

THE SHORELINES

SEPTEMBER - DECEMBER, 2015

THE HIGHLAND PARK SENIOR CENTER
54 LAUREL AVENUE (847) 432-4110
CITY WEBSITE: WWW.CITYHPIL.COM

HOURS: MONDAY - FRIDAY
8 A.M. - 5 P.M.

Activity Registration

Returning Student Registration Begins: Thursday, August 20 at 9 a.m.

Member Registration Begins: Thursday, August 27 at 9 a.m.

Open Registration Begins: Thursday, September 3 at 9 a.m.

Thanksgiving Luncheon & Concert

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



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

Sponsored by Whitehall of Deerfield

Labor Day Luncheon

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

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

Transportation is on your own.

Brunch, Bach & Bingo

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

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

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

Festival of Lights

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

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

Transportation is on your own.

SPECIAL ACTIVITIES

Mix and Mingle

Dine Around the World

These wonderful luncheons, dinners, and events, provide you with the opportunity to meet new people and explore many of the North Shore's greatest ethnic restaurants.

Please register at (847) 432-4110.

Sponsored by BrightStar Care

Thailand: Ruby of Siam

1849 Second Street - Highland Park

Monday, September 28 from 12 - 1:30 p.m.

Fee: \$16 / NM: \$26



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



Germany: Tap House Grille

260 Green Bay Road- Highwood

Wednesday, October 14 from 12 - 1:30 p.m.

Fee: \$20 / NM: \$30

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

Greece: The Simple Greek Early Bird Dinner

478 Central Avenue - Highland Park

Tuesday, November 3 from 4 - 5 p.m.

20% discount off your order



The Simple Greek serves Greek food fast and fresh. Their signature gyros are a blend of seasoned lamb and beef pressed into a cone shape and cooked on a vertical broiler. It is then sliced into thin strips and served on a warm pita with lettuce, tomatoes, onions and special sauce to make the best gyro you have ever eaten. All of their meats are marinated and prepared daily to ensure freshness and quality. All of their food is made to order right in front of you. Dine in with other members, or take your order to go - it's your choice.

SPECIAL ACTIVITIES

Humanities Series

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

Free and open to all

Co-presented with the Highland Park Library

Sponsored by Silverado - Highland Park

September 16 A Look Back at Women's Clubs

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

October 28 Jimmie Lee and James:

Two Lives, Two Deaths, and the Movement that Changed America

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

November 18 Dressing Downton: Changing Fashions For Changing Times

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



December 2 Northlight Theater Preview: You Can't Take It With You

Join special guests from the Northlight Theater, for a preview of their upcoming show entitled *You Can't Take it With You*; one of the most popular and successful comedies in American theatre, this Pulitzer Prize-winning, depression-era classic has a timeless appeal. Meet the Sycamores - a madcap clan who sets the bar for eccentricity. When Alice brings her high society fiancé home to meet the parents, fireworks (figuratively and literally) nearly bring the house down. Despite their zany antics and unconventional ways, this tight-knit family offers hope that love and laughter lead to happiness, even in the hardest of times. At the end of the presentation, one lucky participant will win a pair of tickets to the performance.



SPECIAL ACTIVITIES

Barry Bradford Presents: The Civil War at 150

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

2015 marks the 150th anniversary of the end of the Civil War. To mark this hallowed date in history, revered historian and storyteller Barry Bradford returns with three absolutely riveting presentations!

September 18 Ulysses S. Grant

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

October 16 Sherman's March

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

November 6 Black Friday: The Assassination of Lincoln

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

Live on the Links Classic Concerts

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

September 24 A Change of Seasons

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



October 22 Spooktacular Concert

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



December 10 Highland Park Strings Piano Trio

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

SPECIAL ACTIVITIES

Monday at the Movies

Highland Park Police Station
Mondays, 1:30 p.m.
Free for members / NM: \$10

Sponsored by BrightStar Care

Join other Center members for a fun and free afternoon out. Enjoy screenings of great movies newly released to DVD, along with a few “Oldies but Goodies.” Current movies are released to DVD at the last possible moment, and in order to provide the most up-to-date film screenings, movie titles will be posted on a monthly flyer and in the weekly Friday e-mails.



Film Showing and Discussion

Alfred Hitchcock Revisited

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

Sponsored by Warren Barr North Shore

Join film instructor Bob Coscarelli for an introduction, screening, and discussion of wonderful, classic films. Presented in conjunction with the HPPL.

September 27 **The Birds (1933)**

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

October 11 **Frenzy (1972)**

A serial murderer is strangling women with a necktie. The London police have a suspect, but he is the wrong man.

November 22 **Strangers on a Train (1951)**

A psychotic socialite confronts a pro tennis star with a theory on how two complete strangers can get away with murder.

December 6 **North by Northwest (1959)**

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

Brunch and Learn Nature Workshops

Heller Nature Center
Fridays, 10 - 11:45 a.m.
Fee: \$10 / NM: \$20

Sponsored by Traycee Home Care

This exciting series features a casual brunch, followed by unique and interesting nature programs led by area naturalists and other expert educators. Early registration deadline: 1 (one) week in advance.

September 11 **Nature Mosaics Workshop**

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

October 9 **Woods Throughout a Year**

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



Discounted Ticket Passes

The Highland Park Senior Center is thrilled to partner with a variety of local theater and concert venues to offer members specially negotiated discounted ticket prices. Senior Center members will be notified of special offerings via e-mail. In order to pick up tickets at the discounted price, you must present your current “Discounted Ticket Pass” issued by the Highland Park Senior Center along with a photo ID. Discounted Ticket Passes are not transferable and there is a limit of one (1) ticket per member, per performance. Discounted Ticket Passes are issued in conjunction with Senior Center membership, and may be picked up in person, with a photo ID, at the Center, during regular business hours.

DAY EXCURSIONS

Registration and Refunds

Participants must register prior to the start of classes, trips, or special events; payment is due when registering.

Regular registration fees will apply on or before the discount deadline date. For trips and special activities, discount deadline dates are 1 week prior, unless identified in the newsletter copy; for classes, discount deadline dates are three days prior to the start of the class.

When possible, late registration will be accepted; however, a late fee of \$5 will be charged to help defray extra costs necessary to effect the late registration.

Please advise staff if you require any reasonable, special accommodations regarding dietary or other special needs.

If you must cancel, refunds will be issued ONLY if registration fills and a replacement can be found.

Refunds (minus a \$5 processing fee) will be processed after the activity is completed, and may take several weeks.

(Lyric Opera Continued)

Prior to the performance, enjoy lunch at Lloyd's of Chicago beginning with their house salad, followed by your choice of entree served with chef's selection of sides. You'll enjoy chocolate raspberry cheesecake for dessert, and your choice of beverage. When registering, please indicate your entree selection of panko crusted whitefish, braised beef short rib gnocci, or lemon chicken. Fee includes lunch, dress rehearsal performance, and transportation.

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

Grand Victoria Casino

Grand Victoria Casino, Elgin

Thursday, November 5

Fee: \$35 / NM: \$55

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

Bus returns at approximately 4 p.m.

Discount deadline: October 16

A smoke-free facility, the Grand Victoria Casino is perched atop the spectacular Fox River and boasts over 1,100 exciting slots, a countless variety of Vegas-style table games, and wonderful dining options. Lunch at their new *Indulge Show Kitchen Buffet* provides guests with a one-of-a-kind experience with six micro-restaurants in one. All this makes Grand Victoria Casino one of the best gaming, dining, and entertainment destinations in all of Chicagoland. Fee includes lunch and transportation. * *All participants must bring a valid, legal form of identification.*



Beautiful: The Carole King Musical

Oriental Theatre, Chicago

Wednesday, December 16

Fee: \$129 / NM: \$149

Bus departs Toys R Us at 12:30 p.m.

Bus returns at approximately 5:30 p.m.

Discount deadline: October 16

Beautiful is the Award-winning inspiring true story of Carole King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she wrote the soundtrack to a generation. Fee includes main floor seating and transportation.



Chicago Cubs vs. Cincinnati Reds

Wednesday, September 2

Fee: \$40 / NM: \$60

Bus departs Toys R Us at 12 p.m.

Bus returns at approximately 6 p.m.

This trip is currently filled: please call the Center to have your name added to the wait list.

Rossini's Cinderella and Lunch

Lyric Opera House & Lloyd's of Chicago

Thursday, October 1

Fee: \$60 / NM: \$80

Bus departs Toys R Us at 10:15 a.m.

Bus returns at approximately 6 p.m.

Discount deadline: September 11

The Lyric Opera has laid out a visual feast, with delightfully colorful sets and costumes, bubbling over with enchantment for this production of the classic fairytale. Zany and bright, it sparkles with wit and cleverness, creating an exciting take on the beloved fairytale.

ACTIVITIES - FREE FOR MEMBERS / NM: \$10

Free Blood Pressure Screening

The first Monday of each month

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

Provided by Traycee Home Care Services

Duplicate Bridge

Mondays, 12:30 - 3:30 p.m.

This duplicate bridge game allows experienced players the opportunity to play with their partner in a casual and beautiful environment.

- All players must have a partner.
- Game begins promptly at 12:30 p.m.
- Players must be available through 3:30 p.m.
- Bidding boxes are used.
- New players must register in advance, and will receive a game orientation prior to playing.

Open Art Studio

Mondays, 1:30 - 3:30 p.m. or by appointment when the studio is not in use

Open studio time provides artists with a designated time to work side-by-side. Please bring your own supplies. Participants must be currently enrolled in a Senior Center art class.

Knitwits

Tuesdays, 9:30 - 11:30 a.m.

Share good conversation and great company while knitting items for local charities. Participants work on hats, scarves, mittens, blankets, and other interesting items, and often share new techniques.

Senior TV Production Team

Tuesdays, 12:30 - 3:30 p.m.

HP Public Access Center, 1677 Old Deerfield Road
Have fun creating and working on cable TV shows at the new studio. Some of the exciting positions available include camera, sound, directing, and TV host.

Games Galore

Tuesdays, 1:30 - 4 p.m.

Fridays, 1:30 - 4 p.m.

Do you love to play Rummikub, Scrabble, Pinochle, Yahtzee, canasta, mah jongg, and other games? Are you and your friends looking for a comfortable place to play your favorite card or board games? Gather a group of your friends and your favorite game, and enjoy the afternoon in the Senior Center card room, overlooking beautiful Lake Michigan.

Drop-In Poker

Wednesdays, 12:30 - 3 p.m.

Daily Fee: \$2 / NM: \$4

Championship Poker is designed to add a competitive edge to this friendly game of poker. Players will receive chips each week, and the top chip winner will receive a gift card to a local business.

Yiddish Conversation & Culture

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

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

"For Men Only" Discussion Group

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

Whether the topic is sports, politics, health, the best restaurants around, or whatever is making the headlines, join this men's group for stimulating conversation and camaraderie. Facilitated by Dr. Albert Miller.

Mah Jongg

Thursdays, 1 - 3 p.m.

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

News & Views Current Events

Fridays, 10 - 11:30 a.m.

Irving Drobny and Ralph Bernstein rotate in facilitating an intellectual discussion on worldwide current events. Share your thoughts and opinions with a wonderful group.

Laurel Larks Singing Group

Peers Building, 400 Central Avenue

Fridays, 1:30 - 3 p.m. (Beginning September 11)

This lively group of singers rehearse popular and upbeat songs to prepare for concert performances held at local senior living facilities. Join other members who love singing and bringing joy to others! No experience necessary; just a love for music and a love for fun! *Senior Center membership and advanced registration is required.*

Sponsored by First Bank of Highland Park

MONDAY SPEAKER SERIES

Monday Speaker Series

Highland Park Police Department

Mondays, 10:30 - 11:30 a.m.

Free for members / NM: \$10

*Sponsored by Whitehall of Deerfield
Healthcare Center*

Bagels: Whitehall of Deerfield will provide bagels, cream cheese, and coffee for lecture attendees, on October 5, November 2 and December 7 at 10 a.m.

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

September 7 Labor Day: No Program

September 14 Rosh Hashanah: No Program

September 21 Lorenz Hart

Lorenz (Larry) Hart was a great talent with an unbelievable affinity for rhyming. His lyrics were witty and clever and, in many ways, his work was a perfect complement to that of his composing partner, Richard Rodgers. Susan Benjamin's program juxtaposes examples of Hart's extraordinary work with stories of his tumultuous personal life.

September 28 No Program

(Please consider registering for the Thai Luncheon at Ruby of Siam; see page 2 for details)

October 5 Galapagos and Machu Picchu

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

October 12 Mickey Rooney: Enduring Star

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

October 19 Movie Monsters Celebrated

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

October 26 Big Band Swing

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

November 2 China: What a Metamorphosis

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

November 9 Dick Powell and June Allyson

Dick Powell's charm, charisma and strong singing voice helped lead to the success of Warner Brothers musicals in the 1930s and 1940s. June Allyson, an ingénue with a low, hoarse voice, had a crush on Dick Powell for years before they met, and, after his divorce from Joan Blondell, married. Eventually her musical career eclipsed his. Susan Benjamin will describe how their relationship survived most of Hollywood's pressures as she evolved into a musical star, and he evolved into a media mogul.

November 16 Auto Care & Emergencies

There are many things you can do to winterize your car. Rick Shoemaker and Bruce Bertucci of Rick's Auto Care will discuss what to keep in your vehicle in the event of a winter driving emergency. Also discussed will be what to do in the event of an accident. They will also talk about how aluminum cars will be changing the future of the auto industry!

November 23 Stars of the Silver Screen

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

November 30 Advocating for Residents of Long Term Care Facilities

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

December 7 Bebop and Cool Jazz

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

December 14 Mary Martin: She Had to Crow

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

December 21 Happy Holidays: No Program

December 28 Happy Holidays: No Program

Highland Park Players

Avenue Q

Northbrook Theatre

Saturday, October 17 at 4 p.m.

Senior Center member price: \$16

For tickets, call (847) 432-4110

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



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

Pilgrim Chamber Players

The Spektral Quartet

Highland Park Community House

Sunday, October 18 at 3 p.m.

Senior Center member price: \$10

For tickets, call (847) 433-0992

Highland Park Strings

Schumann and Beethoven

Highland Park High School

Saturday, October 25 at 3 p.m.

Free Admission

Mozart, Stamitz, and Haydn

Highland Park High School

Sunday, December 13

Free Admission

Registration and Refunds

Participants must register prior to the start of classes, trips, or special events; payment is due when registering.

Regular registration fees will apply on or before the discount deadline date. For trips and special activities, discount deadline dates are 1 week prior, unless identified in the newsletter copy; for classes, discount deadline dates are three days prior to the start of the class.

When possible, late registration will be accepted; however, a late fee of \$5 will be charged to help defray extra costs necessary to effect the late registration.

Please advise staff if you require any reasonable, special accommodations regarding dietary or other special needs.

If you must cancel, refunds will be issued ONLY if registration fills and a replacement can be found.

Refunds (minus a \$5 processing fee) will be processed after the activity is completed, and may take several weeks.

Fitness Class Levels

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

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

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



Chair Stretching

Mondays, September 21 - October 26 (6 classes)

9:45 - 10:45 am

Fee: \$33 / NM: \$53

Mondays, November 9 - December 14 (6 classes)

9:45 - 10:45 a.m.

Fee: \$33 / NM: \$53

This upbeat class is perfect for anyone who desires a great stretching routine in a fun and supportive environment. Explore how the wisdom of the body is the support to structural changes from the inside-out. Instructor Kris Larsen is a Certified Movement Analyst.

* Level 1

Tuesday Gentle Yoga

Tuesdays, September 8 - October 27 (6 classes)

10:30 - 11:30 a.m.

Fee: \$33 / NM: \$53

Tuesdays, November 10 - December 15 (6 classes)

10:30 - 11:30 a.m.

Fee: \$33 / NM: \$53

Taught by certified Yoga instructor Susan Smolin, this class explores gentle movements to increase flexibility, strength, and well-being. Students are led through stretches, yoga postures, breathing practices, and then guided into deep relaxation. No class 9/15 & 9/22.

* Level 1 / 2



Tuesday Sit & Be Fit

Tuesdays, September 8 - October 27 (6 classes)

1:30 - 2:30 p.m.

Fee: \$33 / NM: \$53

Tuesdays, November 10 - December 15 (6 classes)

1:30 - 2:30 p.m.

Fee: \$33 / NM: \$53

Join Carol King for a fun workout you will do while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music. The class utilizes light weights and resistance tubes to build strength and tone muscle. No class 9/15 & 9/22.

* Level 1

Low Impact Dance Aerobics

Wednesdays, September 9 - October 28 (7 classes)

9:45 - 10:45 a.m.

Fee: \$39 / NM: \$59

Wednesdays, November 18 - December 16 (5 classes)

9:45 - 10:45 a.m.

Fee: \$28 / NM: \$48

You will love exercising to music with instructor Kris Larsen. This fabulous low impact aerobics class is designed to get you moving and will improve body strength, muscle tone, and may enhance the efficiency of your heart and lungs. Working with choreographic structures also assists in memory enhancement as well as increasing self-esteem. No class 9/23.

* Level 2

Thursday Sit & Be Fit

Thursdays, September 10 - October 29 (8 classes)

1:30 - 2:30 p.m.

Fee: \$44 / NM: \$64

Thursdays, November 12 - December 17 (5 classes)

1:30 - 2:30 p.m.

Fee: \$28 / NM: \$48

Join Carol King for a fun workout you will do while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music. The class utilizes light weights and resistance tubes to build strength and tone muscle. No class 11/26.

* Level 1

Friday Gentle Yoga

Fridays, September 11 - October 30 (8 classes)

10:30 - 11:30 a.m.

Fee: \$44 / NM: \$64

Fridays, November 13 - December 18 (5 classes)

10:30 - 11:30 a.m.

Fee: \$28 / NM: \$48

Taught by certified Yoga instructor Joy Luster, this class explores gentle movements to increase flexibility, strength, and well-being. Students are led through stretches, yoga postures and breathing practices, then guided into deep relaxation. No class 11/27.

* Level 1 / 2

Gentle Tai Chi

Fridays, September 11 - October 23 (7 classes)

12 - 1 p.m.

Fee: \$39 / NM: \$59

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

* Level 2

Rules of the Road

Thursday, September 10

9:30 - 11:30 a.m.

Free

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



Supervised Bridge for Intermediate Players

Tuesdays, September 29 - November 24 (8 classes)

10 a.m. - 12 p.m.

Fee: \$80 / NM: \$100

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



Advanced Bridge Lessons

Thursdays, September 17 - November 19 (8 classes)

10 a.m. - 12 noon

Fee: \$80 / NM: \$100

This class is designed to give advanced players the opportunity to improve their game in the areas of bidding, playing and defending. Each lesson will begin with a mini-lecture, followed by play of pre-set hands related to the presented topic. No class 10/22 & 10/29.

Beginning Canasta Lessons

Fridays, October 9 - November 20 (7 classes)

1 - 3 p.m.

Fee: \$56 / NM: \$79

Canasta lessons return to the Highland Park Senior Center by popular request. Canasta is a fun and exciting card game which has recently had a resurgence of popularity! Instructor Dotty Guthmann teaches canasta in a learn-as-you-play game, supplemented by handouts of the rules.

Senior Center Library

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

AARP Smart Driving Course

Thursday & Friday, October 29 & 30

9 a.m. - 1 p.m.

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

Held at the Highland Park Fire Station #33

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

CLASSES

Coloring Book Club

*Club begins Wednesday, September 9
10 - 11:30 a.m.*

Free

Adult coloring book clubs are one of the hottest new trends across the nation. Under the guidance of leader Marlene White, join other Senior Center members for a good, old fashioned, morning of fun and relaxing coloring. You may bring your own supplies, or purchase a \$10 starter kit at the Center, which includes an adult coloring book (your choice from a wide selection of themed books), a box set of 24 colored pencils, and a convenient carrying bag.



Research has shown that through the use of art therapy, the human brain can physically change, grow, and rejuvenate, and that relaxation can improve your overall health.

Watercolor Workshop

*Thursdays, September 10 - October 29 (8 classes)
10 a.m. - 12 noon Fee: \$64 / NM: \$84*

*Thursdays, November 12 - December 17 (5 classes)
10 a.m. - 12 noon Fee: \$40 / NM: \$60*

Watercolor is a versatile painting medium that allows the artist a fluid range of expression. Bari Fleischer will teach watercolor basics: supplies, preparing the paper, creating value studies, painting washes, painting on wet and dry paper, mixing colors and more. *No class 11/26.*



Advanced Painting Studio

*Thursdays, September 10 - October 29 (8 classes)
1 - 3- p.m. Fee: \$64 / NM: \$84*

*Thursdays, November 12 - December 17 (5 classes)
1 - 3- p.m. Fee: \$40 / NM: \$60*

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

Beginning iPad Class

Wednesdays, October 7 - 28 (4 classes)

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

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

Continuing iPad Class

Wednesdays, November 4 - December 2 (4 classes)

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

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

Conversational Spanish:

Fridays, September 11 - November 20 (11 classes)

- Beginning: 9 - 10 a.m. Fee: \$55 / NM: \$75

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

- Continuing: 11 a.m. - 12 noon Fee: \$55 / NM: \$75

Hola Amigos! Certified Spanish teacher, Leslie Fenster, teaches students the fundamentals of Spanish, including everyday vocabulary, pronunciation, and grammar. Class will focus on speaking, listening and vocabulary, and is taught in a fun and supportive environment.

Featured Artists

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

Paulette Krelman

September & October

Artist Reception

Wednesday, September 2 from 4:30 - 6 p.m.

Marilyn Schiller

November - December

Artist Reception

Wednesday, November 4 from 4:30 - 6 p.m.

SOCIAL SERVICES

~ Social Services ~

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

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

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

Telephone Reassurance –“R.U.OK?”

The Lake County Sheriff's Office "Are You OK?" program offers a personal wellness check by making phone calls to those who are homebound and living alone. Those interested in participating in the program can request an application by contacting the Lake County community services team at (847) 377-4211.



Well-Being Checks for Seniors

The Highland Park Police Department offers a courtesy service of well-being checks to seniors during periods of extreme weather and temperatures. Volunteer members of the Community Emergency Response Team (CERT) and Police Department personnel will periodically perform the check-ins personally or

by phone, depending on the weather conditions. For anyone interested in the program, please contact Detective Eric Hernandez at (847) 926-1123.



Grief Group

Thursdays, October 8 – November 12 (6 weeks)

1:30 - 3 p.m.

Free

Please register by October 5.

For those who are experiencing grief due to the death of a loved one within the past year, this 6-week interactive group will address the process of mourning, provide coping skills, and offer the support of others facing a similar loss. Facilitated by Jennifer Aiello, LPC, each participant must attend the initial meeting in order to participate.

Living Alone Today - Support Group

Second & Fourth Tuesday of each month

1:30 - 3 p.m.

Free

Looking to share some laughs, discuss an interesting topic or for someone to lend a compassionate ear? This group welcomes those who are living alone and are seeking to spend some time in the company of others in a safe and supportive atmosphere. Guided by Jennifer Aiello, LPC, participants are encouraged to share delights, plights or ways to help handle life's transitions.

Prescription Drug Plan Assistance

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

Medical Equipment Lending Closet

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

Senior Center members and Highland Park residents may borrow equipment including wheelchairs, walkers, and bath benches, at no charge, for an unlimited amount of time. A liability waiver must be signed by the individual who will be using the equipment.

Notary Public - At Your Service!

Looking for a legal witness to sign important documents? Search no further and schedule an appointment with Jennifer Aiello, Notary Public, who can provide notary assistance.

Welcome New Members

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

Donations

In Honor of the Anniversary of James & Muriel Cowen

From: Judy & Mike Thompson

In honor of Services for Seniors

From: Harold & Gert Savitz

In Honor of Don Miner's Retirement

From: Ludmilla Coven
Janet Freed
Lou Frey
Barbara Gifford
Jehan & Mary Kavooosi
Jerry & Shirley Miller
Morry & Betty Robinson

Best Wishes for a Speedy Recovery to Irv Drobny

From: Maxine Levin

In Memory of Deena Coppi

From: Lou Frey

In Memory of Isabel Dickstein

From: Pearl Pierce

In Memory of Hariette Levinson

From: Lou Frey

In Memory of Lila Trotsky

From: The Family of Lila Trotsky

TREE of HONOR Donations

In Appreciation of the Highland Park Senior Center Staff and Services

From: The Chamberlin Family

September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:30 Knitwits 12:30 Senior Producers 1:30 Games Galore	12:00 Trip: Chicago Cubs 12:30 Poker 1:30 Yiddish 4:30 Artist Reception	9:00 Open Registration 10:00 Men's Only Group 1:00 Open Mah Jongg	10:00 News & Views 1:30 Games Galore
7	8	9	10	11
Sr. Center Closed CLOSED 12:00 Labor Day Lunch Warren Barr	9:30 Knitwits 10:30 Yoga 12:30 Senior Producers 1:30 Games Galore 1:30 Living Alone 1:30 Sit & Be Fit	9:45 Low Impact Aerobics 10:00 Coloring Book Club 12:30 Poker 1:30 Yiddish	9:30 Rules of the Road 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	9:00 Spanish Class 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 10:00 Brunch and Learn 11:00 Spanish Class 12:00 Tai Chi 1:30 Games Galore 1:30 Laurel Larks
14	15	16	17	18
12:30 Duplicate Bridge 1:30 Open Art Studio	9:30 Knitwits 12:30 Senior Producers 1:30 Games Galore	9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	9:00 Spanish Class 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Tai Chi 1:00 Barry Bradford 1:30 Games Galore 1:30 Laurel Larks
21	22	23	24	25
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 12:30 Senior Producers 1:30 Games Galore 1:30 Living Alone	10:00 Coloring Book Club 12:30 Poker 1:30 Yiddish	10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Live on the Links	9:00 Spanish Class 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Tai Chi 1:30 Games Galore 1:30 Laurel Larks Film Series - HP Library Sun. Sept. 27 @ 2pm
28	29	30		
9:45 Chair Stretching 12:00 Mix & Mingle Ruby of Siam 12:30 Duplicate Bridge 1:30 Open Art Studio	9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Games Galore 1:30 Sit & Be Fit	9:45 Low Impact Aerobics 10:00 Coloring Book Club 12:30 Poker 1:30 Yiddish		

October 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Avenue Q HP Players Sat. Oct. 17 @ 4pm</p> <p>Pilgrim Player Sun.. Oct. 18 @ 3pm</p> <p>Highland Park Strings Sat. Oct. 25 @ 3pm</p>		<p>1</p> <p>10:00 Advanced Bridge 10:00 Men's Only Group 10:00 Watercolor Workshop 10:15 Trip: Lyric Opera Cinderella 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit</p>	<p>2</p> <p>9:00 Spanish Class 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Tai Chi 1:30 Games Galore 1:30 Laurel Larks</p>
<p>5</p> <p>9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>6</p> <p>9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Games Galore 1:30 Sit & Be Fit</p>	<p>7</p> <p>9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:00 iPad Class 12:30 Poker 1:30 Yiddish</p>	<p>8</p> <p>10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group</p> <p>Film Series - HP Library Sun. Oct. 11 @ 2pm</p>	<p>9</p> <p>9:00 Spanish Class 10:00 News & Views 10:00 Spanish Class 10:00 Brunch and Learn 10:30 Yoga 11:00 Spanish Class 12:00 Tai Chi 1:00 Canasta 1:30 Games Galore 1:30 Laurel Larks</p>
<p>12</p> <p>9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>13</p> <p>9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Games Galore 1:30 Living Alone 1:30 Sit & Be Fit</p>	<p>14</p> <p>9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:00 iPad Class 12:00 Mix & Mingle Tap House Grille 12:30 Poker 1:30 Yiddish</p>	<p>15</p> <p>10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group</p>	<p>16</p> <p>9:00 Spanish Class 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Tai Chi 1:00 Canasta 1:00 Barry Bradford 1:30 Games Galore 1:30 Laurel Larks</p>
<p>19</p> <p>9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>20</p> <p>9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Games Galore 1:30 Sit & Be Fit</p>	<p>21</p> <p>9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:00 iPad Class 12:30 Poker 1:30 Yiddish</p>	<p>22</p> <p>10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group 1:30 Live on the Links</p>	<p>23</p> <p>9:00 Spanish Class 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Tai Chi 1:00 Canasta 1:30 Games/Laurel Larks</p>
<p>26</p> <p>9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>27</p> <p>9:30 Knitwits 10:30 Yoga 12:30 Senior Producers 1:30 Games Galore 1:00 Investment Club 1:30 Living Alone 1:30 Sit & Be Fit</p>	<p>28</p> <p>9:45 Low Impact Aerobic 10:00 Coloring Book Club 10:00 iPad Class 10:30 Humanities Series 12:30 Poker 10:00 Trip: Brookdale 1:30 Yiddish</p>	<p>29</p> <p>9:00 AARP Driving Course 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Grief Group</p>	<p>30</p> <p>9:00 AARP Driving Course 9:00 Spanish Class 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 1:00 Canasta 1:30 Games Galore 1:30 Laurel Larks</p>

November 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	3 9:30 Knitwits 10:00 Supervised Bridge 12:30 Senior Producers 1:30 Games Galore 4:00 Mix & Mingle Simple Greek	4 10:00 Coloring Book Club 10:00 iPad Continuing 12:30 Poker 1:30 Yiddish 4:30 Artist Reception	5 8:30 Trip: Casino 10:00 Advanced Bridge 10:00 Men's Only Group 1:00 Open Mah Jongg 1:30 Grief Group	6 9:00 Spanish Class 10:00 News & Views 10:00 Spanish Class 11:00 Spanish Class 1:00 Canasta 1:00 Barry Bradford 1:30 Games Galore 1:30 Laurel Larks
9 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	10 9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Games Galore 1:30 Living Alone 1:30 Sit & Be Fit	11 10:00 Coloring Book Club 10:00 iPad Continuing 12:30 Poker 1:30 Yiddish	12 10:00 Advanced Bridge 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Grief Group 1:30 Sit and Be Fit	13 9:00 Spanish Class 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 1:00 Canasta 1:30 Games Galore 1:30 Laurel Larks
16 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	17 9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Games Galore 1:30 Sit & Be Fit	18 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:00 iPad Continuing 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	19 10:00 Advanced Bridge 10:00 Watercolor Workshop 12:00 Thanksgiving Lunch 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	20 9:00 Spanish Class 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 1:00 Canasta 1:30 Games Galore 1:30 Laurel Larks Film Series - HP Library Sun. Nov. 22 @ 2pm
23 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	24 9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Games Galore 1:30 Living Alone 1:30 Sit & Be Fit	25 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:00 iPad Continuing 12:30 Poker 1:30 Yiddish	26 CLOSED	27 CLOSED
30 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie				

December 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Knitwits 10:30 Yoga 12:30 Senior Producers 1:30 Games Galore 1:30 Sit & Be Fit	2 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	3 10:00 Men's Only Group 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	4 10:00 News & Views 10:30 Yoga 1:30 Games Galore 1:30 Laurel Larks Film Series - HP Library Sun. Dec. 6 @ 2pm
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 Monday Movie	8 9:30 Knitwits 10:30 Yoga 12:30 Senior Producers 1:30 Games Galore 1:30 Living Alone 1:30 Sit & Be Fit	9 9:45 Low Impact Aerobics 10:00 Coloring Book Club 12:00 Festival of Lights 12:30 Poker 1:30 Yiddish	10 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Live on the Links	11 10:00 News & Views 10:30 Yoga 1:30 Games Galore 1:30 Laurel Larks Highland Park Strings Sun. Dec.. 13 @ 3pm
14 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	15 9:30 Knitwits 10:30 Yoga 12:30 Senior Producers 1:30 Games Galore 1:30 Sit & Be Fit	16 9:45 Low Impact Aerobics 10:00 Coloring Book Club 12:30 Trip: Carol King Beautiful 12:30 Poker 1:30 Yiddish	17 10:00 Watercolor Workshop 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	18 10:00 News & Views 10:30 Yoga 1:30 Games Galore 1:30 Laurel Larks
21 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	22 9:30 Knitwits 12:30 Senior Producers 1:30 Games Galore 1:00 Investment Club 1:30 Living Alone	23 10:00 Coloring Book Club 12:30 Poker 1:30 Yiddish	24 CLOS D	25 CLOS D
28 CLOS D	29 CLOS D	30 CLOS D	31 CLOS D	

City of Highland Park

Highland Park Senior Center Membership Registration

54 Laurel Avenue

Highland Park, IL 60035

Phone: (847) 432-4110; FAX: (847) 432-4531



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

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

Name _____ Birthdate _____ / _____ / _____

Name _____ Birthdate _____ / _____ / _____

Address _____ City _____ Zip _____

Phone _____ Cell _____ E-Mail _____

Current Member _____ New Member _____ Former Member _____ Check: \$ _____

Credit (VISA, MC, Disc.) # _____ Exp. _____ Signature: _____

Please list two people we could contact if necessary:

1. Name _____ Relationship _____

Address _____ City _____ Cell _____

2. Name _____ Relationship _____

Address _____ City _____ Cell _____

Doctor's name _____ Phone _____

Participant Liability Waiver and Hold Harmless Agreement

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

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

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

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

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

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

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

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

Signature _____ Signature _____

Date _____ / _____ / _____ Date _____ / _____ / _____



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

City of Highland Park

Mayor:

Nancy R. Rotering

City Council:

Anthony E. Blumberg

Paul Frank

Daniel A. Kaufman

Alyssa Knobel

Kim Stone

Michelle L. Holleman

City Manager:

Ghida S. Neukirch

Senior Center

Laura Frey, CPRP

*Interim Manager of Youth and Senior Services
Program Coordinator*

Susan Mosky,

Records Administrator

Jennifer Aiello, M.S., LPC,

Social Services Coordinator

Center Parking Guidelines

New Shuttle Service Information: *In order to increase efficiency of the shuttle service, to and from the parking lot, shuttle service will be available on the hour and every 15 minutes after, upon request. Request for service in between those time will be honored at the following 1/4 hour.*

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

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

Driveway Parking: Parking in the Senior Center driveway is reserved for individuals engaging in Center business for 10 minutes or less. Please park to the far right of the driveway.

Holiday Schedule

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

Labor Day

Monday, September 7

Veteran's Day

Wednesday, November 11

Thanksgiving Holiday

Thursday, November 26 - Friday, November 27

Winter Holiday

Thursday, December 24 - Monday, January 4