

THE SHORELINES

NOVEMBER & DECEMBER, 2010

THE HIGHLAND PARK SENIOR CENTER

54 LAUREL AVENUE (847) 432-4110

CITY WEBSITE: WWW.CITYHPIL.COM

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

Activity Registration Dates:

Members registration begins: Wednesday, October 20 / Open registration begins: Tuesday, October 26

In order to ensure an equitable registration opportunity for all members, the Senior Center has priority registration dates, allowing Senior Center members to register for activities before non-members. Open registration, for non-members, begins one week later. Telephone or in-person registration is accepted for all activities and events.

Live on the Links Classic Concerts: Pilgrim Chamber Players

Highland Park Country Club

Friday, November 19

1:30 - 2:30 p.m.

Free; for members only

Pre-registration required



The Pilgrim Chamber Players present an entertaining musical program which will include Serenade, a Trio for clarinet, violin and piano by Peter Schickele (the outrageous PDQ Bach), and a Trio by Menotti for the same instruments. Also on the program is a Sonata for clarinet and piano by the Argentinian composer Guastavino and music by Dvorak for piano 4-hands. The concert features Kristin Figard, violin and piano; Elizandro Garcia Montoya, clarinet; and Carol Honigberg, piano

Sponsored by Whitehall of Deerfield Healthcare Center

Holiday Concert and Luncheon

Highland Park Country Club

Friday, December 10

12 - 2:30 p.m.

Fee: \$20 / NM: \$30



Deck the halls and join the party! Gather friends and join others for this wonderful holiday tradition. Chef Zahlman Greenwood has created a fabulous holiday menu including homemade beef barley soup, your choice or char-broiled pesto crusted London broil or brown sugar glazed salmon, white cheddar au gratin potatoes, and a mixed vegetable bundle. For dessert you will enjoy a decadent, delicious, holiday surprise. Following lunch, you will be thrilled by fantastic musical entertainment featuring professional actors from the **Music Theatre Company** of Highland Park. Their performance will feature holiday classics as well as a variety of new and familiar musical theatre songs. You will also enjoy a special appearance by the Senior Center **Laurel Larks**, who will perform a few of their holiday show stoppers. Please register no later than Friday, December 3rd. Doors open at 11:45 am.

Sponsored by Freedom Home Care

SPECIAL ACTIVITIES

Tree of Honor Leaf Donation Recognition

Highland Park Senior Center
Wednesday, November 3
4 - 5 p.m.

Free, for family and friends of leaf 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 the friends and families that the leaves represent. The Senior Center is most grateful to the donors who have chosen the Center as the location to support, when honoring their loved ones.

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

Fall Harvest Lunch Outing

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

Enjoy a Fall Harvest luncheon featuring Boneless Chicken Tarragon in White Wine Sauce, Wild Rice with Pecans & Cranberries, Tossed Greens and Sliced Apples & Walnuts with Balsamic Vinaigrette, Oatmeal Rolls and Pumpkin Pie for dessert. This lovely event begins with a guided tour of Karmel, their planned state-of-the-art senior living community & Gidwitz, their lovely assisted living location. Then, following lunch, enjoy A Musical Tribute of the 20s, 30s, and 40s.



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

*Sponsored by CJE Weinberg Community
for Senior Living*

Mix and Mingles Events

The Highland Park, Lake Forest / Lake Bluff, Northbrook and Patty Turner Senior Centers invite single members to attend the Mix and Mingle Social Group. Registration is required by the preceding Friday, for all events.

Dinner and Dance: (Open to ALL)

Wednesday, October 27

Dinner: 5:30 p.m.

Lessons: 7 p.m. / Dancing: 7:30 p.m.

Fee: \$40 / NM: \$50

*Chevy Chase Country Club,
1000 N. Milwaukee Ave. - Wheeling*

Dance the night away at Chevy Chase Country Club, to the best loved songs from the Swing Band era. A private dinner for Senior Center members includes cream of tomato basil soup, your entrée choice of champagne chicken or whitefish, scalloped potatoes, chef's seasonal vegetables, ice cream cake roll for dessert, coffee or tea, and a cash bar. After dinner, fill your dance card and enjoy dancing to the music of The Dick Elliot Orchestra including musical arrangements by Duke Ellington, Glenn Miller, Tommy Dorsey, Count Basie, and many others. Fee includes dinner and admission to the Chevy Chase monthly ballroom dance. Singles and couples are welcome. Please register by 10/18/10.

Stoney River Outing (singles)

Wednesday, November 17

4:30 - 6:30 p.m.

Fee: \$25, members only

*Stoney River Restaurant,
711 Deerfield Road - Deerfield*

Stoney River provides a comfortable and creative combination of upscale service and delicious food in a relaxing atmosphere. Dinner includes 'stone puppies' with cinnamon butter, roasted onion soup, your choice of entrée, sautéed green beans, garlic mashed potatoes, vanilla cappuccino crème brulee for dessert, and coffee or tea. When registering, please indicate your entrée choice of, sautéed mountain trout garnished with pecans and capers, double cut pork chop char-grilled and basted in a brown sugar and apple cider glaze, or braised boneless beef short ribs slow-cooked in red wine and barbecue sauce. Please register by 11/12/10.

Sponsored by Visiting Angels Living Assistance Services

SPECIAL ACTIVITIES

Intergenerational Gingerbread House Workshop

Highland Park Senior Center
Wednesday, December 8
1:30 - 4:30 p.m.
\$20 per house

Get into the holiday spirit with this fun and fabulous workshop. Laura Frey will guide you with instruction and assistance to help you create a beautiful, edible, holiday house. Participants will be provided with pre-baked gingerbread house pieces, special construction frosting, and over 20 varieties of decorative candies so you can decorate your Gingerbread House with individual style. NSSD 112 schools have early release this day, so this is a great opportunity to spend quality time with your loved ones. Your Gingerbread house will make the perfect centerpiece, home decoration, or holiday gift.



Fall Film Series: Baseball Greats

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

Free & Open to the General Public

Bob Coscarelli, professor emeritus at College of Lake County, will introduce and screen a series of baseball films. An intriguing discussion follows each film.



November 2 *Bang the Drum Slowly*

The story of the friendship between a star pitcher, wise to the world, and a half-wit catcher, as they cope with the catcher's terminal illness through a baseball season.

December 12 *The Natural*

An average baseball player comes out of seemingly nowhere to become a legendary player with almost divine talent.

Presented by the Highland Park Senior Center & the Highland Park Public Library

Sponsored by Synergy HomeCare

Monday at the Movies

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

The Lost Teardrop Diamond (drama) November 1

The story of Fisher Willow, the disliked 1920s Memphis debutante daughter of a plantation owner with a distaste for narrow-minded people and a penchant for shocking and insulting those around her.

Just Wright (romantic comedy) November 8

A physical therapist falls for the basketball player she is helping recover from a career-threatening injury.

Holy Rollers (action) November 15

In Brooklyn, a youth from an Orthodox Jewish community is lured into becoming an Ecstasy dealer by his pal who has ties to an Israeli drug cartel.

Letters to Juliet (drama) November 22

An American girl on vacation in Italy finds an unanswered "letter to Juliet" -- one of thousands of missives left at the fictional lover's Verona courtyard; she goes on a quest to find the lovers referenced in the letter.

Grown Ups (comedy) November 29

Five good friends and former childhood teammates reunite for a fun filled holiday weekend.

Robin Hood (action) December 6

A Bowman in the army of Richard Coeur de Lion, virtuous rogue Robin Hood rises from an unlikely background to become a hero to the impoverished people of Nottingham and lover to the beautiful Lady Marion.

The Backup Plan (romantic comedy) December 13

A romantic comedy centered on a woman who conceives twins through artificial insemination, only to meet the man of her dreams on the very same day.

Sponsored by Belmont Village in Glenview

Healthy Aging 101

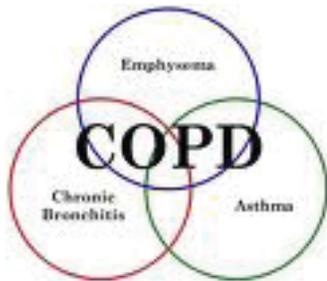
Thursdays, 10 -11:30 a.m.

Facilitated by Greg Simitz of Right At Home, this new series is designed to provide educational lectures on a variety of health related topics. Please register in advance at (847) 432-4110.

All I Need Is The Air That I Breathe

COPD (Chronic Obstructive Pulmonary Disease)

Thursday, October 21



Chronic Obstructive Pulmonary Disease affects many Americans. Join Dr. Robert Freilich as he presents information about lung-related problems such as emphysema, bronchitis, asthma, pneumonia and shortness of breath. Dr. Freilich, who

practices Internal Medicine in downtown Highland Park, is board-certified in Geriatric Medicine and Pulmonary Diseases and an Assistant Professor of Clinical Medicine at Northwestern University Medical School. Dr. Freilich will review strategies to help people improve their breathing and will report on the latest breakthroughs in the prevention and treatment of lung diseases.

When the Golden Years are Blue

(Holiday Depression)

Thursday, November 18

With the holiday season right around the corner, it's an opportune time to come and hear Julie Learner from Family Services of South Lake County as she discusses seasonal depression and what's commonly called "the holiday blues." Attendees will have the opportunity to share and listen to others about how they deal with difficult feelings regarding the holidays, and Julie will review effective methods and treatments to improve one's overall mood. Information on local resources available for getting help with depression will also be provided. Please join others for what will certainly be an informative and uplifting presentation



Sponsored by Right at Home

Rise & Shine Humanities Series

Highland Park Public Library

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

Free & Open to the General Public

(No advance registration required)

October 27 *Prisoner of Her Past*

Prisoner of Her Past is a film that tells the story of an aging Holocaust survivor who believes everyone is trying to kill her - 60 years after her tragic childhood. Her son, *Chicago Tribune's* jazz critic Howard Reich, will introduce and screen the film. *This program will last until about 12 noon.*

November 3 *Alice I Have Been: Lewis Carroll's Muse In Words and Pictures*

Join author Melanie Benjamin as she discusses her historical novel, an imaginative rendering of the life of Alice Pleasance Liddell Hargreaves, the girl who inspired Lewis Carroll to invent Wonderland. Books will be for sale and the event will conclude with a book signing.

November 17 Meet Author Philippa Gregory via Skype

Author Philippa Gregory, who wrote *The Other Boleyn Girl*, will introduce her new novel, *The Red Queen* and take questions from the audience about her career, characters, and love of history. Books will be for sale with signed bookplates by Ms. Gregory.

Sponsored by Sunrise Assisted Living

Kenney, Miller, & Bronstein Lecture Series 2010

Highland Park Country Club

Thursdays, 1 - 3 p.m.

Free to Members / NM: \$10

Advance registration required

Nov. 18 Religion as Illusion? Bronstein

The well-known references to religion as "Illusion" or "Opiate" or "Social Identification" are popularizations of the continually influential views of Marx, Freud, and Durkheim. Rabbi Herbert Bronstein discusses how each wrote about the human Self, human condition, and mitigation of suffering.

Sponsored by ManorCare Health Services

MONDAY SPEAKER SERIES

Monday Mornings, 10:30 - 11:30 a.m.

Held at:
Highland Park Police Station
1677 Old Deerfield Road

For those attending the lecture,
bagels & coffee are served on the first Monday
of each month at 10 a.m.

*Bagels sponsored by Whitehall of Deerfield
HealthCare Center*

November 1 New Zealand Adventure

Share Marla Schachtel's New Zealand experience, through her photographs. From a quiet beginning to a kayak ride through a burgeoning storm, you will share her excitement. Ride along on her first helicopter ride, and experience the extraordinary Milford Track.

November 8 Winterize Your Financial House

Mar Sue Durrbeck, RFC, will discuss ways to make sure your "Financial House" is protected: •Are your assets positioned to withstand market volatility? •Will your money last as long as you do? •How can you prepare for an increase in taxes? •Do your legal directives accurately reflect your wishes? Reference materials will be provided.

November 15 Bert Lahr : The Lion's Roar & More

Bert Lahr earned a reputation as one of the funniest men on Broadway and in Hollywood. The lyrics the cowardly lion sang in *The Wizard of Oz* were actually written for Bert himself. His personal life took on dimensions of wildly fluctuating moods, mostly settling on distant moroseness. This program, presented by Susan Benjamin, features examples of his best work, along with stories of personal challenges.

November 22 Search for the Fairy Godmother

Let Dr. Judith Johnson, an artist since childhood and former professor at the University of Minnesota, enchant you with her extraordinary presentation on the way in which older women have been portrayed in children's book illustrations. Not content with witches, wicked queens, and poor old granies as the archetypes of older women, Judith searches for (and finds) positive role models for all to enjoy.

November 29 The Imperfectionists: Book Review

The Imperfectionists takes place in Rome. The characters are the staff of an English-language newspaper founded in the 1950s by an eccentric American businessman. By 2004, his grandson, Oliver, will be in charge of the fates of the staff members whose stories make up the novel. Oliver's only concern in life is for his basset hound, Schopenhauer. Elise Barack returns for an exceptional review of this book.

December 6 10 Commandments of Baseball

Join author J.D. Thorne when he discusses his book, *The Ten Commandments of Baseball*, his description of principles that can be applied to baseball and everyday living. Here is a mix of baseball stories



and lore that connects with people, both male and female, young and old. The focal point of the presentation is the classic, but little-known 10 Commandments of Baseball, the baseball principles created by Major League Baseball's most successful manager, Joe McCarthy. McCarthy's principles offer a perfect segue into the classic stories of Lou Gehrig, Babe Ruth, and Ernie Banks - along with colorful characters like "Rabbit" Maranville, Fred Merkle and Jackie Mitchell - the girl who struck out Ruth and Gehrig! Don't miss this engaging presentation. J.D. Thorne is a baseball aficionado and former UW baseball player who played more than 20 years of amateur ball. He is an attorney and Professor at Carroll University and University of Phoenix.



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December 13 Howard Keel

Born in Illinois, Howard Keel was raised in California by his widowed mother. His most recent on-camera credit was the sizeable supporting role of Clayton Farrow on the TV series *Dallas*. Howard Keel, the broad-shouldered baritone who romanced his way through a series of glittery MGM musicals such as "Kiss Me Kate" and "Annie Get Your Gun" will be discussed by Susan Benjamin in another of her wonderful video biographies.



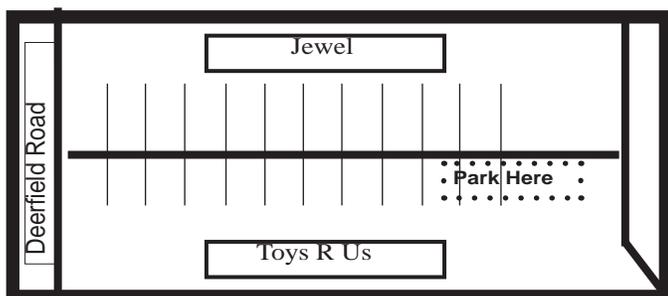
December 20 No Lecture

December 27 No Lecture

DAY EXCURSIONS

Departure Location for Trips:

Toys R Us Parking Lot
1610 Deerfield Road, Highland Park



Treasures of the North Shore

Tuesday, October 19 Fee: \$72 / NM: \$82
Motorcoach departs from Toys R Us at 9 a.m. and returns at approximately 4 p.m.

Tour one of America's wealthiest, most beautiful and architecturally important suburbs. The focus will be on Evanston, Wilmette, Kenilworth, and Winnetka. Included on this tour, with the amazing Bill Hinchliff, is the Dawes Mansion (the Evanston Historical Society), the Block Museum of Art (Northwestern University), Bahai Temple, and the Levere Temple of SAE National Headquarters which contains lovely Tiffany glass. Lunch will be at the Celtic Knot and your entree choices are: grilled chicken salad or shepherd's pie.



Carmen at the Lyric Opera

Friday, October 29 Fee: \$89 / NM: \$99

* Transportation will be by train, as a group, arriving very close to the theatre. You will receive a letter with details.

Arrival at the Lyric Opera House must be by 11 a.m. and lunch will be served from 11 a.m. - 12 noon. Immediately following lunch there will be a short, special presentation just for our group, on the history of the Lyric Opera with inside stories by one of their long time staff, Jack Zimmerman. There will also be a pre-performance lecture about Carmen from 1 - 1:30 p.m. Carmen begins at 2 p.m. Because it is a long day, they have made special arrangements for our group to have access to a private room during the first intermission. Tickets will be passed out at lunch in the Florian Bistro, on the top floor of the building. The performance is scheduled to end at 5:40 p.m.

Bucktown's Best

Wednesday, November 10 Fee: \$70 / NM: \$80
Motorcoach departs Toys R Us at 9 a.m. and returns at approximately 4 p.m.

Explore this interesting and trendy neighborhood - Bucktown - with a visit to an historic church and bakery, lunch in a local restaurant, shopping, and a dessert at a Chicago institution. Hope your curiosity has been piqued.



Horseshoe Casino

Hammond, Indiana

Tuesday, November 16 Fee: \$20 / NM: \$30
Motorcoach departs Toys R Us at 8:30 a.m. and returns at approximately 4 p.m.

Choose from a wide variety of slots and tables in a luxurious atmosphere as legendary as Jack Binion himself. From blackjack and roulette to live poker! Fee includes a lavish lunch at the Village Square Buffet, a \$5 free slot play voucher, and motorcoach transportation. Please bring valid State Identification, which is required at the casino.



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.

DAY EXCURSIONS NOTEWORTHY

Ron Hawking: Home for the Holidays at Drury Lane

Tuesday, December 14 Fee: \$73 / NM: \$83
Motorcoach departs Toys R Us at 9 a.m. and returns at approximately 5:30 p.m.

Ron Hawking knows how to deliver a performance that truly comes from his heart. It's that special quality of performance that allows him to touch the heart of his audience every time he walks onto the stage. Enjoy a wonderful holiday lunch and show with yuletide caroling and a visit from Santa.

Music selections includes all your favorites - *Baby It's Cold Outside, It's the Most Wonderful Time of the Year, The Prayer*, etc. The performance also features Ron's impressions of other holiday classic crooners such as Bing Crosby, Nat King Cole, and Jose Feliciano.



9 to 5: The Musical

Wednesday, January 26 Fee: \$115 / NM: \$125
Motorcoach departs Toys R Us at 12:15 p.m. and returns at approximately 5:45 p.m.

9 TO 5: THE MUSICAL is a hilarious story of friendship and revenge in the Rolodex era. This new musical comedy, direct from Broadway, is based on the hit movie and features Dolly Parton's original hit title song along with her new Tony® Award and Grammy nominated score. The book is by Patricia Resnick (co-writer of the original screenplay). 9 to 5: THE MUSICAL tells the story of three unlikely friends who conspire to take control of their company and learn there's nothing they can't do -- even in a man's world. Outrageous, thought-provoking and even a little romantic, this play is about teaming up and taking care of business... it's about getting credit and getting even... and it's about to open in Chicago.



Daytime Neighborhood Meeting with Mayor & City Council

Highland Park Police Department
Friday, November 19
10:30 a.m. - 12 noon

The City of Highland Park is convening a series of neighborhood meetings as part of an ongoing effort to share information concerning current objectives of the City government with the community. Residents will also have an opportunity to conduct a dialogue with the Mayor, members of the City Council and the City Manager.

This special daytime meeting was recently added to meet the needs of those who cannot attend evening meetings. Bring questions, comments, and concerns about *your* community, at a time when the 2011 Budget is being considered. Utilize this unique opportunity to be a part of the process and to have your voice heard.



Holiday Closing Schedule

Thursday, November 11

Thursday, November 25

Friday, November 26

Friday, December 10 *

Friday, December 24

Friday, December 31

* (from 11:30 - 3 p.m.)



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.
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Exercise with Kris

Mondays: Seated Stretching

July - December (no class December 20 - 30)

9:45 - 10:45 a.m. Fee: \$60 / NM: \$70

* Level 1

Thursdays: Low-Impact Cardio

July - December (no class December 20 - 30)

9:45 - 10:45 a.m. Fee: \$60 / NM: \$70

* Level 2

Sit and Be Fit - Chair Exercise

Mondays, November 1 - December 13

Thursday, November 4 - December 16

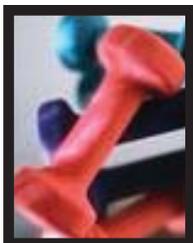
1:30 - 2:30 p.m. (no class 11/11 & 11/25)

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

Thursday Fee \$28 / NM: \$38

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

* Level 1



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

Tuesdays, November 2 - December 14

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

This total body conditioning class is designed to keep your interest by offering a variety of workouts in each class. Instructor Marla Solarz 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. Floor work included.

* Level 3

Latin Dance Aerobics: Zumba Gold

Wednesdays, November 3 - December 15

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

Instructor Marla Solarz teaches lively Latin dances including meringue, cumbia, salsa, cha cha and bachata. Marla is a certified "Zumba" instructor and leads the class alternating fast and slow dance styles to achieve the proper cardiac exercise, allowing for increased heart rate and proper recovery.

* Level 2 / 3

Gentle Tai Chi

Wednesdays, November 3 - December 15

2 - 3 p.m. Fee: \$39 / NM: \$49

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.

Students may participate while seated or standing.

* Level 1 / 2

Yoga

Tuesdays, November 2 - December 14

Fridays, November 5 - December 17 (no class 11/26)

10:30 - 11:30 a.m.

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

Friday Fee: \$33 / NM: \$43

Taught by certified Yoga instructors, Patti Bartelstein on Tuesdays and Joy Luster on Fridays, these classes explore 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

CLASSES

Ceramics

Tuesdays, November 2 - December 14

Brown Bag Lunch: 12 - 1 p.m.

Class: 1 - 3 p.m.

Fee: \$39 / NM: \$49

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.



Portrait and Landscape Art Class

Wednesdays, November 3 - December 15

9:30 - 11:30 a.m.

Fee: \$32 / NM: \$42

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, November 4 - December 16

(no class 11/11 & 11/25)

1 - 3 p.m.

Fee: \$39 / NM: \$49

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.

Jewelry Making

Friday, November 12

9 a.m. - 12 noon

Materials Fee: \$15 / NM: \$25

Local artist Claire Shapiro will guide participants as they design and create an individual piece of wearable art. Basic supplies are included in the fee. At the start of class, students may purchase a variety of beads from the instructor for an additional fee ranging from \$5 - \$20. Please stop by the Center Library to view samples of her work.

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. Games are dealer's choice.

Rules of the Road

Thursday, December 2

9:30 - 11:30 a.m.

Free

Held at the Senior Center, instructor Judy Hutton will give senior drivers the knowledge and confidence needed to renew a driver's license. Please register in advance by calling (847) 432-4110.

AARP Driver Safety

Thursday & Friday, October 28 & 29

9 a.m. - 1 p.m.

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

Held at HP Police Station, 1677 Old Deerfield Road Instructor Earl Nichols helps students to sharpen driving skills and develop strategies for adjusting to age-related changes. Individuals who complete the entire class may be eligible for reduction in auto insurance premiums. Pre-registration with payment by check is required; please make checks payable to: AARP, and if you are an AARP member, please indicate your AARP number on the check.



Advanced Bridge Class

Thursdays, beginning in January

10 a.m. - 12 noon

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. Come by yourself, with a partner, or bring your own foursome and enjoy this great opportunity to improve your game.



ACTIVITIES - FREE FOR MEMBERS

Table Tennis (Ping Pong)

Mondays & Wednesdays, 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

Mondays, November 1 & December 6

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

Provided by Traycee Home Care Services

Duplicate Bridge

Mondays, 12:30 - 3 p.m.

Enjoy this great opportunity for informal duplicate bridge play. Master points will not be issued.

Open Art Studio

Mondays, 1:30 - 3:30 p.m.

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

Knitwits

Tuesdays, 9:30 a.m.

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

Open Bridge

Tuesdays, 9:30 a.m.

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



Senior TV Production Team

Tuesdays, 12:30 p.m.

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

Yiddish Conversation & Culture

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

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

"For Men Only" Discussion Group

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

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

Mah Jongg

Thursdays, 1 p.m.

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

News & Views Current Events

Fridays, 10 - 11:30 a.m.

Join others for an intellectual discussion on world-wide current events. Share thoughts and opinions with a wonderful group. Facilitator: Arthur Frohman

Chess Club

Fridays, 1 - 4 p.m.

Facilitated by Tom Kimmel, this group meets weekly. Players are matched based on skill level. Players of all levels are welcome, including beginners. Please call (847) 432-4110.

Laurel Larks

Fridays, 10 - 11:30 a.m.

Held at the Peers Building, 400 Central Avenue - HP
Under the direction of Peggy Massello, accompanied by husband Dave Massello, this fun-loving group practices weekly to prepare for performances.

Sponsored by First Bank of Highland Park

SOCIAL SERVICES

Prescription Enrollment Seminars

Thursday, November 4 or Friday, November 5

9:30 - 11:00 a.m.

Free

Open enrollment for the Medicare Prescription Drug Plan extends from November 15 - December 31. During this period, you may change from your current drug plan, or enroll for the first time. Everyone is encouraged to re-evaluate their insurance coverage due to changes in the drug plans or changes in your own prescriptions. Please call (847) 432-4110 to register.

Family Caregiver Support Group

First & Third Thursday of each month

7 - 8:30 p.m.

Free

Held at Family Service, 777 Central Avenue

Those caring for family members are encouraged to consider joining this group, led by Paula Cyphers, MA, Social Services Coordinator on the first Thursday and Lois Silverstein, LCSW on the third Thursday, to provide the essential support needed to maintain a positive attitude during very stressful times.

Support for Parents and Siblings with Dependent Adult Family Members

Thursday, December 9 10 - 11:30 a.m. Free

(No meeting in November due to Veteran's Day)

This drop-in program is open to older adults experiencing concern about their adult children or siblings concerned about a brother or sister who remains dependent as a result of unemployment, substance abuse, emotional struggles, physical disability, financial challenges, or an inability to achieve personal growth. Facilitated by Paula Cyphers, and Lois Silverstein.

Widow/Widower's Continuing Support

Tuesdays, 1:30 - 3 p.m.

Free

Moving forward following the loss of a spouse creates many challenges. This group continues to provide a wonderful social network to the participants. It will continue, under rotating leadership, by Paula Cyphers, Lois Silverstein, and Gina Gooden.

Volunteer Opportunities

Let the Senior Center assist you in finding just the right volunteer opportunity for you. Getting involved in helping others is a rewarding way to spend your time and apply your skills in a new direction. Please call Gina at (847) 926-1865 to make an appointment to discuss your interests.

Seeking Volunteers for Tax Assistance

Volunteer Income Tax Assistance (VITA) begins February 1, 2011 and there is a need for individuals interested in training to assist people with simple tax returns. If you have a skill with numbers, please contact the Senior Center to obtain information about the training required and the guidelines for service.

Grocery Shopping & Errand Services

Youth volunteering at *The Firehouse* Youth Center provide free services for qualified seniors, Friday afternoons. Grocery shopping and errand services to several local pharmacies, the post office, dry cleaners, etc. are done each week. Call Gina at (847) 926-1865 to request assistance.

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. For further details call Gina at (847) 926-1865.

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 Gina at (847) 926-1865 to schedule a free appointment.

Financial Scholarship

Scholarship dollars may be used toward membership, and trips, classes, or special events. Interested candidates should contact Social Services Coordinator, Paula Cyphers, and schedule a confidential meeting to determine qualification for scholarship funds.

Scholarship approval is based on proof of:

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

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.

New Members

Judith Bederman
Mary Bernardi
Carla Boylan
Deborah Chatzky
Sanford & Adrienne Ekerling
Jerry & Janet Etshokin
Evelyn Fisher
Joseph Gizzi
William & Nan Harris
David & Sandra Kaminsky
Ernest & Barbara Koehler
Avram & Kerana Kraft
Lois McCullough
Nancy Mendel
Marcia Rosenbaum
Edward & Sari Salinas
Robert Schaefer & Susan Myers-Schaefer
Scott & Barbara Sarott
Suzanne Tolpin

Donations

In Memory of Evelyn Furgatch

From: Gretchen Bachner

In Memory of Dorothy Wexler

From: Herman Wexler

In Honor of Ruth Herzog's 90th Birthday

From: Mickey David

In Honor of Staff for Services for Seniors

From: Michael & Joan Weinberg

Tree of Honor

Donations may be made in honor or in memory of important people and events in your life. When you make a donation of at least \$200, you may request a leaf to be engraved and placed on the Tree of Honor in the living room of the Senior Center.

Donations help to support the programming of the Senior Center, bringing much enjoyment to the membership. Please call for further information.

Artist of the Month

Ursula Jonas

Talent often shows itself early, and with Ursula Jonas her talent was recognized by the age of ten. It was at about that time she began studying at the Art Institute of Chicago, taking the train there from Hyde Park. She ended up taking lessons there again later in her life, as well.

At the University of Wisconsin, Ursula began with a major in Art, later changing her focus, but continuing to apply her art studies throughout her working life. Ursula has sold her work in a variety of galleries including the Loucks Gallery in Glencoe. She has also exhibited her work in many art shows in the Chicago area. Recently, she received first place awards in a couple of these shows.

Her abstract paintings in acrylic will be on display during the months of November and December. Please take the time, when you are in the building, to appreciate her work.

Seeking Artists to Exhibit

Take advantage of this opportunity to exhibit your artwork at the Highland Park Senior Center. Every two months, the exhibit of art within the Center changes to highlight the work of one of the members.

Whether you have created your artwork in the Centers' art studio or not, you are welcome to consider showing your work at the Senior Center to be enjoyed by all the members, as well as your friends and relatives.

Please contact Marla Schachtel at (847) 926-1861 to indicate your interest and discuss the details of having an exhibit in 2011.



CITY OF HIGHLAND PARK

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

MAYOR:
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CITY COUNCIL:
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STEVEN W. MANDEL TERRI R. OLIAN
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CITY MANAGER:
DAVID M. LIMARDI

Senior Center Staff

Marla Schachtel,
Senior Services Manager
Paula Cyphers, M.A.,
Social Services Coordinator
Laura Frey, CPRP,
Program Coordinator
Gina Gooden, M.A.,
Program Coordinator
Susan Mosky,
Records Administrator

Center Parking Guidelines

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

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

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

Transportation Options

The Senior Center operates a Free Senior Connector Bus; Moraine Township offers a Subsidized Taxi Program as well as a Transport Van serving riders that cross city boundaries; and there is also a PACE Dial-A-Ride available to seniors with physical disabilities. For a complete listing of transportation services, call the Center at (847) 432-4110.

Holiday Gift Policy

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

City of Highland Park Gift Policy: Employees shall not accept gifts of any kind from members of the public, customers, or vendors, except for edible gifts, such as cookies, candy, etc., which can be placed in the department and shared by everyone. All other gifts, including tips, must be returned to the sender with a courteous explanation that acceptance of gifts or tips is against City policy.

