

THE SHORELINES

SEPTEMBER & OCTOBER, 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.

Registration Dates:

Activity Registration for members begins: Wednesday, August 18

Activity Registration for non-members begins: Wednesday, August 25

In order to ensure an equitable registration opportunity for all Senior Center members, the Senior Center now has priority registration dates, which allows Senior Center members the opportunity to register for activities before non-members. Open registration, for non-members, begins one week later. Telephone or in-person registration is accepted for all programs and events. Please watch each newsletter for specific registration dates.

Live on the Links Classic Concerts

Highland Park Country Club

1:30 - 2:30 p.m.

Free; for members only

Pre-registration required



The Music and Dance of Spain: Las Guitarras de Espana

Thursday, September 2

Las Guitarras de Espana presents a wonderfully exciting program of music and dance based on "Spanish Guitar." The spectacular ensemble features Carlo Basile (Guitarist), Patty Ortega (Vocalist), Timo Lozano (Dancer/Percussionist), and Chiara Mangiameli (Dancer). Music styles include Flamenco, Spanish Classical and Latin American.

Highland Park High School Wind Symphony: Patriotic Performance

Friday, October 22

The Wind Symphony is the premier wind instrument performance organization at Highland Park High School. There are approximately fifty students representing the finest woodwind, brass, and percussion students at the high school. This performance features a variety of patriotic music and music by American composers. Patriotic favorites such as "America the Beautiful," "God bless America," and "Battle Hymn of the Republic" will be performed along with American music composed by Leonard Bernstein, Aaron Copland, George Gershwin, Morton Gould, and John Philip Sousa.

Pilgrim Chamber Players

Friday, November 19

Sponsored by Whitehall of Deerfield Healthcare Center

SPECIAL ACTIVITIES

Demetri's Greek Luncheon

660 Lake Cook Road - Deerfield

Friday, September 3

11:45 a.m.

Fee: \$18 / NM: \$27



OPA is a Greek word used to express joy and celebration. This fun restaurant features delicious authentic Greek cuisine. Lunch includes chicken rice soup with lemon, your choice of entree with sides, staff will serve a baklava

and walnut cake platter for dessert, and beverage. When registering, please indicate your choice of red snapper char-broiled with an olive oil, lemon and herb sauce, chicken with artichokes in a white wine and lemon sauce, or Gyros Platter with pita, onions, tomato, tzatziki sauce.

Fuddruckers & Ventriloquist

1528 Clavey Road - Highland Park

Friday, October 1

11:45 a.m.

Order and Pay at the door

This casual restaurant is offering Senior Center members a discount of 20% off their regular menu prices. Participants will place their orders and pay accordingly, then Fuddruckers' staff will deliver the order right to the table. Their menu features



simple, yet fresh and delicious items including salads, burgers, chicken, and other exotic options. Their sides included; fries, cole slaw, baked beans, and more. Consider a delicious milk shake served in an old fashioned glass, and one of their yummy baked goods for dessert. Also enjoy entertainment by Chuck Field and his stage partners, Ziggy, Nick and Dr. Sol, who have been wowing audiences for the past 30 years. Their

hysterical humor and superb ventriloquism are truly delightful! Fast paced and incredibly funny, audiences from all walks of life are falling prey to the charms of Chuck Field and his cast of characters.



Mix and Mingles Events

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

Bonfire by the Beach (singles)

Wednesday, September 22

5 - 7 p.m.

Fee: \$12, members only

*North Shore Yacht Club; Park Avenue Beach
- Highland Park*

Gather around the campfire to enjoy dinner and lively entertainment. Catered by Sunset Foods, dinner includes: garlic bread, chicken parmesan, twice-baked potatoes, and steamed asparagus. Following dinner, participants will roast S'mores around the campfire while enjoying entertainment by the talented performer AJ Slavin, who will encourage you to join in while he sings songs that will warm your heart. Please register by 9/17/10.

A Night of Dinner and Dance:

Open to ALL members

Wednesday, October 27

Dinner: 5:30 p.m.

Dance Lessons: 7 p.m.

Dancing: 7:30 p.m.

Fee: \$40 / NM: \$50

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

Dance the night away at Chevy Chase Country Club, to the best loved songs from the Swing Band era. A private dinner for Senior Center members includes cream of tomato basil soup, your entrée choice of champagne chicken or whitefish, scalloped potatoes, chef's seasonal vegetables, ice cream cake roll for dessert, coffee or tea, and a cash bar. After dinner, fill your dance card and enjoy dancing to the music of The Dick Elliot Orchestra including musical arrangements by Duke Ellington, Glenn Miller, Tommy Dorsey, Count Basie, and many others. Fee includes dinner and admission to the Chevy Chase monthly ballroom dance. Singles and couples are welcome. Transportation is on your own. Please register by 10/22/10.

SPECIAL ACTIVITIES

Mix and Mingles Events (continued)

Stoney River Outing (singles)

Wednesday, November 17

4:30 – 6:30 p.m.

Fee: \$25, members only

*Stoney River Restaurant, 711 Deerfield Road
- Deerfield*

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

Sponsored by Visiting Angels Living Assistance Services

Fall Film Series: Baseball Greats

Highland Park Public Library

Sundays, 2 - 4:30 p.m.

Free & Open to the General Public

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

September 19 ***The Jackie Robinson Story***
Biography of Jackie Robinson, the first black major league baseball player in the 20th century.

October 17 ***Pride of the Yankees***
The story of the life and career of the famed baseball player, Lou Gehrig.

November 21 ***Bang the Drum Slowly***

December 12 ***The Natural***

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

Sponsored by Synergy HomeCare



Monday at the Movies

Highland Park Police Station

Mondays, 1:30 p.m.

Free, for members only

The Last Song (drama)

September 13

A teenager reconnects with her father years after her parents go through a nasty divorce in this adaptation of the Nicholas Sparks novel.

When in Rome (comedy)

September 20

Disillusioned with romance during her whirlwind trip to Rome, an ambitious New Yorker defiantly swipes a few magic coins from a "foolish" wishing fountain, inadvertently igniting the passions of a number of men.

La Mission (action)

September 27

The mean streets of San Francisco's Mission District are a tough place to raise a child, but ex-convict Che does his best to care for son Jesse.

An Education (drama)

October 4

A coming-of-age story about a teenage girl in 1960s suburban London, and how her life changes with the arrival of a playboy nearly twice her age.

Date Night (comedy)

October 11

A mild-mannered married couple fear their relationship may be falling into a stale rut. During their weekly date night, they impetuously steal a dinner reservation, which leads to a case of mistaken identity.

Sherlock Holmes (mystery)

October 18

A dynamic new portrayal sends Sherlock Holmes and his stalwart partner Watson on their latest challenge. Holmes will battle as never before to bring down a new nemesis and unravel a deadly plot that could destroy the country.

Pretty Bird (drama)

October 25

A fast-talking rainmaker, his wealthy acquaintance, and an unemployed aerospace engineer forge an unusual partnership that hastens the deterioration of their relationships while forever altering the course of their lives.

Sponsored by Belmont Village in Glenview

Kenney, Miller, & Bronstein Lecture Series 2010

Highland Park Country Club
Thursdays, 1 - 3 p.m.
Free to Members / NM: \$10
Advance registration required

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

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.

September 16 **Bladder Bladder What's the Matter**

Joining us to discuss age-related problems of the urinary tract, including; overactive bladder, frequent urination and urinary incontinence. A Doctor of Urology will share the latest advances in the diagnosis and treatment of bladder disorders as well as proven techniques and approaches for maintaining a healthy urinary tract system.

October 21 **All I Need is the Air That I Breathe**

Dr. Robert Freilich presents information about lung-related problems such as emphysema, bronchitis, asthma and pneumonia. Dr. Freilich will review strategies to help people improve their breathing and will report on the latest breakthroughs in the prevention and treatment of lung diseases.

Sponsored by Right at Home

Rise and Shine Humanities 2010 - 2011

Highland Park Public Library
September, 2010 - May, 2011
Wednesdays, 10:30 - 11:30 a.m.
Free & Open to the General Public
(No advance registration required)

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

September 15 **U.S. Strategy in Afghanistan**

Returning to kick off the new season of this series is Professor Jim Marquardt to discuss political adversaries - and allies - of President Obama, and how they are sharply critical of the administration's foreign policy. Neo-conservative Republicans say Obama is appeasing America's enemies and gives tepid support to advancing American values abroad. Left-wing Democrats question Obama's Afghanistan and climate change policies. This presentation explores the White House's recently released national security strategy and identifies Obama as a foreign policy "liberal pragmatist." It also underscores the tension between the president's quest to renew America's global leadership and the limits of American power on the early 21st century world stage.

September 22 **Famine in Africa**

Roger Thurow, Senior Fellow, Global Agriculture and Food Policy at the Chicago Council on Global Affairs, and former Wall Street Journal foreign correspondent, speaks about famine in Africa. Thurow was a finalist for the Pulitzer Prize in International Reporting for his series of stories on the subject and is the author of "**Enough: Why the Worlds' Poorest Starve in an Age of Plenty.**" Books will be for sale and the program will conclude with a book signing.

October 27 **Prisoner of Her Past**

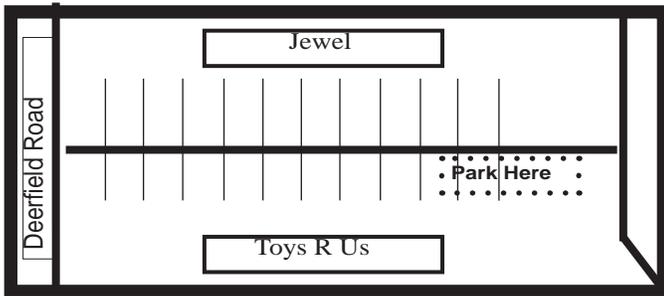
"Prisoner of her Past" is a film that tells the story of an aging Holocaust survivor who believes everyone is trying to kill her - sixty years after her tragic childhood. Her son - the Chicago Tribune's jazz critic Howard Reich - travels the world to uncover his mother's secret past. Along the way, he discovers a family he never knew he had and illuminates a little-known illness: late-onset Post Traumatic Stress Disorder. Howard Reich and the filmmakers introduce, show, and discuss the film.

Sponsored by Sunrise Assisted Living

DAY EXCURSIONS

Departure Location for Trips:

Toys R Us Parking Lot
1610 Deerfield Road, Highland Park



Crazy 'Bout the Duke! Skokie Theatre

Wednesday, September 1 Fee: \$50 / NM: \$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. Prior to the concert, lunch will be enjoyed at the Village Inn.



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.

Antiques, 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.

Guided by Joy Horwich, you will see how new dynamics have given more prominence to auction houses in Chicago. You will tour Susannah's and the Richard Wright Auction House, and see an 'auction in action.' Those interested in participating can even take a chance at bidding. At Prairie Fire, you will enjoy seasonal soup, "Tallgrass" beef with penne pasta & basil tomato sauce, chopped Greek salad, and a famous chocolate cookie for dessert. After lunch, 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 train, as a group, arriving very close to the theatre.

This trip is currently filled, and was promoted in previous newsletters. Please call to add your name to the waiting list, if you are interested in participating.

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.

Bucktown's Best

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

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

Horseshoe Casino Hammond, Indiana

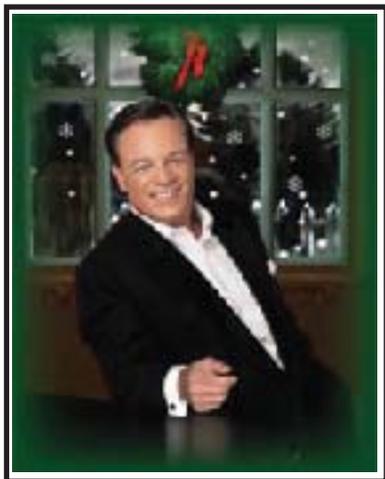
Tuesday, November 16 *Fee: \$20 / NM: \$30*
Motorcoach departs Toys R Us at 8:30 a.m. and returns at approximately 4 p.m.

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.

Ron Hawking: Home for the Holidays at Drury Lane

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

Ron Hawking knows how to deliver a performance that truly comes from his heart. It's that special quality of performance that allows him to touch the heart of his audience every time he walks onto the stage. Enjoy a wonderful holiday lunch and show with yuletide caroling and a visit from Santa. Music selections includes all your favorites - *Baby It's Cold Outside, It's the Most Wonderful Time of the Year, The Prayer*, etc. The performance also features Ron's impressions of other holiday classic crooners such as Bing Crosby, Nat King Cole, and Jose Feliciano.



Highland Park Strings

Chopin's Second Piano Concerto

Highland Park High School

Sunday, October 24

3 p.m.

Free

The opening concert of the Highland Park Strings, under the baton of Francesco Milioto, presents pianist Lori Kaufman, celebrating the composer's bicentennial. Also on the program are Mozart's Symphony No. 41 ("Jupiter") and Copland's *Quiet City*, which commemorates the 20th anniversary of his death, and features Grover Schiltz, English horn, and Stephen Burns, trumpet, in solo roles to the incidental music composed to accompany Irwin Shaw's play.



Pilgrim Chamber Players

Autumn Passions

Highland Park Community House

Sunday, October 31

3 p.m.

**\$10 Discounted Ticket
for Senior Center Members**

The Pilgrim Chamber Players present a fabulous fall concert featuring Samuel Magad, violinist, former concert master of the CSO, Steven Honigberg, cellist, Carol Honigberg, pianist and members of the CSO. These talented musicians will present music by Faure, Chopin, and Dvorak's American String Quartet.



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

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, September 13 - October 25

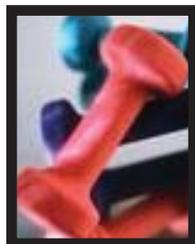
Thursday, September 16 - October 28

1:30 - 2:30 p.m.

Fee: \$39 / NM: \$49

Join Marla Solarz for a fun workout you will do while seated. Exercises to increase range of motion, mobility, and strength will be performed while seated 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, September 14 - October 26

9 - 10 a.m.

Fee: \$39 / NM: \$49

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

* Level 3

Latin Dance Aerobics: Zumba Gold

Wednesdays, September 15 - October 27

10:30 - 11:30 a.m.

Fee: \$39 / NM: \$49

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

* Level 2 / 3

Gentle Tai Chi

Wednesdays, September 15 - October 27

2 - 3 p.m.

Fee: \$39 / NM: \$49

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

Students may participate while seated or standing.

* Level 1 / 2

Yoga

Tuesdays, September 14 - October 26

Fridays, September 17 - October 29

10:30 - 11:30 a.m.

Fee: \$39 / NM: \$49

Taught by certified Yoga instructors, Patti Bartelstein on Tuesdays and Joy Luster on Fridays, these classes explore gentle movements to increase flexibility, strength and well-being. Students are led through stretches, yoga postures and breathing practices, then guided into deep relaxation. Ideal for anyone who would like a gentle approach to practicing yoga.

* Level 1 / 2

CLASSES

Ceramics

Tuesdays, September 14 - October 26

Brown Bag Lunch: 12 - 1 p.m.

Class: 1 - 3 p.m.

Fee: \$39 / NM: \$49

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

Portrait and Landscape Art Class

Wednesdays, September 15 - October 27

9:30 - 11:30 a.m.

Fee: \$32 / NM: \$42

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

Digital Photography

Wednesdays, 10 - 11 a.m.

Fee: \$20 / NM: \$30

Beginning: September 29 - October 20

Continuing: October 27 - November 17

Bring your digital camera and learn new skills or review techniques to improve the quality of your digital photos. Instructor and professional photographer, Phil Goldman, guides you through the essentials.

Advanced Drawing and Painting

Thursdays, September 16 - October 28

1 - 3 p.m.

Fee: \$39 / NM: \$49

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

Jewelry Making

Friday, November 12

9 a.m. - 12 noon

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

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

Championship Poker: Drop-In

Wednesdays, 1 - 3 p.m.

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

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

Intermediate Bridge Lessons

Wednesday, September 15 - November 3

9:30 - 11:30 a.m.

Fee: \$50 / NM: \$60

Ellyn Batko returns to teach this continuing bridge class. Ellyn's curriculum is designed to review bridge basics in a clear and concise manner, and she has created a unique set of hand-outs that supplement her instruction. She will teach the Standard American Goren point count method. Ellyn's vibrant and upbeat personality ensures a positive class experience. All students must have previous bridge experience, and will be required to purchase a supplemental book entitled *Introduction to Declarer's Play* by Eddie Kantar at the first class (\$15).

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 foursome and enjoy this great opportunity to improve your game.

Beginning Canasta Lessons

Fridays, October 8 - November 12

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 style, supplemented by lesson handouts.

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.

Rules of the Road

Thursday, September 2

9:30 - 11:30 a.m.

Free

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

AARP Driver Safety

Thursday & Friday, October 28 & 29

9 a.m. - 1 p.m.

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

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



Happy Holidays!



Dinner and Dance at Chevy Chase Country Club

Wednesday, October 27.

See page 2 for details



Monday at the Movies features a variety of films showing at the Highland Park Police Station.

An Education will show on Monday, October 4.

See page 3 for details



Senior Center Holiday Luncheon

Highland Park Country Club

Friday, December 10, 2010

Watch for details in the next issue of the Shorelines



ACTIVITIES - FREE FOR MEMBERS

Table Tennis (Ping Pong)

Mondays & Wednesdays, 9 a.m. - 4 p.m.

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

Free Blood Pressure Screening

Mondays, September 13 & October 4

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

Open Bridge

Tuesdays, 9:30 a.m.

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



Senior TV Production Team

Tuesdays, 12:30 p.m.

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

Yiddish Conversation & Culture

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

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

"For Men Only" Discussion Group

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

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

Mah Jongg

Thursdays, 1 p.m.

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

News & Views Current Events

Fridays, 10 - 11:30 a.m.

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

Chess Club

Fridays, 1 - 4 p.m.

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

Laurel Larks

Fridays, 10 - 11:30 a.m. (Begins September 24)

Under the direction of Peggy Massello, accompanied by husband Dave Massello, this fun-loving group practices weekly to prepare for performances.

Sponsored by First Bank of Highland Park

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*

September 6 Happy Labor Day

Have a safe and happy holiday!

September 13 Shirley Temple: Part II

Susan Benjamin brings the second part of her discussion of the sparkling star, Shirley Temple. This adorable child helped lift people's spirits in the darkest days of the Great Depression - and beyond. You will view video clips of Shirley's most memorable performances to complement stories of her unusual personal life.

September 20 Johnnie Ray - Part II

Johnnie Ray's story is brought to life, in the second part of Ed Arturi's lecture. He provides more details about how this farm boy from Oregon, despite a hearing loss, became the international singing sensation of the 1950s, through his unorthodox singing style. His career was shattered by vicious attacks in the scandal sheets and stories of his indiscreet lifestyle and arrest, as well as his tempestuous love affair with famed columnist Dorothy Kilgallen.

September 27 Chicago From the River

Chicago, the birthplace of the skyscraper, is the architecture capital of the world. Chicago is to architecture what Paris is to art. The Chicago River offers unparalleled vistas of such master works as the Tribune Tower, the Wrigley Building, the Trump Tower, Marina Towers, and one of the tallest in the world, the Sears Tower. Cruise down the Chicago River, via a Power Point presentation, with Hy Speck, architecture docent, as he shares his love for the city and its architecture.



October 4 Brown's Chicken Trial and Capital Punishment in Illinois

Mark Levitt has spent his 20-year legal career in the Office of the Cook County Public Defender, and was lead defense counsel for James Degorski in the Brown's Chicken trial. Mark, a Highland Park native and current Deerfield resident, gives an inside view into one of the most publicized and horrific crimes in Chicagoaland history, as well as his perspective on the state of capital punishment in Illinois.

October 11 Howard Keel

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

October 18 Managing Lower Back Pain

Lower back pain and sciatica are common in older adults. These are often times caused by degenerative arthritis which leads to the condition of spinal stenosis. Dr. David Johnson, the director and owner of North Shore Spinal and Sports Rehabilitation, will teach you how to manage the symptoms of spinal stenosis conservatively. This is important for any one trying to live with this condition and trying to avoid surgery.

October 25 Planning for the What Ifs Of Aging; A Balancing Act

The important issues of finances, property and healthcare are issues which most people will need to face at some time in their lifetimes. Preparing for the future can be overwhelming, but with proper education and helpful tools, the process can be manageable. In a one hour informative presentation, Mickey Kesselman, the President of Trusted Advisor, will leave you well-informed with effective ways to organize your life. He will cover three important topics: Is my trust, will and powers of attorney up-to-date and reflecting all of my wishes? If something should happen to my spouse, can I manage everything on my own? How do I stay home and take care of my health needs?

SOCIAL SERVICES

New Grief Group Beginning

Tuesdays, Oct. 5 - Nov. 9 10 - 11:30 a.m. Free

A new group is forming for persons who are experiencing grief due to the death of a spouse, parent, child, sibling, etc. within the past two years. This 6-week educational group will address the stages of grief, provide coping skills, and offer the support of others experiencing a similar loss. Facilitated by: Paula Cyphers, M.A., Social Services Coordinator at the Senior Center, and Lois Silverstein, LCSW, at Family Services of South Lake County.

Family Caregiver Support Group

First & Third Thursday of each month

7 - 8:30 p.m. Free

Held at Family Service, 777 Central Avenue

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

Support for Parents and Siblings with Dependent Adult Family Members

Thursday, October 14 10 - 11:30 a.m. Free

(No meeting in September due to Rosh Hashanah)

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

Widow/Widower's Continuing Support

Tuesdays, 1:30 - 3 p.m. Free

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

Volunteer Opportunities

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

Grocery Shopping & Errand Services

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

Daily Telephone Reassurance

This program is designed for individuals living alone, who would like the comfort of knowing that someone will make a daily telephone check. Participants will be called each day by 10 a.m. If there is no answer, emergency procedures will be put into action. To check on the condition of the participant and to assess further need. For further details call Gina at (847) 926-1865.

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.

SHIP - Senior Health Insurance Program

Volunteers are available free of charge to (1) help interpret and resolve problems with medical bills, Medicare, Medicare supplemental insurance, and with appeals, if needed; (2) explain the Medicare supplements available for people just becoming eligible or who are interested in changing plans; (3) review and explain long-term care policies; and (4) explain the new Medicare Prescription Drug Plan. Call Gina at (847) 926-1865 to schedule a free appointment.

Financial Scholarship

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

Scholarship approval is based on proof of:

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

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

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

NOTEWORTHY

New Members

| | |
|----------------------------|------------------------------|
| Leonard & Phyllis Abrams | Stanley & Eunice Lehrer |
| Sorrel Estelle Asherson | David & Sue Leibowitz |
| Larry Baskin | Vivian Lembeck |
| Fred Bobin & Elaine Lensky | Donald Levinthal |
| Edwin & Carol Brown | Edward & Joan Lindmeier |
| Stephen & Caren Brown | Ronald & Marline Massarik |
| Hazel Bren | Harriet Metrick |
| Fred & Adelle Carman | Alan & Judy Miller |
| Louise Cohen | Barbara Myers |
| Normand & Reta Cohen | Joseph Nacsa |
| Leonard Colen | Maxine Nianick |
| Aaron & Doris Cushman | Alan Nusinow |
| Elizabeth Damon | Jack Pearlstein |
| Marcia Denberg | Judy Perlman |
| David & Jeanne Diamond | Ida Mae Pullan |
| Janine Dodin | Lawrence & Carol Reich |
| Marvin Fein | Sidney & Batya Retsky |
| Alene Fishbein | Marvin Rose & Beverly Grabow |
| Donald & June Fisher | Don Rubin |
| Jules & Shulamit Gershon | Dick & Cheri Saffro |
| Marjorie Gilbert | Madelon Scallet |
| Lois Goldberg | Faith Schonfeld |
| Richard & Suzette Greb | Edward Schwartz |
| Stuart & Sandy Horwich | Fran Schwartz |
| Phyllis Horwitz | Leon Shear |
| Rhody Kaskel | Sue Smith |
| Robert & Barbara Katz | Sorrell & Barbara Stein |
| David & Ellie Kaufman | Douglas Tarr |
| Leonard & Elaine Kessler | Barbara Tasner |
| Florence Kind | Val Vandestaan |
| Sharon Kinnard | Barbara Wald |
| Judy Kipnis | Pauline Warshaw |
| Anita Klein | Ira & Shari Warshawsky |
| Henry Kopka | Frances Wein |
| Sandra Kotler | Sidney Weinberg |
| Cecelia Kriser | Lorraine Weiner |
| Harold Landsman | Shauneen Weininger |
| Laura Lambrecht | Norm & Marilyn Weisberg |
| Gerald & Adrienne Lasin | Burton Weisbrod |
| Michael & Sande Laskov | Linda Wodis |
| Bill & Yones Lawler | Marvin Wolfe |
| Marvin Lebovitz | Selwyn Zun & Beverly Preiser |

Welcome!

Donations

In Memory of Rick Doody

From: Bob Levi

In Memory of Yotaro Yanase

From: Bob Levi

In Honor of Steve & Sue Sickle's 55th Anniversary

From: Barbara Nathan
Donald & Babette Powell

Wishes for a Speedy Recovery to Elizabeth Ernst

From: Thursday Exercise Class

In Memory of Gerti Baum

From: Irving & Toby Moses

In Memory of Sidney Borenstein

From: Marc & Susan Benjamin
Howard Brinkman

In Memory of Sylvia Bovilsky

From: Irving & Toby Moses

In Memory of Bruno Coppi

From: Lou Frey

Artist of the Month

Carolyn Haddad

Paintings, collages, enameling, and beaded tapestries will all be found in Carolyn Haddad's exhibit. She has been involved in her artwork for the past ten years, working with an art facilitator in a small group of artists. The sharing of their mutual creative interests motivates them and they stimulate and learn from each other. She also studied art at Snow Farm in Massachusetts

Carolyn mentioned her love of the flow of color and how the focus that her artwork provides for her fills her creative urge and allows a concentration on her work that is extremely satisfying.

Please take the time to enjoy her varied creations which will be on exhibit through September and October.

Center Parking Guidelines

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

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.

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

