

# THE SHORELINES

MAY - AUGUST, 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, April 25**

Open Registration Begins: Friday, April 27

## Discounted Ticket Passes

The Highland Park Senior Center is thrilled to partner with a variety of local theater and concert venues to offer members specially negotiated discounted ticket prices. Senior Center members will be notified of special offerings via e-mail, Center Hotline at (847) 926-1864, and front desk fliers. In order to pick-up tickets at the discounted price, you must present your current "Discounted Ticket Pass" issued by the Highland Park Senior Center along with a photo ID. Discounted Ticket Passes are not transferable and there is a limit of one (1) ticket per member, per performance.

**Drive Thru Pick-Up Hours**  
**Highland Park Senior Center**  
**Wednesday, May 23**

**2 - 3 p.m. (A-M) & 3 - 4 p.m. (N-Z)**

Drive thru pick-up allows members an easy and convenient opportunity to pick up their 2012 Discounted Ticket Passes. Simply pull your car into the Senior Center driveway, and staff will meet you at your car window to issue your new pass. No need to even get out of your car! Each member requesting a Discounted Ticket Pass must be present, and must present a photo ID. If you are unavailable to attend the special drive thru hours, you may pick-up your Discounted Ticket Pass 2012 at the Center during regular business hours beginning May 25.



## Senior Center Gift Certificates

Senior Center Gift Certificates are the perfect way to honor a loved one celebrating a special occasion. Gift Certificates may be purchased for any amount (minimum of \$10) and may be used towards membership dues, or any trips, classes, or special events. Please call Sue at (847) 432-4110 for details.

## 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.

# SPECIAL ACTIVITIES

## Highland Park High School Senior Citizen Prom

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



Free; for members only  
Advanced registration required

## Appreciation Brunch

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

Fee: \$25 / Free; for Center Volunteers  
Advanced registration required

## Tree of Honor Leaf Donation Recognition

Highland Park Senior Center  
Wednesday, May 16  
4 - 5 p.m.

Free; for family and friends of donors

Family and friends who have donated a leaf to the Tree of Honor at the Highland Park Senior Center are invited to attend this special event. This is a chance to celebrate and honor loved ones that the leaves represent.

If you have directed your donations during the past year and a half, for a leaf on the tree, please call the Senior Center to register for the event. There will be refreshments and music during the recognition ceremony.

The Senior Center is most grateful to donors who have chosen the Center as the location to support, when honoring their loved ones.

## Breakfast at the Beach

North Shore Yacht Club  
Friday, June 8  
9:30 - 11 a.m.  
Fee: \$5 / NM: \$8

Enjoy a hidden jewel in Highland Park at the Park Avenue Beach. This special day features a simple



breakfast on the porch of the North Shore Yacht Club, overlooking the sandy shores of Lake Michigan. A light breakfast with bagels and cream cheese, breakfast sweets, fresh fruit, and juice and coffee will be enhanced by musical entertainment which will compliment the peacefulness of Lake Michigan.

*Sponsored by Freedom Home Care*

## Sizzlin' Summer Cool Down

Jamba Juice  
Friday, July 13  
1:30 - 3 p.m.  
Free; for members only

*Jamba Juice, 1849 Green Bay Rd. #113*

JAMBA JUICE is a leader in naturally healthy blended beverages, smoothies and good-for-you snacks. The Jamba Juice team invites Senior Center members to stop in for a complimentary refreshment to help beat the summer heat. Choose from their *All Fruit* menu: Mega Mango, Strawberry Whirl, and Peach Perfection,



Seating is outdoors, and weather permitting, there will be musical entertainment to enhance your experience.

*Sponsored by Jamba Juice*

# SPECIAL ACTIVITIES

## Out and About Special Events

Enjoy the following special events hosted at some of the areas finest alternative living facilities. Dine on delicious food, spend time with friends, and enjoy fabulous entertainment. Facility tours will be available upon request. Advanced registration is required, please call (847) 432-4110. Registration fees will generously be donated back to the Highland Park Senior Center.

### Spring Fling Cocktail Party

Whitehall of Deerfield  
Wednesday, May 30  
4 - 6 p.m.  
Fee: \$5 / NM: \$8

Enjoy a lovely evening celebrating spring! This special event features gourmet appetizers, open bar with beer, wine, and soft drinks, live musical entertainment, and free raffle drawings for wonderful prizes.

### A Magical Day Away

The Seasons at Glenview Place  
Friday, June 29  
12 - 2 p.m.  
Fee: \$5 / NM: \$8



This magical day begins with a delicious lunch, followed by entertainment with the Amazing Gary. His lifetime of experience in magic, theater and improvisational comedy adds entertainment value to his magic show, which is packed full of amazing magic, improvisational comedy and audience interaction that gets everyone involved and keeps them laughing. Bus transportation is available, please call for details.

### Country Western BBQ

Weinberg Community for Senior Living  
Friday, July 27  
11:15 a.m. - 1:15 p.m.  
Fee: \$5 / NM: \$8

Join friends for a tour of Weinberg Community for Senior Living, followed by lunch with BBQ chicken, potato salad, three bean salad, cornbread muffins with honey-whipped butter, fruit kabobs and their famous chocolate chip cookies. Also, enjoy musical entertainment by Small Potatoes. The Chicago based folk duo has developed a repertoire they describe as Celtic to Cowboy. Superb musicianship and showmanship, award-winning songwriting, has made them one of the most polished and entertaining shows on the circuit.

## Rise and Shine Humanities Series

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

Free; and open to the community at large

### May 9 *A Cavalcade of Lesser Horrors*

Peter Smith, known for his essays on Minnesota Public Radio, discusses his book, *A Cavalcade of Lesser Horrors*, 33 brief essays collected in a memoir of growing up in Chicago, moving to Libertyville and on to Minnesota. Books will be for sale and the event will conclude with a book signing.

### June 20 *The Children of the Holocaust*

After World War II, thousands of orphaned and unaccompanied children came out of hiding in Germany, to look for their parents. The United Nations Relief and Rehabilitation Administration provided food, shelter and services for them. Dr. Gertrude Pollitt, a UNRRA representative, served in the U.S. Zone in Germany as Director of a Children's Camp and later supervised three additional Children's Centers. Her talk will describe her work with these children, many of whom emigrated to Israel with the help of Dr. Pollitt.

### July 18 *Charles Darwin: Journey of Discovery*

Actor R.J. Lindsey returns as Charles Darwin as he explains how he came to develop his theory of natural selection. He will take the audience on a fantastical journey into the natural world of flamingos and tortoises, fossils and finches, earthquakes and volcanoes and especially the origin of species. "There is a tide in the affairs of men." Darwin experienced that tide at age 22 and details the 5 year around-the-world voyage of the H.M.S. Beagle.

### August 15 *Hollywood on the Prairie*

A guest lecturer from the Lake County Forest Preserves will discuss the stories of the motion picture industry from the 1890s to 1910s, beginning with Thomas Edison's laboratory in Menlo Park, NJ, to Edward Amet's backyard movie studio in Waukegan, Illinois, and Lake County's connection to Essanay Studios in Chicago.

*Sponsored by Highland Park Nursing and Rehab*

# SPECIAL ACTIVITIES

## Mix and Mingle Social Events

The Highland Park, Deerfield Patty Turner, Lake Forest/Lake Bluff and Northbrook Senior Centers, invite members to attend the Mix and Mingle Social Group. These early evening events are designed to give members an opportunity to meet and socialize with new friends.

### Cinco de Mayo Celebration

Las Casa de Isaac y Moshe  
2014 First Street - Highland Park  
Thursday, May 3  
5 - 7 p.m.  
Fee: \$22 / NM: \$32

Please register by April 27

Cinco de Mayo commemorates the Mexican army's 1862 victory over France at the Battle of Puebla. Celebrate the rich traditions of Mexico at La Casa de Isaac y Moshe with an authentic Mexican dinner and entertainment. Dinner includes chips, salsa and guacamole, entree served with Spanish rice, refried beans, and lettuce, Mexican flan for dessert, and coffee, tea or soda. When registering, please indicate your choice of enchilada combo plate (one chicken and one cheese), grilled tilapia with mango salsa, or grilled skirt steak.

### Teppanyaki Dinner Outing

Kegon Restaurant  
569 Waukegan Road - Northbrook  
Wednesday, June 20  
5 - 7 p.m.  
Fee: \$15 - \$20 / NM: \$25 - \$30

Please register by June 15

With a taste of authentic Japanese flavor, culture and hospitality, Kegon is a feast for the eyes as much as it is for the mouth, with great showmanship and the freshest of ingredients. Enjoy the show as Kegon chefs delight guests with delicious recipes grilled right before their eyes. Dinner includes soup or salad, entree, vegetables, fried rice, and sherbet for dessert. When registering, please indicate your entree choice of chicken (\$15), filet (\$20), Swordfish (\$20) or scallops (\$20).



(Mix and Mingle Continued)

### Fun and Games Trivia Night

Gabe's Backstage Lounge  
214 Green Bay Road - Highwood  
Wednesday, July 25  
5 - 7 p.m.

Fee: \$20 / NM: \$30

Please register by July 20

Gabe's Backstage Lounge is the perfect setting for this private event which is truly designed with fun in mind! The evening begins with a delicious appetizer buffet and unlimited soda, while guests are engaged in a variety of ice breakers designed to encourage mingling with other members. Following, guests will participate in a fun trivia contest during which the host will pose questions designed for the senior audience, yet with a few current trivia questions thrown in. Come prepared to have a great experience, and meet a lot of new people at the same time! Cash bar is available.

### Ravinia Dinner and Dance Concert

MOMIX Dance Company

Tuesday, August 28

6 p.m. Buffet at Mirabelle

8 p.m. Dance Concert in the Pavilion

Fee: \$40 / NM: \$50

Please register by August 17

Known internationally for presenting work of exceptional inventiveness and physical beauty, MOMIX is a company of dancer-illusionists under the direction of Moses Pendleton. In addition to stage performances world-wide they have also performed in film and television. Prior to the show, dine at Mirabelle, Ravinia's famous Chef's Table which offers a bounty of selections from the Midwest which pair perfectly with a night at Ravinia. Featuring themed and guest chef menus that change daily with an endless variety of gourmet selections, you are sure to enjoy this delicious meal. Tickets and meal vouchers will be available for pick-up at the main gate between 5:30 - 6:15 p.m. the evening of the performance.



*Sponsored by Visiting Angels*

# SPECIAL ACTIVITIES

## 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.

### **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 one percent 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*

# 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.

### May 17 Old Time Cowboy Music

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*.

### June 28 Sing, Sing, Swing

Chicago based vocalist/producer Rob Dorn along with pianist/vocalist Elizabeth Doyle and Beau Sample on upright bass perform a lively repertoire of hits from the golden age of swing! Songs include, "It Don't Mean a Thing If It Ain't Got That Swing," "Hit Me With A Hot Note," "Bounce Me Brother With a Solid Four," "Sing Sing Sing" and more. The caliber of these artists combined with this exciting style of music assure an unforgettable and delightful show.

### July 26 Isn't It Iconic?

One of Chicago's most beloved musical duos and concert artists, the award-winning Beckie Menzie & Tom Michael present their newest musical offering *Isn't It Iconic?*. Menzie and Michael's new show celebrates the music of the twentieth century's most influential and timeless iconic superstars including Sinatra, Elvis, Streisand, Garland, and many more performed in the duo's award winning style.

### August 9 Four Hands, One Piano

Duo-pianists Miriam Gerber and Laura Vajda will present a program of music for piano four-hands including works by Schubert, Brahms, Debussy, Faure, Barber and Mendelssohn. Laura, originally from New York, and Miriam, from Highland Park, met in Sarasota, Florida, where they have performed at various venues including the Symphony Center.

Sponsored by Lake Forest Place

## Lunch and Learn Nature Workshops

Heller Nature Center

Fridays, 12 - 2 p.m.

Fee: \$10 / NM: \$15

This exciting series features a delicious lunch catered by Sunset Foods, followed by unique and interesting lectures / workshops led by area naturalists. Advance registration is required; please call (847) 432-4110.

### May 18 All About Owls - Live!

Wildlife Rehabilitator Linda Breuer will introduce you to some of the most amazing winged predator - owls. Linda will have several live owls to show, while discussing their habitat and behavioral characteristics, as well as some of the challenges they face in the wild.



### June 22 Container Gardening

Join Diana Brainard, owner of My Container Gardening for a hands-on gardening workshop. Explore container gardening basics including plant selection, soil types and use of innovative containers. Learn about flowers and plants that do well in pots, as well as container garden design principles. Each participant will design, create, and take home their own container garden. Please bring a decorative container / basket to work with.

### July 20 The Sex Life of Plants

Pollen and nectar attract the bees to the flowers, right? Yes, but plants use other devices to achieve pollination. This slide presentation explores the intricate interdependencies of nature and the sneaky ways plants get animals to do their bidding. Bribes, fraud, sex and death are all part of plant schemes

### August 24 Wildlife Monitoring

Learn about the Lake County Forest Preserve District's Wildlife Monitoring program. Biologists work hard to keep track of plant and animal populations and the habitats they prefer, in order to help these species grow and flourish. Learn about the species they are studying and what is being done to improve their populations.

Sponsored by Freedom Home Care

# SPECIAL ACTIVITIES

## Monday at the Movies

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

Current movies are released to DVD at the last possible moment, and as the current *Shorelines Newsletter* covers a 4-month period, it can be difficult to select the weekly movie titles so far in advance. In order to provide the most up-to-date film screenings, the movie titles will be posted on a monthly flyer, in the weekly Friday e-mails, and you may call the Senior Center hotline at (847) 926-1864 for the current film title.

*Sponsored by BrightStar Lifecare*

## Cable TV Production

Highland Park Public Access Center  
Wednesdays, June 6 - 27  
1 - 3 p.m.  
Free

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

June 6 **Cable Studio Overview**  
Orientation, tour, Access Center rules & regulations overview, basic production fundamentals & general Q & A

June 13 **Studio Operations**  
Camera (theory, usage, position & composition), set design (layout options, lighting, & audio)

June 20 **Control Room Operations**  
Directing, audio, VTO operations, & character generator basics

June 27 **Field Operations**  
Portable gear and what to look for when shooting in the field as apposed to the studio. Editing tutorial, final Q & A, certification testing.

## Senior Day at the Rec Center

Recreation Center of Highland Park  
Wednesday, May 23  
10:30 a.m. - 12:30 p.m.  
Free; call (847) 432-4110 to register

This special open house is designed to introduce seniors to the Recreation Center which offers a fully handicapped-accessible, state-of-the-art facility that includes an indoor track, fitness center, aquatic center, gymnasiums, locker rooms, indoor café, and group fitness studios. Their dedicated staff invite you to take time out of your day to energize, socialize and revitalize. You will have the opportunity to tour the facility, experience the fitness center equipment, participate in some of the senior-friendly fitness classes, shoot hoops, and play a little volleyball. There will also be light refreshments, and registration incentives. Please come dressed in comfortable clothing.

## IPRA Six-County Senior Olympics 2012

Location: Park Ridge and area communities  
Dates: July 9 – July 26  
Fee: \$15 single day / \$21 unlimited days  
Ages: 50 years and older

The IPRA Six-County Senior Olympics provides an opportunity for older adults to compete with their peers in an atmosphere of friendship and support, and receive recognition for their efforts and achievements. The event is open to seniors of all ability levels, and hosts more than 30 events including: golf, tennis, bowling, swimming, biking, track & field, bocce, volleyball and more.

## 18-hole Golf Outing

Highland Park Country Club  
Wednesday, July 25  
7:30 a.m. shotgun start

Fee: \$55 (plus the Senior Olympics entry fee)  
This popular golf outing held at the Highland Park Country Club includes 18-holes of golf with cart and a delicious sit down lunch followed by an awards ceremony. Please call (847) 432-4110 for registration information.

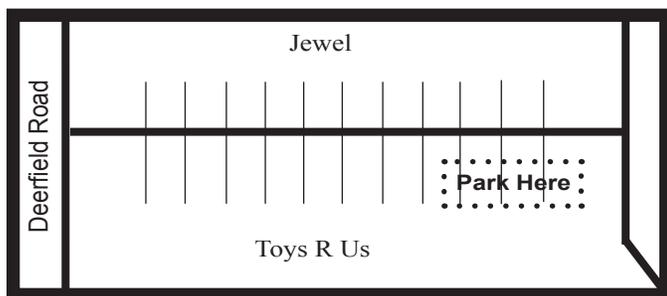
*Senior Olympics is sponsored by Presbyterian Homes, BrightStar Care, and ManorCare Health Services*

# 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.

## 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, fettuccine alfredo, and chicken Marsala. Lunch also includes cannoli for dessert and your choice of beverage.



# DAY EXCURSIONS

## 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 fried calamari and muscles to begin with, choice of entree, chef choice of sides, apple cobbler for dessert, and coffee, tea or soda. When registering, please indicate your choice of tilapia with white wine sauce, breaded pork cutlet, or Maryland crab cakes.



## Chicago White Sox at the Cell

*US Cellular Field, Chicago*

*Wednesday, September 5*

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

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

*Bus returns at approximately 5:30 p.m.*

*Please register by July 20*

Cheer on the Chicago White Sox as they battle the Minnesota Twins! This fantastic day at Cellular Field begins with an all you can eat Patio Party featuring BBQ ribs, cajun chicken, fried chicken, hot dogs, hamburgers, side salads, wine, and Miller and Pepsi products. The Patio provides an excellent field-level view from the right-center field warning track, and is a great place to watch batting practice and the first half-hour of the game. Following lunch, enjoy the game from your outfield lower box seat along the first base line.

## Potawatami Casino

*Milwaukee, Wisconsin*

*Thursday, October 4*

*Fee: \$25/ NM: \$35*

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

*Bus returns at approximately 3 p.m.*

*Please register by September 20*

Further details will be available in the next issue for the *Shorelines Newsletter*.

## Don Pasquale at the Lyric Opera and Lunch at Metropolitan Club

*Lyric Opera House, Chicago & Willis Tower, Chicago*

*Wednesday, November 21*

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

*Bus departs Toys R Us at 10:45 a.m.*

*Bus returns at approximately 5 p.m.*

*Please register by November 7*

Don Pasquale is an opera buffa, or comic opera, in three acts by Gaetano Donizetti. When scheming Dr. Malatesta arranges for his friend Norina to marry the very rich (and very ancient) Don Pasquale, you can be sure that wedded bliss is not in store for the sorry old codger. Donizetti's last masterpiece unfolds with gorgeous melodies as you laugh at the declining fortunes of Pasquale and cheer for the inevitable triumph of the young lovers. Prior to the show, enjoy lunch at the Metropolitan Club on the 66th floor of the Willis Tower.

*Transportation for this trip partially funded by the Trillium Foundation. Tickets provided courtesy of Lyric Opera of Chicago.*

# 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*

### May 7 Poetry Blooms in Highland Park

Highland Park Poetry presents poems by Jennifer Dotson and guest poets. There's nothing scary about poetry – these writers are accessible, engaging, and entertaining. Attendees are invited to share either original poems of their own or read a favorite poem that has been inspirational.

### May 14 Ira Gershwin: Master Wordsmith

Ira, the older Gershwin brother, sometimes lived in the shadow of his immensely talented younger brother, George. Yet with Ira's talent and clever lyrics, he was able to make George's music (and that of other composers) come alive. Susan Benjamin illustrates how Ira Gershwin's personal relationships affected his great contributions to the world of musical theater and film.

### May 21 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, invitro fertilization, and more. Henrietta's cells have been bought and sold by the billions, yet she remains virtually unknown. Elise Barack's book review will tell the history of this little-known aspect of our history.

### May 28 Closed Memorial Day

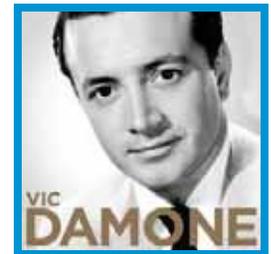


### June 4 What You Don't Hear Can Hurt You!

Research shows there is a link between hearing loss and dementia. Dr. Ronna Fisher, founder of the Hearing Health Center, will present an informative session discussing the physical, social, and financial consequences of the effects of untreated hearing loss. Learn from a doctor of audiology about how to overcome denial, the latest in hearing aid technology and financial assistance that is currently available.

### June 11 Vic Damone: Singing Star

From his early years, Vito Farinola (Vic Damone) wanted to be a singing star, but this accomplishment was a long shot. However, recognition of his talent by Arthur Godfrey, Milton Berle and Frank Sinatra moved him toward success. Despite his checkered personal life, with five wives and a larger number of unsavory acquaintances, he became known as "the lad with the best pipes in the business." Susan Benjamin provides examples of his musical expertise, as well as personal adventures.



### June 18 London During the Blitz

Senior Center member Larry Feldman will discuss the sustained strategic bombing of London by Nazi Germany from September 1940 through May 1941. During this time, London was bombed on 57 consecutive nights. Hear how Londoners survived and how Britain became stronger as a result.

### June 25 Updating Estate Planning

Alan Sohn will discuss estate planning and wealth transfer strategies. He will explore the need for individuals of every age and socio-economic level to review with their attorney on a periodic basis their existing wills and trusts in order to make sure that they reflect their current wishes and desires and take advantage of new and evolving techniques to save taxes as well as protect their assets from creditors. He will talk about the special opportunities available in 2012 in the estate planning arena which may disappear after this year.



**July 2            The 1972 Olympic Games**

Steve Isaacson, a member of the Senior Center, will discuss the massacre of 11 Israeli athletes at the 1972 Olympic Games in Munich, West Germany. He will include the roles played by Yassar Arafat, Avery Brundage, and Golda Meir, as well as the culpability of Willy Brandt and the Government of West Germany. Mr. Isaacson is a member of the United States Table Tennis Hall of Fame, and has served as its president.

**July 9            Frank Sinatra - The Voice: I**

Frank Sinatra's career and personal life have been compared to the peaks and valleys of the Himalayan Mountains. He was a complicated man with a roller coaster life. However, his voice connoted romance for more than two generations of Americans. Susan Benjamin presents this two-part series, which features a new perspective on stories of his personal life as well as samples of his most outstanding film work.

**July 16           Explore Italy**

Member Frank Gold has traveled extensively throughout the world. Frank will share stories about his recent trip to Italy. He will feature pictures from the areas visited and he will discuss the journey, the people, the food, and the problems one might encounter.

**July 23           Puccini's Operas In Pop Culture: I**

Puccini's La Boheme remains the second most popular opera performed in North America. Bob Levi has developed a presentation showing examples of pop culture venues that incorporate Puccini's music from La Boheme as well as Puccini's last opera, Turandot. This program focuses on how the music from these two operas have been integrated into movies, TV, recordings, and advertising.



**July 30           Puccini's Operas In Pop Culture: II**

Bob Levi has developed a program highlighting melodies from Puccini's Tosca, Gianni Schicchi, and Madame Butterfly. This multi-media lecture presentation demonstrates numerous examples of Puccini opera melodies incorporated into many popular culture sources, such as movies, telecasts, and commercials. Puccini's music found in these settings forms the crux of this interesting program

**August 6            Explore China**

Member Frank Gold has traveled extensively throughout the world. Frank will share his experiences from his 2011 trip to China. He will feature pictures from the areas visited and he will discuss the journey, the people, the food, and other aspects of the culture.



**August 13           Frank Sinatra - The Voice: II**

Frank Sinatra's career and personal life have been compared to the peaks and valleys of the Himalayan Mountains. He was a complicated man with a roller coaster life. However, his voice connoted romance for more than two generations of Americans. Susan Benjamin presents this two-part series, which features a new perspective on stories of his personal life as well as samples of his most outstanding film work.

**August 20           The Scenic Coast of Maine**

Member Dr. Albert Miller will take us on a journey off the coast of Maine, site of some of the most magnificent scenery on the east coast. See the lighthouses, bluffs, fishing villages while hearing the stories behind the photos.

**August 27           India's Holiest Cities**

Visit Buddhism's and Hindu's holiest sites, where the Buddha received his Enlightenment and where the Hindus cremate their dead in the Ganges River. Each of these and more are fascinating celebrations brought alive through Bill Helmuth's dramatic presentation.

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**Senior Center Library**

Members are invited to borrow books from the Senior Center library located in the main floor office. You'll find a nice selection of fiction, non-fiction and large print books. Books are loaned on the honor system, and there is no limit on the length of time they can be kept out. Please consider donating your gently used, current, best seller, hardcover books to the library for other members to enjoy.



## Registration and Refund Policies

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

## Fitness Class Levels

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

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

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

## Chair Stretching

*Mondays, May 7 - June 25 (7 classes)*

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

*Mondays, July 9 - August 27 (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 5/28*

*\* Level 1*

## Monday Sit & Be Fit - Chair Zumba

*Mondays, May 7 - June 25 (7 classes)*

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

*Mondays, July 9 - August 27 (8 classes)*

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

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

*No class 2/28*

*\* Level 1*

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

*Tuesdays, May 8 - June 26 (8 classes)*

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

*Tuesdays, July 10 - August 28 (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. Instructor Marla Solarz includes 20 minutes each of cardio conditioning, strength training, core work, and / or stretching.

*\* Level 3*



## Tuesday Yoga

*Tuesdays, May 8 - June 26 (8 classes)*

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

*Tuesdays, July 10 - August 28 (8 classes)*

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

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 and breathing practices, then guided into deep relaxation. Ideal for anyone who would like a gentle approach to practicing yoga.

*\* Level 1 / 2*

## Latin Dance Aerobics: Zumba Gold

*Wednesdays, May 9 - June 27 (8 classes)*

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

*Wednesdays, July 11 - August 29 (8 classes)*

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

Certified instructor Marla Solarz, 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*

# CLASSES

## Gentle Tai Chi

*Wednesdays, May 9 - June 27 (8 classes)*

*1:30 - 2:30 p.m. Fee: \$44 / NM: \$55*

*Wednesdays, July 11 - August 29 (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

## Low Impact Dance Aerobics

*Thursdays, May 10 - June 28 (8 classes)*

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

*Thursdays, July 12 - August 30 (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, May 10 - June 28 (8 classes)*

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

*Thursdays, July 12 - August 30 (8 classes)*

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

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

\* Level 1

## Friday Yoga

*Fridays, May 11 - June 29 (8 classes)*

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

*Fridays, July 6 - 27 (4 classes)*

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

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

## Flash Mob Dance Crew



*Thursdays, May 10 - June 14 (6 classes)*

*11 a.m. - 12 p.m. Fee: \$20 / NM: \$30*

Shhhh - it's a secret! A Flash Mob is a spontaneous public event, such as a mass choreographed dance, that can begin with one person and grow to many, then quickly disappear. By surprising an unsuspecting audience and capturing it all on camera, dancers create joy through surprise. Join dance therapist Kris Larsen for this fun and creative group which will practice for the first three weeks, and then schedule a number of local Flash Mob Dance performances. Each participant will receive a Flash Mob Dance Crew T-shirt.

## Rules of the Road

*Thursday, June 7*

*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.



## Ceramics

*Tuesdays, May 8 - June 26 (8 classes)*

*1 - 3 p.m. Fee: \$44 / NM: \$54*

*Tuesdays, July 10 - August 28 (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, May 9 - June 27 (8 classes)*

*9:30 - 11:30 a.m. Fee: \$44 / NM: \$54*

*Wednesdays, July 11 - August 29 (8 classes)*

*9:30 - 11:30 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, May 10 - June 28 (8 classes)*

*1 - 3 p.m. Fee: \$44 / NM: \$54*

*Thursdays, July 12 - August 30 (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.

## Introduction to Digital Photography

*Wednesdays, May 9 - 30 (4 classes)*

*10 - 11 a.m. Fee: \$15 / NM: \$25*

Become better friends with your digital camera. Instructor and professional photographer, Phil Goldman works with students to learn the basics of camera use, archiving and e-mailing of images, and much, much, more. Please bring your digital camera with it's accessories, as well as your laptop computer, (if you have one) to each class.

## Beginning Bridge Lessons



*Wednesdays, May 9 - August 1 (12 classes)*

*10 a.m. - 12 noon Fee: \$81 / NM: \$91*

Learn to play bridge in a fun and supportive environment. Instructor Bob Burke teaches bridge fundamentals using *Elementary Bridge Five Card Major* by Shirley Silverman as a guideline. Class covers basic vocabulary, opening suit and notrump bids and responses, scoring, leads, signals, slams, the finesse and basic play of the hand. Join as a single or bring a partner and learn together. *No class 7/4.*

## Advanced Bridge Lessons

*Thursdays, May 10 - July 26 (12 classes)*

*10 a.m. - 12 noon Fee: \$75 / NM: \$85*

This 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 play of pre-set hands related to the presented topic. This is a great opportunity to increase your bridge skills.

## Beginning Canasta Lessons

*Fridays, May 18 - June 29 (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. *6/8 will be a practice session.*

## Continuing Canasta Lessons

*Fridays, July 6 - 27 (4 classes)*

*1 - 3 p.m. Fee: \$26 / NM: \$36*

Designed for players who have taken canasta classes and had the opportunity to play, this class will work with students on strategies which will help you become a better player. Dotty Guthmann will answer questions which may have arisen during previous play.

## Mah Jongg Lessons



*Tuesdays, May 8 - June 26 (8 classes)*

*10 - 11:30 a.m. Fee: \$30 / NM: \$40*

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

# CLASSES

## Conversational Spanish

*Tuesdays, May 8 - July 24 (12 classes)*

*Beginners Class: 10 - 11 a.m.*

*Continuing Class: 11 a.m. - 12 noon*

*Fee: \$60 / NM: \$70*

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, and is taught in a fun and supportive environment.

## Ready, Set, Organize. Ready, Set, Downsize.

*Thursdays, June 7 - 28 (4 classes)*

*1:30 - 3 p.m.*

*Fee per family: \$25 / NM: \$35*

Instructor and Personal Organizer Bonnie Hillman Shay will guide participants through the step-by-step process of organizing and de-cluttering their homes in anticipation of downsizing or transitioning to a new residence. The class will focus on organizing memories (photos and movies/videos), simplifying your accumulation of personal belongings and furnishings, organizing important documents and dealing with some of the emotional aspects of the whole process. Come enjoy hands on learning and share the experience with other participants.

## Connecting with Grandchildren through Social Action

*Tuesdays, May 8 - 22 (3 classes)*

*1:30 - 3 p.m.*

*Fee: \$25 / NM: \$35*

Grandparents for Social Action is an organization that educates and engages seniors to do social action, that teaches you to empower grandchildren/grandfriends to improve our world, and shares ideas so that you can create a legacy from one generation to another. Sharon Morton, the Executive Director of Grandparents for Social Action, was the Director of Education at Am Shalom for 32 years. In her retirement, she formed this organization in order to help seniors and grandparents in their quest to be significant people in the lives of the younger generation. The classes will be interactive, stimulating and fun. and will give opportunity for ample discussion on each topic including: leave a legacy to the next generation, change the world one action at a time, sharing your values, not just your valuables, and what now?



## Computer Classes

Computer Training & Support Services was founded in 1990 by Bill Marks, and has paved a road for students to learn computing skills. Held at the Senior Center, their qualified instructors bring computers for each individual student to use during class, and provide wonderful handouts for reference.



### Beginning Computer Classes

*(open to all level students)*

#### Introduction to Computers I

*Thursdays, May 17 - 31 (3 classes)*

*9:30 a.m. - 12 noon*

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

Designed to help novices learn computer terminology and basic computer skills, students will develop mouse skills and work with programs in Windows XP. With ample time for practice and questions, this course is a must for the beginner computer user.

#### Introduction to Computers II

*Thursdays, June 14 - 28 (3 classes)*

*9:30 a.m. - 12 noon*

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

This course covers word processing and file management. Students create folders and sub-folders and then documents from programs such as Microsoft Word. Students will also learn to backup their folders onto floppy disks, which they will take home.

### Intermediate Computer Classes

*(must have a firm knowledge of general computer skills)*

#### Introduction to Facebook, Twitter, & Pinterest

*Thursdays, May 17 - 31 (3 classes)*

*1 - 3:30 p.m.*

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

Social Networking is a fabulous way to communicate with family and friends from across town or around the world. It provides an exciting avenue to share updates and photos with many people with a few strokes of the keyboard. You will become familiar with Facebook, Twitter, blogging and more.

#### Introduction to iPad

*Thursdays, June 14 - 28 (3 classes)*

*1 - 3 p.m.*

*Fee: \$45 / NM: \$55*

This hands-on class covers basic use of the iPad including; operation, use of the app store to download apps, backup of your iPad to your computer, and use of iCloud. Participants will also learn about eMail, Internet, and camera usage. Come and learn a lot of fun and interesting uses which you may not have know about and become more comfortable using your iPad!

## Expressive Creative Arts: For Seniors with Memory Loss



Research shows that creative arts such as dance, music, and art are an excellent alternative therapy for individuals with memory loss. The arts enhance self-awareness, self-esteem, creativity, and expression. These workshops will explore the three different modalities and introduce individuals to a new world of insight, communication, and creativity through the arts.

No prior experience in dance, music, or art is needed. All instructors are licensed therapists.

*Held at the Highland Park Nursing & Rehab  
50 Pleasant Avenue - Highwood*

### Dance Movement

*Fridays, May 11 - June 1*

*12:30 - 1:30 p.m.*

*Fee: \$25 / NM: \$35*

Through the interactions of dance movement, participants explore new ways of connecting and communicating to express themselves. Such movements can foster a new experience of gaining a greater sense of well-being and attentiveness to self.

### Power of Music

*Fridays, June 8 - June 29*

*12:30 p.m. - 1:30 p.m.*

*Fee: \$25 / NM: \$35*

Music can trigger memories and emotions allowing individuals to reconnect to other moments in their lives. Music has been shown to shift mood, manage stress, and stimulate positive interactions, among many other benefits.

### Reflective Art

*Fridays, July 13- August 3*

*12:30 p.m. - 1:30 p.m.*

*Fee: \$25 / NM: \$35*

The process of making art taps into the creativity within each person and helps enhance that person's well being. The art created is an example of personal thought and feeling that can enhance coping skills and express and manage emotions.

## Pilgrim Chamber Players

Highland Park Community House

Sunday, May 13

3 p.m.

Discounted fee for members: \$10

*Across Musical Borders* features three exceptional musical works including a world premiere and a Pilgrim Chamber Players commission, *From the Fever-World*; music by the Polish composer Joanna Bruzdowicz, based on prize-winning poetry by the American writer Jehanne Dubrow. Both Ms. Dubrow and Ms. Bruzdowicz will be at the concert to speak to the audience before the performance by guest soprano Julia Bentley together with an outstanding string quartet and piano. The powerful duo for violin and cello by the Czech composer Erwin Schulhoff follows. The concert concludes with the ravishing string quartet by Maurice Ravel. Meet the musicians at a dessert reception following the concert. Call (847) 433-0972 for tickets.

*Sponsored by the Northern Trust Bank, YEA! Highland Park, Highland Park Community Foundation, Highland Park Cultural Arts Commission*

## Highland Park Strings

Highland Park High School

Sunday, May 20

3 p.m.

Free

Stephen Burns, Chicago's multi-talented conductor, trumpet virtuoso, composer and professor, returns to lead the Strings in a classic program entitled *Now and Then* with a "now" twist. He also will perform Haydn's brilliant Trumpet Concerto in E-Flat Major and collaborate from the podium with award-winning pianist Lori Kaufman in Mozart's C Major Piano Concerto No. 21. Kaufman, who is a major presence on the Chicago musical scene and performed Chopin with the Strings last year. Armando Susmano marks his composing debut with the Strings with his orchestral *Serenade* featuring Constance Volk, principal flute of the New Millennium Orchestra. The three-movement "expression of love" highlights folklore rhythms of Susmano's native Argentina enhanced by the special sound effects of the marimba, large triangle and woodblock. Schubert's enchanting Fifth Symphony known as "The Symphony without Trumpets and Drums," pays homage to Mozart in the warm Andante.

# 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 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).

## Drop-In Poker

*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.

## 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.

## Open Bridge for Advanced Players

*Fridays, 12:30*

Experienced players gather each Friday for a fun game of Chicago Style Party Bridge. Players should be able to play at a more advanced level and should be comfortable with modern bidding techniques.



## 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. 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.

## 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

Do you know about Circuit Breaker?

For those who qualify, Circuit Breaker can provide:

- Tax Grants
- License Plate Discount
- Ride Free Transit Card
- Prescription Drug Assistance

Income Limits are:

\$27,610 for a household of one

\$36,635 for a household of two

For further details please visit [www.cbrx.il.gov](http://www.cbrx.il.gov)

# May 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	2 1:00 Poker 1:30 Yiddish	3 10:00 Men's Only Group 1:00 Mah Jongg 5:00 Mix & Mingle 7:00 Caregiver Support Gp	4 10:00 News & Views 12:30 Advanced Bridge
7 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Chair Zumba 1:30 Monday Movie	8 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Mah Jongg 10:00 Beginning Spanish 10:30 Yoga 11:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group 1:30 Social Action	9 9:30 Art Class 10:00 Bridge Class 10:00 Zumba Gold 10:00 Digital Photography 10:30 <b>Humanities Series</b> 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	10 9:45 Low Impact Aerobics 10:00 Bridge Class 11:00 Flash Mob Dance 1:00 Mah Jongg 1:00 Art Class 1:00 <b>Global Perspectives</b> 1:30 Sit and Be Fit	11 10:00 News & Views 10:30 Yoga 12:30 Dance Movement 12:30 Advanced Bridge
14 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Chair Zumba 1:30 Monday Movie	15 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Mah Jongg 10:00 Beginning Spanish 10:30 Yoga 11:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Social Action	16 9:30 Art Class 10:00 Bridge Class 10:00 Zumba Gold 10:00 Digital Photography 1:00 Poker 1:30 Yiddish 1:30 Tai Chi 4:00 <b>Tree Of Honor</b>	17 9:30 Computer Class 9:45 Low Impact Aerobics 10:00 Bridge Class 11:00 Flash Mob Dance 1:00 Mah Jongg 1:00 Computer 1:00 Art Class 1:30 Sit and Be Fit 1:30 <b>Live on the Links</b> 7:00 Caregiver Support Gp	18 10:00 News & Views 10:30 Yoga 12:00 Lunch & Learn/Nature 12:30 Dance Movement 12:30 Advanced Bridge 1:00 Canasta
21 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Chair Zumba 1:30 Monday Movie	22 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Mah Jongg 10:00 Beginning Spanish 10:30 Yoga 11:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group 1:30 Social Action	23 9:30 Art Class 10:00 Bridge Class 10:00 Zumba Gold 10:00 Digital Photography 10:30 Senior Day 1:00 Poker 1:30 Yiddish 1:30 Tai Chi 2:00 <b>Discount Pass Pick-Up</b>	24 9:00 AARP Driver Safety 9:30 Computer Class 9:45 Low Impact Aerobics 10:00 Bridge Class 11:00 Flash Mob Dance 12:00 Trip: The Iceman Cometh 1:00 Mah Jongg 1:00 Computer 1:00 Art Class 1:30 Sit and Be Fit	25 9:00 AARP Driver Safety 10:00 News & Views 10:30 Yoga 12:30 Dance Movement 12:30 Advanced Bridge 1:00 Canasta
28 CLOSED	29 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Mah Jongg 10:00 Beginning Spanish 10:30 Yoga 11:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics	30 9:30 Art Class 10:00 Bridge Class 10:00 Zumba Gold 10:00 Digital Photography 1:00 Poker 1:30 Yiddish 1:30 Tai Chi 4:00 <b>Spring Fling Party</b>	31 9:30 Computer Class 9:45 Low Impact Aerobics 10:00 Bridge Class 11:00 Flash Mob Dance 1:00 Mah Jongg 1:00 Computer 1:00 Art Class 1:30 Sit and Be Fit	

# June 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 News & Views 10:30 Yoga 12:30 Dance Movement 12:30 Advanced Bridge 1:00 Canasta
4 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 Chair Zumba 1:30 Monday Movie	5 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Mah Jongg 10:00 Beginning Spanish 10:30 Yoga 11:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics	6 9:30 Art Class 10:00 Bridge Class 10:00 Zumba Gold 1:00 Poker 1:00 Cable TV Production 1:30 Yiddish 1:30 Tai Chi	7 9:30 Rules of the Road 9:45 Low Impact Aerobics 10:00 Men's Only Group 10:00 Bridge Class 11:00 Flash Mob Dance 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 1:30 Organize/Downsize 7:00 Caregiver Support Gp	8 9:30 <b>Breakfast at Beach</b> 10:00 News & Views 10:30 Yoga 12:30 Power of Music 12:30 Advanced Bridge 1:00 Canasta
11 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Chair Zumba 1:30 Monday Movie	12 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Mah Jongg 10:00 Beginning Spanish 10:30 Yoga 11:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	13 9:30 Art Class 10:00 Bridge Class 10:00 Zumba Gold 1:00 Poker 1:00 Cable TV Production 1:30 Yiddish 1:30 Tai Chi	14 9:30 Computer Class 9:45 Low Impact Aerobics 10:00 Bridge Class 11:00 Flash Mob Dance 1:00 Global Perspectives 1:00 Mah Jongg 1:00 Computer Class 1:00 Art Class 1:30 Sit and Be Fit 1:30 Organize/Downsize	15 10:00 News & Views 10:30 Yoga 12:30 Power of Music 12:30 Advanced Bridge 1:00 Canasta
18 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Chair Zumba 1:30 Monday Movie	19 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Mah Jongg 10:00 Beginning Spanish 10:30 Yoga 11:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics	20 9:30 Art Class 10:00 Bridge Class 10:00 Zumba Gold 10:30 <b>Humanities Series</b> 1:00 Poker 1:00 Cable TV Production 1:30 Yiddish 1:30 Tai Chi 5:00 <b>Mix &amp; Mingle</b>	21 9:30 Computer Class 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:00 Computer Class 1:30 Sit and Be Fit 1:30 Organize/Downsize 7:00 Caregiver Support Gp	22 10:00 News & Views 10:30 Yoga 12:00 Lunch & Learn/Nature 12:30 Power of Music 12:30 Advanced Bridge 1:00 Canasta
25 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Chair Zumba 1:30 Monday Movie	26 8:30 Trip: Mitchell Domes 9:00 Mix It Up 9:30 Knitwits/Open Bridge 10:00 Mah Jongg 10:00 Beginning Spanish 10:30 Yoga 11:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	27 9:30 Art Class 10:00 Bridge Class 10:00 Zumba Gold 1:00 Poker 1:00 Cable TV Production 1:30 Yiddish 1:30 Tai Chi	28 9:30 Computer Class 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:00 Computer Class 1:30 Live on the Links 1:30 Sit and Be Fit 1:30 Organize/Downsize	29 10:00 News & Views 10:30 Yoga 12:00 Lunch: <b>Magical Day Away</b> 12:30 Power of Music 12:30 Advanced Bridge 1:00 Canasta

# July 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	3 9:30 Knitwits 9:30 Open Bridge 10:00 Beginning Spanish 10:30 Yoga 11:00 Continuing Spanish 12:30 Senior Producers	4 CLOSED	5 10:00 Men's Only Group 10:00 Bridge Class 1:00 Mah Jongg 7:00 Caregiver Support Gp	6 10:00 News & Views 10:30 Yoga 12:30 Advanced Bridge 1:00 Canasta
9 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Chair Zumba 1:30 Monday Movie  Senior Olympics July 9 – July 26	10 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Beginning Spanish 10:30 Yoga 11:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	11 9:30 Art Class 10:00 Bridge Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	12 9:45 Low Impact Aerobics 9:45 Trip: Lunch Cruise 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	13 10:00 News & Views 10:30 Yoga 12:30 Reflective Art 12:30 Advanced Bridge 1:00 Canasta 1:30 Jamba Juice
16 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Chair Zumba 1:30 Monday Movie	17 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Beginning Spanish 10:30 Yoga 11:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics	18 9:30 Art Class 10:00 Bridge Class 10:00 Zumba Gold 10:30 <b>Humanities Series</b> 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 10:30 Yoga 12:00 Lunch & Learn/Nature 12:30 Reflective Art 12:30 Advanced Bridge 1:00 Canasta
23 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Chair Zumba 1:30 Monday Movie	24 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:00 Beginning Spanish 10:30 Yoga 11:00 Continuing Spanish 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	25 7:30 Golf Outing 9:30 Art Class 10:00 Bridge Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi 5:00 <b>Mix &amp; Mingle</b>	26 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Live on the Links 1:30 Sit and Be Fit	27 10:00 News & Views 10:30 Yoga 11:15 Lunch: <b>Country BBQ</b> 12:30 Reflective Art 12:30 Advanced Bridge 1:00 Canasta
30 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Chair Zumba 1:30 Monday Movie	31 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics			

# August 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 Art Class 10:00 Bridge 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 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	3 10:00 News & Views 12:30 Reflective Art 12:30 Advanced Bridge
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 Chair Zumba 1:30 Monday Movie	7 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics	8 9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9 9:45 Low Impact Aerobics 1:00 Mah Jongg 1:00 Art Class 1:30 Live on the Links 1:30 Sit and Be Fit	10 10:00 News & Views 12:30 Advanced Bridge
13 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Chair Zumba 1:30 Monday Movie	14 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	15 9:30 Art Class 10:00 Zumba Gold 10:30 <b>Humanities Series</b> 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	16 9:45 Low Impact Aerobics 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	17 10:00 News & Views 12:30 Advanced Bridge
20 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Chair Zumba 1:30 Monday Movie	21 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics	22 9:30 Art Class 10:00 Zumba Gold 11:00 Trip: Man of La Mancha 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	23 9:45 Low Impact Aerobics 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	24 10:00 News & Views 12:00 Lunch & Learn/Nature 12:30 Advanced Bridge
27 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Chair Zumba 1:30 Monday Movie	28 9:00 Mix It Up 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group 6:00 <b>Mix &amp; Mingle</b>	29 9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	30 9:45 Low Impact Aerobics 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	31 10:00 News & Views 12:30 Advanced Bridge

# NOTEWORTHY

## Welcome New Members

Orville & Murial Berkson  
Rosemary Bernardi  
Judith Block  
Paul & Maureen Bucholz  
Patricia Buscani  
Winifred Engerman  
Corinne Freedberg  
John Haley  
Jill Hurwitz  
Kyoko Kashii  
Victor Krupman  
Shirley Kulp  
Jo Leib  
Thomas & Margaret Luce  
Betsy Mandel  
S. Robert & Sally Mann  
Julian Lionel Martinson  
Sally Maybrook  
Ann Mazza  
Jean Riley  
Romolo Rossini  
Daniele Rozenberg  
Lois Ruderman  
Elaine Rusche  
Philip Schneiderman  
Harry & Louise Simon  
Donald & Linda Stewart  
Helen Wilens  
Pearl Zaid

## Donations

**In Memory of Dr. Robert Block's Father**  
From: Lou Frey

**In Memory of Marion Hamlet**  
From: Judith Juers  
Margaret C. Wolf

**In Memory of Norbert Heimann**  
From: Roberta Kutunow  
Irene Tazioli

**In Memory of Rita Murphy**  
From: Command Transportation

**In Memory of Elda Morawa**  
From: The Laurel Larks

**In Memory of Sheldon Konowitz' Sister**  
From: Lou Frey

**In Memory of Marshall Soren**  
From: Irving & Toby Moses

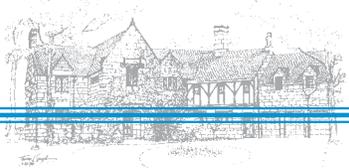
**In Memory of Bernyce Zimmerman**  
From: Irving & Toby Moses

**In Honor of the Birth of Dr. & Mrs. Charles Lettvin's Daughter**  
From: Maxine Levin

**In Honor of Services for Seniors**  
From: Harriet Lipkis  
Claire Shapiro



***Senior Center Gift Certificates***  
*are available for purchase in any amount (minimum \$10),  
and make a perfect gift for any special occasion.*



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CITY COUNCIL:  
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 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*

**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.

**Holiday Closings**

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

- |                   |                  |
|-------------------|------------------|
| Monday, May 28    | Memorial Day     |
| Wednesday, July 4 | Independence Day |

**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.