



THE SHORELINES

SEPTEMBER - DECEMBER, 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.

Member Priority Registration

Activity Registration for Members Begins:

Friday, August 26

Open Registration Begins:
Thursday, September 1

Paula Cyphers' Retirement Open House

Highland Park Senior Center
Friday, September 23
2 - 3:30 p.m.

Stop in to celebrate with Paula Cyphers and recognize her 30+ years of service to the Highland Park Community. Enjoy this wonderful opportunity to wish her well as she begins this exciting new phase of her life...retirement!

Paula Cyphers Retires

It is with mixed emotions that I announce my retirement on September 30, 2011. It was always my goal to work to 60 years of age and to have worked at least 30 years in the field I love. I have now achieved that goal... and what a wonderful ride it has been!

My role as Social Service Coordinator has evolved and expanded throughout the years. The most important part of my job has been developing wonderful relationships with people in the community: clients, co-workers, other agencies, and city staff. I feel privileged to have been invited into many people's lives. Whether it was to talk, to help solve a problem, to help access services, or just to lend support during a difficult time, it has been an honor. I have gotten so much from all of you, and I am going to miss everyone immensely.

The staff of the Senior Center through the years has been wonderful, a strong team of individuals, who function as a well-oiled machine. One spends a third of their life at work, so it is important to enjoy what you do and who you work with, and I have been fortunate enough to have loved both.

The timing is right for me. I am looking forward to relaxing, traveling, volunteering, and keeping an open mind to new experiences. Many of you have been wonderful role models for a healthy, productive retirement, and I hope I can live up to those examples. I thank you for all you have given me. I wish you all well, and leave you in very capable hands.

Paula Cyphers

Bonfire at the Beach

North Shore Yacht Club
Wednesday, September 7
5 - 6:30 p.m.
Fee: \$10 / NM: \$15

Enjoy a casual dinner on the front porch of the NSYC, which overlooks the beautiful waters of Lake Michigan. For dessert, roast marshmallows over an open fire and make your own s'mores. Musical entertainment will make for a wonderful evening. Please dress appropriately for the weather, as this is an outdoor event.

SPECIAL ACTIVITIES

Veteran's Day Luncheon

Highland Park Nursing & Rehab
50 Pleasant Avenue - Highwood

Friday, November 11

12 - 2 p.m.

Fee: \$5/ NM: \$9

Celebrate Veteran's Day with a luncheon at this newly, beautifully renovated facility. Dine in style in their spacious multi-purpose room overlooking the tranquil patio. Enjoy a delicious meal with great company, cooked by their fabulous chef. Your dining experience will be enhanced with musical entertainment, and all participants will receive a gift bag. Facility tours will be available upon request.

Highland Park Nursing & Rehab will generously donate the registration fees back to the Highland Park Senior Center.



Holiday Luncheon & Concert

Ruth's Chris Steak House

933 Skokie Boulevard - Northbrook

Friday, December 16

12 - 2 pm

Fee: \$30 / NM: \$40

Share the holiday spirit with old friends and new, at our annual holiday luncheon. New this year, enjoy lunch at Ruth's Chris, the North Shore's top steak house along with festive holiday entertainment. Lunch includes



lobster bisque, your choice of entree served with creamed spinach and garlic mashed potatoes, chocolate sin cake for dessert, and beverage. When registering please indicate your choice of petite filet, stuffed chicken breast, poached sea bass.

Sponsored by Freedom Home Care

Lunch Outings

Senior Center lunch outings provide a fantastic opportunity to explore some of the fabulous local restaurants at a phenomenal price and a chance to meet some wonderful new people. Come with a group or come as a single, and staff will introduce you to new friends.

La Casa de Isaac y Moshe

2014 First Street - Highland Park

Friday, September 9

11:45 a.m.

Fee: \$18 / NM: \$27

Enjoy a traditional Mexican fiesta at the newest venture for Isaac and Moshe Nava. Located in downtown Highland Park, with excellent parking, this restaurant features authentic cuisine. Lunch features chips, salsa and guacamole to begin with, followed by your choice of entree served with rice and beans, pastel de tres leches (cake of three milks) for dessert, and your choice of beverage. When registering, please indicate your choice of grilled fish tacos, cheese enchiladas with mole, or chicken fajitas.

The Grille on Laurel

181 E. Laurel Avenue · Lake Forest

Friday, October 21

11:45 a.m.

Fee: \$18 / NM: \$27

This fantastic restaurant features delicious food in an elegant, yet comfortable environment. Lunch begins with their mixed greens house salad, followed by your choice of entree served with grilled vegetables and risotto. A dessert of their fabulous bread pudding will sweeten the deal, along with your choice of coffee or tea. When registering, please indicate your choice of Mediterranean style whole wheat linguine, chicken Marsala, or macadamia nut encrusted Grouper.

City Park Grill

1783 St. Johns Avenue - Highland Park

Friday, November 4

11:45 a.m.

Fee: \$19 / NM: \$27

This Highland Park favorite features delicious comfort food made from the freshest ingredients. Lunch includes a cup of tomato bisque soup, your choice of entree served with chef choice of sides, carrot cake for dessert, and beverage. When registering, please indicate your choice of wild mushroom ravioli, bourbon pecan chicken, horseradish encrusted Salmon, or home-style meatloaf.

SPECIAL ACTIVITIES

Live on the Links Classic Concerts

Highland Park Country Club

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

Free, for members only

Advance registration required

Spectacular Concert

September 8

Praised for their “joy of sheer technical ability, unanimity of phrasing and beautiful blended tone”, the Lincoln Trio has become Chicago’s most celebrated chamber ensemble.



The Lincoln Trio - Desirée Ruhstrat, violin, David Cunliffe, cello, and Marta Aznavoorian, piano, takes its name from their home, the heartland of the United States, the land of Lincoln. The Trio’s polished presentations of well-known chamber works and their ability to forge new paths with contemporary repertoire has led to the group’s reputation as a first rate ensemble.

Pilgrim Chamber Players

October 27

Carol Honigberg, Artistic Director and pianist of the Pilgrim Chamber Players, will be joined by her son, well-known cellist Steven Honigberg, in an afternoon program of beautiful and passionate music for cello and piano by Schumann, Shostakovich and other composers.

HPHS Band

November 17

The Highland Park High School Jazz Ensemble will perform a concert of jazz standards, including music by Count Basie, Miles Davis, Duke Ellington, Stan Kenton, Glenn Miller, and more. Get those toes a tappin’, fingers a snappin’, and lips a hummin’ to the sounds of the great big bands.

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.

Reptile Encounter

September 16

Reptiles are fascinating critters! Come meet several live local and exotic reptiles, including snakes, turtles, tortoises, lizards and crocodilians. Learn all about their habitats and behaviors from the staff of the Wildlife Discovery Center.

Fall Foliage

October 14

Discover a year in the life of a tree and learn why leaves change colors. Following, enjoy a short hike to view the bright, colorful display Mother Nature has put on in Heller’s deciduous forest.

Beeswax Wonders

November 18

Beeswax can be used for lots of creative projects. Learn how to make beeswax candles, lip balm and hand-shaped figurines out of wax from Heller’s honeybees. Take home what you make for gifts or decorations. Please dress in clothes that can get dirty.

Sponsored by BrightStar Lifecare



Wildflower Walk



Wonderful World of Bees

Monday at the Movies

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

Just Go With It (comedy)
September 12

Unknown (thriller)
September 19

Beastly (drama)
September 26

Bridesmaids (comedy)
October 3

The Lincoln Lawyer (thriller)
October 10

Soul Surfer (drama)
October 17

Jumping the Broom (comedy)
October 24

Limitless (action)
October 31

No Movie
November 7

Win Win (drama)
November 14

Arthur (comedy)
November 21

Source Code (thriller)
November 21

Bride Flight (drama)
November 28

Only Your (comedy)
November 21

The Grace Card (thriller)
November 28



The Tempest (drama)
December 5

Jane Eyre (drama)
December 12

White Christmas (musical)
December 19

Sponsored by Belmont Village in Glenview

Film Screenings and Discussions

Con Artists and Great Cons

Highland Park Public Library
Sundays, 2 - 4:30 p.m.

Free & Open to the General Public

Bob Coscarelli, professor emeritus at College of Lake County, will introduce and screen a series of films. An intriguing discussion follows each film. This series is co-presented with the Highland Park Public Library.

The Sting

September 18

In the 1930s Chicago, a young con man seeking revenge for his murdered partner teams up with a master of the big con to win a fortune from a criminal banker.

The Nine Queens

October 16

Two con artists try to swindle a stamp collector by selling him a sheet of counterfeit rare stamps (the "nine queens"). Shown in Spanish, with English subtitles.

House of Games

November 20

A psychiatrist comes to the aid of a compulsive gambler and is led by a smooth-talking grifter into the shadowy but compelling world of stings, scams, and con men.

Witness for the Prosecution

December 4

Agatha Christie's tale of a man on trial for murder, with a trial featuring surprise after surprise.

Rise and Shine Humanities Series

Highland Park Public Library
Wednesdays, 10:30 - 11:30 a.m.

Free, and open to the community at large

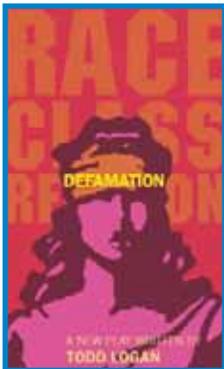
Theater Preview by Critic Chris Jones

September 14

Chris Jones is the chief theater critic for the Chicago Tribune. He has reviewed and commented on culture, the arts, politics and entertainment for the Tribune for 15 years. Along with being the paper's chief voice on local and national theatrical productions, he also writes a weekly column on culture and the arts. Additionally, Jones appears each week on the CBS-2 morning news in Chicago. At this presentation, Chris will preview the Chicago and suburban fall theater season. Find out which plays are not to be missed.

Defamation: Playwright Logan Shares

October 12

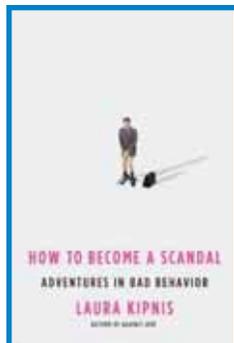


Chicago-area playwright Todd Logan presents his courtroom drama which centers around a South Side African-American woman who sues a North Shore Jewish real estate developer. The play's judge turns the deliberations over to the audience and the audience serves as the jury. *Please note: This program runs until 12 noon.*

It's Scandalous!

November 9

When it comes to scandals, don't judge a book by its cover. A priest can be a pedophile. An "All-American" golf pro can cheat on his wife. Northwestern University professor and cultural theorist/critic Laura Kipnis discusses her book *How to Become a Scandal: Adventures in Bad Behavior*, about people's love of a scandal and what it says about them.



Sponsored by Highland Park Nursing and Rehab

Kenney & Bronstein Lectures

Highland Park Country Club

Thursdays, 1 - 3 p.m.

Free, for members only

Advance registration required

2012: Why the World Won't Be Ending

September 15

by Jim Kenney

The latest New Age apocalyptic preoccupation is based on a curious misreading of the ancient Mayan calendar. In short, the interpretation (rejected by Mayan elders and serious scholars alike) suggests that the calendar's ending in 2012 portends a world-ending or at least world-changing cataclysm in that year. The bookstore shelves are bursting with "expert" analyses of the coming crisis. A well-reviewed blockbuster movie, *2012*, has stirred considerable interest. Join Jim for a serious look at a great story, woven from questionable scholarship and genuine hope for a better world.



Spiritual Shakespeare: A New View

November 10

by Rabbi H. Bronstein

Rabbi Herbert Bronstein explores increasing views in writings about Shakespeare that his plays reveal deeply felt themes, attitudes and motifs that amount to spiritual teachings on the meaning of love, morality, and ego. He will also discuss what it means to be "religious" but not in the denominational sense, as well as the recovery of powerful outlooks found in ancient religious world-views applicable today.



Sponsored by ManorCare Health Services

Brain Builders Club

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

Facilitated by Arden Courts in Northbrook, this group was created to provide challenges recommended to maintain healthy brain function. Some lectures may be presented at the Police Department Training room, based on space requirements, please watch for details in an e-mail. Advance registration required; call (847) 432-4110.

Dementia Research: Prevention & Treatment

Thursday, September 22

Dr. Raj C. Shah, MD, director of Rush Memory Clinic, gives an informative and engaging talk on Brain Health, Nutrition and Healthy Aging. The talk will educate seniors about past study results, and will share information about current studies. It will detail a new study (ASPREE) which was designed to study if aspirin will reduce health burdens in people over age 70. Rush Alzheimer's Disease Center is dedicated to reducing disability due to Alzheimer's disease and other age-related conditions through research on the treatment and prevention of disease.

Brain Games - Name That Tune

Thursday, October 20

Brain Games are back by popular demand, and this month will feature Name That Tune with a live guitarist who will both challenge and entertain you at the same time.

Sponsored by Arden Courts

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

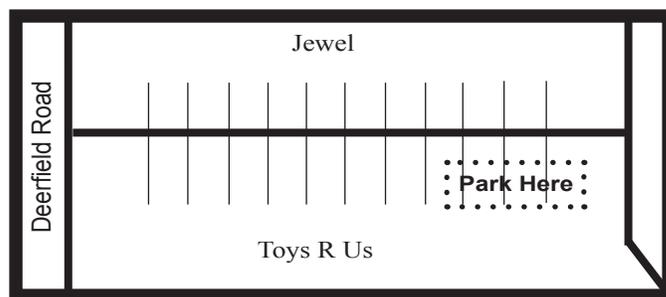
there is no limit on the length of time they can be kept out. Please consider donating your gently used, current, best seller, hardcover books to the library for other members to enjoy.



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.

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



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.

This trip is currently filled. Please call the Senior Center if you would like to have your name added to the wait list.



DAY EXCURSIONS

Divas of Design

Tuesday, October 11

Fee: \$79 / NM: \$89

Motorcoach departs Toys R Us at 9 a.m. and returns at approximately 3 p.m.

Discover some of the hottest fashion trends in Chicago as you meet some fabulous designers of clothes, handbags, and accessories. The tour begins at a luxury consignment boutique which showcases works by new designers and select vintage items. You will meet designers, see clothing and accessories, and learn how this new business model works. Next, enjoy a visit to a custom leather handbag store where the customer becomes the designer by choosing the style, leather, lining, and hardware for an individualized custom bag. Following, lunch is at a french bistro in Old Town where you'll have the opportunity to meet the chef and ask questions. The tour ends with a stop at the Edgewater Beach Apartments where you will meet a young designer, see her beautiful creations, and hear about her exciting career.

Rivers Casino and Buffet Lunch

Thursday, November 3

Fee: \$40 / NM: \$50

Motorcoach departs Toys R Us at 8:30 a.m. and returns at approximately 2:30 p.m.

Rivers Casino is Chicagoland's newest non-smoking casino and entertainment destination. Featuring high action gaming, the newest slots and the hottest table action in the state, including blackjack, craps, baccarat and roulette. Your trip includes transportation, 4 hours of gaming and lunch. The Canopy Buffet features fresh prepared cuisine at nine different stations including salads, homemade soups, pizzas, Italian cuisine, carving stations, comfort food featuring a vertical rotisserie, and an Asian station including wok grills, sushi, and seafood. Most dishes are prepared "a la minute," cooked in small batches as needed to

ensure product freshness and flavor. Signature and highlighted items will be presented "tapas style", or individually in small serving dishes for guest enjoyment. A legal picture ID will be required by the casino for all participants.



Illinois casinos do not offer specially priced packages for groups, therefore this trip is priced based on direct costs for each individual.

White Christmas & Lunch

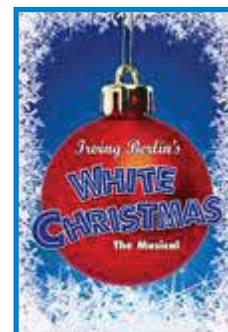
Marriott Lincolnshire

Thursday, December 8

Fee: \$55 / NM: \$65

Transportation is on your own, please meet at the Kings Wharf Restaurant at 11 a.m.

One of America's most beloved silver screen classics is now a brand new stage musical – Irving Berlin's WHITE CHRISTMAS. When two song and dance men follow a sister act booked at a lodge in Vermont, they discover that with no snow and no customers, the owner is nearly bankrupt. The two acts team up and put on a show to save the lodge. Packed with Irving Berlin hits like "Blue Skies," "Count Your Blessings," "I Love a Piano," and the title song "White Christmas," you can celebrate this magical time of year with this beautiful new musical. Prior to the show, enjoy lunch in the Marriott Lincolnshire's Kings Wharf Restaurant. Lunch includes your choice of entree served with seasonal sides, dessert of the day and coffee or tea. When registering, please indicate your choice of meat loaf with tomato gravy or crumb crusted Cod with burre blanc.



The Moraine Township van will be available for transportation to and from the Marriott, for a \$4 fee each direction. Please call the Township at (847) 432-3240 to schedule a ride.

Upcoming Trips for 2012

March

Gypsy and Lunch

Drury Lane in Oak Brook

April

Ten Chimney's Performance

Skokie Center for Performing Arts

McCormick & Schmick's

May

The Iceman Cometh

Goodman Theatre

Nathan Lane and Brian Dennehy



MONDAY SPEAKER SERIES

Monday Speaker Series

Highland Park Police Department
1677 Old Deerfield Road
Mondays, 10:30 - 11:30 a.m.
Free, for members only

September 5 Senior Center Closed

September 12 Richard Rodgers: Sweet Sounds
Susan Benjamin will explore the life of Richard Rodgers who wrote the world's most listened-to melodies which were primarily complemented by the lyrics of Lorenz Hart and Oscar Hammerstein.

September 19 Finding the Self (Part III)
Rabbi Herbert Bronstein concludes his series with a discussion of the postmodern view of Self & Soul.

September 26 J Edgar Hoover (Part II)
Presented by Ed Arturi. In life, the public considered Hoover a hero and upholder of the law. After his death, it was learned that he more often broke the law for his own personal protection and gain.

October 3 Enrich Your Life with Music
Bill and Susan Goodman will bring their vocal and instrumental talents while re-creating the best-loved melodies from 20th-century music.

October 10 Jane Powell: Innocent Ingenue
Susan Benjamin shares details about Powell's fresh, wholesome nature, along with her beautiful soprano voice and skillful dancing, which made her a major star in movie musicals.

October 17 Book Review: *In the Garden of the Beast*
Elise Barack reviews the latest novel from the highly acclaimed author Erik Larson.

October 24 Portrayal of Abraham Lincoln
Experience living history theatre with Robert J. Lindsey as he portrays President Lincoln during the 150th anniversary of the Civil War.

October 31 Anthony Perkins
Hitchcock made him a horror film icon in Psycho. Join Ed Arturi to learn how Perkins transformed from shy guy to scary as his movie life mirrored his real life.

November 7 No Speaker

November 14 George Gershwin
Susan Benjamin shares the story of Gershwin's life, accompanied by examples of some of his best work, this program focuses on what he achieved, and how he achieved so much in so little time.

November 21 Rheumatoid Arthritis
Lori Siegal, M.D., will provide information to help identify symptoms of rheumatoid arthritis and what you can do about them.

November 28 Should I Buy an Electric Car?
Is the electric car the wave of the future or is it just a temporary vogue? Dave Hacker returns to share his knowledge of the electric car and how he foresees the use of it in the future.

December 5 Book Review: *Twenty Thirty: The Real Story of What Happens in America*
Elise Barack reviews the new book by Actor, Comedian, and Filmmaker Albert Brooks, in which he imagines what America will be like in the year 2030.

December 12 Bing Crosby: American Crooner
This program presented by Susan Benjamin features anecdotes of Crosby's personal and professional life as well as samples of some of his best-loved work.

December 19 No Speaker

December 26 Senior Center Closed

January 1 Senior Center Closed

*Monday Speakers and monthly bagels
(the first Monday of each month)
are sponsored by
Whitehall of Deerfield HealthCare Center*

Holiday Closings

The Senior Center will be closed on:

September 5	Labor Day
November 11	Veteran's Day
November 24 & 25	Thanksgiving
December 16 (11:30 - 3)	Holiday Party
December 26 - January 2	Winter Holidays

ACTIVITIES - FREE FOR MEMBERS

Table Tennis (Ping Pong)

Mondays 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

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 p.m.

Under the new direction of Michael Feit, this duplicate bridge game allows experienced players the opportunity to play with their partner in a casual environment. Bidding boxes are used, however master points are not 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 Mah Jongg 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.

Laurel Larks

Fridays, 10 - 11:15 am, beginning September 9

Do you love to sing? This fun loving group practices weekly to prepare for performance concerts which are held in the winter and spring. Director Peggy Massello and accompanist Dave Massello encourage all interested members to attend the first rehearsal.

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, September 12 – October 24 (7 classes)

9:45 - 10:45 am *Fee: \$39 / NM: \$49*

Mondays, November 7 – December 12 (6 classes)

9:45 - 10:45 a.m. *Fee: \$33 / NM: \$43*

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

Monday Sit & Be Fit - Chair Exercise

Mondays, September 12 – October 24 (7 classes)

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

Mondays, November 7 – December 12 (6 classes)

1:30 - 2:30 p.m. *Fee: \$33 / NM: \$43*

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

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

Tuesday, September 13 – October 25 (7 classes)

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

Tuesdays, November 8 – December 13 (6 classes)

9 - 10 a.m. *Fee: \$33 / NM: \$43*

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.

* Level 3

Latin Dance Aerobics: Zumba Gold

Wednesdays, September 7 – October 26 (8 classes)

10:30 - 11:30 a.m. *Fee: \$44 / NM: \$54*

Wednesdays, November 9 - December 14 (6 classes)

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

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

Gentle Tai Chi

Wednesdays, September 7 – October 26 (8 classes)

1:30 - 2:30 p.m. *Fee: \$44 / NM: \$54*

Wednesdays, November 9 - December 14 (6 classes)

1:30 - 2:30 p.m. *Fee: \$33 / NM: \$43*

Tai Chi is easy and enjoyable to learn, bringing with it many health benefits safely and quickly. Based on Sun style Tai Chi, the fundamentals include a set of 12 movements, warm-up, wind-down, and Qi Gong breathing exercises. Taught by certified instructor Gordon Lock, this course will improve muscular strength, flexibility and overall fitness.

* Level 2

CLASSES

Low Impact Dance Aerobics

Thursdays, September 8 – October 27 (7 classes)

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

Thursdays, November 10 – December 15 (5 classes)

9:45 - 10:45 a.m. Fee: \$28 / NM: \$38

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 (No class 9/29 & 11/24)*

Thursday Sit & Be Fit - Chair Exercise

Thursdays, September 8 – October 27 (7 classes)

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

Thursdays, November 10 – December 15 (5 classes)

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

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 (No class 9/29 & 11/24)*

Friday Yoga

Fridays, September 9 – October 21 (6 classes)

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

Fridays, November 4 – December 16 (5 classes)

10:30 - 11:30 a.m. Fee: \$28 / 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. Ideal for anyone who would like a gentle approach to practicing yoga.

** Level 1 / 2 (No class 9/30, 11/11 & 11/25)*



Write Your Legacy Letter: It's a Gift!

Wednesdays, October 5 - November 2 (5 classes)

10 - 11:30 a.m. Fee: \$45 / NM: \$55

A Legacy Letter tells the personal values and life lessons that helped shape the person you are today. The letter can be written to family, friends, or employees. A Legacy Letter may be distributed during your lifetime or attached to your Last Will and Testament. Some of the topics you might include are family traditions, lifelong learning, friendship, honesty, humor, forgiveness and hopes for future generations. Carole Mark Gingiss created this class with all the handout material that will guide you on how to write this once in a lifetime treasure. Join this class to create a lasting document on how you want to be remembered. Let your life speak. Give the gift of YOUR lifetime; write your Legacy Letter.



Computer Class: Let's Get Started!

Thursdays, September 15 - October 27 (6 classes)

9:30 a.m. - 12 noon Fee: \$180 / NM: \$200

Bill Marks teaches this beginning computer class which is designed for those with limited computer experience, and gives students an introduction to a variety of important computer applications. Class will start from the beginning and students will learn computer terminology and basics, including mouse skills and use of Microsoft Windows. Next, students will learn basic Internet access and use, followed by instruction on how to set-up an e-mail account and how to compose send, receive, forward and reply to e-mail messages. *(No class 9/29)*

Introduction to your iPhone and iPad

Thursdays, September 15 - 22 (2 classes)

1 p.m. - 3 p.m. Fee: \$40 / NM: \$50

This hands-on class, taught by Bill Marks, will instruct you the fundamentals of your iPhone and iPad. Students will learn many functions of their devices, including calling, sending and receiving text messages, and use of e-mail and maps. Students will also learn to cut, copy and paste and to use the App Store to download free applications. Other functions of the iPhone and iPad will also be covered. Explore many useful as well as fun functions you never knew existed!!

Please bring your iPhone or iPad and charger to the class.

CLASSES

Ceramics

Tuesday, September 13 – October 25 (7 classes)

1 - 3 p.m.

Fee: \$39 / NM: \$49

Tuesdays, November 8 – December 13 (6 classes)

1 - 3 p.m.

Fee: \$33 / NM: \$43

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. Instructor Marlene White keeps class fun and interesting.

Portrait and Landscape Art Class

Wednesdays, September 7 – October 26 (8 classes)

9:30 - 11:30 a.m.

Fee: \$44 / NM: \$54

Wednesdays, November 9 - December 14 (6 classes)

9:30 - 11:30 a.m.

Fee: \$33 / NM: \$43

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.

Introduction to Digital Photography

Wednesdays, September 7 - 28 (4 classes)

10 - 11 a.m.

Fee: \$15 / NM: \$25

Become better friends with your digital camera. Instructor and professional photographer, Phil Goldman works with students to improve on their picture taking skills and techniques. Students will learn the basics of camera use, archiving and e-mailing of images, and much, much, more.

Advanced Drawing and Painting

Thursdays, September 8 – October 27 (7 classes)

1 - 3 p.m.

Fee: \$39 / NM: \$49

Thursdays, November 10 – December 15 (5 classes)

1 - 3 p.m.

Fee: \$28 / NM: \$38

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..
(No class 9/29 & 11/24)

Jewelry Making

Friday, October 28

9 a.m. - 1 p.m.

Materials Fee: \$20 / NM: \$30

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

Gingerbread House Workshop

Wednesday, December 7

1 - 4 p.m.

Fee: \$20 / NM: \$30

Let your imagination run wild and get into the holiday spirit with this fun and fabulous workshop. Laura Frey will guide you with instruction and assistance to help you create a beautiful, edible, holiday house. Participants will be provided with pre-baked gingerbread house pieces, special construction frosting, and over 20 varieties of decorative candies so you can decorate your Gingerbread House with individual style. Your Gingerbread house will make the perfect centerpiece, home decoration, or holiday gift.



Continuing Conversational Spanish

Tuesday, September 13 – October 25 (7 classes)

10 - 11 a.m.

Fee: \$39 / NM: \$49

Tuesdays, November 8 – December 13 (5 classes)

10 - 11 a.m.

Fee: \$25 / NM: \$35

Certified Spanish teacher, Leslie Fenster, helps students improve basic knowledge of Spanish, including everyday vocabulary, pronunciation, and grammar. Class will focus on speaking, listening and vocabulary.
(No class 12/6)

CLASSES

Mah Jongg Lessons

Tuesday, September 6 - October 25 (5 classes)

10:30 - 12 noon

Fee: \$25 / NM: \$35

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

(No class 9/27, 10/4, & 10/11)

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.

Advanced Bridge Class

Thursdays, September 8 & 15, October 6, 13, 20, & 27

November 3, 10, & 17, December 8 (10 classes)

10 a.m. - 12 noon

Fee: \$62 / NM: \$72

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.

Beginning Canasta Lessons

Fridays, October 14 - December 2 (6 classes)

1 - 3 p.m.

Fee: \$40 / NM: \$50

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 11/11 & 11/25)

Continuing Canasta Lessons

Fridays, September 2 & 30 (2 classes)

1 - 3 p.m.

Fee: \$16 / NM: \$25

Designed for players who have taken canasta classes and had the opportunity to play, this class will work with students on strategies which will help you become a better player. Instructor Dotty Guthmann will answer questions which may have arisen during previous play. Participants are encouraged to attend practice session in between the first and last class.

Featured Artist: JAMES PARADISO

September & October

James Paradiso is freelance photojournalist and Professor Emeritus in the Department of Business Management at the College of Lake County. The recipient of the Freedoms Foundation's Leavey Award for Excellence in Private Enterprise Education, he holds graduate degrees in both Philosophy and Marketing.

In 2005, James suddenly and unexpectedly began to paint and take photographs. His work has been described as sassy, spontaneous, street. A confessed outsider, he would simply say that he works to fill temporal-spatial, psycho-social holes and, on good days, to enjoy the flow.

Featured Artist: CLAIRE SHAPIRO

November & December

Each individual has many talents, some recognized early in life, and some that are discovered much later. In Claire Shapiro's case her early talents were exemplified by designing and sewing formal gowns and clothing for her daughters. Upon her retirement from teaching, she delved into the arts by taking classes, volunteering, and teaching at Suburban Fine Arts Center (now The Art Center) where she eventually served as President for three years. Since 1994, Claire has mastered the art of painting as well as creating incredibly unique jewelry and gourds.

Rules of the Road

Thursday, September 1 and / or Thursday, December 1

9:30 - 11:30 a.m.

Free

The Rules of the Road Review Course gives drivers the knowledge and confidence needed to renew or obtain a driver's license. Taught by instructor Judy Hutton.

AARP Driver Safety

Thursday & Friday, September 8 & 9

9 a.m. - 1 p.m.

Fee: \$14 / AARP members: \$12

Held at the Senior Center

Instructor Earl Nichols helps students sharpen driving skills and develop strategies for adjusting to age-related changes, during this two day class. Pre-registration with payment by check is required; please make checks payable to: AARP.

Prescription Drug Plan Assistance

Open enrollment for the Medicare Prescription Drug Plan extends from October 15 - December 7. 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.

SHIP Computer Enrollment Seminar

Friday, October 14

9:30 - 11:00 a.m.

Free

This seminar is designed for those who are computer savvy, and will walk you through the process of online research and enrollment for Medicare Part D. Facilitators will help you navigate the online system, and understand how to evaluate your information as well as how make the best personal choice.

Personal Appointments with a SHIP Volunteer

Senior Center volunteers are available to assist you in navigating the Medicare Part D enrollment process in a one-on-one appointment at the Senior Center.

Please call (847) 432-4110 to register the group seminar, or for a personal appointment.

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. Under the rotating leadership of 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 who remain dependent as a result of unemployment, substance abuse, emotional struggles, physical disability, financial challenges, or an inability to achieve personal growth. Facilitated by Lois Silverstein, LCSW.

Family Caregiver Support Group

First & Third Thursday of each month

7 - 8:30 p.m.

Free

Held at Family Services, 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 Lois Silverstein, LCSW, this group aims to provide the essential support needed to maintain a positive outlook when caregiving for a loved one.

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 (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 (847) 432-4110 to schedule a free appointment.

Financial Scholarship

Scholarship dollars may be used toward membership, trips, classes, or special events. Interested candidates should contact the Center, 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

September 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:30 Rules of the Road 10:00 Men's Only Group 1:00 Mah Jongg 7:00 Caregiver Support Gp	10:00 News & Views 1:00 Chess 1:00 Continuing Canasta
5	6	7	8	9
CLOSED Labor Day	9:30 Knitwits 9:30 Open Bridge 10:30 Mah Jongg Lessons 12:30 Senior Producers	9:30 Art Class 10:00 Digital Photography 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi 5:00 Bonfire at the Beach	9:00 AARP Driver Safety 9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Support Group 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 1:30 Live on the Links	9:00 AARP Driver Safety 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 11:45 Lunch Outing: La Casa de Isaac y Moshe 1:00 Chess
12	13	14	15	16
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 Continuing Spanish 10:30 Mah Jongg Lessons 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	9:30 Art Class 10:00 Digital Photography 10:30 Zumba Gold 10:30 Humanities Lecture 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9:30 Computer Class 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Kenney Lecture 1:00 Art Class 1:00 iPhone/iPad Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	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, Sept. 18 @ 2 pm
19	20	21	22	23
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 Continuing Spanish 10:30 Mah Jongg Lessons 12:30 Senior Producers 1:00 Ceramics	9:30 Art Class 9:30 Trip: Lake Geneva 10:00 Digital Photography 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9:30 Computer Class 9:45 Low Impact Aerobics 10:00 Brain Builders Club 1:00 Mah Jongg 1:00 Art Class 1:00 iPhone/iPad Class 1:30 Sit and Be Fit	10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 1:00 Chess 2:00 Paula Cyphers Open House
26	27	28	29	30
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 Continuing 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	1:00 Mah Jongg	10:00 News & Views 10:00 Laurel Larks 1:00 Chess 1:00 Continuing Canasta

October 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
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 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics	9:30 Art Class 10:00 Legacy Letters 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9:30 Computer Class 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	10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 1:00 Chess
10	11	12	13	14
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 9:00 Trip: Divas of Design 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	9:30 Art Class 10:00 Legacy Letters 10:30 Zumba Gold 10:30 Humanities Lecture 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9:30 Computer Class 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	9:30 SHIP Seminar 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 12:00 Lunch & Learn/Nature 1:00 Chess 1:00 Canasta Film Series Movie Highland Park Public Library Sunday, Oct. 16 @2 pm
17	18	19	20	21
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 Continuing Spanish 10:30 Mah Jongg Lessons 12:30 Senior Producers 1:00 Ceramics	9:30 Art Class 10:00 Legacy Letters 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9:30 Computer Class 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	10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 11:45 Lunch Outing: The Grille on Laurel 1:00 Chess 1:00 Canasta
24	25	26	27	28
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 Continuing Spanish 10:30 Mah Jongg Lessons 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	9:30 Art Class 10:00 Legacy Letters 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9:30 Computer Class 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Live on the Links 1:30 Sit and Be Fit	9:00 Jewelry Making 10:00 News & Views 10:00 Laurel Larks 1:00 Chess 1:00 Canasta
31				
10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie				

November 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	2 10:00 Legacy Letters 1:00 Poker 1:30 Yiddish	3 8:30 Trip: Rivers Casino 10:00 Men's Only Group 10:00 Bridge Class 1:00 Mah Jongg 7:00 Caregiver Support Gp	4 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 11:45 Lunch Outing: City Park Grill 1:00 Chess 1:00 Canasta
7 9:45 Chair Stretching 10:00 <i>No Blood Pressure</i> 10:30 <i>No Speaker</i> 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 <i>No Movie</i>	8 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	9 9:30 Art Class 10:30 Zumba Gold 10:30 Humanities Lecture 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	10 9:45 Low Impact Aerobics 10:00 Support Group 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:00 Bronstein Lecture 1:30 Sit and Be Fit	11 CLOSED Veterans Day 12:00 Veterans Day Lunch Highland Park Nursing & Rehab
14 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	15 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics	16 9:30 Art Class 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	17 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	18 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 12:00 Lunch & Learn/Nature 1:00 Chess 1:00 Canasta Film Series Movie Highland Park Public Library Sunday, Nov. 20 @ 2 pm
21 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	22 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	23 9:30 Art Class 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	24 CLOSED Thanksgiving	25 CLOSED Happy Thanksgiving
28 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	29 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics	30 9:30 Art Class 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi		

December 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30 Rules of the Road 9:45 Low Impact Aerobics 10:00 Men's Only Group 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	2 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 1:00 Chess 1:00 Canasta Film Series Movie Highland Park Public Library Sunday, Dec. 4 @ 2 pm
5 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	6 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Ceramics	7 9:30 Art Class 10:30 Zumba Gold 1:00 Gingerbread House 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	8 9:45 Low Impact Aerobics 10:00 Support Group 10:00 Bridge Class 11:00 Trip: White Christmas 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	9 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 1:00 Chess
12 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	13 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	14 9:30 Art Class 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	15 9:45 Low Impact Aerobics 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	16 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 12:00 Holiday Party: 1:00 Chess CLOSED for the Holiday Party 11:30 – 3 p.m.
19 10:30 No Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	20 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	21 1:00 Poker 1:30 Yiddish	22 1:00 Mah Jongg	23 10:00 News & Views 1:00 Chess
26 CLOSED Winter Holiday	27 CLOSED Winter Holiday	28 CLOSED Winter Holiday	29 CLOSED Winter Holiday	30 CLOSED Winter Holiday

NOTEWORTHY

Welcome New Members

Anita Andalman
Dorothy Anderson
Zdenek & Iva Bazant
Esther Benjamin
Michael & Lois Berman
Marvin & Ilene Bernberg
Sheldon & Adrienne Bernsen
Mary Jane Bezark
Phyllis Brody
Nancy Carlson
Felix & Helen Cheong-Leen
Hilda Cruz
Marion Dahl
Ruth Davis
Linda Dickens
Sharon Dorfman
Bruce & Susan Dorn
Sheila Draft
Jeffrey & Deborah Dubow
Joyce Edison
Patsy Eichengreen
Charlotte Eimer
Hilda Esterrich
Ellen Fiocchi
Lorraine Franklin
Mary Freeman
Jotham & Roberta Friedland
Stuart & Grace Fuchs
Roberta Garfinkel
Sherman & Miriam Gerber
Daniel Gibbs & Sadira Tash
Bud & Donna Glickman
Beverley Glickstein
Russi Gore
Armin & Harriet Gottfried
Jim & Donna Gottlieb
Seymour & Iris Gottlieb
Ruth Grabow
R. Brian & Mary Green
Muriel Haase
Dottie Hammel
Beaty Harris
Marlene Iser
Marilyn Jacobson
Jordan Kahn
Jim & Ellyn Katz
Selma Katz
Stephen & Tamar Kaufman
Iris Keats
Carole Kramer
Loren & Vivian Kramer
Jordan & Joan Krimstein
Barbara Kupferberg
Michael & Delayne Landsman
Sheldon Langer
Adrienne Lentz

Evelyn Levin
Sylvia Lipski
Pat Livingston
Marge Markin
James & Roslyn Marks
Suzanne Meldman
Ken & Carol Mendelson
Herb & Judith Michelson
Arthur Miller
Stanton Miller
Steve Millman
Elliott & Doris Mirman
Audrey Nelson
Gordon Newman
George & Rochelle O'Hara
Lillian Pam
Ellen Parikh
James Paradiso
Mina Perlin
Sadie Phillips
Pellegrino & Donna Picchietti
Judy Portman
Carol Porwancher
David & Bonnie Ramis
Shelley Rochell
Sheldon & Regina Rosenstein
Charles Rothenberg
Katie Sakol
Miriam Schwartz
Natalie Shefsky
Cindy Shekhtman
Sonja Shiner
Reuben Shore
Norman & Carol Shubert
Stanley Shuman & Linda Mora
Sanford & Robyn Shutman
Morton & Roberta Silbar
Edwin & Ida Silverman
Rochelle Simms
Ida Sondheimer
Leonid & Natalya Stonov
Ellen Sutton
Howard Taymor & Barbara Dolinger
Susan Thompson
Jane Trachtenberg
Stanislawa Ufir
Irving Walchirk & Marilyn Bonner
Robert & Mildred Weber
Warren & Janice Weber
Sam & Ruth Weiner
Ruth Weissman
Marilyn Cookie Wax
Ellen Wolff
Irv Yaffee
Athtur & Cipora Zoberman
Ilene Zucker

Donations

In Memory of Edith Anderson

From: Lou Frey

In Memory of Jean Becker

From: Allan & Terri Sweig

In Memory of Ruth Bender

From: Irene Tazioli

In Memory of Roberta Caplan

From: Bobbie Richards
Michael & Joan Weinberg

In Memory of Walter King

From: Brian Clarridge & Jeanine Thubauville
Owen & Elizabeth Fennema
Julie Mead
University of Wisconsin – WILA Coaches

In Memory of Ron Miller

From: Anonymous

In Memory of Lawrence Novak

From: Lou Frey

In Memory of Rhoda Perlman

From: Patricia Goodman

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

From: Maxine Levin

In Memory of Thelma S. Wasserman

From: Richard & Sue Baxt Marjorie Grossman
Ronald & Barbara Borden William & Wendy Lipsman
Linda Chizewer Jeanne Pinkert
Dave & Marge Dolin Norm & Judy Soep

In Honor of Michael & Joan Weinberg's 60th Anniversary

From: Lois Coff

In Honor of Alice Berube's 105th Birthday

From: Roberta Kutunow

In Honor of Joan Weinberg's 80th Birthday

From: Yvonne Kant

In Honor of George Klein's 90th Birthday

From: Mitzi Edelstein

In Honor of Patricia Borenstein's Granddaughter's Bat Mitzvah

From: Lou Frey

Wishes for a Speedy Recovery to Steve & Sue Sickle

From: Michael & Joan Weinberg

Wishes for a Speedy Recovery to Bobbe Grossman

From: Michael & Joan Weinberg

In Honor of Senior Center Staff & Services

From: Joseph Breger Marianne Reinisch
Bonnie Carmell Shirley Warner
Marjorie Ettlenger Jerome & Pauline Warshaw
Harriet Lipkis



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ILLINOIS
PERMIT NO. 97

CITY OF HIGHLAND PARK
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MAYOR:
NANCY R. ROTERING

CITY COUNCIL:
ANTHONY E. BLUMBERG JAMES KIRSCH
PAUL FRANK STEVEN W. MANDEL
DANIEL A. KAUFMAN DAVID NAFTZGER

CITY MANAGER:
DAVID M. LIMARDI

Senior Center Staff

Don Miner,
Interim Manager of Youth and Senior Services

Paula Cyphers, M.A.,
Social Services Coordinator

Laura Frey, CPRP,
Program Coordinator

Susan Mosky,
Records Administrator

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.

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.

Holiday Closings

The Senior Center will be closed on:

September 5	Labor Day
November 11	Veteran's Day
November 24 & 25	Thanksgiving
December 16 (11:30 - 3)	Holiday Party
December 26 - January 2	Winter Holidays

Tree of Honor Donations

In Memory of Alice Moreton - Stone
From: The Estate of Alice Morton

In Memory of Suki Wagner - Golf Leaf
From: Ray, Anne, Evan and Sofia Wagner

In Honor of Center Dance Classes - Gold Leaf
From: Margie Ettlinger