LCSW, at Family Services of South Lake County.

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 the participants. Under the rotating leadership of Paula Cyphers and Lois Silverstein, participants discuss thoughts and ideas about moving forward.

Support for Parents and Siblings with Dependent Adult Family Members

Second Thursday each month

10 - 11:30 a.m.

Free

This drop-in program is open to older adults experiencing concern about their adult children or siblings concerned about a brother or sister who remains dependent as a result of unemployment, substance abuse, emotional struggles, physical disability, financial challenges, or an inability to achieve personal growth. Facilitated by Paula Cyphers, and Lois Silverstein.

Family Caregiver Support Group

First & Third Thursday of each month

7 - 8:30 p.m.

Free

Held at Family Service, 777 Central Avenue

Caregiving for an aging parent, spouse or close friend can present tough challenges. Other caregivers may have already solved problems like those you now face. This Support Group enables caregivers to share their experiences and learn from others. Led by Paula Cyphers, MA, Social Services Coordinator and Lois Silverstein, LCSW, this group aims to provide the essential support needed to maintain a positive outlook when caregiving for a loved one.

Grocery Shopping & Errand Services

Youth volunteering at *The Firehouse Youth Center* provide free services for qualified seniors, Friday afternoons. Grocery shopping and errand services to several local pharmacies, the post office, dry cleaners, etc. are done each week. Please call the Firehouse Youth Center at (847) 433-3090 for assistance.

Daily Telephone Reassurance

This program is 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. Call Paula at (847) 432-4110.

Medical Equipment Lending Closet

Monday - Friday, 9 a.m. - 4 p.m.

Senior Center members and Highland Park residents may borrow equipment, including wheel chairs, walkers, and bath benches, at no charge, for an unlimited amount of time.

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. Call Laura at (847) 926-1860 to schedule a free appointment.

Financial Scholarship

Scholarship dollars may be used toward membership, and trips, classes, or special events. Interested candidates should contact Social Services Coordinator, Paula Cyphers, and schedule a confidential meeting to determine qualification for scholarship funds.

Scholarship approval is based on proof of:

- Financial need, as determined by "Circuit Breaker" eligibility
- City of Highland Park residency

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

- Membership dues covered 100%
- Program and class fees covered 75%, with 25% paid by the participant.

May 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 11:45 Let's Nook Up 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	12:15 Trip: Working 1:00 Poker 1:30 Yiddish	9:00 Golf Clinic 10:00 Men's Only Group 1:00 Mah Jongg 1:00 Ron Miller Lecture 7:00 Caregiver Support Gp	10:00 News & Views 10:00 Laurel Larks 1:00 Chess Mother's Day Brunch Sunrise Sunday, May 8 11a.m.- 1p.m.
9	10	11	12	13
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	9:00 Mix It Up 9:15 Trip: Arboretum 9:30 Knitwits 9:30 Open Bridge 10:00 Yes You Can 10:00 Grief Group 10:00 Cont. Spanish 10:30 Yoga 11:15 Beg. Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	9:30 Art Class 10:00 Digital Photography 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9:00 Golf Clinic 9:45 Low Impact Aerobics 10:00 Support Group 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 12:00 Lunch & Learn/Nature 1:00 Chess Film Series Movie Highland Park Public Library Sunday, May 15 2- 4:30pm
16	17	18	19	20
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Yes You Can 10:00 Grief Group 10:00 Cont. Spanish 10:30 Yoga 11:15 Beg. Spanish 12:30 Senior Producers 1:00 Ceramics	9:30 Art Class 10:00 Digital Photography 10:30 Humanities Lecture 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish	9:00 Golf Clinic 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:30 Live on the Links 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	9:00 Jewelry Making 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 1:00 Chess
23	24	25	26	27
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Grief Group 10:00 Cont. Spanish 10:30 Yoga 11:15 Beg. Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	9:30 Art Class 10:00 Digital Photography 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi 5:00 Mix & Mingle	9:00 Golf Clinic 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 1:00 Chess
30	31			
CLOSED Memorial Day	9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Yes You Can 10:00 Grief Group 10:00 Cont. Spanish 10:30 Yoga 11:15 Beg. Spanish 12:30 Senior Producers 1:00 Ceramics			

June 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 Art Class 10:00 Digital Photography 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	2 9:30 Rules of the Road 9:45 Low Impact Aerobics 10:00 Men's Only Group 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	3 9:30 Breakfast at the Beach 10:00 News & Views 10:30 Yoga 1:00 Chess Sunday 9 a.m. Golf Clinic
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 Sit and Be Fit 1:30 Monday Movie	7 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Yes You Can 10:00 Grief Group 10:00 Cont. Spanish 10:30 Yoga 11:15 Beg. Spanish 1:00 Sr. Producers Open House 1:00 Ceramics	8 9:00 Trip: Bill Hinchliff Univ. of Chicago 9:30 Art Class 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9 9:00 AARP Driver Safety 9:45 Low Impact Aerobics 10:00 Support Group 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:00 Cable TV Class 1:30 Sit and Be Fit 6:30 Mix & Mingle	10 9:00 AARP Driver Safety 10:00 News & Views 10:30 Yoga 1:00 Chess Sunday 9 a.m. Golf Clinic
13 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	14 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Yes You Can 10:00 Grief Group 10:00 Cont. Spanish 10:30 Yoga 11:15 Beg. Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	15 9:30 Art Class 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	16 9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Brain Builders 1:00 Mah Jongg 1:00 Art Class 1:00 Cable TV Class 7:00 Caregiver Support Gp	17 10:00 News & Views 10:30 Yoga 12:00 Lunch & Learn/Nature 1:00 Chess Sunday 9 a.m. Golf Clinic
20 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	21 9:30 Knitwits 9:30 Open Bridge 10:00 Yes You Can 10:00 Cont. Spanish 11:15 Beg. Spanish 12:30 Senior Producers 1:00 Ceramics	22 9:30 Art Class 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	23 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:00 Cable TV Class 1:30 Live on the Links	24 10:00 News & Views 1:00 Chess Sunday 9 a.m. Golf Clinic
27 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	28 9:30 Knitwits 9:30 Open Bridge 10:00 Cont. Spanish 11:15 Beg. Spanish 12:30 Senior Producers 1:30 Widow's Group	29 9:30 Art Class 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	30 9:45 Low Impact Aerobics 1:00 Mah Jongg 1:00 Art Class 1:00 Cable TV Class	

July 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				10:00 News & Views 1:00 Chess
CLOSED Happy 4 th of July	9:30 Knitwits 9:30 Open Bridge 10:00 Cont. Spanish 11:15 Beg. Spanish 12:30 Senior Producers	10:00 Digital Photography 1:00 Poker 1:30 Yiddish Senior Olympics July 6 – July 22	9:00 Golf Clinic 10:00 Men's Only Group 1:00 Mah Jongg 1:00 Ron Miller Lecture 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	
8:00 Golf Outing 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 Sit and Be Fit 1:30 Monday Movie	9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Cont. Spanish 11:15 Beg. Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	9:30 Art Class 10:00 Digital Photography 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi 5:00 Mix & Mingle	9:00 Golf Clinic 9:45 Low Impact Aerobics 10:00 Brain Builders 10:00 Bridge Class 10:00 Support Group 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:30 Yoga 12:00 Lunch & Learn/Nature 1:00 Chess
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Cont. Spanish 11:15 Beg. Spanish 12:30 Senior Producers 1:00 Ceramics	9:30 Art Class 10:00 Digital Photography 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9:00 Golf Clinic 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 1:30 Live on the Links 7:00 Caregiver Support	10:00 News & Views 10:30 Yoga 1:00 Chess
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Cont. Spanish 11:15 Beg. Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	9:30 Art Class 10:00 Digital Photography 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9:00 Golf Clinic 9:45 Low Impact Aerobics 10:00 Bridge Class 11:45 Trip: Arlington Racetrack 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:30 Yoga 1:00 Chess

August 2011

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 Sit and Be Fit 1:30 Monday Movie	2 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Ceramics	3 9:30 Art Class 10:30 Zumba Gold 12:30 Trip: Westside Story 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	4 9:45 Low Impact Aerobics 10:00 Men's Only Group 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	5 10:00 News & Views 1:00 Chess Sunday 9 a.m. Golf Clinic
8 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	9 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	10 9:30 Art Class 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	11 9:45 Low Impact Aerobics 10:00 Support Group 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	12 10:00 News & Views 12:00 Lunch & Learn/Nature 1:00 Chess Sunday 9 a.m. Golf Clinic
15 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	16 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Ceramics	17 9:30 Art Class 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	18 9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Brain Builders 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	19 10:00 News & Views 1:00 Chess Sunday 9 a.m. Golf Clinic
22 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit	23 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group 4:30 Mix & Mingle	24 9:30 Art Class 10:30 Zumba Gold 11:15 Trip: Student Prince 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	25 9:45 Low Impact Aerobics 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 1:30 Live on the Links	26 10:00 News & Views 1:00 Chess Sunday 9 a.m. Golf Clinic
29 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio	30 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	31 1:00 Poker 1:30 Yiddish		

NOTEWORTHY

New Members

Fred & Carole Allen	Councilman Steven & Linda Mandel
Bruce & Delores Benton	Katherine Mervis
Revelle Berman	Cam Meyer
Bahindokht Beyzaee	Don & Helene Miner
Debra Boorstein	Eve Niimi
Cheryl Brown	Roger & Kathleen Parris
Steve & Caryl Brown	David & Marlene Pochis
Louise Carlson	Leah Polk
Henry & Sookhee Carrigan	Maury & Sandy Raizes
Sybil Cohen	Irwin Rosen
James & Phyllis Delugach	Ed & Emmy Rothschild
Eloy Devora	Charles & Louise Saltzman
Ron & Paula Domsy	Susan Schaumberger
Arleen Eichengreen	Ruth Schneiderman
Esther M. Flores	Mitchel & Paula Simon
Harvey & Eleanor Gordon	Jordan Sims
Sylvia Harris	Donald & Ann Singer
Celia Herzog	Mo & Teri Steinberg
Maria Hutchinson	Elaine Stenzel
Robert & Priscilla Jablon	Mary Sweeney
Margo LaCosse	Anna Szanto
Milton & Iona Levenfeld	Leonard & Roberta Tenner
Nechama Levin	Joyce Witt
Pam Lipton	Jeffrey Wohlstadter
Judy Loesch	
Howard Lucas	

Donations

**In Loving Memory of Arthur Frohman
Tree of Honor, Gold Leaf**
From: Family and Friends

In Honor of Services for Seniors
From: Samuel & Beth Buchsbaum
Dorothy Gallagher
Ann Gershenow
Harriett Lipkis
Stephen & Susan Sickle

In Honor of Marla Schachtel's Wonderful Service
From: Matthew & Adela Lassen
Steve & Sue Sickle

In Honor of VITA Services
From: Rosa Bernardi Fred & Betty Ruben
Joel Hensel Lucia Shelton
Valerie Reiter Marie Strohl

Donations

In Memory of Marge Blake-Reaume, former Highland Park Senior Center Manager

From: Paula Cyphers
Bette Neebe
Sue Mosky

In Memory of Herbert Channick

From: Lou Frey
Tillie Holland-Fuhr
Harriet Lipkis
Bobbie Richards
Susan Waxman

In Memory of Arthur Frohman

From: Benjamin Abraham & Joyce Kamin
Lenny & Marilyn Adler
Howard & June Berkowitz
Bud & Arlene Block
Hy & Ruth Chausow
Maxine Levin
Morris & Betty Robinson
Silvana Russo
Irving & Edna Shepard
Buddy & Dee Sherman
Sam & Betterose Widran

**In Memory of Mr. & Mrs. Bernard Nusinow's
Son-In-Law Randy**

From: Maxine Levin

In Memory of Marshall Kotlicky

From: Susan Benjamin

In Memory of Joyce Eisen

From: Maxine Levin

In Memory of Lauri Bauer, daughter of Bunnie Balbirer

From: Lou Frey
Harriet Lipkis
Claire Shapiro

Wishes for a Speedy Recovery to Ludmilla Coven

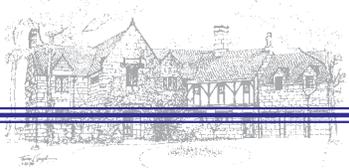
From: Tillie Holland-Fuhr

Wishes for a Speedy Recovery to Joey Strauss

From: Michael & Joan Weinberg

Wishes for a Speedy Recovery to Barbara O'Connell

From: Lou Frey



**PRESORTED STANDARD
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PERMIT NO. 97**

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

MAYOR:
MICHAEL D. BELSKY

CITY COUNCIL:
JAMES KIRSH SCOTT LEVENFELD
STEVEN W. MANDEL TERRI R. OLIAN
NANCY R. ROTERING LAWRENCE D. SILBERMAN

CITY MANAGER:
DAVID M. LIMARDI

EFFECTIVE MAY 9TH, 2011

MAYOR:
NANCY RODKIN ROTERING

CITY COUNCIL:
TONY BLUMBERG STEVEN W. MANDEL
PAUL FRANK DAVID NAFTZGER
JAMES KIRSH

CITY MANAGER:
DAVID M. LIMARDI

Senior Center Staff

Don Miner,
Senior Services Acting Manager

Paula Cyphers, M.A.,
Social Services Coordinator

Laura Frey, CPRP,
Program Coordinator

Susan Mosky,
Records Administrator

**Discounted Ticket Pass 2011
Drive Thru Pick-Up Hours
Highland Park Senior Center
Wednesday, April 27
2 - 3 p.m. (A-M) & 3 - 4 p.m. (N-Z)**

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 (847.926.1864), and front desk fliers. In order to pick-up tickets at the discounted price, you must present you "Discounted Ticket Pass 2011" issued by the Highland Park Senior Center along with a photo ID. Additionally, there is a limit of one (1) ticket per member, per performance. If you are unavailable to attend the drive through special Pick-Up, you may pick-up your "Discounted Ticket Pass 2011" at the Center during regular business hours beginning Thursday, April 28.

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. All others should park in the appropriately designated parking areas. Parking permits are issued by Center staff.

Transportation Options

The Senior Center operates a Free Senior Connector Bus; Moraine Township offers a Subsidized Taxi Program as well as a Transport Van serving riders that cross city boundaries; and there is also a PACE Dial-A-Ride available to seniors with physical disabilities. For a complete listing of transportation services, call the Center at (847) 432-4110.