



The Shorelines

September - December, 2016

The Highland Park Senior Center

54 Laurel Avenue

Highland Park, IL 60035

847.432.4110



Activity Registration

Returning Student Registration Begins:

Wednesday, August 24 at 9 am

Member Registration Begins:

Wednesday, August 31 at 9 am

Open Registration Begins:

Wednesday, September 7 at 9 am

Hamilton Lottery:

Wednesday, September 21 from 9 am - 2 pm

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40th Anniversary Celebration



Highland Park Senior Center

Thursday, September 8

1:30 - 3:30 pm

Free for members / NM: \$10

The Highland Park Senior Center is hosting an afternoon of merriment to celebrate 40 years of Senior Services. Pay tribute to the wonderful programs, fabulous members, and dedicated staff that make this the best Senior Center on the North Shore. The outdoor festivities feature food, entertainment, and beautiful views of Lake Michigan from the Senior Center backyard. Everyone is invited to participate in this delightful afternoon of friendship and fun!

While this event is free for members, for planning purposes, advanced registration by September 2 is required.

Dinner & Big Band Music

210 Restaurant

Wednesday, September 14

6 - 8 pm

Fee: \$25 / NM: \$35

210 Restaurant and live music lounge is one of the hottest new venues on the North Shore. Well known for its unique, warm, and welcoming decor, its fantastic live music, and the delicious food created by Chef Jeff Tomchek, you'll enjoy a wonderful evening out on the town. Dinner includes Cesar salad, your choice of entree, mashed potatoes, local vegetables, and apple strudel with caramel ice cream for dessert; coffee or soft drinks are also included. Following dinner, enjoy music by the Highland Park Pops Big Band. For over three decades, they have kept jazz from the big band era alive, playing classic and popular arrangements of Count Basie, Duke Ellington, Woody Herman, Stan Kenton and many other renowned artists and styles. When registering, please indicate your choice of herb roasted lemon chicken, sauteed salmon, or pit smoked beef ribs. *You are welcome to stay later, and enjoy the music which will play until 11 pm.*

Thanksgiving Luncheon

Highland Park Country Club

Thursday, November 17

12 - 2:30 pm

Fee: \$25 / NM: \$35

Sponsored by Whitehall of Deerfield

Celebrate Thanksgiving with good food, good music, and good friends. Enjoy a buffet lunch featuring traditional favorites such as turkey, cranberries, stuffing, sweet potatoes, green beans almondine, and a delicious holiday dessert. Following lunch, you'll be thankful for the wonderful music provided by the Highland Park High School Wind Symphony. Seating arrangements will be set in advance; please indicate friendship requests upon registration.



Special Activities

Barry Bradford

Highland Park Public Library
Fridays, 1 - 2:30 pm
Free for members / NM: \$10
Sponsored by BrightStar Care

Controversial Americans

October 28 Howard Hughes:
Aviator, Businessman, & More

In his youth, Howard Hughes was America's richest orphan and one of the world's greatest aviators. In turn, he also became a movie producer, inventor, businessman, Hollywood mogul and political manipulator. At the same time that he was the richest man in America, he was also a mentally ill recluse. His impossible-but-true life story makes for a never to be forgotten presentation!

November 18 Clarence Darrow:
Advocate for the Underdog

In an era when lawyers could still be heroes, Clarence Darrow became the most famous American attorney since Abraham Lincoln. He was a complex, charismatic and polarizing man, who dedicated himself to using the judicial system to reform American society and to protect the rights of clients, to whom the public was not always sympathetic. Learn more about his unusual life and lasting impact on the USA.

December 9 Sister Aimee:
An Unbelievable but True Tale

You may not know the story of Aimee Semple McPherson – but that is all the more reason to come to this absolutely unique and fascinating multimedia presentation. Sister Aimee turned her good looks, spectacular voice, and undeniable charisma into a career as the first radio evangelist in America. But when she was kidnapped and turned up later in the desert under mysterious circumstances, the mystery and the legend was just beginning!

Live on the Links Concerts

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

September 15 Classical Piano Concert
Classically trained pianist, Zina Katsman, shares her musical talents performing Mozart, Chopin, and Debussy, as well as a selection of contemporary music.

October 6 Klezmer, Yiddish & more
The Jazmer Trio offers a fresh creative approach to music. This delightful ensemble plays music from Eastern Europe (Klezmer, Yiddish, and Chassidic), the Middle East (Israeli), and Sephardic music of Judeo Spain. Jazmer also plays touches of jazz with American influences, bridging the old world with the new.



December 15 Highland Park Strings Trio
Larry Block, cellist and founder of the Highland Park Strings, is joined by other members of the Strings, bringing you a delightful musical treat. Their program will highlight well loved music of Beethoven and Mendelssohn, and provide you with an lovely afternoon getaway.





Humanities Series

Highland Park Public Library
Wednesdays, 10:30 - 11:30 am

Free for members / NM: \$10

Presented with the HP Public Library

Sponsored by Silverado Highland Park

The City of Conversation

September 28

Join members from Northlight Theatre's artistic team as they discuss the current production, Anthony Giardina's *The City of Conversation*. In 1979, socialite Hester Ferris throws posh dinner parties that can change the course of politics. But when her son turns up with an ambitious Reagan-ite girlfriend and a shocking new world view, it ignites a long-term family divide. One attendee will win tickets to the play.

The Presidential Election of 2016

November 9

Join Jim Marquardt, associate professor of politics at Lake Forest College, on the day after the 2016 election for a look back at this most unusual presidential contest and a look ahead as he previews what to expect with the newly elected president.

Historic Portrayal: Eleanor Roosevelt

December 21

Actress and scholar Leslie Goddard brings history to life with her historic portrayals. In this program, Goddard portrays Eleanor Roosevelt, sharing stories of her childhood, her marriage to Franklin D. Roosevelt, her work during World War I, Franklin's bout with polio, coming to the White House, WWII, and Franklin's death.

Brunch and Learn

Rosewood Beach & Heller Nature Center
Thursdays, 10 am - 12 noon

Fee: \$10 / NM: \$20

Presented with the Park District of Highland Park

Nature Workshops

This wonderful series is perfect for outdoor enthusiasts of all mobility levels! A casual, catered brunch is followed by unique and interesting nature programs led by area naturalists and other expert educators. Discount deadline is 1 (one) week in advance.

Rosewood Beach Exploration

September 29

Explore the new Interpretive Center nestled in the wooded bluffs of the recently renovated Rosewood Beach, and dig into the fascinating world of macroinvertebrates! Use microscopes to get an up close view of both living and preserved insects, worms, crayfish, snails, mussels and clams, and hear from some of our local fishing experts from Trout Unlimited. They will demonstrate how to tie flies that look like these small critters, in order to entice fish to bite. This program will include a brief, optional walk at the end to explore the unique ravine stream where these interesting creatures live.

Held at Rosewood Beach - 883 Sheridan Road

A Year in the Life of a Tree

October 20

Head to the Heller Nature Center to discover the secrets behind why and how deciduous trees change, lose their leaves and grow throughout the year with a slide show and lecture. Presentation will be followed by a brief, optional walk to see the vibrant colors on display in Heller's oak-hickory forests.

Held at Heller Nature Center - 2821 Ridge Road

Activities - Free For Members / NM: \$10

Free Blood Pressure Screening

**Mondays, Sept. 12, Oct.10, Nov. 14 & Dec. 5
10 - 10:30 am**

Provided by Traycee Home Care Services

Highland Park Police Station

Duplicate Bridge

Mondays, 12:30 - 3:30 pm

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 pm.
- Players must be available through 3:30 pm.
- 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 pm

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.

Knitwits

Tuesdays, 9:30 - 11:30 am

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 pm

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. Please call Christina at 847.432.4110 for details and to schedule an introduction to the group.

Yiddish Conversation & Culture

Wednesdays, 1:30 - 2:30 pm

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 am

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.

News & Views Current Events

Fridays, 10 - 11:30 am

Ralph Bernstein facilitates an intellectual discussion on worldwide current events. Share your thoughts and opinions with a wonderful group.

Laurel Larks Singing Group

Fridays, 1:30 - 3 pm

Sponsored by First Bank of Highland Park

Join this joyful singing group which practices for 10 weeks, and then takes the show on the road.

- Held at the Peers Building, 400 Central Avenue
- September 9 - December 23

Open Game Play

Gather with friends and join other members for an afternoon of fun and games. Basic game supplies will be provided, while player supplies are the responsibility of the individual. Please call ahead and add your name to the list of the game(s) you would like to play.

Poker	Wednesdays	12:30 pm	\$2 / \$3
Mah Jongg	Thursdays	1 - 3 pm	Free
Canasta	Fridays	1 pm	Free

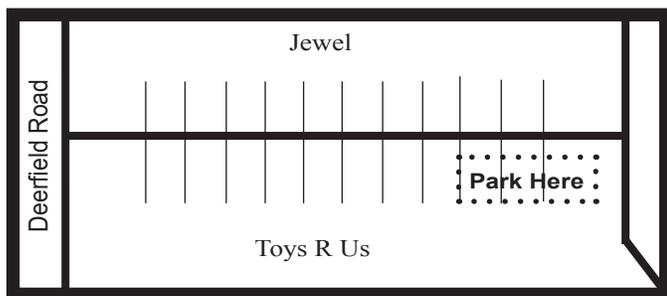


Day Excursions

Registration and Refunds

- Participants must register prior to the start of classes, trips and special events; payment is due upon registration.
- Regular registration fees will apply on or before the discount deadline date.
- For trips and special activities, discount deadlines are one week prior, unless otherwise indicated in the newsletter.
- For classes, discount deadlines 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.
- 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 complete and may take several weeks.
- Please advise staff if you require any reasonable, special accommodations regarding dietary or other special needs.

Day Excursions depart from and return to the
Toys R Us parking lot
1610 Deerfield Road - Highland Park



Chicago Cubs Outing

Wrigley Field, Chicago

Friday, September 16

Fee: \$45 / NM: \$65

Bus departs Toys R Us at 12 noon

Bus returns at approximately 6 pm

Discount Deadline: August 30

This trip was promoted in a previous newsletter, and is currently filled. Please call to have your name added to the wait list.

Lucia Di Lammermoor* & Lunch

Lyric Opera House & Rivers Restaurant

Tuesday, October 11

Fee: \$60/ NM: \$80

Bus departs Toys R Us at 10 am

Bus returns at approximately 5 pm

Discount deadline: September 27

This trip was promoted in a previous newsletter, and is currently filled. Please call to have your name added to the wait list. * Dress rehearsal performance.

Casino Outing & Buffet Lunch

Grand Victoria Casino

Thursday, November 3

Fee: \$35 / NM: \$55

Bus departs Toys R Us at 8:30 am

Bus returns at approximately 4 pm

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.

Day Excursions

Hamilton

Private Bank Theatre

Wednesday, November 30

Fee: \$200; for members only

Bus departs Toys R Us at 12:30 pm

Bus returns at approximately 6 pm

Discount deadline: October 31

HAMILTON is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies, who became George Washington's right-hand man during the Revolutionary War and was the new nation's first Treasury Secretary. Featuring a score that blends hip-hop, jazz, blues, rap, R&B, and Broadway, HAMILTON is the story of America then, told by America now. *Tickets are for main floor, orchestra seating and will be passed out on the bus; please read full details to the right.

By George!

The Pops Plays Gershwin & Dinner

Auditorium Theatre

Friday, March 31

Fee: \$155/ NM: \$175

Bus departs Toys R Us at 4 pm

Bus returns at approximately 10:30 pm

Discount Deadline: February 28

Experience a night of George Gershwin with Conductor Keith Lockhart and the Boston Pops as they bring their own unique swagger to a rarely-heard original orchestration of *Rhapsody in Blue*, performing the music as Gershwin first heard it. Then, the Pops present the world-premiere performance of a reconstruction of Paul Whiteman's tight and jazzy version of *An American in Paris*, performed as it was in the 1920s. Enjoy the Pops from excellent orchestra seats, bringing you Gershwin as you've never heard it before! Prior to the performance, enjoy an upscale dinner at a popular Chicago area restaurant.



Hamilton Tickets & Lottery:

- A lottery for Hamilton tickets will be held on Wednesday, September 21, from 9 am - 2 pm.
- All registration received between these hours will be entered into the lottery.
- A member may register for themselves and one other current member. If registering for two, both names will be submitted on the same lottery ticket. Each member will only be entered into the lottery once.
- Registration must be accompanied by payment. Payment will be processed only upon selection to receive a ticket(s).
- Names will be drawn, and each registrant will be notified if they have been selected to receive a ticket or if they have placed on the wait list.
- Staff will do its best to ensure friendship/spouse requests will be seated together; however cannot make any guarantees.
- These tickets are not transferrable, and must be used by the original purchaser. If you are unable to use your ticket, please notify the Senior Center staff, for distribution through the Center's wait list.

Featured Artist

Judy Levin

September & October

Artist Reception

Tuesday, September 13

4:30 - 6 pm

Pearl Zaid

November & December

Artist Reception

Wednesday, November 2

4:30 - 6 pm



Monday Speaker Series

Highland Park Police Department

Mondays, 10:30 - 11:30 am

Free for members / NM: \$10

Sponsored by [Whitehall of Deerfield](#)

[Bagels: Whitehall will provide bagels, cream cheese, and coffee for lecture attendees on December 5.](#)

**September 5 No Program –
Labor Day**

September 12 Bob Hope

Bob Hope, best known as a comedian, began his performing career as a dancing vaudevillian. Although he was well known as a patriotic American who generously supported the troops through several wars, he was a transplant – from England. Susan Benjamin spotlights his musical performing ability with excerpts of singing and dancing, from *Paree, Paree* in 1934 through the “Road” pictures and more.

September 19 Vivaldi’s Four Seasons

The North Shore’s favorite music historian, Jim Kendros, will lead the audience into the amazingly colorful world of Vivaldi’s Four Seasons. Experience summer storms when you hear Jim’s dramatic reading of the verses Vivaldi himself referred to as the “Explanatory Sonnets.” Discover this beloved music in an entirely new way as Vivaldi’s *Concerto No. 2* unfolds with a delightful picturesque story.

September 26 Never Forget

On October 2, 1943, 8 year old Steen Metz and his parents were arrested and deported to the Theresienstadt Concentration Camp from his childhood home in Odense, Denmark. Some 15,000 children passed through Theresienstadt, and Metz is one of fewer than 1,500 who survived. Steen will share his first-hand account of the Holocaust; as the number of Holocaust survivors dwindles each year, it is even more important that their stories be heard.

**October 3 No Program –
Rosh Hashanah**

October 10 Dvorak and “The New World Symphony”

Dvorak’s Symphony No. 9 in E minor From the New World is one of the most popular in the Romantic repertoire. Brimming with both Bohemian and American folk elements, it was composed during Dvorak’s three-year stay in America from 1892-1895. It is historically significant because it inspired an indigenous school of American symphonic composers. Stephanie Ettelson will play highlights from this extraordinary work and explore Dvorak’s contribution to the evolution of the symphony.

October 17 Comedians of the 1950s

Jack Benny, Flanders & Swann, Tom Lehrer, Jerry Lewis and Sid Caesar represent comedians who reached their peak during the 1950s. Bob Levi’s multimedia program shows each of these stellar performers in musical routines. Each comedian had their own unique style. Bob’s entertaining presentation illustrates some of their best work.

**October 24 No Program -
Early Voting**

**October 31 No Program –
Early Voting**

**November 7 No Program –
Early Voting**

November 14 Vincente Minnelli: Part 1

Innovative film director Vincente Minnelli turned the Hollywood musical into a colorful extravaganza. Using his knowledge and passion for visual art, he lit and costumed his actors to bring out their best qualities. Minnelli’s ability to accentuate the finest in characters was especially true with his star and wife, Judy Garland. Susan Benjamin presents this two-part program that shares several examples of his best works including *Cabin in the Sky*, *Meet Me in St. Louis*, *The Band Wagon*, *An American in Paris* and *Gigi*.

Monday Speaker Series

November 21 Harry Truman: Part 1

Truman is regarded as one of our greatest presidents. He made difficult, important and far-reaching decisions that are relevant, even today. Historian Laurence Stern will discuss Truman's early life, the 1944 Democratic Convention, the Atomic Bomb, and the Truman Doctrine in Part 1 of this presentation. Mr. Stern will include historical memorabilia such as magazines, newspapers and presidential buttons.

November 28 Harry Truman: Part 2

In Part 2 of this series, Laurence Stern will discuss President Truman's recognition of Israel, his involvement with Civil Rights, the 1948 Election, and the legacy Truman left for the future. Mr. Stern will briefly comment on the importance of Truman's philosophy and how it can be applied to life today.

December 5 Smoky the War Dog

From a lucky chance discovery at the bottom of an abandoned fox hole during WWII, to becoming a famous entertainer, decorated war hero, and the world's first official Therapy Dog, Adrian Brigham shares Smoky's amazing story. After being rescued in the jungle, Smoky went on to be named the number one mascot in the South Pacific, earned a medal of honor and eight battle stars for bravery and the lives she saved, and inspired the creation of today's therapy dog programs.

December 12 Vincente Minnelli: Part 2

Susan Benjamin delves deeper into the intriguing life of Vincente Minnelli and his Hollywood musicals in Part 2 of this series.

December 19 Winter Health Update

Mariano's Pharmacy Manager, Linet Kattookaran, will give an immunization update on Tetanus, Shingles and Flu shots, along with advice on preventing and managing cough, cold and flu this winter season.

December 26 Closed – Winter Break

Movies

Monday at the Movies

Mondays, 1:30 pm

Free for members / NM: \$10

Sponsored by BrightStar Care

Enjoy screenings of great movies newly released to DVD, along with a few "Oldies but Goodies." 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. Held at the Police Station.

Immigrants in Film

Sundays, 2 pm

Free and open to all

Presented with the Highland Park Public Library

Join film instructor Bob Coscarelli for an introduction, screening, and discussion of wonderful, classic films.

October 9 Avalon

October 30 The Visitor

November 20 Ragtime

December 4 Brooklyn

Holiday Gift Policy

Members often choose to show their gratitude for the Senior Center and staff during the winter holidays. If you are so inclined, please consider making a donation to the Senior Center, in honor of Services for Seniors or Senior Center staff. Your donation may be designated for programs, facilities, or scholarships, and will be greatly appreciated.

City of Highland Park Gift Policy: Employees shall not accept gifts of any kind from members of the public, customers, or vendors.



Registration and Refunds

- Participants must register prior to the start of classes, trips and special events; payment is due upon registration.
- Regular registration fees will apply on or before the discount deadline date.
- For trips and special activities, discount deadlines are one week prior, unless otherwise indicated in the newsletter.
- For classes, discount deadlines 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.
- 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 complete and may take several weeks.
- Please advise staff if you require any reasonable, special accommodations regarding dietary or other special needs.

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.

Exercise

Movement, Breathing & Relaxation **Mondays, 1:30 - 2:30 pm**

Mondays, September 12 – October 24 (6 classes)
Fee: \$36 / NM: \$56

Mondays, November 7 – December 12 (6 classes)
Fee: \$36 / NM: \$56

Susan Smolin teaches this calm and relaxing class that allows you to listen to your body and let go. Guided by the connection between breath and movement, participants are led through gentle stretches, standing postures and deep relaxation. The class is designed to increase flexibility and balance while creating inner peace. No class 10/3.

* Level 1 / 2

Gentle Yoga with Susan **Tuesdays and Thursdays, 10:30 - 11:30 am**

Tuesdays, September 13 – October 25 (5 classes)
Fee: \$30 / NM: \$50

Tuesdays, November 8 – December 13 (6 classes)
Fee: \$36 / NM: \$56

Thursdays, September 15 – October 27 (7 classes)
Fee: \$42 / NM: \$62

Thursdays, November 10 – December 15 (5 classes)
Fee: \$30 / NM: \$50

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 10/4, 10/11, & 11/24.

* Level 1

Classes

Sit & Be Fit

Tuesdays and Thursdays, 1:30 - 2:30 pm

Tuesdays, September 13 – October 25 (5 classes)

Fee: \$30 / NM: \$50

Tuesdays, November 8 – December 13 (6 classes)

Fee: \$36 / NM: \$56

Thursdays, September 15 – October 27 (7 classes)

Fee: \$42 / NM: \$62

Thursdays, November 10 – December 15 (5 classes)

Fee: \$30 / NM: \$50

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 10/4, 10/11, & 11/24.

* Level 1

Low Impact Dance Aerobics

Wednesdays, 9:45 - 10:45 am

Wednesdays, September 14 – October 26 (6 classes)

Fee: \$36 / NM: \$56

Wednesdays, November 9 – December 14 (6 classes)

Fee: \$36 / NM: \$56

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 10/12.

* Level 3



A Matter of Balance

Wednesdays, 11 am - 12:30 pm

Wednesdays, September 14 – November 9 (8 classes)

Fee: \$64 / NM: \$84; plus \$10 materials fee

Taught by experienced certified fitness instructors, Ida Greenfield and Judy Samuelson, this nationally recognized program will help you perceive falls as controllable, set goals for increasing activity, make changes to reduce falls at home, and exercise to increase strength and balance. No class 10/12.

* Level 1

Walking Club

Thursdays, 9 - 10 am

September 15 - October 27 (7 walks)

Fee: \$5 / NM: \$25

Being active is the secret to staying healthy and walking is one of the safest and easiest ways to exercise. Join Jennifer for weekly walks through various local scenic sites. Walks will move at a moderate pace. Please wear comfortable clothing and appropriate shoes.

* Level 3

Gentle Yoga

Fridays, 10:30 - 11:30 am

Fridays, September 16 – December 1 (10 classes)

Fee: \$60 / NM: \$80

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, and then guided into deep relaxation. All movements are performed either standing or in a chair. No class 11/11 & 11/25.

* Level 1 / 2

Cards and Games

Continuing Bridge: Intermediate Tuesdays, 10 am - 12 noon

Tuesdays, September 13 – October 25 (6 classes)

Fee: \$60 / NM: \$80

Tuesdays, November 8 – December 13 (6 classes)

Fee: \$60 / NM: \$80

Elaine Morrison's class will focus on play of the hand and defense while continuing to build on bidding skills. Previous experience and basic knowledge of bidding and play of the hand is required. No class 10/4.

Advanced Bridge Lessons Thursdays, 10 am - 12 noon

Thursdays, September 15 – October 27 (7 classes)

Fee: \$70 / NM: \$90

Thursdays, November 10 – December 15 (5 classes)

Fee: \$50 / NM: \$70

This class is designed to give advanced players the opportunity to improve their game in the areas of bidding, playing and defending. Elaine Morrison will begin each lesson with a mini-lecture, followed by play of pre-set hands related to the presented topic. No class 11/24.



Cruise Style Bridge

Fridays, 12:30 – 3 pm

September 23

October 14

November 4

December 2

Fee: \$40 / NM \$60

Registration Deadline: One (1) week in advance.

Ideal for Continuing Bridge Students, New Duplicate and Social Players

If you have not had the pleasure of playing duplicate bridge on a beautiful ship in tranquil waters, with no problem larger than dinner plans, you are invited to a pleasant afternoon of bridge among lovely guests in the stress-free environment of the Highland Park Senior Center. Instructor Elaine Morrison will supervise the game while you play fewer hands at a slower pace. Come as a pair or as a single, you are guaranteed a partner. Fee per day: \$15 / NM \$20

Learn Canasta!

Wednesdays, 1 - 3 pm



Beginning

Wednesdays, September 14 – October 26 (6 classes)

Fee: \$60 / NM: \$80

Continuing Canasta

Wednesdays, November 9 – December 14 (6 classes)

Fee: \$60 / NM: \$80

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 among both men and women. Instructor Terri Argentar teaches canasta in a learn-as-you-play game, supplemented by handouts of the rules. No class 10/12.

Classes

Basics of Mah Jongg

Tuesdays, 1 – 3 pm

October 18 – November 15 (5 classes)

Fee: \$60 / NM: \$80

Mah Jongg is an ancient Chinese game which is gaining popularity in the U.S. among men and women! Join other beginners for this Mah Jongg class which will start at tile 1, and teach you the basics needed to play the game. Instructor Dale Solow, is excited to share her knowledge and love of the game. A 2016 card is included in fee.

General

Rules of the Road

Thursday, 9:30 - 11:45 am

September 22

Free

The Rules of the Road Review Course is designed to give drivers the knowledge and confidence needed to renew or obtain a driver's license. The Review Course combines an explanation of the driving exam with a practice written exam. Advanced registration is required: call 847.432.4110.

AARP Smart Driver Course

Thursday & Friday, 9 am - 1 pm

October 27 & 28

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

Instructor Earl Nicholas teaches current rules of the road, defensive driving techniques and how to operate a vehicle more safely. Learn how to manage and accommodate common age-related changes in vision, hearing and reaction time. Pre-registration with payment by check is required; please make checks payable to: AARP. *Held at the Fire Station #33*

Coloring Book Club

1st Wednesday monthly, 10 – 11:30 am

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.

Craft Days

Mondays, 10:30 am – 12 noon

Spooky Halloween Centerpieces

Monday, October 3

Fee: \$10 / NM: \$20

Fall Leaves Mason Jar Votives

November 7

Fee: \$10 / NM: \$20



Advanced Painting Studio

Thursdays, 1 – 3 pm

September 15 – November 17 (10 classes)

Fee: \$80 / NM: \$100

Experienced students are guided toward improving their painting skills while working individually on their personal paintings. No class 11/24.

Conversational Spanish

Continuing: Fridays, 9 – 10 am

Advanced: Fridays, 10 – 11 am

September 16 – December 16 (10 classes)

Fee: \$60 / NM: \$80

Hola Amigos! Certified Spanish teacher Leslie Fenster teaches students the fundamentals of Spanish, including everyday vocabulary, pronunciation, and grammar. Class will focus on speaking, listening and vocabulary, and is taught in a fun and supportive environment. No class 10/21, 10/28, 11/11, 11/25.



Social Services Coordinator

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 individual and family counseling, support groups, and information and referrals including:

- Information and referrals for caregiving agencies, alternative living facilities, transportation options, medical alert systems and mobile meals 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 847.926.1868.

Prescription Drug Plan Assistance

Open enrollment for the Medicare Prescription Drug Plan extends from October 15 - December 7, 2016. During this period, you may change from your current drug plan or enroll for the first time. Everyone is encouraged to re-evaluate their insurance coverage due to changes in the drug plans or changes in your own prescriptions. Trained Senior Center volunteers are available to assist in navigating the Medicare Part D enrollment process during a personal appointment at the Senior Center. Please call Jennifer Aiello, 847.432.4110, to schedule an appointment.

Grief Group

Thursdays, 1:30 - 3 pm

November 3 – December 15 (6 weeks)

Free

This group is 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. Please register by 11/1; no meeting 11/24.

Living Alone Today - Support Group

2nd & 4th Tuesdays monthly, 1:30 - 3 pm

Looking to share some laughs, discuss an interesting topic or for someone to lend a compassionate ear? This free 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. No meeting 10/11.

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 and Police Department personnel will perform the check-ins personally or by phone. Please contact Detective Eric Hernandez at 847.926.1123.

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.

General

Financial Scholarship

Scholarship dollars may be used by residents toward membership, trips, classes, or special events. Please contact Social Services Coordinator, Jennifer Aiello, at 847.926.1868 to schedule a confidential meeting to determine qualification for funds.

Medical Equipment Lending Closet

Monday - Friday, 9 am - 4 pm

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.

Senior Health Insurance Program

SHIP 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.

Welcome New Members

Sandra Alberts	Henry & Evelyn Masters III
Lorraine Baim	Florence Miller
Lindsey Berkun	Judith Magel
Elaine Bloom	Gordon & Toby Newman
Howard & Lois Cain	Jin Nam Park
Eulene Cohan	Irwin Pearlman
Susan Cohn	Manny Price
Robert Courtney	Jane Ranshaw
Diane Ehrlich	Annette Ray
Eileen Favelli	Ann Roth
Ronald & Pat Friedman	Seymour Rothstein
Ann Geraci	Lillian Rush
Elliot Goldman	Sarah Schaffer
Earl Goldsmith	Sandra Schiffman
Virginia Gordon	Mary Lou Schwall-Komie
Beverly Grabow	Edith Shanken
Edward Graham	Jan Shapiro
Shirley Groover	Jacqueline Siegel
Susan Hand	Rosalie Snitzer
Yoshiko Hansen	Linda Spies
Nancy Happ	Florence Sterman
Francine Karlin	Helene Wagner
Herbert LeMee & Carla LaMarr	Gloria Weiser
Gail Lichterman	Susan Wolfe
Audrey Mass	Sandra Zelen
	Judith Zwirn

Donations

Best Wishes to Lois Pinkus for a Speedy Recovery

From: Monday's Duplicate Bridge Group

In Memory of Ruth Oppenheim

From: Shirley Epstein
Irving & Toby Moses

In Memory of Clarence Goldman

From: Irving & Toby Moses

In appreciation of Senior Services

From: Irving & Toby Moses

Picnic Table Donations

The Senior Center is grateful for the generous donations of two new picnic tables, which are well loved and well used.

In loving memory of Dr. Bernard and Lois Sigel

From: Ellie Sigel Needelman and Paul Sigel

In loving memory of John B. and Celeste Chamberlin

From: John Chamberlin

September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Aug 31	1	2
		9am Member Registration	10:00 Men's Only Group 1:00 Open Mah Jongg	10:00 News & Views 1:00 Open Canasta
5	6	7	8	9
CLOSED Labor Day	9:30 Knitwits 12:30 Senior Producers	10:00 Coloring Book Club 12:30 Open Poker 1:30 Yiddish 9am Open Registration	1:30 40th Anniversary Celebration	10:00 News & Views 1:00 Open Canasta 1:30 Laurel Larks
12	13	14	15	16
10:00 Blood Pressure 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone 4:30 Artist's Reception	9:45 Low Impact Aerobics 11:00 A Matter of Balance 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish 6:00 Dinner Outing	9:00 Walking Club 10:00 Advanced Bridge 10:30 Yoga 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links	9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Yoga 12:00 Trip: Chicago Cubs 1:00 Open Canasta 1:30 Laurel Larks
19	20	21	22	23
10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	9:45 Low Impact Aerobics 11:00 A Matter of Balance 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish 9am-2pm Hamilton Lottery	9:00 Walking Club 9:30 Rules of the Road 10:00 Advanced Bridge 10:30 Yoga 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Yoga 12:30 Cruise Style Bridge 1:00 Open Canasta 1:30 Laurel Larks
26	27	28	29	30
10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	9:45 Low Impact Aerobics 10:30 Humanities Series 11:00 A Matter of Balance 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish	9:00 Walking Club 10:00 Brunch & Learn 10:00 Advanced Bridge 10:30 Yoga 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Yoga 1:00 Open Canasta 1:30 Laurel Larks

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10:30 Crafter's Corner 12:30 Duplicate Bridge 1:30 Open Art Studio	9:30 Knitwits	9:45 Low Impact Aerobics 10:00 Coloring Book Club 11:00 A Matter of Balance 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish	9:00 Walking Club 10:00 Men's Only Group 10:00 Advanced Bridge 10:30 Yoga 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Live on the Links	9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Yoga 1:00 Open Canasta 1:30 Laurel Larks Film Series - HP Library Sun. October 9 @ 2pm
10	11	12	13	14
10:00 Blood Pressure 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	9:30 Knitwits 10:00 Continuing Bridge 10:00 Trip: Lyric Opera	12:30 Open Poker	9:00 Walking Club 10:00 Advanced Bridge 10:30 Yoga 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Yoga 12:30 Cruise Style Bridge 1:00 Open Canasta 1:30 Laurel Larks
17	18	19	20	21
10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit	9:45 Low Impact Aerobics 11:00 A Matter of Balance 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish	9:00 Walking Club 10:00 Advanced Bridge 10:00 Brunch & Learn 10:30 Yoga 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	10:00 News & Views 10:30 Yoga 1:00 Open Canasta 1:30 Laurel Larks
24	25	26	27	28
12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Move Breathe Relax	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	9:45 Low Impact Aerobics 11:00 A Matter of Balance 12:30 Open Poker 1:00 Learn Canasta 1:30 Yiddish	9:00 Walking Club 9:00 AARP Drivers Safety 10:00 Advanced Bridge 10:30 Yoga 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit	9:00 AARP Drivers Safety 10:00 News & Views 10:30 Yoga 1:00 Barry Bradford 1:00 Open Canasta 1:30 Laurel Larks Film Series - HP Library Sun. October 30 @ 2pm
31				
12:30 Duplicate Bridge 1:30 Open Art Studio				

November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:30 Knitwits 12:30 Senior Producers 1:00 Basics of Mah Jongg	10:00 Coloring Book Club 11:00 A Matter of Balance 12:30 Poker 1:30 Yiddish 4:30 Artist's Reception	8:30 Casino Outing 10:00 Men's Only Group 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Grief Group	9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Yoga 12:30 Cruise Style Bridge 1:00 Open Canasta 1:30 Laurel Larks
7	8	9	10	11
10:30 Crafter's Corner 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Move Breathe Relax	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit 1:30 Living Alone	9:45 Low Impact Aerobics 10:30 Humanities Series 11:00 A Matter of Balance 12:30 Poker 1:00 Continuing Canasta 1:30 Yiddish	10:00 Advanced Bridge 10:30 Yoga 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	CLOSED Veteran's Day 1:30 Laurel Larks
14	15	16	17	18
10:00 Blood Pressure 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Basics of Mah Jongg 1:30 Sit & Be Fit	9:45 Low Impact Aerobics 12:30 Poker 1:00 Continuing Canasta 1:30 Yiddish	10:00 Advanced Bridge 10:30 Yoga 12:00 Thanksgiving Luncheon 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Yoga 1:00 Barry Bradford 1:00 Open Canasta 1:30 Laurel Larks Film Series - HP Library Sun. November 20 @ 2pm
21	22	23	24	25
10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Living Alone 1:30 Sit & Be Fit	9:45 Low Impact Aerobics 12:30 Poker 1:00 Continuing Canasta 1:30 Yiddish	CLOSED	CLOSED 1:30 Laurel Larks
28	29	30		
10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	9:45 Low Impact Aerobics 12:30 Trip: Hamilton 12:30 Poker 1:00 Continuing Canasta 1:30 Yiddish		

December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			10:00 Men's Only Group 10:00 Advanced Bridge 10:30 Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Yoga 12:30 Cruise Style Bridge 1:00 Open Canasta 1:30 Laurel Larks Film Series - HP Library Sun. December 4 @ 2pm
5	6	7	8	9
10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	9:45 Low Impact Aerobics 10:00 Coloring Book Club 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish	10:00 Advanced Bridge 10:30 Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group	9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Yoga 1:00 Barry Bradford 1:00 Open Canasta 1:30 Laurel Larks
12	13	14	15	16
10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Move Breathe Relax 1:30 Monday Movie	9:30 Knitwits 10:00 Continuing Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Living Alone	9:45 Low Impact Aerobics 12:30 Open Poker 1:00 Continuing Canasta 1:30 Yiddish	10:00 Advanced Bridge 10:30 Yoga 1:00 Open Mah Jongg 1:30 Sit & Be Fit 1:30 Grief Group 1:30 Live on the Links	9:00 Continuing Spanish 10:00 Advanced Spanish 10:00 News & Views 10:30 Yoga 1:00 Open Canasta 1:30 Laurel Larks
19	20	21	22	23
10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 12:30 Senior Producers 1:00 Investment Club	10:30 Humanities Series 12:30 Open Poker 1:30 Yiddish	1:00 Open Mah Jongg	10:00 News & Views 1:00 Open Canasta 1:30 Laurel Larks
26	27	28	29	30
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED



The Highland Park Senior Center

54 Laurel Avenue
Highland Park, IL 60035
847.432.4110
www.cityhpil.com

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Senior Center

Laura Frey, CPRP

Manager of Youth and
Senior Services

Susan Mosky

Records Administrator

Jennifer Aiello, M.S., LPC,

Social Services Coordinator

Christina Earle

Program Coordinator

Center Parking Guidelines

The shuttle service, to and from the parking lot, 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 5

Veteran's Day Friday, November 11

Thanksgiving Thursday & Friday, November 24 & 25

Winter Break Friday, December 23 - Monday, January 2

** Bus service will be available Dec. 26, 28,& 30*