

THE SHORELINES

JULY & AUGUST, 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.



IPRA Six-County Senior Olympics 2010

Location: Park Ridge, and area communities
Day / Date: Monday, July 12 – Friday, July 23
Fee: \$14 single day / \$20 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, horseshoes, bocce, volleyball and more. All participants receive a 2010 Senior Olympics T-shirt and a filled goody bag. Medals will be awarded to the 1st, 2nd and 3rd place finishers in each age / gender category.

18-hole Golf Outing

Highland Park Country Club
Monday, July 19
8 a.m. shotgun start

Fee: \$55 (plus the \$14 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. Treats will be distributed on the course, by Senior Olympics volunteers. All participants must submit an IPRA Six-County Senior Olympics registration form no later than July 2nd. Please call Laura at (847) 926-1860 for further information.



Senior Olympics is sponsored by Presbyterian Homes, Glenview Terrace Healthcare and Rehabilitation Center, and Guardian Home Care and Hospice.

Live on the Links Classic Concerts

Highland Park Country Club
1:30 - 2:30 p.m.
Free; for members only
Pre-registration required

Dave and Debby Duo

Thursday, July 22

Debbie Miller Koziarz and Dave Massello turn the Highland Park Country Club into a cabaret for the afternoon. Debbie's silky voice and Dave's piano talent create a combination that moves the spirit. Their repertoire includes smooth jazz, Broadway, and a wide variety of nostalgic favorites.

The Lincoln Trio

Thursday, August 5

The Lincoln Trio is the ensemble-in-residence at the Music Institute of Chicago. The three musicians travel all over the United States playing concerts and participating in outreach programs. The program will include works by Beethoven, Ernest Bloch and the local Chicago composer Stacey Garrop, recently performed at their Ravinia concert



Las Guitarras de Espana

Thursday, September 2

HPHS Wind Ensemble

Friday, October 22

Pilgrim Chamber Players

Friday, November 19

*Sponsored by Whitehall of Deerfield
Healthcare Center*

SPECIAL ACTIVITIES

Mix and Mingle Social Group

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; deadline is 1 week in advance.

Jimmy's Charhouse Outing

Tuesday, July 20

5:00 - 6:30 p.m.

Fee: \$20

Held at Jimmy's Charhouse

1111 Milwaukee Avenue, Riverwoods

With its warm and inviting atmosphere, enjoy the chance to mingle at this popular restaurant. Dinner includes your choice of soup or salad, dinner entrée, dessert, and beverage. When registering; please indicate your choice of chicken brochette, top sirloin, tilapia, or pasta.



Pinstripes Dinner and Bocce or Bowling

Tuesday, August 24

4:30 - 6:30 p.m.

Fee: \$20

Held at Pinstripes

1150 Willow Road, Northbrook

Pinstripes features exceptional Italian/American food and wine; 18 bowling lanes and 10 indoor/outdoor bocce courts; as well as a beautiful outdoor patio and fireplace. Join fellow members for your choice of bowling or bocce followed by a light dinner featuring your selection of Chicken Marsala, Eggplant Parmesan,



or Pepper Steak served with a delicious Risotto, a cookie and brownie platter for dessert, and coffee, hot tea or iced tea.

*Sponsored by Visiting Angels
Living Assistance Services*

Monday at the Movies

Highland Park Police Station

Mondays, 1:30 p.m.

Free, for members only

Dear John (romantic drama)

July 12

A romantic drama about a soldier who falls for a conservative college student while he's home on leave.

Valentines Day (comedy)

July 19

Intertwining couples and singles in Los Angeles break-up and make-up based on the pressures and expectations of Valentine's Day.

From Paris with Love (thriller)

July 26

In Paris, a young employee in the office of the US Ambassador hooks up with an American spy looking to stop a terrorist attack in the city.

Crazy Heart (drama)

August 2

A faded country music musician is forced to reassess his dysfunctional life during a doomed romance.

Play the Game (comedy)

August 9

A young ladies' man teaches his dating tricks to his lonely, widowed grandfather, and plays his best mind games to meet the woman of his dreams.

** Meet the film's writer / director Marc Fienberg on Wednesday, August 11th.*

The Last Station (biography)

August 16

A historical drama where author Leo Tolstoy's struggles to balance fame and wealth with his commitment to a life devoid of material things.

Extraordinary Measures (drama)

August 23

A drama centered on the efforts of John and Aileen Crowley to find a researcher who might have a cure for their two children's rare genetic disorder.

The Book of Eli (action)

August 30

A post-apocalyptic tale, in which a lone man fights his way across America in order to protect a sacred book that holds the secrets to saving humankind.

Sponsored by Belmont Village in Glenview

SPECIAL ACTIVITIES

City Park Grill Luncheon

1783 St. Johns Ave - Highland Park

Friday, July 9

11:45 a.m.

Fee: \$17 / NM: \$25

City Park Grill offers American comfort food served in an upscale yet casual environment. They prepare soups and sauces in-house on a daily basis, bake their own desserts, receive fresh fish daily, and source the finest steaks available. The dining room and bar area reflect a contemporary urban setting creating an intimate, yet roomy feel. Lunch includes garden salad, your choice of entree, wild rice, apple crisp a la mode, and soda or iced tea. When registering, please indicate your choice of Lemon Piccata Chicken, Cashew Tilapia, or BBQ Brisket.



The Curry Hut Lunch Buffet:

Mild and Tasty Food!

410 Sheridan Road - Highwood

Friday, August 6

11:45 a.m.

Fee: \$14 / NM: \$21

The Curry Hut features Indian and Nepalese dining that brings you the taste of home cooked food from the huts of Rural India. Their recipes are simple in nature yet authentic in flavor. Their buffet lunch offers an opportunity to sample a wide variety of traditional foods, and there is something for everyone! Please don't be scared that curry means spicy. They offer many delicious selections with limited or no heat.



The atmosphere is warm and comfortable, and this is an experience you will truly enjoy! Your fee includes the lunch buffet and your choice of soda or iced tea.

Grandparent & Grandchild

Surf's Up Pool & Sports Party

Lillian L. Lutz Recreation Center

Sunday, July 11

4:30 - 6:30 p.m.

Fee: \$8/ NM: \$12

Gather your grandchildren for a wet and wild special event! This newly renovated facility, located at 1195 Half Day Road, is perfect for children of all ages, and features a splash pad for toddlers, a shallow pool with water slide and a deep water pool for older youth. Additionally, the sport courts will be open for basketball, floor hockey, tennis, and other athletic games. There will be open swim time, water games with prizes, and a family friendly buffet dinner. Rain date is scheduled for 7/18. Advance registration is required; please call (847) 432-4110.



Chicago Symphony Orchestra

Pre-Concert Lectures

by Jim Kendros

Highland Park Senior Center

Wednesdays, 2 - 3:15 p.m.

Free; for members only

July 7

American Masters

August 11

Yo Yo Ma



Performer, composer, and lecturer, Jim Kendros shares his wealth of knowledge during these exciting programs featuring pre-concert lectures for selected Ravinia concerts. Gain insight and understanding of these great musicians and their music. Advance registration required.

*Sponsored by The Seasons
at Glenview Place*

SPECIAL ACTIVITIES

Adventure: New Zealand

With Marla Schachtel

Highland Park Public Library

Wednesday, July 21

10:30 – 11:30 a.m.

Free

Share the adventures of Marla Schachtel, through her photographs, of her visit to New Zealand earlier this year. From a quiet beginning on an old sheep farm, to a kayak ride through a burgeoning storm, you will share the excitement she felt. Ride along on her first helicopter ride, and experience the extraordinary Milford Track, known to be one of the most beautiful walks in the world.

Kenney, Miller, & Bronstein

Lecture Series 2010

Highland Park Country Club

Thursdays, 1 - 3 p.m.

Free to Members / NM: \$10

Advance registration required

July 8 And Then What?

Miller

View the timeless questions revolving around eternal life from the perspective of two eminent contemporary theologians: Bishop John Shelby Spong, who offers a thoughtful liberal perspective, and Bishop N.T. Wright, who presents more traditional views in an equally scholarly fashion.

Sept. 30 The Global Commons

Kenney

The earth, air, oceans, airwaves, and even the Internet are the modern global commons, comparable to the village commons of old. Now a new virtual community is taking shape. Its goal is the definition, declaration, and defense of the commons.

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

Play the Game:

Film Writer, Director, Producer

Marc Fienberg

Highland Park Police Station

Thursday, August 12

10:30 - 11:30 a.m.

Free; for members only

Marc Fienberg, born and raised in Skokie, is an award winning screenwriter and director of several films and has more than a decade of filmmaking experience.

Inspired by the active love-life of his 89 year-old grandfather, Marc's first feature film, *Play The Game*, attracted an impressive cast headlined by Andy Griffith, Paul Campbell, Doris Roberts, Marla Sokoloff, and Liz Sheridan. *Play The Game* is a romantic comedy about a young ladies man who teaches all his dating tricks to his lonely, widowed grandfather – with both encountering several table-turning twists along the way. Marc is the President of Story Films, a production company that produces and finances clever, entertaining, and marketable feature films, television shows, and commercials. Marc will talk about how he came into the film business, share his experiences in writing and directing *Play the Game*, and he will discuss future projects in the works.

Play the Game will be shown on Monday, August 9, at 1:30 p.m.



Senior Law Day:

What Elders Need to Know about the Law

Lake County Court House

Wednesday, September 29

1 - 3:30 p.m.

Free

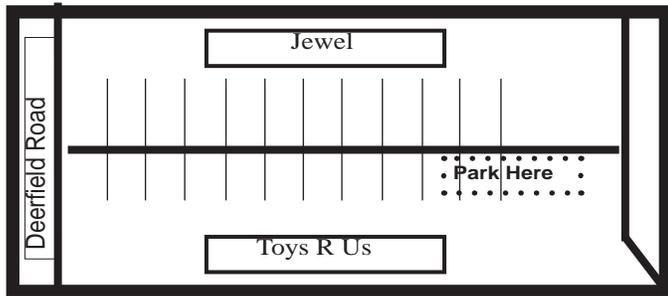
18 North County Street - Waukegan

Learn what older adults need to know about the law. Lake County Courthouse, in Waukegan, invites you to meet your Lake County Judges and take a tour of the Lake County Jail. Reservations must be made by calling (847) 377-3818, or by e-mailing to dflory@lakecountyil.gov

DAY EXCURSIONS

Departure Location for Trips:

Toys R Us Parking Lot
1610 Deerfield Road, Highland Park



Horseshoe Casino

Hammond, Indiana

Thursday, July 15

Fee: \$20 / NM: \$30

Motorcoach departs Toys R Us at 8:30 a.m. and returns at approximately 4 p.m.

Join the thousands of winners at Horseshoe Casino! 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.**



Sugar

Drury Lane Theatre

Thursday, July 29

Fee: \$65 / NM: \$75

Motorcoach departs Toys R Us at 10:15 a.m. and returns at approximately 5:15 p.m.

Adapted from the hilarious screen classic "Some Like It Hot," *Sugar* is a musical version of two out-of-work musicians, Joe and Jerry, who witness the St. Valentine's Day massacre. They disguise themselves as women in an all-female band, to avoid being killed by pursuing gangsters. A lovely lunch precedes the performance; please choose from the following entrees, when you call: baked lemon sole or roast pork loin with apples and sauerkraut.



Edelweiss Cruise

Lake Geneva, WI

Tuesday, August 17

Fee: \$67 / NM: \$77

Motorcoach departs Toys R Us at 9:30 a.m. and returns at approximately 5 p.m.

There are just a few seats remaining. Please call to register or add your name to the waiting list.

American Craft Exposition

NU University

Friday, August 27

Fee: \$28 / NM: \$38

Motorcoach departs Toys R Us at 10 a.m. and returns at approximately 2:30 p.m.

Take this golden opportunity to view the 2010 Annual American Craft Exposition, showcasing the country's finest craftspeople. This prestigious, juried indoor exposition and sale of fine craft includes one-of-a-kind pieces, quality collections, and uniquely creative artwork. Approximately 150 craftspeople from across the U.S. exhibit baskets, ceramics, wearable and decorative fiber arts, furniture, glass, jewelry, leather, metal, mixed media, paper, and wood crafts. Food will be available for purchase at the show, provided by Foodstuffs.



Crazy 'Bout the Duke!

Skokie Theatre

Wednesday, September 1

Fee: \$50 / \$60

Motorcoach departs Toys R Us at 11 a.m. and returns at approximately 4 p.m.

Take a nostalgic trip back in time and listen to the music of a prominent figure in the history of jazz. Duke Ellington's music stretched into other genres, including blues, gospel, film scores, popular, and classical. In this beautifully renovated venue, the incredible work of this genius will be played by a group of professionals who will do the Duke proud! Prior to the concert, lunch will be enjoyed at the Village Inn, a neighborhood restaurant featuring simple, but excellent food, in a comfortable setting. Your entree choices are: 1/2 lb. chopped sirloin burger; teriyaki chicken breast sandwich; Italian beef sandwich; or meatloaf plate. All entree choices include salad, choice of fries, assorted ice cream flavors for dessert, and beverage.



DAY EXCURSIONS

Inside Auction Houses & Beyond

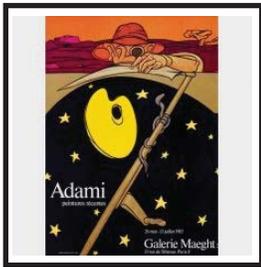
Tuesday, September 14

Fee: \$76 / NM: \$86

Motorcoach departs from Toys R Us at 9 a.m. and returns at approximately 3 p.m.

Explore new areas of Chicago, guided by Joy Horwich, and you will see how new dynamics have given more prominence to auction houses. The first stop on the day's tour will be at Susanna's, a building filled with collectibles, jewelry and furniture that will bring back fond memories of earlier years. Learn about how this business came into being in this relatively new location. The Wright Auction House is the next stop, a 'new kid' on the block, who is now internationally known and copied by Sotheby's and Christie's. Richard Wright has established a niche in Modern American, French, and Italian artists' designed furniture, and any art form that became important during the period from 1900-1960. Most exciting is that in addition to viewing the pieces that will be auctioned that day, the group will

personally see how the auction works. You may even want to bid....the group will root for you! Lunch will take place at a wonderful new spot in the West Loop, Prairie Fire, after which there will be one more surprise stop.



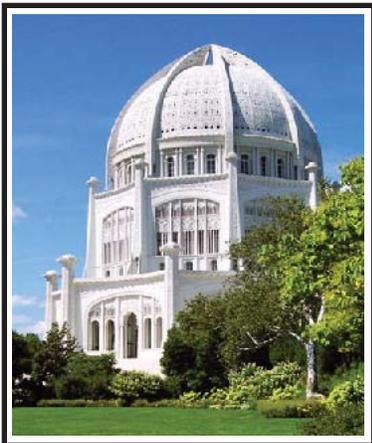
Treasures of the North Shore

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.



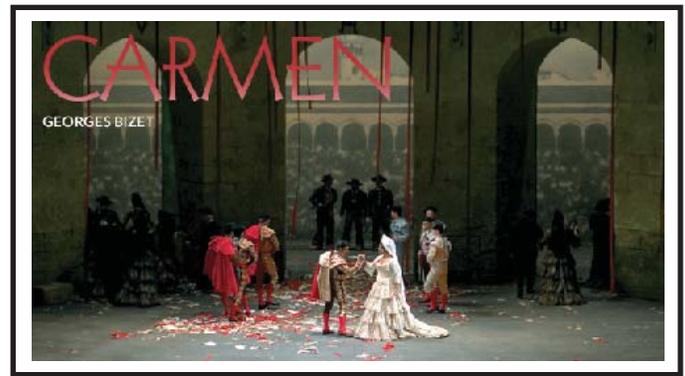
Carmen at the Lyric Opera

Friday, October 29

Fee: \$89 / NM: \$99

*** Transportation for this trip will be by Metra train, as a group, arriving very close to the theatre.**

The Lyric Opera is offering seniors a sensational package for this classic opera. Fee includes lunch at the *Florian Opera Bistro*, in the same building, followed by an introductory lecture, and main floor seating for the performance. The Bistro updates their menu annually, and you will be able to order from the menu on the day of the performance. There is a limited number of seats remaining; please inquire about the wait list.



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.

CLASSES

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.
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Exercise with Kris

Mondays: Gentle Stretching (class is seated)

July - December

9:45 - 10:45 a.m.

Fee: \$60 / NM: \$70

* Level 1

Thursdays: Low-Impact Cardio

July - December

9:45 - 10:45 a.m.

Fee: \$60 / NM: \$70

* Level 2

Sit and Be Fit - Chair Exercise

Mondays, July 12 - August 30

Thursday, July 8 - August 26

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

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

Tuesdays, July 6 - August 24

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. 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, July 7 - August 25

10:30 - 11:30 a.m.

Fee: \$44 / NM: \$54

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, throughout the class.

* Level 2 / 3

Gentle Tai Chi

Wednesdays, July 7 - August 25

2 - 3 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.

Students may choose to participate seated or standing.

* Level 1 / 2

Yoga

Fridays, July 9 - 30

Tuesdays, August 10 - 31

10:30 - 11:30 a.m.

Fee: \$22 / NM: \$32

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

Art Styles and Techniques

Tuesdays, July 6 - August 24

1 - 3 p.m.

Fee: \$44 / NM: \$54

The Art Center, 1957 Sheridan Road, Highland Park
Add some brightness to your life. Using the medium of your choice, this class welcomes students for an in-depth study of art techniques and styles. Instructor Didier Nolet focuses on a new skill each week, which will help artists of all levels. Have fun creating art that you will be proud to share with family and friends.

Ceramics

Tuesdays, July 6 - August 24

Brown Bag Lunch: 12 - 1 p.m.

Class: 1 - 3 p.m.

Fee: \$44 / NM: \$54

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, July 7 - August 25

9:30 - 11:30 a.m.

Fee: \$36 / NM: \$46



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, July 8 - August 26

1 - 3 p.m.

Fee: \$44 / NM: \$54

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

Championship Poker: Drop-In

Wednesdays, 1 - 3 p.m.

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

Championship Poker is designed to add a competitive edge to this friendly game of poker. Players will receive chips each week, and the top chip winner will receive a gift card to a local business. Games are dealer's choice of traditional Las Vegas style games.

Common Bridge Conventions & Supervised Bridge Play

Thursdays, September 16 - November 4

10 a.m. - 12 noon

Fee: \$50 / NM: \$60

Each class will begin with a 30-minute lesson on a commonly used convention, as presented in Barbara Seagram's book entitled *25 Conventions You Should Know*. Following, enjoy supervised bridge play, which allows students with previous experience to play bridge in a supportive and supervised environment. Instructor Bob Burke will be on hand to organize play, answer questions, and review play of the hand upon request. Come by yourself, with a partner, or bring your own four-some and enjoy this great opportunity to improve your game.



Continuing Canasta Lessons

Fridays, August 20 - September 24 (no class 9/10 & 9/17)

1 - 3 p.m.

Fee: \$28 / NM: \$38

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 this continuing class which will focus on game strategy. Registrants must have previous experience.

CLASSES

Memoir Writing: The stories of your life!

Tuesdays, July 13 - August 10

11 a.m. - 12:30 p.m.

Fee: \$40 / NM: \$50

Memoir Writing makes you aware of who you are and where it all started. Carole Mark Gingiss will get you to write the stories of your life. This is not an English class, nor a genealogy class. Topics are generated from classmates' memoirs read in class, or teacher suggestions. If you don't write the stories of your life and those who came before you, who will? Give yourself and the ones you love a once-in-a-lifetime gift.



Conversational Spanish Class

Tuesdays, September 7 - November 23

Continuing: 10 - 11 a.m.

Fee: \$48 / NM: \$58

Beginning: 11:15 a.m. - 12:15 p.m. Fee: \$48 / NM: \$58

These 12-week classes provides a great learning opportunity. Certified Spanish teacher and Highland Park resident, Leslie Fenster, will help students gain basic knowledge of Spanish, including everyday vocabulary, pronunciation, and grammar. The beginning class will focus on speaking skills, and will include the alphabet as well as elementary vocabulary. The continuing class is for those with a basic vocabulary looking to advance their language skills. Students will be required to purchase a textbook.



Mix-It-Up is taught by instructor Marla Solarz on Tuesday mornings at 9 a.m. Please see page 7 for details.

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.

July 15

You Should Hear What You're Missing

Susan Sherman, a Licensed Clinical Audiologist, will present information about the types of hearing problems experienced with aging and key steps to help combat hearing loss. Susan will share coping strategies to help people maximize their hearing potential and report on recent breakthroughs in hearing aid technology.

August 19

It's Nothing to Lose Sleep Over

Join Brandon Liebig, Clinical Director, Central Sleep Diagnostics, as he discusses sleep health and sleep disorders in the older adult population. Topics include: sleep changes across the life cycle, sleep apnea, insomnia, restless leg syndrome and effective methods and treatments to improve one's overall sleep quality and satisfaction.

Sponsored by Right at Home

Artist of the Month Cheri Saffro

A Chicago native, Cheri Saffro views her hometown on the shore of Lake Michigan as the ultimate balance of stimulation and tranquility. Seeking sunshine, she spends the winters in Scottsdale, where her outdoor studio has the optimal conditions for painting with pastels. Pastels combine both painting and drawing skills, making it the ideal medium for this award winning artist.

At age twelve, Cheri was granted a scholarship to the Art institute of Chicago. Another scholarship brought her to the University of Illinois for her teaching degree. After her years as an elementary / art teacher in Skokie, Lincolnwood and Lake Forest, she started "Floorscapes," a carpet boutique in Highland Park/Glencoe, where she designed hundreds of custom area rugs.

ACTIVITIES - FREE FOR MEMBERS

Table Tennis (Ping Pong)

Club Play: Wednesdays, 1 - 4 p.m.

Open Play: Mondays, 9 a.m. - 4 p.m.

Open Play: Wednesdays, 9 a.m. - 12 noon

Club Play session invites all players to enjoy continuous play and the winner stays with the table. During Open Play, the table may be reserved in advance; please call (847) 432-4110. A "Players Wanted" list is available to help facilitate pairings.

Free Blood Pressure Screening

Mondays, July 12 & August 2

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

Senior Center: 10:45 - 11:15 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

Novice 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 experienced players an opportunity to meet and play with others who are familiar with the game. All players are required to sign a Code of Conduct prior to participating. Please bring a current card. Leaders: Helen Appel and Rosadele Spanier

News & Views Current Events

Fridays, 10 - 11:30 a.m.

Join others for an intellectual discussion on worldwide 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.

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.

*Sponsored by Whitehall of Deerfield
HealthCare Center*

July 5 Happy Independence Day

Have a safe and happy holiday!

July 12 Shirley Temple: Sparkling Star

Shirley Temple, the adorable, precocious child, helped lift people's spirits in the darkest days of the Great Depression--and beyond. From the time she was three years old when she obeyed her mother's admonition, "Now sparkle, Shirley," into adulthood and middle age, Shirley performed and contributed to her culture and society. In this two-part program, Susan Benjamin shows video clips of Shirley's most memorable performances to complement stories of her unusual personal life. **Part I**

July 19 Israel Through Photos

Israel, the crossroad of three major religions and the biblical home of the Jews, is a tiny vigorous country surrounded by enemies. Indeed, anti-Israel anti-Zionists unfortunately are active throughout the world. In spite of this, the accomplishments of the people of Israel have been remarkable. Dr. Albert Miller will show pictures from a relatively recent trip to Israel along with commentary about his experience.

July 26 Around the Jewish World in 60 Minutes: Traditional Folk Tales

Meet Elyne Handler and accompany her on this special journey. Elyne will captivate you with traditional Jewish folk tales from the Diaspora. She is a professional storyteller and will entertain you, while bringing you back to your roots.



August 2 Mind/Body Healing for the 50+ set

Energy medicine is based on the principal that the health of the body, mind, and spirit are anchored in the body's energy system. The 50+ set can greatly benefit from the simple, empowering exercises developed by Donna Eden. Devi Stern, M.S., will demonstrate how you can enhance memory, relieve arthritic joints, regulate blood pressure, improve quality of sleep, overcome stress and fears, aid digestion, boost the immune system, and reconnect to the joy of living.

August 9 Shirley Temple: Part II

Susan Benjamin picks up where she left off last month, with further video clips and stories of the life of the adorable, precocious child star, Shirley Temple.

August 16 What's Hip in Hip Replacement

Discover what is new in the area of hip replacement with Dr. David Beigler, a board certified orthopaedic surgeon. For those who meet the necessary criteria, an option for total hip replacement is the anterior approach to total hip replacement. This involves a technique that is muscle saving, tissue sparing, and provides improved patient recovery. There are few, if any restrictions post surgery, and the patient may resume activities faster, with less pain, and with improved mobility.

August 23 Navajo Nation Slide Show

When you know Bill Helmuth is 'taking you on the road,' you can be sure you will learn a lot in the process. Bill recently had the amazing experience of visiting with Navajo Indians and seeing their lifestyle up close and personal, visiting schools, library, hospital, and being an integral part of their lives.

August 30 Johnnie Ray: Singing Sensation

Discover how this farm boy from Oregon, despite a hearing loss, became the international singing sensation of the 1950s through his unorthodox singing style and paved the way for rock and roll. Learn how his career was shattered by the vicious attacks of the scandal sheets, such as *Confidential*, repeating the story of his indiscreet lifestyle and arrest, and his tempestuous love affair with famed columnist Dorothy Kilgallen. Through it all, he had the devotion of those who loved him, and the fans from Australia and Britain who never forgot him. He gave three command performances for the Royal Family, more than any other American, including Danny Kaye. **Part I**

SOCIAL SERVICES

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.

Medical Equipment Lending Closet

Senior Center members and Highland Park residents may borrow equipment, including wheel chairs, walkers, and bath benches, at no charge, for an unlimited amount of time. Please call for availability of any equipment you may need.

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.

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 to make an appointment with staff to discuss your interests.

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.

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.

Support for Parents and Siblings with Dependent Adult Family Members

Thursdays, July 8 & August 12

10 - 11:30 a.m.

Free

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.

Grief Group Beginning in September

A new group will be forming in September. Details will be provided in the next *Shorelines & Highlander*.

Family Caregiver Support Group

Please call for meeting dates and time.

Those caring for family members are encouraged to consider joining this group, led by Paula Cyphers, Social Services Coordinator, to provide the essential support needed to maintain a positive attitude during very stressful times.

Senior Homestead Exemption

- This exemption lowers the assessed value of your property by \$4,000 and may be claimed in addition to the standard Homestead Exemption.
- You must have reached age 65 during the tax year
- Own and live in the property as your principal residence
- Forms available at the assessor's office. After filing, this exemption is renewed automatically every year.

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.

NOTEWORTHY

New Members

Caryl Anspach	Giana Lane
Penni Berman	Susan Larson
Sandy & Skookie Bernson	Carolyn Levy
Lillian Binder	Richard & Merle Lewis
Harry Blatt	Leonard & Janet Lickerman
Leonard & Marci Block	Anna Loots
Joyce Booth	Natalie Millman
Bernard Bornstein	Christine Moos
Lawrence Byer	Mimi Neumark
Patricia Cegielski	Sam & Arlene Pass
Herbert & Nancy Channick	Harry & Rena Rich
Teresa Chapman	Barbara Rubin
Evelyn Cout	Lois Ruderman
Karen Duetel	John & Lee Saltzstein
Joyce Eisen	Audrey Schmetterer
Marcy Elman	Allen & Roslyn Schwartz
Marian Epsteen	Jerry Schwartz
Teddye Felix	Edwin & Mae Shanberg
Susan Fraerman	Natalie Shefsky
Jean Freed	Judy Silverman
Joan Friedman	Al Simon
Arlene Gelman	Jamey Sniezek
Marvin Glass	Lois Sommers
Elli S. Glist	Richard & Judy Talman
Dorothy Gold	Howard & Nancy Turner
Larry & Susan Guthmann	Howard & Arlene Warshawsky
David Hacker	Harriet Weisman
Ada Hickey	Nancy Wolff
Lewis & Victoria Hofstein	Sheldon & Sharon Yusim
Irving Katz	
Sheila Keeshin	
Alan & Barbara Kravits	

Donations

In Memory of Corky Eisen

From: Lou Frey

In Memory of Alan Gordon

From: Hy & Ruth Chausow

In Memory of Edward Guthman

From: Lou Frey

In Memory of Kate Klesman

From: Idelle Levin

In Memory of Margie Warshawsky

From: Lou Frey

In Memory of Mr. & Mrs. Martin Holtzman's Son

From: Howard & June Berkowitz

In Memory of Seymour Nordenberg's Sister

From: Howard & June Berkowitz

Get Well Wishes to Roger Anfinen

From: Kris Larsen's Monday Exercise Class

Get Well Wishes to Ludmilla Coven

From: Morris & Betty Robinson

Get Well Wishes to Jean Flax

From: Maxine Levin

Wishes for a Speedy Recovery to Ruth Oppenheim

From: Howard & June Berkowitz

Best Wishes for a Happy Birthday to Roberta Kutunow

From: Sarah Poll

Best Wishes to Isabel Horwitz

From: Howard & June Berkowitz

In Honor of Michael & Irene Feit's Granddaughter's Bat Mitzvah

From: Lou Frey

In Honor of the Birth of Dr. Charles Lettvin's Son

From: Maxine Levin

For Services for Seniors

From: Laurence & Marye Feldman

Idelle Levin

Sanford Levin

Albert & Gwen Miller

Tree of Honor Donations

When you have a noteworthy life cycle event, and wish to recognize someone, consider a donation to the Tree of Honor. It might be in honor, or in memory of someone, and a meaningful way to pay tribute. Please inquire at the Senior Center for further details.

CITY OF HIGHLAND PARK

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

MAYOR:
MICHAEL D. BELSKY

CITY COUNCIL:
JAMES KIRSH SCOTT LEVENFELD
STEVEN W. MANDEL TERRI R. OLIAN
NANCY R. ROTERING LAWRENCE D. SILBERMAN

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.

Carpool Option

When registering for classes or events, please indicate if you are able to offer a ride to a member in need.

Happy July 4th Holiday!



