

# THE SHORELINES

SEPTEMBER - DECEMBER, 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

Member Registration Begins: Tuesday, August 21  
Open Registration Begins: Thursday, August 30

## Thank You Home Instead

The printing and mailing of this *Shorelines* newsletter was made possible by a generous donation from Home Instead Senior Care.



## Good Ol' Backyard Barbeque

Highland Park Senior Center  
Friday, September 21  
Inclement weather date: 9/28  
12 - 2:30 p.m.  
Fee: \$8 / NM: \$18



- ◆ Special guests Highland Park Firefighters will "Fire Up" the grill and "Heat Up" the fun
- ◆ Live upbeat music, overlooking the scenic shores of Lake Michigan
- ◆ Fun & games (bocce, croquet, horseshoes & more)
- ◆ Grilled hotdogs (all beef kosher and chicken with Gouda and apple)
- ◆ Salads, sides, dessert, and beverages
- ◆ Advanced registration required

*Sponsored by Omega Health and Home Services*

## Bonfire and Dinner at the Beach

North Shore Yacht Club  
Wednesday, October 17  
5 - 6:30 p.m.  
Fee: \$8 / NM: \$18

Enjoy a casual dinner on the front porch of the NSYC, which overlooks the beautiful waters of Lake Michigan. For dessert, roast marshmallows over an open fire and make your own s'mores. Musical entertainment will make for a wonderful evening. Please dress appropriately for the weather, as this is an outdoor event.

*Sponsored by Visiting Angels*

# SPECIAL ACTIVITIES

## Fall Harvest Dinner Dance

The Art Center Highland Park  
Wednesday, November 7

5:30 - 8:00 p.m.

Fee: \$10 / NM: \$20

Advanced registration required;  
call (847) 432-4110

Put on your dancing shoes and enjoy a fun-filled evening out. The Art Center Highland Park is a beautiful venue and will feature a juried art show entitled *Voices and Visions*. Dance the night away to the sounds of a fabulous live band featuring music from throughout the decades. No need to have a partner - the music will be well suited for singles, couples and even groups. The event includes a light buffet dinner featuring a delicious chicken entree, green beans almondine, roasted potatoes, a mini-sweet table for dessert, and coffee. A cash bar will feature soda, beer, and wine. Seating is limited; please register early. Doors open at 5:15 p.m.



## Holiday Luncheon & Concert

Highland Park Country Club  
Friday, December 14

12 - 2:30 p.m.

Fee: \$20 / NM: \$30

Advanced registration required;  
call (847) 432-4110

Share in the holiday spirit with old friends and new, at our annual holiday luncheon. A special holiday lunch includes butternut squash soup, your choice of entree, garlic whipped potatoes, assorted grilled vegetables, and a scrumptious holiday dessert. Following lunch, delight in a fabulous, upbeat holiday concert featuring many of your favorite holiday melodies. When registering, please indicate your choice of roasted sirloin steak or glazed salmon. Doors open at 11:45 a.m.

*Sponsored by Freedom Home Care*

## Senior Center Gift Certificates

### ~ A Great Holiday Gift ~

Senior Center Gift Certificates are the perfect gift for the Senior Center member who has everything.

Gift Certificates may be purchased for any amount (minimum of \$10) and may be used towards membership dues, or trips, classes, and special events.

Please call Sue at  
(847) 432-4110 for details.

**Highland Park Senior Center**  
54 Laurel Avenue  
Highland Park, Illinois 60035  
(847) 432-4110  
www.cityhpil.com

**GIFT CERTIFICATE**

A Gift For \_\_\_\_\_

In the Amount of \_\_\_\_\_ Dollars \$

From \_\_\_\_\_

Authorized by \_\_\_\_\_ Expires \_\_\_\_\_

# SPECIAL ACTIVITIES

## Live on the Links Classic Concerts

Highland Park Country Club

1:30 - 2:30 p.m.

Free for members / NM: \$10

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.

### September 6 Legacy Girls

Legacy Girls performs the toe-tapping hits of the famous Andrews Sisters with tight 3-part harmonies, costumes, and synchronized choreography - not to mention that comedic flair! Boogie Woogie back to the 30s and 40s with all your favorites. In their production of *America's Wartime Sweethearts*, Legacy Girls performs a delightfully entertaining tribute to the music that uplifted and unified a nation.



### October 25 Pilgrim Chamber Players

The Pilgrim Chamber Players presents the Fifth House Ensemble in an exciting program that includes the "Blues"



Movement from the Sonata for Violin and Piano by Ravel, a delightful Trio by Martinu for Flute, Cello and Piano and the beautiful Mendelssohn Trio in D Minor for Piano, Violin, and Cello.

### November 15 Highland Park HS Jazz Band

The Highland Park High School Jazz Band will perform a concert of jazz standards, including music by Count Basie, Miles Davis, Duke Ellington, Stan Kenton, Glenn Miller, and more. Get those toes a tappin', fingers a snappin', and lips a hummin' to the sounds of the great big bands.

*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 casual lunch, followed by unique and interesting lectures / workshops led by area naturalists. Advance registration is required; please call (847) 432-4110.

### September 14 Campfire Fun

Roast marshmallows around a crackling campfire, make s'mores and share your best campfire stories! Fall is the perfect time to relax outside with a cheery campfire. A Heller Naturalist will demonstrate how to build a campfire, help everyone roast marshmallows and make s'mores (a classic campfire treat) and tell a story or two. Feel free to share your favorite campfire stories as well!



### October 19 Incredible Bats

Meet Daniel Peterson and his incredible bats! Daniel will set us straight on bat facts and fiction, tell us amazing things about these fascinating flying mammals and even bring with him one or two types of fruit bats for us to hold and take pictures with.

### November 9 Ravine Geology

Come hear the epic tale of how the Highland Park ravines began forming thousands of years ago and learn how they are still growing and changing today! Talk about the plants and animals that call these unique habitats home and what the Park District is doing to restore them to help increase native Lake Michigan fish 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 in order to provide the most up-to-date film screenings, the movie titles will be posted on a monthly flyer and in the weekly Friday e-mails.



*Sponsored by BrightStar Lifecare*

## Film Showing and Discussion: Politics in the Movies

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

Free, and open to the community at large

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

**September 23**      **The Ides of March** (2011)  
An idealistic staffer for a new presidential candidate gets a crash course on dirty politics during his stint on the campaign trail.

**October 7**              **State of the Union** (1948)  
Starring Spencer Tracy and Katherine Hepburn, an industrialist is urged to run for President, but this requires uncomfortable compromises on both political and marital levels.

**November 4**            **All the Kings Men** (1949)  
The rise and fall of a corrupt politician, who makes his friends richer and retains power by dint of a populist appeal.

**December 9**            **Game Change** (2012)  
Starring Ed Harris, Julianne Moore, and Woody Harrelson, this film follows John McCain's 2008 presidential campaign, from his selection of Alaska Governor Sarah Palin as his running mate to their ultimate defeat.

*Sponsored by Home Instead Senior Care*

## Pop Culture Television Shows

Highland Park Public Library  
Fridays, 1 - 2:30 p.m.  
Free; for members only

The Highland Park Senior Center is thrilled to welcome internationally recognized, award-winning public speaker and historian Barry Bradford to its family! This fall, join Barry for a fun, fast, and fascinating series on the fantastically funny early days of television. Using numerous video clips, little-known anecdotes, and intriguing insights, Barry Bradford's multimedia presentations will fascinate and entertain you.

### Why We All Love Lucy September 7

Everyone loves Lucy! Not only was the show happily hilarious, it also changed the way television shows were produced, filmed, and sold! Explore the many innovations behind the scenes that created a classic - as well as watching hysterical clips from the queen of comedy and her court!



### Sid Caesar - King Of TV Comedy October 12

Sid Caesar was one of the greatest stars in the history of television. His shows represent the pinnacle of both performance and writing that television has never again approached. Caesar was amazingly talented and his writing staff (Neil Simon, Woody Allen, Mel Brooks, Selma Diamond, Carl Reiner, Larry Gelbart, among others) is unquestionably the greatest team ever assembled. Bradford will present hilarious, rare film clips, fascinating anecdotes, and insightful analysis to explain the rise and fall of Sid Caesar.

### Dick Van Dyke - Ushering in the 60s November 2

The Dick Van Dyke Show ushered in the sixties - it changed the way TV portrayed working women, marriage, suburbia and so much more. Although it premiered only two years after Lucy left the air, it looks much more modern. Join Barry for a fascinating look at a funny, smart and influential show!

*Sponsored by Arbor Ridge  
a CRL Senior Living Community*

# SPECIAL ACTIVITIES

## Global Perspectives

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

This 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.

### **Egypt's Uprising in the Name of Democracy- September 13**

*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?

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

*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.

*Sponsored by Whitehall of Deerfield Healthcare Center*



## Rise and Shine Humanities Series

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

**Free and open to the community at large**

### **Woody Guthrie's Centenary September 12**

Old Town School of Folk Music's Mark Dvorak performs songs from Woody Guthrie, America's great folk ballad maker. Guthrie's best songs - *This Land Is Your Land*, *Roll On Columbia*, *Pastures of Plenty*, and countless others - endure as living documents of the times in which he lived and of the places where he worked and lived. In this performance, Dvorak will explore some of this rich history.

### **The November 7 Elections October 24**

Carol Felsenthal, noted Chicago author and political blogger for [chicagomag.com](http://chicagomag.com), will discuss the November 7 elections, from the Presidential race to state and local races. Carol will share the inside scoop on what has happened during the election season.

### **Studs Terkel: Chicago Icon November 28**

Studs Terkel would have been 100 years old this year. Thom Clark, President of the Community Media Workshop and Professor in Residence at Columbia College Chicago, will talk about the life of Studs Terkel, his ground-breaking work as an author, and personal recollections.

### **REFUGE: Stories of the Selfhelp Home December 19**

REFUGE: Stories of the Selfhelp Home is a documentary film about the last generation of Holocaust survivors in Chicago. It weaves together historical narrative, archival footage, and personal testimony to reveal the origins and originality of a resourceful Chicago-area community that over generations has brought together more than 1,000 Central European Jewish refugees and Holocaust survivors under one roof. Director Ethan Bensinger will screen the film.

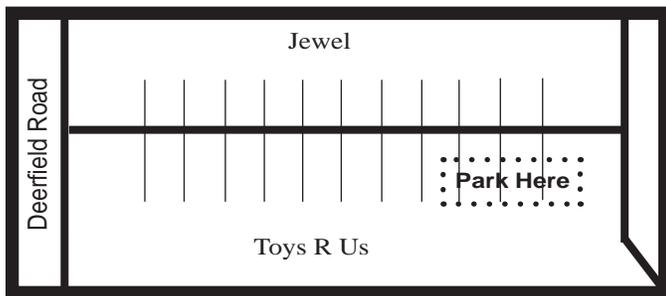
*Sponsored by Highland Park Nursing and Rehab*

# 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.

## First Place Team - Chicago White Sox vs. Minnesota Twins & Buffet Luncheon

*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 at your earliest convenience*

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.



## Potawatomi Bingo Casino

*Milwaukee, Wisconsin*

*Thursday, October 4*

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

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

*Bus returns at approximately 4 p.m.*

*Please register by September 20*

Set in the heart of Milwaukee, Potawatomi Bingo Casino has everything you might want: table games, slots, bingo, poker, and off-track betting. When you are ready to take a break from gambling, check out one of their five restaurants., including the All You Can Eat Buffet. With thrilling action 24 hours a day and some of the highest payouts of any casino in the area,

Potawatomi Bingo Casino is where you can relax and play. This package includes \$10 play credit, and a \$10 food voucher which can be used in any of their dining facilities.



# DAY EXCURSIONS

## Kinky Boots - World Premiere

*Bank of America Theatre, Chicago*

*Wednesday, October 31*

*Fee: \$120 / NM: \$130*

*Bus departs Toys R Us at 12:30 p.m.*

*Bus returns at approximately 6 p.m.*

*Please register by September 14*

From Grammy® Award-winning pop icon Cyndi Lauper and four-time Tony Award® winner Harvey Fierstein comes the exhilarating new musical **Kinky Boots**, directed and choreographed by Tony Award® winner Jerry Mitchell of *La Cage aux Folles* fame.

Charlie Price has suddenly inherited his father's shoe factory, which has been in his family for generations but is now on the verge of bankruptcy. In trying to save the business, Charlie finds inspiration in the form of Lola, a fabulous entertainer in need of some sturdy stilettos. As they try to turn the factory around, this unlikely pair discovers that they have more in common than they ever dreamed possible.

Featuring a sensational new score by Cyndi Lauper, knock-out dancing, and a spectacularly uplifting story, **Kinky Boots** proves that sometimes, the best way to fit in is to stand out!



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

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

*Wednesday, November 21*

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

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

*Bus returns at approximately 4 p.m.*

*This trip is currently filled; however, you may call the Center to have your name placed on a wait list.*

Don Pasquale is an opera buffa, or comic opera, in three acts by Gaetano Donizetti. 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 brunch at the Metropolitan Club, a private, members only club, on the 66th floor of the Willis Tower.

*This trip is partially funded with a grant from  
The Trillium Foundation  
and tickets were provided by the Lyric Opera*

## The Odd Couple at Northlight and Lunch at Jameson's Charhouse

*Northlight Theatre, Skokie*

*Wednesday, December 5*

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

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

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

*Please register by November 20*

George Wendt (from *Cheers*) and Tim Kazurinsky (from *Saturday Night Live*) star as famously mismatched roommates, Oscar and Felix. When recently failed marriages force slovenly Oscar to share an apartment with fastidious Felix, the pair must determine whether their differences are irreconcilable.



This beloved comedy by Neil Simon is both surprisingly poignant and side-splittingly funny. Prior to the show, enjoy lunch adjacent to the theater at Jameson's Charhouse. Lunch includes chicken noodle soup, your choice of entree, wild rice, mixed vegetables, tiramisu for dessert, and your choice of coffee, tea or soda. When registering please indicate your choice of london broil, chicken with artichokes, broiled tilapia.

## The Book of Mormon

*Bank of America Theatre, Chicago*

Many members have asked about the possibility of the Center booking a group outing to see *The Book of Mormon*. The original dates for the Chicago run were scheduled for December through February, and with the unpredictable Chicago weather, staff chose not to purchase tickets for performances during those months.

There is a great possibility that the show will extend its Chicago run, and the Center is currently on the list for best available seats, should the extension become confirmed.

A detailed e-mail with date, fee, and registration information will be sent to Center members if / when tickets become available.

Please watch for further details.

# 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

*Bagels: Whitehall of Deerfield will provide bagels, cream cheese, and coffee for lecture attendees, on October 1, November 5, and December 3 at 10 a.m.*

*Parking: Parking in the police department's west lot is no longer permitted. Please park in the spaces in front of the police department or in the Bluegrass lot. Your cooperation is greatly appreciated.*

**September 3 Senior Center Closed**

**September 10 Oscar Hammerstein: Part I**

Known as the second name in the duo Rogers and Hammerstein, Oscar Hammerstein was one of the most significant lyricists in the first half of the twentieth century. Stephen Sondheim stated that "his work tended to make people think of him as unsophisticated and platitudinous, when in fact he was a highly intelligent, strongly principled, and philosophical man." Presented by Susan Benjamin.

**September 17 No Lecture - Happy New Year**

**September 24 Does Medicare Pay for That?**

The current health care system is both confusing and ever-changing. This discussion will define and differentiate between insurance, Medicare, Medicare supplemental insurance, Medicaid, and long-term care insurance, including what they do and do not cover. Julie Kollada, owner and founder of Open Arms Solutions, will present.

**October 1 The Hare with the Amber Eyes**

Elise Barack reviews this book about a world-famous ceramicist who researched the history of a legacy he received from a relation: a collection of "netsuke," very fine Japanese objects d'art that were used as toggles on clothing. The collection itself is rather magical, but the story of his family, how the collection came to be his and what he discovered about the past are the keys to the importance of the memoir.

**October 8 Oscar Hammerstein: Part II**

Known as the second name in the duo Rogers and Hammerstein, Oscar Hammerstein was one of the most significant lyricists in the first half of the twentieth century. Presented by Susan Benjamin.

**October 15 Exploring a Vibrant India**

Bill Helmuth's slide presentation chronicles the year he spent in India traveling to the remote regions from the Himalayas, to exotic Rajasthan, the northern Mughal Empire with its magnificent Mosques and forts. Visiting the great cities, including Calcutta, New Delhi and Mumbai, whose history incorporates the British Empire

**October 22 Stress Management**

As studies show more and more about the relationship between mind and body, stress is a word that seems to always enter the conversation. Dr. Gregg Gerstein of Align Wellness Center will share how stress impacts the mind and body. Methods of stress relief will be presented as well as a demonstration of a scanning device which shows what part of your body your stress goes.

**October 29 Issues Facing Older Adults**

Linda Magad, Caregiver Resource Center Case Manager of Family Services of South Lake County, will discuss some of the issues older adults in the Highland Park community face. Ms. Magad will share information about programs offered by her agency that you may not be aware of but you or a friend can benefit from.

**November 5 Movie Stars Sing Opera**

From the 1930s through the 1950s, some of the more popular movie stars sang opera excerpts in many film musicals. This unique multimedia lecture, presented by Bob Levi, shows video clips of a number of movie stars and some cartoon characters singing opera selections. The movies represent an example of a pop culture venue where audiences have been exposed to opera.

**November 12 Senior Center Closed**

**November 19 Harold Arlen**

Often considered the “songwriter’s songwriter,” Harold Arlen is sometimes not recognized for his significant contributions to the American Songbook. Through the chronology of his life, Susan Benjamin demonstrates how and why Arlen transcended *The Wizard of Oz* with such greats as *Stormy Weather*, *The Man That Got Away*, *Come Rain or Come Shine*, *That Old Black Magic*, and *Get Happy*.

**November 26 Hydraulic Fracturing = Fracking!**

A slang term for hydraulic fracturing, fracking refers to the procedure of creating fractures in rocks and rock formations by injecting fluid into cracks to force them further open. The larger fissures allow more oil and gas to flow out of the formation and into the wellbore, from where it can be extracted. Fracking has resulted in many oil and gas wells attaining a state of economic viability, due to the level of extraction that can be reached. Dave Hacker returns to discuss the consequences of the recent success of developing natural gas reserved by fracturing shale. How big an impact will fracking have on the energy equation for the United States?

**December 3 1493**

Elise Barak presents a book review from the author of 1491, Charles Mann. This new history details how European settlements in post-Columbian Americas has altered history. Through his research, Mann uncovers how the seeds of many modern political issues were planted at that time.

**December 10 Judy Garland: Over the Rainbow**

Judy Garland’s extraordinary performance career began when she was just two years old. Though her personal life was turbulent, her contributions to the Great American Songbook are legendary. In this program, Susan Benjamin integrates some of Judy’s personal stories with highlights of her great performances.

**December 17 Identity Theft & Scam Prevention**

Representatives from IL State Comptroller Judy Baar Topinka’s office will discuss how to identify potential scams and frauds as well as how to protect and prepare yourself against identity theft.

**December 24 Senior Center Closed**

**December 31 Senior Center Closed**

## 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.



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## Lecture, Lunch and Music

**Highland Park Nursing and Rehab**

**Tuesday, October 9**

**11:30 a.m. - 1:30 p.m.**

**Fee: \$5 / NM: \$10**

Orthopedic surgeon, Dr. Srinivasan, presents a lecture entitled *Wear and Tear - Maintaining an Active Lifestyle with Arthritis*. Whether you’re suffering from a past injury, or from gradual wear and tear of arthritis, pain can make it difficult for you to maintain an active lifestyle. Join Dr. Srinivasan in a discussion about a variety of ways you can restore your quality of life. Following his presentation, enjoy a delicious catered lunch enhanced by live music to make it a feel good afternoon!



*Highland Park Nursing and Rehab will generously donate the registration fees back to the Highland Park Senior Center.*

## 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, September 10 - October 22 (6 classes)*

*9:45 - 10:45 am Fee: \$33 / NM: \$43*

*Mondays, November 5 - December 17 (6 classes)*

*9:45 - 10:45 a.m. Fee: \$33 / NM: \$43*

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 9/17 & 11/12*

*\* Level 1*

## Flash Mob Dance Crew

*Mondays, October 1 - 22 (4 classes)*

*11 a.m. - 12 p.m.*

*Fee: \$22 / NM: \$32*

The Highland Park Senior Center Flash Mob Dance Crew performed spontaneous dances at various venues over the summer, with excitement and standing ovations from surprised onlookers. Now is your chance to join the mob, learn the dance, and be a part of upcoming Flash Mob performances. The first two weeks will focus on learning the dance, followed by two live "surprise" performances. Please view a recent performance on YouTube by searching "Highland Park Senior Center Flash Mob."

## A Matter of Balance

*Tuesdays, October 16 - November 27 (7 classes)*

*1:30 - 3 p.m.*

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

Join others in a discussion, video, and light exercise program for those who are afraid of falling or those who have already fallen and want to avoid future falls. Participants will learn to view falls and fear of falling as controllable, set goals for increasing activity and exercise to increase strength and balance.

*\* Level 1*

## Tuesday Yoga

*Tuesday, September 11 - October 23 (6 classes)*

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

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

*Tuesdays, November 6 - December 11 (6 classes)*

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

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

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. *No class 9/18.*

*\* Level 1 / 2*

## Latin Dance Aerobics: Zumba Gold

*Wednesdays, September 12 - October 24 (6 classes)*

*10 - 11 a.m.*

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

*Wednesdays, November 7 - December 12 (6 classes)*

*10 - 11 a.m.*

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

Zumba Gold is known for: zesty Latin music, like salsa, merengue, cumbia and reggaeton; exhilarating, easy-to-follow moves; and an invigorating, party-like atmosphere. Instructor Alison Margolis modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. *No class 9/26.*

*\* Level 2 / 3*

# CLASSES

## Gentle Tai Chi

*Wednesdays, September 12 - October 24 (6 classes)*

*1:30 - 2:30 p.m. Fee: \$33 / NM: \$43*

*Wednesdays, November 7 - December 12 (6 classes)*

*1:30 - 2:30 p.m. Fee: \$33 / NM: \$43*

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. *No class 9/26.*

\* Level 2

## Low Impact Dance Aerobics

*Thursdays, September 13 - October 25 (7 classes)*

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

*Thursdays, November 8 - December 13 (5 classes)*

*9:45 - 10:45 a.m. Fee: \$33 / NM: \$43*

You will love exercising to music with instructor Kris Larsen. This fabulous low impact aerobics class is designed to get you moving and will improve body strength, muscle tone, and may enhance the efficiency of your heart and lungs. Working with choreographic structures also assists in memory enhancement as well as increasing self-esteem. *No class 11/22.*

\* Level 2

## Thursday Sit & Be Fit - Chair Exercise

*Thursdays, September 13 - October 25 (7 classes)*

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

*Thursdays, November 8 - December 13 (5 classes)*

*1:30 - 2:30 p.m. Fee: \$33 / NM: \$43*

Join Carol King for a fun workout you will do while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music. *No class 11/22.*

\* Level 1

## Friday Yoga

*Fridays, September 7 - October 26 (8 classes)*

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

*Fridays, November 9 - December 7 (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. *No class 11/23.*

\* Level 1 / 2

## Poetry Writing Workshop

*Wednesdays, November 7 - 28 (4 classes)*

*10 - 11:30 a.m. Fee: \$15 / NM: \$25*

Facilitator Claire Shapiro is excited to share her love and knowledge of poetry writing through in-class writing exercises, reading of model poems, and discussion of student work. Participants are encouraged to produce poetry with personal meaning and of increasing quality, and will share their work with others.

## Introduction to iPad

*Thursdays, September 20 - October 4 (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 e-mail, Internet, and camera usage. Come and learn a lot of fun and interesting uses which you may not have known about and become more comfortable using your iPad!

## Rules of the Road

*Thursday, September 6*

*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, October 25 & 26*

*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.



# CLASSES

## Ceramics

*Tuesday, September 11 - October 23 (6 classes)*

*1 - 3 p.m.*

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

*Tuesdays, November 6 - December 11 (6 classes)*

*1 - 3 p.m.*

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

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. *No class 9/18.*

## Portrait and Landscape Art Class

*Wednesdays, September 12 - October 24 (6 classes)*

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

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

*Wednesdays, November 7 - December 12 (6 classes)*

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

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

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. *No class 9/26.*

## Advanced Drawing and Painting

*Thursdays, September 13 - October 25 (7 classes)*

*1 - 3 p.m.*

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

*Thursdays, November 8 - December 13 (5 classes)*

*1 - 3 p.m.*

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

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. *No class 11/22.*

## Digital Photography

*Thursdays, September 6 - 27 (4 classes)*

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

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

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 and instructions, as well as your laptop computer, (if you have one) to each class.

## 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.

## Advanced Bridge Lessons

*Thursdays, September 13 - November 15 (10 classes)*

*10 a.m. - 12 noon*

*Fee: \$65 / NM: \$75*

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, October 19 - November 30 (6 classes)*

*1 - 3 p.m.*

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

Canasta lessons return to the Highland Park Senior Center by popular request. Canasta is a fun and exciting card game which has recently had a resurgence of popularity! Instructor Dotty Guthmann teaches canasta in a learn-as-you-play game, supplemented by lesson handouts. *No class 11/23.*

## Supervised Canasta Play

*Fridays, September 7 - 21 (3 classes)*

*1 - 3 p.m.*

*Fee: \$20 / NM: \$30*

This class is designed for players who already know the game, but who have unanswered questions. Dotty Guthmann will be on hand to supervise student play and to answer your questions as they arise.

## Mah Jongg Lessons

*Thursday, September 13 - October 25 (7 classes)*

*10 - 11:30 a.m.*

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

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. 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.

# 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.

## 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 Yiddish movies.

## "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.

## Laurel Larks Singing Troupe

*Begins in October, day & time, TBD*

Join others for this fun loving group that practices weekly to prepare for performance concerts which are held in the winter and spring. No experience needed, all singers welcome!

*Sponsored by First Bank of Highland Park*

## It's All in the Family...

### A Family Dynamics Discussion Group

Wednesdays, October 3 - 31

10 - 11:30 a.m.

Free

Join Jennifer Aiello, M.S., as she facilitates this new discussion group designed to help members navigate the many issues facing today's changing family framework. Some of the many topics may include: diluting the stress of family gatherings, the change of family structure due to financial and relationship difficulties, what life is like living in an intergenerational household, and how to take on a new role of resiliency. Feel free to share your personal story in this confidential and supportive setting. Please call Jennifer at (847) 926-1865 for further details and advanced registration.

## 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 Jennifer at (847) 926-1865 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.

## CASH DASH - Find your unclaimed money!

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) 926-1865 to schedule an appointment.

## Prescription Drug Plan Assistance

Open enrollment for the Medicare Prescription Drug Plan extends from October 15 - December 7. 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. Senior Center volunteers are available to assist you in navigating the Medicare Part D enrollment process in a one-on-one appointment at the Senior Center. Please call Jennifer at (847) 926-1865 to schedule a personal appointment.

# September 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
CLOSED  Labor Day	9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	10:30 Trip: White Sox 1:00 Poker 1:30 Yiddish	9:30 Rules of the Road 10:00 Men's Only Group 10:30 Digital Photography 1:00 Mah Jongg 1:30 Live on the Links 7:00 Caregiver Support Gp	10:00 News & Views 10:30 Yoga 12:30 Advanced Bridge 1:00 Canasta 1:00 Pop Culture TV
10	11	12	13	14
9:45 Chair Stretching 10:00 Blood Pressure 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	9:30 Art Class 10:00 Zumba Gold 10:30 Humanities Series 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Mah Jongg Class 10:30 Digital Photography 1:00 Art Class 1:00 Mah Jongg 1:00 Global Perspectives 1:30 Sit and Be Fit	10:00 News & Views 10:30 Yoga 12:00 Lunch & Learn/Nature 12:30 Advanced Bridge 1:00 Canasta
17	18	19	20	21
1:30 Open Art Studio	9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Mah Jongg Class 10:30 Digital Photography 1:00 iPad Class 1:00 Art Class 1:00 Mah Jongg 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	10:00 News & Views 10:30 Yoga 12:30 Advanced Bridge 12:00 BBQ Lunch 1:00 Canasta  Film Series Movie Highland Park Public Library Sunday, Sept. 23rd @ 2 pm
24	25	26	27	28
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	1:00 Poker	9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Mah Jongg Class 10:30 Digital Photography 1:00 iPad Class 1:00 Art Class 1:00 Mah Jongg 1:30 Sit and Be Fit	10:00 News & Views 10:30 Yoga 12:30 Advanced Bridge

# October 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 11:00 Flash Mob Dance 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>2</p> <p>9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics</p>	<p>3</p> <p>9:30 Art Class 10:00 It's All in the Family 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi</p>	<p>4</p> <p>9:00 Trip: Casino 9:45 Low Impact Aerobics 10:00 Men's Only Group 10:00 Bridge Class 10:00 Mah Jongg Class 1:00 iPad Class 1:00 Art Class 1:00 Mah Jongg 1:30 Sit and Be Fit 7:00 Caregiver Support Gp</p>	<p>5</p> <p>10:00 News &amp; Views 10:30 Yoga 12:30 Advanced Bridge</p> <p>Film Series Movie Highland Park Public Library Sunday, Oct. 7th @ 2 pm</p>
<p>8</p> <p>9:45 Chair Stretching 10:30 Monday Speaker 11:00 Flash Mob Dance 12:30 Duplicate Bridge 1:00 Open Art Studio 1:30 Monday Movie</p>	<p>9</p> <p>9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group</p>	<p>10</p> <p>9:30 Art Class 10:00 It's All in the Family 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi</p>	<p>11</p> <p>9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Mah Jongg Class 1:00 Art Class 1:00 Mah Jongg 1:00 Global Perspectives 1:30 Sit and Be Fit</p>	<p>12</p> <p>10:00 News &amp; Views 10:30 Yoga 12:30 Advanced Bridge 1:00 Pop Culture TV</p>
<p>15</p> <p>9:45 Chair Stretching 10:30 Monday Speaker 11:00 Flash Mob Dance 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>16</p> <p>9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics 1:30 Balance Class</p>	<p>17</p> <p>9:30 Art Class 10:00 It's All in the Family 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi 5:00 Bonfire at the Beach</p>	<p>18</p> <p>9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Mah Jongg Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp</p>	<p>19</p> <p>10:00 News &amp; Views 10:30 Yoga 12:00 Lunch &amp; Learn/Nature 12:30 Advanced Bridge 1:00 Canasta</p>
<p>22</p> <p>9:45 Chair Stretching 10:30 Monday Speaker 11:00 Flash Mob Dance 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>23</p> <p>9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics 1:30 Balance Class 1:30 Widow's Group</p>	<p>24</p> <p>9:30 Art Class 10:00 It's All in the Family 10:00 Zumba Gold 10:30 Humanities Series 1:00 Poker 1:30 Yiddish 1:30 Tai Chi</p>	<p>25</p> <p>9:00 AARP Driver Safety 9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Mah Jongg Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 1:30 Live on the Links</p>	<p>26</p> <p>9:00 AARP Driver Safety 10:00 News &amp; Views 10:30 Yoga 12:30 Advanced Bridge 1:00 Canasta</p>
<p>29</p> <p>10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>30</p> <p>9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:30 Balance Class</p>	<p>31</p> <p>10:00 It's All in the Family 12:30 Trip: Kinky Boots 1:00 Poker 1:30 Yiddish</p>		

# November 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00 Men's Only Group 10:00 Bridge Class 1:00 Mah Jongg 7:00 Caregiver Support Gp	2 10:00 News & Views 12:30 Advanced Bridge 1:00 Canasta 1:00 Pop Culture TV  Film Series Movie Highland Park Public Library Sunday, Nov. 4th @ 2 pm
5 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	6 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics 1:30 Balance Class	7 9:30 Art Class 10:00 Poetry Workshop 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi 5:30 Dinner Dance	8 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	9 10:00 News & Views 10:30 Yoga 12:00 Lunch & Learn/Nature 12:30 Advanced Bridge 1:00 Canasta
12 CLOSED  Thank You Veterans	13 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics 1:30 Balance Class 1:30 Widow's Group	14 9:30 Art Class 10:00 Poetry Workshop 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	15 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 1:30 Live on the Links 7:00 Caregiver Support Gp	16 10:00 News & Views 10:30 Yoga 12:30 Advanced Bridge 1:00 Canasta
19 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	20 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics 1:30 Balance Class	21 9:00 Trip: Opera 9:30 Art Class 10:00 Poetry Workshop 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	22 CLOSED  Happy Thanksgiving	23 CLOSED  Happy Thanksgiving
26 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	27 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics 1:30 Balance Class 1:30 Widow's Group	28 9:30 Art Class 10:00 Poetry Workshop 10:00 Zumba Gold 10:30 Humanities Series 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	29 9:45 Low Impact Aerobics 1:00 Mah Jongg 1:30 Sit and Be Fit	30 10:00 News & Views 10:30 Yoga 12:30 Advanced Bridge 1:00 Canasta

# December 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> 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 Monday Movie	<p style="text-align: right;">4</p> 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics	<p style="text-align: right;">5</p> 9:30 Art Class 10:00 Zumba Gold 11:00 Trip: Odd Couple 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	<p style="text-align: right;">6</p> 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	<p style="text-align: right;">7</p> 10:00 News & Views 10:30 Yoga 12:30 Advanced Bridge  Happy Hanukkah  Film Series Movie Highland Park Public Library Sunday, Dec. 9th @ 2 pm
<p style="text-align: right;">10</p> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<p style="text-align: right;">11</p> 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Ceramics 1:30 Widow's Group	<p style="text-align: right;">12</p> 9:30 Art Class 10:00 Zumba Gold 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	<p style="text-align: right;">13</p> 9:45 Low Impact Aerobics 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	<p style="text-align: right;">14</p> 10:00 News & Views 12:00 Holiday Lunch 12:30 Advanced Bridge
<p style="text-align: right;">17</p> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<p style="text-align: right;">18</p> 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	<p style="text-align: right;">19</p> 10:30 Humanities Series 1:00 Poker 1:30 Yiddish	<p style="text-align: right;">20</p> 9:45 Low Impact Aerobics 1:00 Mah Jongg 7:00 Caregiver Support Gp	<p style="text-align: right;">21</p> 10:00 News & Views 12:30 Advanced Bridge
<p style="text-align: right;">24</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Winter Holiday</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Merry Christmas</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Winter Holiday</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Winter Holiday</p>	<p style="text-align: right;">28</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Winter Holiday</p>
<p style="text-align: right;">31</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Winter Holiday</p>	<p style="text-align: center;">January 1</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Happy New Year</p>	<p style="text-align: center;">January 2</p> <p style="text-align: center;">OPEN</p> <p style="text-align: center;">Regular Hours Resume</p>		

# NOTEWORTHY

## Welcome New Members

Terry & Loretta Annex	Barbara Krawitz
Margo Arndt	Sharon Kreiter
Henry & Elaine Baron	Harry & Violet Lake
Zdenek & Iva Bazant	Janice Lev
Edwin & Judith Bederman	Sander & Arlene Levin
Joan Behrmann	Beryl Levine
Ana Bensinger	Jeffrey & Marlene Lieb
Thomas & Sally Bentley	Diane LoPresti
Marji Berkowitz	Anita Marks
Bernice Bloom	Nancy B. Mendel
Muriel Brandess	Bernard & Helene Miller
Jacqueline Brown	Shirley Miner
Howard & Ruth Canaday	Aron Mosnaim & Marion Wolf
Jack & Barbara Canter	Stevi Muchin
Lois B. Cohen	Lola Nerini
Melanie Cohen	Pauline Norris
Judith Demain	Evelyn Padorr
Bernhard & Roslyn Ebstein	Sharon Palandri
Marlene Eisen	Ellen Parikh
Mary Engelman	Tommy & Nancy Patterson
Marvin Fein	Warren Peters
Bernard & Judy Filler	Ed & Jill Randall
Lawrence & Janet Fine	Sanford & Nancy Richman
Sandy Fishman	Norman Rodin
Reuven & Penina Frankel	Ina Rosenthal
Dorothy Gaertner	Alan J. Rubin
Philip & Sue Gardner	Lois Rubin
Seymour Gerber	Buddy Schrieber
Kay German	Patt Schumacher
Leslee Gilhooley	Alan Schwartz
June Gold	Marcy Schwartz
Thomas Goodman & Karen Blankstein	Samuel & Irene Shanes
Marilyn Grais	Frank Narrol & Elizabeth Sharton
Debi Grudichak	Bonnie Shay
R. Stanwood & Gloria Higgins	Elaine Solomon
Beverly Hirsch	Millie Teeman
Paul & Leigh Hofman	Barbara Vahlkamp
Arthur & Janet Holzheimer	Irving Walanka
Roselle Jacobson	Stephen Warrensford
Paula Josephson	Sharon Wasserman
Robin Kacel	Catherine Weingart-Ryan
Jerry & Linda Kahn	Stephen & Carol Weiss
Loretta Kaminsky	Sylvia Wolfson
Yvonne Kant	Milton & Joan Wood
Renata Karm	Harriet Wulfstat
Joan Kiefer	Michael Zimmerman & Janet Svatos
Arlene Klemp	
David & Kay Knapp	
Irving & Esther Kogan	
Henry Kopka	

## Donations

### Tree of Honor

**Gold Leaf:** In Memory of Aaron Brint  
From: Bridge Friends

**Gold Leaf:** In Honor of the B'nai Mitzvah of  
Andrew and Rebeca Banda Frey  
From: Family and Friends

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### In Memory of Howard Brinkman

From: Robert & Sharon Abrams Shirley Epstein  
Patricia Borenstein Irving & Toby Moses  
Bernice Cohen Allan & Terri Sweig  
Adeline Cohn Al & Judy Wieden

### In Memory of Aaron Brint

From: Lou Frey Mary Lewis  
Alex M. Kane Bridge Friends

### In Memory of Anita Levy

From: Maxine Levin

### In Memory of Sarah Poll

From: Roberta Kutunow  
Jolan Korpai

### In Memory of Robert Sterken

From: Shelly Fairman  
Lou Frey  
Elaine Mueller

### In Memory of Maynard Wishner

From: Ludmilla Coven

### In Memory of Pinhas Zaid, Husband of Pearl Zaid

From: Irving & Toby Moses

### Best Wishes to Enza Jennings

From: The Exercise Class

### In Honor of the B'nai Mitzvah of Andrew & Rebeca Banda Frey, children of Laura Frey & Luis Banda

From: Pat Borenstein Don Miner  
Lou Frey Elisabeth Ruhstrat

### In Honor of Sam Leivick

From: Ludmilla Coven

### In Honor of Services for Seniors

From: Barbara O'Connell Marianne Reinisch  
Sadie Phillips Dorothy Ross



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ILLINOIS  
PERMIT NO. 97

**CITY OF HIGHLAND PARK**  
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HIGHLAND PARK, IL. 60035  
(847) 432-4110  
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MAYOR:  
NANCY R. ROTERING

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

CITY MANAGER:  
DAVID KNAPP

### 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:**

- Labor Day**      September 3
- Veteran's Day**      November 12
- Thanksgiving**      November 22 & November 23
- Winter Holiday**      December 24 - January 2

### 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 p.m.** Please consider these times, when scheduling your arrival to the Central Park Lot.

