

# THE SHORELINES

JANUARY - APRIL, 2012

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

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

## Member Priority Registration

Activity Registration for Members Begins:  
Wednesday, January 4

Open Registration Begins:  
Friday, January 6

## Thank You Home Instead

The printing and mailing of The Shorelines newsletter for 2012 is made possible by a generous donation from Home Instead Senior Care. Sincere thanks go to owners Fran and Steve Glassman for their generosity.

## Welcome Jennifer Aiello, MS Social Services Coordinator

The Senior Center is pleased to welcome Jennifer Aiello as the new Social Services Coordinator. Jennifer holds a Bachelors Degree in psychology, as well as a Masters of Human Service in counseling. Jennifer did her internship with the Highland Park Senior Center in 2001 and worked part-time till 2003, when she left to start a family. Eight years, and three children later, she is excited to be back, working at the Center, which feels like home. Please stop in the library office to welcome Jennifer in her new role.

## Starbucks Winter Warm-Up

Starbucks' Renaissance Place  
Friday, January 27  
1:30 - 2:30 p.m.  
Free, membership required

The team at Starbucks Renaissance Place invites members of the Highland Park Senior Center to stop in for a free, warm beverage. Their winter specialties include Starbucks® Peppermint Mocha, Caramel Brulée Latte, Hot Chocolate, Iced Gingerbread Latte, Eggnog Latte and Starbucks® Holiday Blend coffee. You'll also enjoy soothing entertainment to help warm up this cold winter day. Advance registration required; please call (847) 432-4110.

*Sponsored by Starbucks Coffee Company*

## Valentine's Day Luncheon and Concert

Highland Park Country Club  
Tuesday, February 14  
12 - 2:30 p.m.  
Fee: \$20 / \$30

Enjoy a delicious lunch and fabulous entertainment with loved ones and friends. Lunch features soup, your choice of London broil or grilled salmon, roasted potatoes, grilled asparagus, and white chocolate mousse cake for dessert. Following lunch, enjoy the sweet sounds of The Savoy Trio, who will perform their program entitled "Love is in the Air", featuring popular love songs from throughout time.



*Sponsored by Home Instead Senior Care*

# SPECIAL ACTIVITIES

## St. Patrick's Day Luncheon

ManorCare  
Friday, March 16  
11:30 a.m.

Fee: \$5, for members only

On St. Patrick's Day everyone is Irish! ManorCare invites Center members to enjoy a St. Patrick's Day celebration featuring a delicious lunch of corned beef and cabbage as well as delightful Irish entertainment. You will also enjoy a few games of "Blarney Bingo," complete with wonderful prizes.



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

## Appreciation Brunch

Highland Park Country Club  
Friday, April 27  
10 a.m. - 12:30 noon

Fee: \$25 / Free for Center Volunteers

The Appreciation Brunch provides an opportunity for staff and members to show their appreciation to Center volunteers and sponsors for the valuable services they provide. Senior Center volunteers and other members are encouraged to attend this fabulous celebration of service. The delicious brunch features fresh fruit and juices, bagels & cream cheese, an omelette station, breakfast meats, potatoes, and sweet breads. Following lunch, you will enjoy musical entertainment. When registering as a Senior Center volunteer, please indicate the areas in which you volunteered over the past year.



## Highland Park High School Senior Citizen Prom

Highland Park High School  
Saturday, April 21  
5 - 8 p.m.

Free; advanced registration required

Join members of the Highland Park High School Freshman Board for a Senior Citizen Prom with a Hollywood in Highland Park theme. This annual event features a buffet dinner catered by Sunset Foods, a sweet table with home baked goods from the students, entertainment by some of the High School's best performance groups, and dancing to the music of a live professional band. Students are looking forward to dancing with members of the Senior Center and to hosting a special night to remember. Advance registration required; please call the Center at (847) 432-4110 by Tuesday, April 17.



## Spring Fling Cocktail Party

Whitehall of Deerfield  
Wednesday, May 30  
4 - 6 p.m.

Fee: \$5 / NM: \$8

Advanced registration required

Enjoy a lovely evening with friends and celebrate spring!

- ~ Live musical entertainment
- ~ Gourmet appetizers
- ~ Open bar with beer, wine, and soft drinks
- ~ Free raffle drawings for wonderful prizes
- ~ Facility tours available upon request
- ~ Register by calling (847) 432-4110



*Whitehall of Deerfield will generously donate the registration fees back to the Highland Park Senior Center.*

# SPECIAL ACTIVITIES

## Live on the Links Classic Concerts

Highland Park Country Club

1:30 - 2:30 p.m.

Free; for members only

Advance registration required

The Live on the Links Classic Concerts are designed to provide members with an afternoon of delightful company and music. Coffee and cookies are provided prior to the performances. Doors open at 1 p.m.

### March 29 HPHS Wind Symphony

The Wind Symphony is the premier wind instrument performance organization at Highland Park High School. There are approximately fifty students representing the finest woodwind, brass, and percussion students at the high school.

### April 12 Jazmer - Klezmer, Yiddish & More

The Jazmer Trio offers a fresh and creative approach music. This ensemble plays melodies from Eastern Europe (klezmer, Yiddish, Chassidic), the Middle East (Israeli) and Sephardic music of judeo Spain. Jazmer also performs touches of jazz and other American influences bridging the Old World with the New.



### May 17 Old Time Cowboy Music

Saddle up with Rick and ride back to the good old days of the silver screen's singing cowboys! Rick Pickren and the Bashful Brothers have been delighting audiences with their unique blend of Cowboy, Bluegrass, Folk, Celtic, Pop and Old time music for the past twenty years! Tap your toes to songs like *Back In The Saddle*, *Tumblin' Tumbleweeds*, and *You Are My Sunshine*. Then ride into the sunset with Roy and Dale's *Happy Trails*.



*Sponsored by Lake Forest Place*

## Rise and Shine Humanities Series

Highland Park Public Library

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

Free, and open to the community at large

### January 11 U.S.- China Relations

Relations between the U.S. and China will dominate international politics in the 21st century. Though their governments and peoples have been interacting with one another since the late 18th century, each country has much to learn about the other if peace and prosperity are to prevail between these two global powers in the decades to come. Jim Marquardt, Associate Professor of Politics, Lake Forest College, discusses the political, security and economic issues.

### February 8 5,000 Miles From Home

*5,000 Miles From Home*, an award-winning documentary, tells the riveting tale of how an entire generation of Italian boys became American men in the crucible of World War II. Writer and producer Paul Basile will present highlights about the making of the film.

### March 14 The Presidential Primaries and The 2012 Election

Get the insider's scoop from author and blogger Carol Felsenthal who will discuss the 2012 elections. Which of the Republican candidates keep Obama up at night? Will Obama be able to beat history and win with such a high unemployment rate? She will also examine the races for Congress: is Bob Dold finished? Will Joe Walsh win reelection despite of or because of his outspoken, extreme criticism of the President? Carol presents a thought-provoking discussion.

### April 11 Shirley Jones: Angel Face

From the time of her early childhood, Shirley Jones demonstrated talent with a beautiful voice, and with a lovely face and figure. She had early success with Rodgers and Hammerstein, as she starred in two blockbuster movies, *Oklahoma* and *Carousel*. In the 70s, she reinvented herself as a television mother on *The Partridge Family*. Susan Benjamin focuses on Shirley's personal and professional growth, from dewy-eyed singer to mature performer and mentor to others.

*Sponsored by Highland Park Nursing and Rehab*



## Global Perspectives

Highland Park Country Club  
Thursdays, 1 - 3 p.m.  
Free for members / NM: \$15



This new lecture series takes you on a global journey exploring international relations, politics, and economics, with an impressive line-up of highly qualified speakers. Advanced registration required: call (847) 432-4110.

### April 5 **The European Financial Crisis**

*Michael Madill, Oakton Community College*

The European financial crisis was caused by poor finance in the United States of America as well as terrible economics in the European Union. Dreadful politics in both places turned a local problem into a global threat. Michael Madill discusses the causes and effects of the international crisis.

### May 10 **Occupy Wall Street**

*Jim Kenney, Common Ground*

Occupy Wall Street (OWS) is a people-powered movement that began on September 17, 2011, in Liberty Square in Manhattan's Financial District, and has spread to over 100 cities in the United States. OWS is fighting back against the corrosive power of major banks and multinational corporations over the democratic process, and the role of Wall Street in creating an economic collapse that has caused the greatest recession in generations. The movement aims to expose how the richest 1% of people are writing the rules of an unfair global economy that is foreclosing on our future. The OWS phenomenon has been compared to the Tea Party storm, but it differs in many important ways. What is OWS? Does the movement continue? What, if any, are its political repercussions in this critical election year? Join Jim for an intriguing look at one of the most important political happenings of 2011.

### June 14 **Iran's Nuclear Ambitions and International Responses**

*James Marquardt, Lake Forest College*

Iran's nuclear activities leave few outside that country unsure about its intentions. If Iran is not determined to obtain nuclear weapons, then surely it wants the ability to do so quickly in the event its national interests require it. From the perspective of the United States, Europe, Israel, and numerous Arab countries, a nuclear-capable Iran is a threat to peace and stability in the Persian Gulf, the Middle East, and beyond. For others, such as Russia and China, proliferation to Iran is not desirable, and yet for them the threat of a nuclear Iran is exaggerated. This presentation reviews answers to these questions: What are Iran's nuclear ambitions? What is U.S. policy? What, if anything, can be done to prevent Iran from either obtaining nuclear weapons or achieving the means to do so?

### September 13 **Uprising in the Name of Democracy: Egypt's Youth Revolution of 2011**

*Jaleh Sherbini, Oakton Community College*

January 25, 2011, marks an unprecedented time in Egypt's history and that of the Middle East. What began with demonstrations demanding an end to corruption, civil rights, and the resignation of President Mubarak has now become a people's revolution for pro-democracy and constitutional reforms. Why is Egypt so important? What are the latest developments, the ramifications of the current upheaval on Egypt, and the impact on U.S. relations with its closest ally, as well as on the entire Middle East region?

### October 11 **History and Politics of Russia and the Former USSR**

*Liuba Kurtyn, Northwestern University*

Liuba Kurtyn was born in Moscow, USSR, and has a Ph.D. in the History of Russia. Liuba will discuss the ways in which the Soviet state changed in its history from the "War Communism" government and economy to the stage, known in the West as the Perestroika. She will raise the question of whether the idea of Socialism was, indeed, implemented in the USSR and why the attempts of economic reform of the 1990s failed so spectacularly. Following her presentation, she invites questions and discussion.

### Date TBA **An Insider's Look at the Congo Elections and Remote Refugee Populations**

*Sponsored by Whitehall of Deerfield Healthcare Center*

## Monday at the Movies

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

Movie titles are subject to change. Watch for details in the weekly Friday e-mail, or call the Center on Monday mornings for a confirmation of the film title. Movie titles for March and April will be promoted through a flyer and e-mails at the end of February.

### January

#### 9 **The Help** (drama)

An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African-American maid's point of view on the white families for which they work, and the hardships they go through.

#### 16 **No Movie - Martin Luther King Jr. Day**

#### 23 **Crazy, Stupid, Love** (comedy)

A middle-aged husband's life changes dramatically when his wife asks him for a divorce. He seeks to rediscover his manhood with the help of a new-found friend Jacob, learning to pick up girls at bars.

#### 30 **Trespass** (suspense)

As they're held for ransom, a husband and wife's predicament grows more dire amid the discovery of betrayal and deception.

### February

#### 6 **A Better Life** (drama)

A gardener in East L.A. struggles to keep his son away from gangs and immigration agents while trying to give his son the opportunities he never had.

#### 13 **The Guard** (action)

An unorthodox Irish policeman with a confrontational personality is teamed up with an uptight FBI agent to investigate an international drug-smuggling ring.

#### 20 **Midnight in Paris** (comedy)

A romantic comedy about a family traveling to the French capital for business. The party includes a young engaged couple forced to confront the illusion that a life different from their own is better.

#### 27 **A Tree of Life** (drama)

The story centers around a family with three boys in the 1950s. The eldest son witnesses the loss of innocence.

*Sponsored by Brightstar Home Services*

## Film Showing and Discussion: Great International Artists

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

Free, and open to the general community

Join film instructor Bob Coscarelli for an introduction, screening, and discussion of wonderful, classic films featuring Great International Artists. Co-presented with the Highland Park Public Library.

#### January 29 **Goya in Bordeaux** (1999)

Francisco Goya, deaf and ill, lived the last years of his life in voluntary exile in Bordeaux. He continued to paint at night, and in flashbacks, he relived key times in his life, particularly his relationship with the Duchess of Alba, his discovery of how he wanted to paint, and his lifelong celebration of the imagination.  
*Shown in Spanish with English subtitles.*

#### February 19 **Lust for Life** (1956)

The story of Vincent Van Gogh, the archetypical tortured artistic genius. His obsession with painting, combined with mental illness, propels him through an unhappy life full of failures and unrewarding relationships. The one constant good in his life is his brother Theo, who is unwavering in his moral and financial support.

#### March 11 **The Picasso Summer** (1969)

Architect George Smith wakes up one morning to find himself gazing with newfound fascination at the Picasso reproductions that adorn the walls of his apartment. Overcome with admiration for a truly brilliant artist, George and his wife impulsively travel to the south of France to track down Picasso and thank him in person. George's desire to find Picasso turns into an obsession that begins to take a toll on their marriage.  
*(Made in 1969 but never released to American theaters, this film was presumed "lost" for over 40 years!)*

#### April 15 **Pollock** (2000)

In 1941, Jackson Pollack lived with his brother in a tiny apartment in New York City, drinking too much, and exhibiting an occasional painting in group shows. Then he met artist Lee Krasner, who put her career on hold to be his companion, lover, champion, and wife. To improve their lives, they move to the Hamptons where nature and sobriety help Pollock achieve a breakthrough in style.

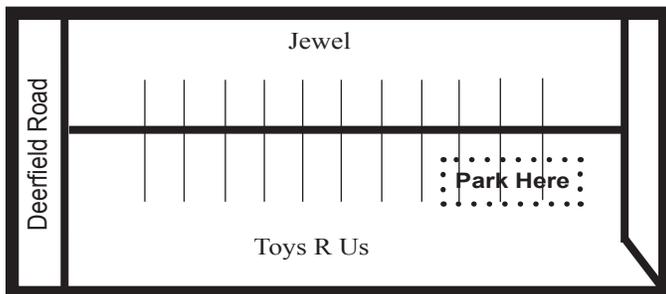
*Sponsored by CJE Weinberg Community for Senior Living*

# DAY EXCURSIONS

## Registration and Refund Policies

- Participants must register prior to the start of classes, trips, or special events; payment is due when registering. Please advise staff if you require any reasonable, special accommodations for trips, events, or classes regarding dietary or other special needs.
- Classes, trips and special events have minimum and maximum numbers for enrollment; please register early to avoid the disappointment of a cancelled activity.
- If you must cancel, refunds will be issued ONLY if the registration fills and a replacement can be found.
- All refunds will be issued after the activity is completed; a \$5 processing fee will be charged. Refunds may take several weeks.

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



New this year, trip descriptions will specify a "Please Register By" date. Each trip has a deadline by which staff must confirm participation numbers, bus size, meal choices, and make the final payment. Additionally, each trip has a maximum number of participants, and registration will be taken on a first come, first served basis. Please register early to avoid the disappointment of being placed on a wait list.

## Gypsy and Lunch

*Drury Lane, Oakbrook*

*Thursday, March 22*

*Fee: \$70/ NM: \$80*

*Bus departs Toys R Us at 10:30 a.m.*

*Bus returns at approximately 5 p.m.*

*Please register by February 17*

Winner of three Tony Awards, *Gypsy* is considered by many critics to be the greatest American musical ever written. "Gypsy" is based on the memoirs of Gypsy Rose Lee, a famous burlesque stripper. This show tells the story of Rose, an overbearing stage mother who is determined to break into the big time by pushing a vaudeville career onto her two daughters. Lunch at Drury Lane prior to the performance features spinach salad, your choice of entree served with chef choice of sides and dessert. When registering, please indicate your choice of baked salmon or roasted pork.



## Ten Chimneys Show and Lunch

*Northlight Theater, Skokie*

*Wednesday, April 11*

*Fee: \$90/ NM: \$100*

*Bus departs Toys R Us at 10:30 a.m.*

*Bus returns at approximately 3:30 p.m.*

*Please register by March 23*

The day begins with lunch at McCormick & Schmick's restaurant, uniquely designed to create an inviting, and relaxed atmosphere, where guests can enjoy the highest quality dining experience. Lunch includes mixed green salad with bleu cheese and glazed walnuts or McCormick's clam chowder, your choice of entree with chef selected sides, chocolate truffle cake for dessert and beverage. Following, enjoy a wonderful performance at the Northlight Theater, telling the backstage story of Broadway legends Alfred Lunt and Lynne Fontanne. For decades, Lunt and Fontanne entertained the most influential artists of their time - from Noel Coward to Sydney Greenstreet - at Ten Chimneys, their legendary retreat. In this new play, a spirited onstage rehearsal sparks an offstage romantic triangle. The result is a comically revealing look at the private lives of these very public figures. When registering, please indicate your choice of pretzel crusted whitefish, lump blue crab cake, or oven roasted rosemary chicken.



# DAY EXCURSIONS

## The Iceman Cometh

*The Goodman Theater, Chicago*

*Thursday, May 24*

*Fee: \$90/NM: \$100*

*Bus departs Toys R Us at 12 noon*

*Bus returns at approximately 6:30 p.m.*

*Please register by May 4*

Eugene O'Neill's dynamic masterpiece is now a once in a lifetime theatrical event starring Nathan Lane and Brian Dennehy. *The Iceman Cometh* is set in Harry Hope's Saloon, home to an eclectic band of drunks and dreamers who are awaiting the arrival of Hickey, the personable traveling salesman who always guarantees laughs and a good time. When Hickey arrives, sober, and with intentions of "fixing" the lives of his friends, a series of heartbreaking and comic events ensues.

\* *This play will run approximately 4 hours.*



## "The Domes" & Buca di Beppo Lunch

*Mitchell Park Horticultural Conservatory, Milwaukee*

*Tuesday, June 26*

*Fee: \$55/NM: \$65*

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

*Bus returns at approximately 4 p.m.*

*Please register by June 15*

The Mitchell Park Conservatory has been part of the Milwaukee scene since 1898. In 1955 a design competition, won by a local architect, produced the plans for the new conservatory. Donald Grieb's winning entry called for three beehive-shaped glass domes, offering 15,000 square feet of growing space for plant display. Each dome has a distinct climate and exhibits plants in a naturalistic setting including a desert oasis, a tropical jungle and special floral gardens. Participants will enjoy an educational tour of the various domes, to enhance the experience. After, you'll enjoy a plentiful lunch at Milwaukee's Buca di Beppo served family style. Lunch includes, apple gorgonzola salad and mixed green salad, baked rigatoni and fettuccine alfredo, chicken Marsala, cannoli for dessert, and your choice of beverage.



## Odyssey Lunch Cruise

*Navy Pier, Chicago*

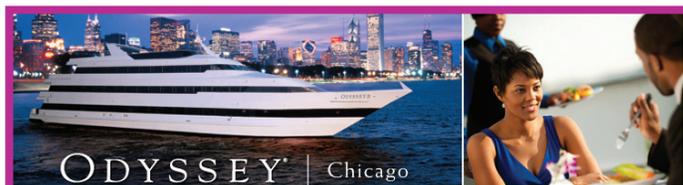
*Thursday, July 12*

*Fee: \$70/NM: \$80*

*Bus departs Toys R Us at 9:45 a.m.*

*Bus returns at approximately 4:15 p.m.*

*Please register by July 2*



The Odyssey boat cruise offers complete elegance, distinctive dining with elegant entrées and desserts to whet your appetite, spectacular skyline views, wonderful live music and service unmatched by any venue in Chicago. This day on the lake features a skyline tour of Chicago, lunch, and live entertainment. Following the boat tour, you will have time to explore Navy Pier on your own.

## Light Opera Works: Man of La Mancha & Davis Street Fish Market Luncheon

*Kahn Auditorium, Evanston*

*Wednesday, August 22*

*Fee: \$85/NM: \$95*

*Bus departs Toys R Us at 11 a.m.*

*Bus returns at approximately 5 p.m.*

*Please register by June 15*

Join Don Quixote and his faithful servant Sancho Panza on their thrilling ride to battle evil, rescue maidens, and right all wrongs. A magnificent adventure is just around the corner, so hold on to your heart. Featuring wonderful music including; *The Impossible Dream*, *Dulcinea*, and *I, Don Quixote*, this is a classic not to be missed. Prior to the show, enjoy lunch at The Davis Street Fish Market. Lunch includes appetizers, choice of entree, chef choice of sides, dessert, and beverage. A detailed menu will be included in the next issue of *The Shorelines*.



# MONDAY SPEAKER SERIES

## Monday Speaker Series

Highland Park Police Department

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

Free, for members only

*Sponsored by Whitehall of Deerfield  
Healthcare Center*

### January 9 Bob Hope

Bob Hope, best known as a comedian, began his performing career as a 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. A few examples of his memorable humor and personal stories complete the program.

### January 23 Wilderness in Highland Park

Rebecca Grill, Natural Areas Manager for the Park District of Highland Park, will share some of her favorite local spots for enjoying nature and discuss ways volunteers are helping to keep them healthy. You will learn about ten interesting native plants you can grow in your own yard, and about ways you can enjoy a park near you.

### January 30 Explore Lebanon

Caught in the vortex of centuries-old Middle East intrigue, Lebanon, Israel’s northern neighbor, has been a pawn of the Romans, Byzantines, and Ottomans. Today its people, descendants of the ancient Phoenicians, struggle to keep peace with Israel, stay clear of Syrian influence and to manage their country independently. Bill Helmuth takes you on an enchanted journey to visit quaint, charming towns and villages, walk the streets of Beirut, and visit the magnificent Greco-Roman Ruins.

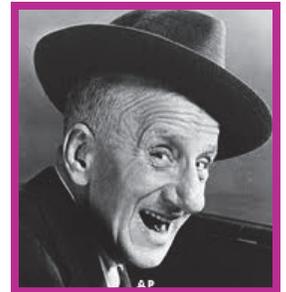


### February 6 Trends in Long Term Care Planning

This informative session led by Jill Kaz discusses the real risks long term care poses to families and new/alternative methods to pay for long term care and how to protect your assets from rising home care, assisted living, and nursing home costs. Learn about alternative long term care funding options.

### February 13 Jimmy Durante: Inka Dinka Delight

Jimmy Durante began his performing career as a pianist and branched into singing, song writing and comedy. With enough spunk and spirit for several men, he turned what could have been liabilities into assets: his nose (Schnozzola) and his mangling of the English language became sparks for humor. With his warmth and generous spirit, he was one of America’s most beloved entertainers. Susan Benjamin focuses on the progress of his career as well as on significant moments in his personal life.



### February 20 The Immortal Life of Henrietta Lacks

Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor black tobacco farmer whose cells, taken without her knowledge in 1951, became one of the most important tools in medicine, vital for developing the polio vaccine, cloning, gene mapping, in vitro fertilization, and more. Henrietta’s cells have been bought and sold by the billions, yet she remains virtually unknown. This book review is presented by Elise Barack.

### February 27 Opera in TV commercials

Join Opera Enthusiast Bob Levi as he shares how advertising agencies frequently incorporate opera music into their clients’ TV commercials. Opera melodies often (but not always) invoke sophistication by aligning the product or service with class and elegance as well as provide brand identification. Bob Levi’s entertaining program demonstrates the use of opera music in domestic and foreign TV advertising through selected video clips.

*The 1st Monday of each month, Whitehall of Deerfield will provide bagels preceding the lecture at 10 a.m.*

**March 5 Franklin D. Roosevelt : A Fireside Chat**

The president speaks informally about his presidency, Eleanor, Winston Churchill, Orson Wells and his Scotty dog Fala. Listen as FDR reads Depression era letters from citizens asking for help, the most touching from children, and recounts the New Deal programs designed to help in the days when the people mattered. Stand with him as he faces the challenges of WWII and the many ifs facing the nation in 1942. When skeptics challenged his war production goals, FDR replied, "Let no man say it cannot be done; it must be done and we have undertaken to do it."

**March 12 Cole Porter: Master of Style**

Although Cole Porter's life may have seemed outwardly charmed, personal challenges and passions led to his body of work. In this program, presented by Susan Benjamin, stories of his personal history are juxtaposed with examples of his contributions to American culture.

**March 19 Talking About My Generation**

Students from Highland Park High School will share what it is like to be a high school student in 2012. Does the media portray an accurate example? What do the generations have in common?

**March 26 Falls Risk Assessment**

As we age the consequences of falling get more serious. Alan Tan from Highland Park Hospital will discuss ways in which we can help prevent falls. This lecture will be in tandem with a clinic at the Senior Center held on Tuesday, April 10.

**Fall Risk Assessment Screening Clinic**

**Highland Park Senior Center**

**Tuesday, April 10**

**9:30 - 11:30 a.m.**

**Call (847) 432-4110 to schedule your appointment**

The Highland Park Hospital invites you to participate in this important screening. Each appointment lasts between 30 - 40 minutes, and includes a fall assessment. Hospital staff will review specific risk factors including physical strength, balance, eye sight, cognitive awareness, and use of medications. Clients who are deemed to be at risk for falls will receive suggestions for risk reduction, including possible home environment modification, exercise recommendations, advise for physical therapy, and medication modification.

**April 2 Heart Health and Chest Pain**

Dr. Albert J. Miller will provide an update on the heart, its anatomy and function, and on chest pain. Dr. Miller is a retired cardiologist, Professor of Clinical Medicine (Cardiology) at the Feinberg School of Medicine of Northwestern. He has written over 120 medical articles. He is an expert on chest pain and has written two books on the subject - one for doctors and one for the lay public. He will bring some of the chest pain books for the lay public and offer them to the lecture participants at reduced prices.

**April 9 Jews and Baseball**

As spring arrives so does baseball. Senior Center member Mert Silbar presents and discusses portions of the film *Jews and Baseball: An American Love Story*. This film celebrates the contributions of Jewish major leaguers and the special meaning that baseball has had in the lives of American Jews. Hank Greenberg, Lou Boudreau and Sandy Koufax are just a few of the major league players who will be discussed.

**April 16 Old(er) Folks Around the World**

Are citizens in the U.S. unique in the way they live their lives as they get older? Bill Helmuth has paid special attention to this during his many trips to countries around the world. Join Bill to find out what Americans have in common and what are their differences as compared to older adults around the world.

**April 23 My Brain Made Me Do It**

Mar Sue Durrbeck of the Durrbeck Financial Group will explain how to avoid the six common investing mistakes. This educational presentation helps explain how brains react in times of extreme stress; ways to respond rationally instead of emotionally; minimizing the effect emotional tendencies have on long-term investment goals; and how to approach investing with a new mindset.

**April 30 Movers and Shakers in Chicago History**

From Colonel McCormick to "Hizzoner" Richard J. Daley, Chicago has had many persons who helped make Chicago the city that it is, for better or worse. Our expert on all things Chicago, Hy Speck, joins us once again to enlighten us on how Chicago rose from the ashes to become the major world city it is.

## Registration and Refund Policies

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- Classes, trips and special events have minimum and maximum numbers for enrollment; please register early to avoid the disappointment of a cancelled activity.
- If you must cancel, refunds will be issued ONLY if the registration fills and a replacement can be found.
- All refunds will be issued after the activity is completed; a \$5 processing fee will be charged. Refunds may take several weeks.

## Fitness Class Levels

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

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

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

## Chair Stretching

*Mondays, January 9 - February 27 (7 classes)*

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

*Mondays, March 5 - April 23 (8 classes)*

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

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.

*No class 1/16*

*\* Level 1*

## Monday Sit & Be Fit - Chair Exercise

*Mondays, January 9 - February 27 (7 classes)*

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

*Mondays, March 5 - April 23 (8 classes)*

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

Join others for a fun workout you will do while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music. People with arthritis, Parkinson's, fibromyalgia and chronic pain conditions are encouraged to attend.

*No class 1/16*

*\* Level 1*

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

*Tuesday, January 10 - February 28 (8 classes)*

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

*Tuesdays, March 6 - April 24 (8 classes)*

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

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

*\* Level 3*

## Latin Dance Aerobics: Zumba Gold

*Wednesdays, January 11 - February 29 (8 classes)*

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

*Wednesdays, March 7 - April 25 (8 classes)*

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

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

*\* Level 2 / 3*

## Gentle Tai Chi

*Wednesdays, January 18 - February 29 (7 classes)*

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

*Wednesdays, March 7 - April 25 (8 classes)*

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

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

*\* Level 2*

# CLASSES

## Low Impact Dance Aerobics

Thursdays, January 12 - February 23 (7 classes)

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

Thursdays, March 8 - April 26 (8 classes)

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

You will love exercising to music with instructor Kris Larsen. This fabulous low impact aerobics class is designed to get you moving and will improve body strength, muscle tone, and may enhance the efficiency of your heart and lungs. Working with choreographic structures also assists in memory enhancement as well as increasing self-esteem.

\* Level 2

## Thursday Sit & Be Fit - Chair Exercise

Thursdays, January 12 - February 23 (7 classes)

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

Thursdays, March 8 - April 26 (8 classes)

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

Join others for a fun workout you will do while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music. People with arthritis, Parkinson's, fibromyalgia and chronic pain conditions are encouraged to attend.

\* Level 1

## Friday Yoga

Fridays, January 13 - February 24 (7 classes)

10:30 - 11:30 a.m. Fee: \$39 / NM: \$49

Fridays, March 9 - April 27 (8 classes)

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

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

\* Level 1 / 2



## Cross Country Ski Clinics

Thursday, January 19

Thursday, February 16

Thursday, March 1

1 - 2:30 p.m.

Fee per session: \$10 / NM: \$20



Cross country skiing is fun, easy to learn, healthy, accessible, affordable, and offers great variety! Enjoy the beauty of nature, with its towering trees on snow-covered trails, while experiencing a total body workout. From smooth gliding on gentle trails to bounding up, over, and down varied terrain, you can ski at your pace and

according to your personal fitness level. This new opportunity designed to introduce seniors to cross country skiing begins indoors with an introduction to the sport and equipment fitting along with hot chocolate and cookies. Next, the group will head outside for a short demonstration by Heller staff, followed by the opportunity to ski some of the many beautiful trails that wind throughout the Heller property.

Clinics will be held monthly, weather and snowfall permitting.

## Senior Adult Travel Golf League

Wednesday Mornings, May - September

Tee Off between 7 - 9 a.m.

Fee: \$40 / NM: \$50

This innovative 9-hole, coed travel golf league rotates weekly between Sunset Valley Golf Course, Highland Park Country Club, Sportsman Country Club, and Deerfield Golf Club. Greens/cart fees are additional, and are payable weekly at each course. Each player is required to sign a copy of the league "Rules and Regulations" prior to the start of the season. For further details and to register, please call Laura at (847) 432-4110.

Returning Player Registration: Begins March 6

Highland Park Resident Registration: Begins March 13

Open Registration: Begins March 20



# CLASSES

## Continuing Conversational Spanish

*Tuesdays, March 6 - April 24 (8 classes)*

*10 - 11 a.m.*

*Fee: \$40 / NM: \$50*

Certified Spanish teacher, Leslie Fenster, helps students improve basic knowledge of Spanish, including everyday vocabulary, pronunciation, and grammar. Class will focus on speaking, listening and vocabulary.

## Ceramics

*Tuesday, January 10 - February 28 (8 classes)*

*1 - 3 p.m.*

*Fee: \$44 / NM: \$54*

*Tuesdays, March 6 - April 24 (8 classes)*

*1 - 3 p.m.*

*Fee: \$44 / NM: \$54*

*Brown Bag Lunch: 12 - 1 p.m.*

Ceramics provides a great opportunity to unleash the hidden artist within. Participants purchase pre-molded and fired pieces called bisque, which they decorate using a variety of painting, stenciling, and sponging techniques. Pieces are fired on site, resulting in a beautiful finished product. Instructor Marlene White keeps class fun and interesting.

## Portrait and Landscape Art Class

*Wednesdays, January 11 - February 29 (8 classes)*

*9:30 - 10:30 a.m.*

*Fee: \$44 / NM: \$54*

*Wednesdays, March 7 - April 25 (8 classes)*

*9:30 - 10:30 a.m.*

*Fee: \$44 / NM: \$54*

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

## Advanced Drawing and Painting

*Thursdays, January 12 - February 23 (7 classes)*

*1 - 3 p.m.*

*Fee: \$39 / NM: \$49*

*Thursdays, March 8 - April 26 (8 classes)*

*1 - 3 p.m.*

*Fee: \$44 / NM: \$54*

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

## Championship Poker: Drop-In

*Wednesdays, 1 - 3 p.m.*

*Daily Fee: \$2 / NM: \$3*

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

## Advanced Bridge Class

*Thursdays, January 12 - February 23 (5 classes)*

*10 a.m. - 12 noon*

*Fee: \$32 / NM: \$42*

*Thursdays, March 8 - April 26 (8 classes)*

*10 a.m. - 12 noon*

*Fee: \$50 / NM: \$60*

This new class is designed to give advanced players the opportunity to improve their game in the areas of bidding, playing and defending. Instructor Bob Burke will begin each lesson with a lecture, followed by supervised play of pre-set hands related to the presented topic. This is a great opportunity to increase your bridge playing skills. *(No class 2/9 & 2/16)*

## Beginning Canasta Lessons

*Fridays, March 9 - April 20 (6 classes)*

*1 - 3 p.m.*

*Fee: \$40 / NM: \$50*

Canasta lessons return to the Highland Park Senior Center by popular request. Canasta is a fun and exciting card game which has recently had a resurgence of popularity! Instructor Dotty Guthmann teaches canasta in a learn-as-you-play game, supplemented by lesson handouts. *(No class 4/6)*

## Rules of the Road

*Thursday, March 1*

*9:30 - 11:30 a.m.*

*Free*

The *Rules of the Road* review course gives drivers the knowledge and confidence needed to renew or obtain a driver's license. Taught by instructor Judy Hutton, advanced registration is required.

## AARP Driver Safety

*Thursday & Friday, May 24 & 25*

*9 a.m. - 1 p.m.*

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

*Held at the Highland Park Police Department*

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

# ACTIVITIES - FREE FOR MEMBERS

## Table Tennis (Ping Pong)

*Mondays 9 a.m. - 4 p.m.*

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

## Free Blood Pressure Screening

*The first Monday of each month*

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

*Provided by Traycee Home Care Services*

## Duplicate Bridge

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

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

## Open Art Studio

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

Open studio time provides artists with a designated time to work side-by-side. Painting with others allows participants to share knowledge while keeping good company. Please bring your own supplies; you must be currently enrolled in a Senior Center art class.

## Knitwits

*Tuesdays, 9:30 a.m.*

Share good conversation and great company while knitting items for local charities. Participants work on hats, scarves, mittens, blankets, and other interesting items, and often share new techniques. Yarn donations welcome. Leader: Sylvia Dennis

## Open Bridge

*Tuesdays, 9:30 a.m.*

Join other players for a friendly game of drop-in bridge. This small group welcomes players of any level who want to play in an informal setting.



## Senior TV Production Team

*Tuesdays, 12:30 p.m.*

*HP Public Access Center, 1677 Old Deerfield Road*  
Have fun creating and working on cable TV shows at the new studio. Some of the many exciting positions available include camera, sound, directing, and TV host. A TV guide listing the Senior Producers' programming is accessible at [www.cityhpil.com](http://www.cityhpil.com).

## Yiddish Conversation & Culture

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

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

## "For Men Only" Discussion Group

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

Whether the topic is sports, politics, health issues, the best restaurants around, or whatever is making the headlines, find a chair and join this men's group at the Center. Facilitator: Dr. Albert Miller

## Mah Jongg

*Thursdays, 1 - 3 p.m.*

This Mah Jongg game is designed to give players an opportunity to meet and play with others. All players are required to sign a code of conduct prior to participating. Please bring a current Mah Jongg card.

## News & Views Current Events

*Fridays, 10 - 11:30 a.m.*

Irving Drobny facilitates an intellectual discussion on worldwide current events. Share thoughts and opinions with a wonderful group.



## Laurel Larks

*Fridays, 10 - 11:15 a.m.*

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

*Sponsored by First Bank of Highland Park*

## CASH DASH - Find your unclaimed money!

You may be among the millions of people, businesses and heirs who have cash or valuables owed to you in the State of Illinois. When people lose track of their assets or move, or when loved ones die, businesses and banks are required by law to turn over the unclaimed accounts to the state so they can be returned to their rightful owners. Often, the owner doesn't know the property exists, and examples include, inactive savings and checking accounts, unpaid wages or commissions, stocks, bonds and mutual funds, money orders and bill overpayments, paid-up life insurance policies, and safe deposit box contents.

Senior Center members may schedule an appointment with a volunteer who will do a quick search through the Department of Treasury to determine if you have unclaimed property. If yes, you will be assisted in the process of claiming your money or property. Please call (847) 432-4110 to schedule an appointment.

## Daily Telephone Reassurance

This program is designed for individuals living alone, who would like the comfort of knowing that someone will make a daily telephone check. Participants will be called each day by 10 a.m. If there is no answer, emergency procedures will be put into action to check on the condition of the participant and to assess further need. Call (847) 432-4110.

## Medical Equipment Lending Closet

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

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

## SHIP - Senior Health Insurance Program

Volunteers are available free of charge to (1) help interpret and resolve problems with medical bills, Medicare, Medicare supplemental insurance, and with appeals, if needed; (2) explain the Medicare supplements available for people just becoming eligible or who are interested in changing plans; (3) review and explain long-term care policies; and (4) explain the new Medicare Prescription Drug Plan. Call (847) 432-4110 to schedule a free appointment.

## Widow/Widower's Continuing Support

*Second & Fourth Tuesday of each month*

*1:30 - 3 p.m.*

*Free*

The loss of a spouse creates many changes and challenges. This group provides continued emotional and social support to its participants. Under the rotating leadership of Jennifer Aiello, MS, and Lois Silverstein, LCSW, participants discuss thoughts and ideas about moving forward.

## Family Caregiver Support Group

*First & Third Thursday of each month*

*7 - 8:30 p.m.*

*Free*

*Held at Family Services, 777 Central Avenue*

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

## Support for Parents and Siblings with Dependent Adult Family Members

*Second Thursday each month*

*10 - 11:30 a.m.*

*Free*

This program is open to older adults experiencing concern about their adult children or siblings who remain dependent as a result of unemployment, substance abuse, emotional struggles, physical disability, financial challenges, or an inability to achieve personal growth. Facilitated by Jennifer Aiello, MS, and Lois Silverstein, LCSW.

## Financial Scholarship

Scholarship includes free membership, deep discounts on trips, classes, or special events. Interested candidates should contact Social Services Coordinator, Jennifer Aiello, to schedule a confidential meeting to determine qualification for scholarship funds.

*Scholarship approval is based on proof of:*

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

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

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

# January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CLOSED			10:00 Men's Only Group 1:00 Mah Jongg 7:00 Caregiver Support Gp	10:00 News & Views 10:00 Laurel Larks
9	10	11	12	13
9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	9:30 Art Class 10:00 Zumba Gold 10:30 Humanities Lecture 1:00 Poker 1:30 Yiddish	9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Support Group 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:00 Laurel Larks 10:30 Yoga
16	17	18	19	20
CLOSED  Martin Luther King Jr. Day	9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Ceramics	9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:00 Cross Country Skiing 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	10:00 News & Views 10:00 Laurel Larks 10:30 Yoga
23	24	25	26	27
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 1:30 Starbucks Warm-Up  Film Series Movie Highland Park Public Library Sunday, Jan. 29 <sup>th</sup> @ 2 pm
30	31			
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Ceramics			

# February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	2 9:45 Low Impact Aerobics 10:00 Men's Only Group 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	3 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga
6 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	7 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Ceramics	8 9:30 Art Class 10:00 Zumba Gold 10:30 Humanities Lecture 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9 9:45 Low Impact Aerobics 10:00 Support Group 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga
13 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	14 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge <b>12:00 Valentine's Day Lunch</b> 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	15 9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	16 9:45 Low Impact Aerobics 1:00 Mah Jongg 1:00 Art Class 1:00 Cross Country Skiing 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	17 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga  Film Series Movie Highland Park Public Library Sunday, Feb. 19 <sup>th</sup> @ 2 pm
20 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	21 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Ceramics	22 9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	23 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	24 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga
27 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	28 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	29 9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi		

# March 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30 Rules of the Road 10:00 Men's Only Group 10:00 Bridge Class 1:00 Mah Jongg 1:00 Cross Country Skiing 7:00 Caregiver Support Gp	2 10:00 News & Views 10:00 Laurel Larks
5 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	6 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics	7 9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	8 9:45 Low Impact Aerobics 10:00 Support Group 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	9 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 1:00 Canasta  Film Series Movie Highland Park Public Library Sunday, Mar. 11th @ 2 pm
12 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	13 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	14 9:30 Art Class 10:00 Zumba Gold 10:30 Humanities Lecture 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	15 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	16 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 11:30 St. Patricks Day Lunch 1:00 Canasta
19 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	20 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics	21 9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	22 9:45 Low Impact Aerobics 10:00 Bridge Class 10:30 Trip: Gypsy 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	23 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 1:00 Canasta
26 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	27 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	28 9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	29 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 1:30 Live on the Links	30 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 1:00 Canasta

# April 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	3 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics	4 9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	5 9:45 Low Impact Aerobics 10:00 Men's Only Group 10:00 Bridge Class 1:00 Global Perspectives 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	6 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga
9 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	10 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	11 9:30 Art Class 10:00 Zumba Gold 10:30 Trip: Ten Chimneys 10:30 Humanities Lecture 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	12 9:45 Low Impact Aerobics 10:00 Support Group 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 1:30 Live on the Links	13 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 1:00 Canasta  Film Series Movie Highland Park Public Library Sunday, April 15 <sup>th</sup> @ 2 pm
16 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	17 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics	18 9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	19 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	20 10:00 News & Views 10:00 Laurel Larks 10:30 Yoga 1:00 Canasta  Senior Prom Saturday, April 21 5pm-8pm
23 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit and Be Fit 1:30 Monday Movie	24 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	25 9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	26 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	27 10:00 News & Views 10:00 Laurel Larks 10:00 Volunteer Brunch 10:30 Yoga
30 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie				

# NOTEWORTHY

## Welcome New Members

Harold & Judy Berg	Susan Kramer
Lillian Binder	Irwin & Irene Kushner
Harry Blatt	Estelle Laughlin
Janet Chencinski	David & Sandra Marcus
Catherine Friedler	Robert & Alice Matanky
Sheldon Drobny	Rana Matteson
Ralph Eiseman	Eileen Minow
Jerry Felsenthal	Sue Pauly
Robert & Stephanie Franke	John & Bobby Peterson
Agustin & Janet Garcia	Kay Platt
Gina Giannini	Adrienne Rapaport
Alan & Nancy Goldberg	Lois Ringel
Stephen & Joan Herczeg	Lois Ruderman
David Horwitz	Renee Schickler
Sandra Incorvia	Charles Teicher
Marcia Kernes	Virginia Vale
Herbert Klauber	Jerry Witkovsky
M. Lynne Kramer	

## Donations

### In Honor of Paula Cyphers' Service to the Community & In Honor of Her Retirement

From: Cecelia Frohman  
Ann Gershenow  
Jan Gilberg  
Ursula Hirsch  
Judy Hutton  
Rana Matteson  
Stephen & Sue Sickle  
Highland Park Nursing & Rehab Center

### In Honor of Services for Seniors

From: Celeste Chamberlin  
Ursula Hirsch  
Harriet Lipkis  
Claire Shapiro

### In Honor of the Marriage of Dr. Paul Pessis' Son

From: Maxine Levin

### In Honor of Mr. & Mrs. Barry Elman's Granddaughter's Wedding

From: Michael & Joan Weinberg

### In Honor of Sue Michelson's 1st Great Grandchild

From: Michael & Joan Weinberg

## Donations

### In Honor of the Bar Mitzvah of Mr. & Mrs. Marshall Pekin's Grandson Jacob

From: Lou Frey

### In Honor of the Marriage of Dr. & Mrs. Richard Sherman's Daughter Lindsay

From: Lou Frey

### In Honor of Ilene Bernberg, Mah Jongg Teacher

From: Diane Schlair

### In Memory of Jack Cherbo

From: Maxine Levin

### In Memory of Michael Feit's Sister, Sophie

From: Howard & June Berkowitz  
Dolores Brendel  
Lou Frey

### In Memory of Evelyn Eul

From: Lou Frey

### In Memory of Dodie Fleischman

From: Michael & Joan Weinberg

### In Memory of Alec Goldman

From: Irene Tazioli

### In Memory of Lil Horwich

From: Mary Ann & Dawn Marabella  
Steven & Kathy Kemps  
Liz Pirman

### In Memory of Elda Morawa

From: Irene Tazioli

### In Memory of Rita Murphy

From: Bruce & Colleen Goldstein  
Ed & Mae Shanberg  
Naomi Shisler

### In Memory of Dr. Steven Nusinow, Alan Nusinow's Brother

From: Joe & Joanne Jacobson

### In Memory of Judith Siegel

From: Maxine Levin

### In Memory of Jill Sweet's Mother

From: Sarah Poll

### Best Wishes for a Speedy Recovery to Cherrie Solomon

From: Maxine Levin

### Best Wishes for a Speedy Recovery to Barbara Volin

From: Michael & Joan Weinberg

### Best Wishes for a Speedy Recovery to Mrs. David Ingall

From: Maxine Levin



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

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

**MAYOR:**  
 NANCY R. ROTERING

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

**ACTING CITY MANAGER:**  
 PATRICK BRENNAN

## Senior Center Staff

**Don Miner,**  
*Manager of Youth and Senior Services*

**Susan Mosky,**  
*Records Administrator*

**Laura Frey, CPRP,**  
*Program Coordinator*

**Jennifer Aiello, MS,**  
*Social Services Coordinator*

## Holiday Closings

**The Senior Center will be closed on:**

**December 26 - January 2**      **Winter Holidays**  
**January 16**                      **MLK Jr. Day**



## Center Parking Guidelines

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

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

**Driveway Parking:** Parking in the Senior Center driveway is reserved for those individuals who are severely disabled and for guest speakers. All others should park in the appropriately designated parking areas. Parking permits are issued by Center staff.

## Senior Connector

The Senior Connector runs on a fixed route throughout central areas of Highland Park. Additionally, it makes an hourly run from the Central Park parking lot, to the Senior Center, at the following times: **9:43 a.m., 10:43 a.m., 11:43 a.m., and 12:43 a.m.** Please consider these times, when scheduling your arrival to the Central Park Lot.

**The Senior Connector will be Out of Service**  
 December 26, 2011 - January 2, 2012.  
 Regular service resumes Tuesday, January 3.