

THE SHORELINES

JANUARY & FEBRUARY, 2010

THE HIGHLAND PARK SENIOR CENTER
54 LAUREL AVENUE (847) 432-4110

CITY WEBSITE: WWW.CITYHPIL.COM

Member Priority Registration

Activity Registration for members begins:
Thursday, December 17

Activity Registration for non-members begins:
Thursday, December 24

In order to ensure an equitable registration opportunity for all Senior Center members, the Senior Center now has priority registration dates, which will allow 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.

New Year's Eve Luncheon

Stoney River Restaurant

711 Deerfield Road - Deerfield

Thursday, December 31

11:45 a.m. - 1:45 p.m.

Fee: \$25 - \$30



Ring in 2010 at Stoney River and share in a champagne countdown to 12 noon. Each participant will receive a party hat and noise maker along with a complimentary glass of Champagne. Lunch includes warm *Stone Puppies* and honey butter; tomato basil soup; your choice of entree with mashed sweet potatoes, sauteed spinach, and chocolate ganache cake for dessert. Talented vocalist and keyboard performer Steve Carson will provide background music for your dining pleasure.

Please indicate your choice of: Sage Roasted Chicken Breast (\$25), Fresh North Atlantic Salmon (\$25), or Twin Tenderloin Medallions (\$30).

Sponsored by The Park in Vernon Hills

Winter Warm-Up

Starbucks at Renaissance Place

Friday, January 15

Open House from 2 - 3 p.m.

Free; for members only

The staff of the Renaissance Place Starbucks invites members of the Highland Park Senior Center to stop in for a free, warm beverage. Their winter specialties include Starbucks® *Signature Hot Chocolate*, *Salted Caramel Hot Chocolate*, *Hazelnut Hot Chocolate* as well as Starbucks® Holiday Blend coffee. Advanced registration required; please call (847) 432-4110.

Valentine's Day Luncheon

Trattoria Valle D'Itria

581 Roger Williams Road - Highland Park

Friday, February 12

11:45 a.m. - 1:45 p.m.

Fee: \$20 / NM: \$30



Celebrate Valentine's Day with friends, both old and new! This authentic Italian restaurant features a warm and comfortable atmosphere combined with delicious food. Lunch includes creamy tomato soup, your choice of entree, roasted potato wedges, vegetable medley of roasted zucchini and squash, pannacotta with fresh berries for dessert, and coffee or tea. Following lunch, Malcolm Ruhl will delight you with a guitar and vocal concert highlighting classic love songs, from over the years. When registering, please indicate your choice of Pan Seared Tilapia, Italian Roasted Chicken, or Meat Lasagna.

SPECIAL ACTIVITIES



Rise & Shine

Humanities Series

2009-2010

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

Free

No registration required

-
-
- Jan. 13** **The Dynamics of War and Peace**
Mike Zimmerman
- Jan. 27** **Civil War Nurse**
Leslie Goddard
- Feb. 10** **The Love Books and Writing**
Davis Schneiderman
- Feb. 24** **What's The Point?**
Jon Baskin, Etay Zwick, Jonny Thakkar
- March 10** **Ben Hecht's Literary Journalism**
Bill Savage
- March 24** **Music of the Bach Family**
Jim Kendros
- April 14** **Barbara Streisand Part I**
Susan Benjamin
- April 28** **Barbara Streisand Part II**
Susan Benjamin
- May 12 & May 26**
**The Symbols of our Faiths:
The Candelabra, The Cross &
The Crescent**
Rabbi Herbert Bronstein

Sponsored by Sunrise Assisted Living

Monday at the Movies

Highland Park Police Station

Mondays, 1:30 p.m.

Free, for members only

- My Sisters Keeper** (drama)
January 4 109 min.
- The Proposal** (romantic comedy)
January 11 108 min.
- Wrong Turn at Tahoe** (thriller)
January 25
- The Wrestler** (drama)
February 1 109 min.
- (500) Days of Summer** (comedy)
February 8 95 min.
- Reasonable Doubt** (thriller)
February 15 106 min.
- The Time Travelers Wife** (drama)
February 22 107 min.

Sponsored by Belmont Village of Glenview

Film Series:

Featuring Science Fiction

Highland Park Public Library

Sundays, 2 - 4:30 p.m.

Free, and open to all

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

- January 31 War of the Worlds
February 21 The Day the Earth Stood Still
March 21 Journey to the Center of the Earth
May 2 Forbidden Planet

Sponsored by Synergy HomeCare

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, including dietary restrictions.
- 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.

Departure Location for Trips:

Toys R Us Parking Lot
1610 Deerfield Road, Highland Park

Addams Family

Oriental Theatre

With Nathan Lane and Bebe Neuwirth

Wednesday, January 6, 2010 Fee: \$119 / NM: \$129

Motorcoach departs Toys R Us at 12:15 p.m. and returns at approximately 5:45 p.m.

This trip is currently filled; please call if you would like to add your name to the waiting list.

AUGUST: Osage County

Cadillac Palace

Wednesday, February 3, 2010 Fee: \$93 / NM: \$103

Motorcoach departs Toys R Us at 12:15 p.m. and returns at approximately 5:45 p.m.

This trip is currently filled; please call if you would like to add your name to the waiting list.



Funny Girl

Drury Lane, Oakbrook

Wednesday, March 3, 2010

Fee: \$60 / NM: \$70

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

This trip is currently filled; please call if you would like to add your name to the waiting list.

Matisse Exhibit

Art Institute of Chicago

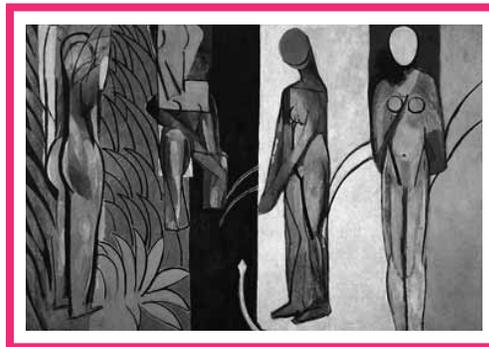
Radical Invention: 1913-1917

Tuesday, March 23

Fee: \$48 / NM: \$58

Motorcoach departs Toys R Us at 9 a.m. and returns at approximately 3:30 p.m.

In the career of Henri Matisse, the time between his 1913 return from Morocco and his 1917 departure for Nice witnessed the production of the artist's most demanding, experimental, and enigmatic works: paintings that are abstracted and rigorously purged of descriptive detail, geometric and sharply composed, and dominated by the colors black and gray. Lunch is Dutch treat at a local eatery of your choice.



Henri Matisse, *Bathers by a River*

Billy Elliot the Musical

Oriental Theatre

Wednesday, April 21

Fee: \$117 / NM: \$127

Wednesday, June 9

Fee: \$117 / NM: \$127

Motorcoach departs Toys R Us at 12:15 p.m. and returns at approximately 5:45 p.m.

This trip is currently filled; please call if you would like to add your name to the waiting list.



CLASSES

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.

Exercise with Kris

Mondays: Seated Stretching

Mondays, January - June (No class 1/18 & 5/31)

9:45 - 10:45 a.m.

Fee: \$60 / NM: \$70

** Level 1*

Thursdays: Low-Impact Cardio

Thursdays, January - June

9:45 - 10:45 a.m.

Fee: \$60 / NM: \$70

** Level 2*

Sit and Be Fit - Chair Exercise

Mondays, January 4 - February 22 (No class 1/18)

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 to well-loved music. People with Arthritis, Parkinson's, Fibromyalgia and Chronic Pain conditions are encouraged to attend.

** Level 1*

Yoga

Fridays, January 8 - February 26

10:30 - 11:30 a.m.

Fee: \$44 / NM: \$54

Taught by certified Yoga instructors, this class explores gentle movements to increase flexibility, strength and well-being. Students are led through stretches, yoga postures and breathing practices, then guided into deep relaxation. Ideal for anyone who would like a gentle approach to practicing yoga. Taught by Joy Luster.

** Level 1*



Your Story...Your Life

Tuesdays, January 5 - February 23

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

Fee: \$40 / NM: \$50

It's your unique story, and no one else can tell it! Memoir Writing is the reawakening of experiences you haven't thought about in years. Instructor Carole Mark Gingiss stimulates your creative juices in a safe, and supportive environment, where everyone has their own style of writing and every style is respected. Each week participants will write a short essay and join other class members to read their story to the group. This is your chance to write your personal recollections, to be shared with your children and grandchildren.

Memoir Writing

Ceramics

Tuesdays, January 5 - February 23

Class: 1 - 3 p.m.

Fee: \$44 / NM: \$54

Brown Bag Lunch: 12 - 1 p.m.

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

Portrait and Landscape Art Class

Wednesdays, January 6 - February 24

9:30 - 11:30 a.m.

Fee: \$36 / NM: \$46

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

Advanced Drawing and Painting

Thursdays, January 7 - February 25

1 - 3 p.m.

Fee: \$44 / NM: \$54

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



CLASSES

Conversational Spanish Class

Tuesdays, January 5 - February 23

Continuing: 10 - 11 a.m. Fee: \$36 / NM: \$46

This is a great learning opportunity for those continuing their education with the Spanish language. Certified Spanish teacher, Leslie Fenster, helps students gain basic knowledge of Spanish, including everyday vocabulary, pronunciation, and grammar. Class will focus on speaking skills, and elementary vocabulary. Students will utilize the textbook *Spanish for Gringos*. New students to Leslie's classes should inquire about the appropriate level prior to registering.

Championship Poker: Drop-In

Wednesdays, 1 - 3 p.m. Daily Fee: \$2 / NM: \$3

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

Sponsored by Pinnacle Home Care

Beginning Bridge: Part Two

Wednesdays, January 20 - February 24

10 a.m. - 12 noon Fee: \$38 / NM: \$48

Using the second book in the ACBL *Beginning Bridge Series*, Bob Burke will expand on basic bridge principles. The *Diamond Series* concentrates on play of the hand; making a plan, promoting winners, finessing, and trumping losers. Class lecture is followed by time for supervised play, giving students the opportunity to practice what they have learned.



Bridge Conventions & Supervised Play

Thursdays, January 21 - February 25

10 a.m. - 12 noon Fee: \$38 / NM: \$48

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 the lesson, 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.

Rules of the Road

Thursday, March 4

9:30 - 11:30 a.m.

Free

Instructor Judy Hutton will give senior drivers the knowledge and confidence needed to renew a driver's license. Please register in advance.

AARP Driver Safety

Thursday & Friday, March 25 & 26

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 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,

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. Ping Pong has proved to be a fabulous aerobic activity for older adults, and the table will be available for use during scheduled times. Table time must be reserved in advance; please call (847) 432-4110. You may reserve your time with a partner, or as an individual and we will schedule another single player at the same time.

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, including dietary restrictions.
- 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.

ACTIVITIES - FREE FOR MEMBERS

Free Blood Pressure Screening

Mondays, January 4 & February 1

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

Senior Center: 10:45 - 11:15 a.m.

Provided by Traycee Home Care Services

Scrabble: Join the Game

Mondays, 2 p.m.

Take your love of words and language and bring it to the Senior Center for a lively game of Scrabble. The group is small and looking to grow; come alone or bring a friend and get back in the game! Please call (847) 432-4110 to register.

Duplicate Bridge

Mondays, 12:30 - 3 p.m.

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

Open Art Studio

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

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

Knitwits

Tuesdays, 9:30 a.m.

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

Novice Open Bridge

Tuesdays, 9:30 a.m.

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

Senior TV Production Team

Tuesdays, 12:30 p.m.

The Senior TV Production Team will be taking a brief hiatus during construction of the new cable studio production site, which will be located in the basement of the Police Station. In the spring, the group will host a new member drive which will include a tour of the new facility as well as a look into who the Senior Producers are, and what they do. Please watch for further details.

Yiddish Conversation & Culture

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

Join Yiddish 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, and share stories about Yiddish culture and history. Please call to register.

“For Men Only” Discussion Group

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

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

Mah Jongg

Thursdays, 1 p.m.

This Mah Jongg game is designed to give experienced players an opportunity to meet and play with others who are familiar with the game. New players are welcome to join and will receive individualized instruction from one of our volunteer teachers. Please bring a 2009 card. Leaders: Helen Appel and Rosadel Spanier

Laurel Larks Choral Group

Fridays, 9:45 - 11:15 a.m.

Peers Building: 400 Central Avenue

Music is good for the soul and singing brightens the spirit. You don’t have to be experienced, just able to carry a tune. Under the direction of Peggy Massello, accompanied by husband Dave Massello, this fun-loving group practices weekly to prepare for performances. Please contact the Senior Center for further information.

Sponsored by First Bank of Highland Park

News & Views Current Events

Fridays, 10 - 11:30 a.m.

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

Chess Club

Fridays, 1 - 4 p.m.

Facilitated by Tom Kimmel, this new group meets weekly. Players will be matched based on skill level. Players of all levels are welcome, including beginners who will be taught the game basics. Please call (847) 432-4110 to register.

MONDAY SPEAKER SERIES

Monday Mornings, 10:30 - 11:30 a.m., Free, for members only

*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*

January 4 Opera is Everywhere

"Most people are not aware that they have been exposed to the opera through movies, recordings, radio, TV and advertising," Bob Levi relates. His multi-media lecture presentation highlights and demonstrates numerous examples of opera melodies incorporated into various popular culture sources: on movies soundtracks, in cartoons, biopics, and musicals. On radio and on TV, familiar music is found in variety shows from the 1950s through the 1970s as well as in many radio and TV commercials. Bob also has prepared an interactive resource document so audience members can subsequently view many of the opera melodies mentioned in his talk through video clips on the Internet.

January 11 Vincente Minnelli:

Dreaming in Color: Part I

An innovative film director, Vincente Minnelli, turned the Hollywood musical into a colorful extravaganza. Using his knowledge and passion for visual art, he lit and costumed his actors to bring out their best qualities. His ability to accentuate the finest in characters was especially true with his star and wife, Judy Garland. This two-part program, by Susan Benjamin, contains examples of several of his best works including *Cabin in the Sky*, *Meet Me in St. Louis*, *The Band Wagon*, *An American in Paris* and *Gigi*.

January 25 Three Safaris

Jack Cain has been on three photo safaris to Africa. The first to Kenya; the second to Botswana & Namibia; the third to Tanzania and Serengeti. He will present a slide show combining all three trips. Jack has a number of exhibits of his photos and this is a prime opportunity to the best of the best images.

February 1 Take Charge of Your Future

So many terms are bandied about regarding adequate planning for your future care, both financially as well as the practical part of addressing activities of daily living. Bret Hartung, of Northwestern Mutual Financial Network, will discuss long term care insurance and the many ways you can take charge of your future. *This program is presented by Gregg Berliant of Gentle Home Services, Inc., Home Healthcare.*

February 8 Vincente Minnelli: Part II

An innovative film director, Vincente Minnelli, turned the Hollywood musical into a colorful extravaganza. Using his knowledge and passion for visual art, he lit and costumed his actors to bring out their best qualities. His ability to accentuate the finest in characters was especially true with his star and wife, Judy Garland. This two-part program, by Susan Benjamin, contains examples of several of his best works including *Cabin in the Sky*, *Meet Me in St. Louis*, *The Band Wagon*, *An American in Paris* and *Gigi*.

February 15 Senior Safety: HP Police

Despite the fact that Highland Park feels like a very safe community, it is important for individuals to be vigilant about safety whether you are in your car, shopping, or in your own home. Tom Spanos, of the Highland Park Police Department, will present a variety of scenarios to consider in taking recommended precautions about personal safety whether you are in Highland Park or venturing further from home.

February 22 Jordan: Between Iraq and a Hard Place

Trans-Jordan was arbitrarily created by the British in the 1920s after the fall of the Ottoman Empire. They created borders without thought for future consequences. Bill Helmuth will take the veil off this hidden, fascinating country and your understanding of the dynamics of the Mideast will expand to new, important dimensions. His slides always provide an amazing insight into the culture and landscape, as well as the people of the countries he visits.

SOCIAL SERVICES

Tax Filing Assistance

VITA (Volunteer Income Tax Assistance) benefits those who file basic tax returns and assists those with special needs, including persons with disabilities, non-English speaking persons, and older taxpayers. Beginning February 1st, you may schedule an appointment for assistance with your 2009 tax returns by calling Laura at (847) 432-4110.

Seeking VITA volunteers: If you enjoy problem solving and working with numbers, please consider becoming a VITA volunteer. For further details and training information, please call (847) 432-4110.

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 Medicare Prescription Drug Plan options.** Call Gina at (847) 926-1865 to schedule a free appointment.

Daily Telephone Reassurance

This program is designed for individuals living alone, who would like the comfort of knowing that someone will make a daily telephone check. Participants will be called each day by 10 a.m. If there is no answer, emergency procedures will be put into action to check on the condition of the participant and to assess further need. For additional details, call (847) 432-4110.

Grocery Shopping & Errand Services

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

“Take Me Home” Safety Program

The Highland Park Police Department welcomes all members of the community to register for the “Take Me Home” program. This program assists officers with identifying and helping persons with special needs such as Autism and Alzheimer’s or those unable to communicate verbally. For further information and to register a loved one, please call (847) 926-1797.

Low Vision Group

Friday, January 8 10 - 11 a.m. Free
Are you experiencing loss of vision due to macular degeneration, glaucoma, cataracts, or any other cause? If so, this group is a resource for coping with the many changes you are experiencing and learning about the opportunities available through special equipment to aid you in your daily activities. Paula Cyphers, M.A., Social Services Coordinator, leads the group and brings in a wide variety of resources. Please call to register for the group, or with any questions.

Continuing...Widow/Widower’s Support

Tuesdays, 1:30 - 3 p.m. (No meeting 12/29) Free
Moving forward following the loss of a spouse creates many challenges. This group continues to provide a wonderful social network to the participants. It will continue, under rotating leadership, by Paula Cyphers, Lois Silverstein, and Gina Gooden.

Support for Parents and Siblings with Dependent Adult Family Members

Thursdays, January 14 & February 11 10 - 11:30 a.m. Free
This drop-in program is open to older adults experiencing concern about their adult children or siblings concerned about a brother or sister who remain 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.

Medical Equipment Lending Closet

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

Volunteer Opportunities

Let the Senior Center assist you in finding just the right volunteer opportunity for you. Getting involved in helping others is a rewarding way to spend your time and apply your skills in a new direction. Please call to make an appointment with staff to discuss your interests.

Severe Weather Check by Highland Park Police

Call the non-emergency number for the Police Department, (847) 432-7730, if you would like them to check on you during extreme cold or hot weather, either below 10 degrees F or above 90 degrees.

NOTEWORTHY

Highland Park Senior Center Awarded \$10,000 from Home Instead Senior Care

The Senior Center's members will benefit from a corporate award presented to the Home Instead Senior Care Northbrook office, part of an international franchise chain that provides companionship and home care to older adults. Steven and Fran Glassman, owners of the local office of Home Instead, chose the Highland Park Senior Center because, "in the eight years that we have been in business, we have personally witnessed the wonderful work that they do," Fran Glassman said. The grant money will enhance programming opportunities for older adults and allow the Center to greatly increase support services to individuals facing a variety of challenges.

Artist of the Month Rosa Taitler

Each artist has a moment in which they discover the talent that has been hidden within themselves, and it is truly a "Eureka" moment! For Rosa Taitler, this happened in the early 90s. She had moved to the High Ridge area of Highland Park, and was asked if she was interested in joining a private art class that needed one more participant. Rosa had never picked up a brush before this time. She was open to giving it a try and "Voila" an artist was born. Both Rosa and her family were surprised and so pleased with the results.

Joining one of the art classes at the Senior Center, Rosa has blossomed even further. As many other members have found, she created new meaning in her life through her association at the Senior Center and the satisfaction she achieves through her art work.

Holiday Gift Policy

Many members like to show their appreciation to the staff at this time of year; making a donation to benefit the Center is a highly recommended suggestion. Staff are not allowed to accept individual gifts, however, members may bring something that can be shared among the staff, at the office.

Happy and Healthy holiday wishes to all!

Welcome New Members

Margo Arndt
Shirley Dorf
Phyllis Ehrenberg
Joyce Fenchel
Brian & Mary Green
Steve Guthman
Ruth Harrison
Carl Heidle
Joan Lawson
George & Karen Pett
Sol & Carolyn Rosen

Robert Rosenzweig
Herbert & Jane Rozoff
Sheri Sabbit
Carole J. Shapiro
Theodore Stromberg
Shirley Susman
Alice Tuler
Marvin & Marlene Wein
Lorraine Weis
Phyllis Wygodny

Donations

In Memory of Lois Freundlich

From: Jane Mason & Joan Mannheimer

In Memory of Henry Idler

From: Howard & June Berkowitz

In Memory of Dorothy Levin

From: Maxine Levin

In Memory of Howard Wittenberg

From: Lou Frey
Idelle Levin

In Honor of Gladys Ascher's Special Birthday

From: Lou Frey

In Honor of Joan Mannheimer's Special B-Day

From: Leona Davis & Family

In Gratefulness for Services for Seniors

From: Leona Davis, Lynda & Rick Wood, & Rhea
Gilda Lesser
Harriet Lipkis
Marvin & Janice Temple

Tree of Honor

Honor a person or occasion, or remember a dear one, by purchasing a leaf on the Tree of Honor. The leaves may be engraved according to the following donation amounts:

Gold Leaf: \$200 - \$499
Platinum Leaf: \$500 +

Your generous tax-deductible donations provide a lasting memory as well as support for activities at the Center.

January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 News & Views 1:00 Chess Club
4 9:45 Exercise w/Kris 10:00 Blood Pressure (HPPD) 10:00 Bagels/Police Dept. 10:30 Monday Lecture: Opera is Everywhere 10:45 Blood Pressure (HPSC) 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit & Be Fit 1:30 At The Movies 2:00 Scrabble	5 9:00 Mix-It-Up Exercise 9:30 Knitwits 9:30 Novice Open Bridge 10:00 Continuing Spanish 11:00 Memoir Writing 12:00 Ceramics Lunch 1:00 Ceramics Class 1:30 Widow's Group	6 9:30 Art Class 12:15 Trip: Addams Family 1:00 Poker 1:30 Yiddish	7 9:45 Exercise w/Kris 10:00 Men's Discussion Grp 1:00 Mah Jongg 1:00 Art Class	8 10:00 Low Vision Group 10:00 News & Views 10:30 Yoga 1:00 Chess Club
11 9:45 Exercise w/Kris 10:30 Monday Lecture: Vincente Minnelli: Part I 10:45 Blood Pressure (HPSC) 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit & Be Fit 1:30 At The Movies 2:00 Scrabble	12 9:00 Mix-It-Up Exercise 9:30 Knitwits 9:30 Novice Open Bridge 10:00 Continuing Spanish 11:00 Memoir Writing 12:00 Ceramics Lunch 1:00 Ceramics Class 1:30 Widow's Group	13 9:30 Art Class 10:30 Humanities Lecture Dynamics Of War & Peace 1:00 Poker 1:30 Yiddish	14 9:45 Exercise w/Kris 10:00 Support Group 1:00 Art Class 1:00 Mah Jongg	15 9:45 Laurel Larks 10:00 News & Views 10:30 Yoga 1:00 Chess Club
18 CLOSED Martin Luther King Jr. Day	19 9:00 Mix-It-Up Exercise 9:30 Knitwits 9:30 Novice Open Bridge 10:00 Continuing Spanish 11:00 Memoir Writing 12:00 Ceramics Lunch 1:00 Ceramics Class 1:30 Widow's Group	20 9:30 Art Class 10:00 Beg. Bridge Class 1:00 Poker 1:30 Yiddish	21 9:45 Exercise w/Kris 10:00 Bridge Conventions 1:00 Art Class 1:00 Mah Jongg	22 9:45 Laurel Larks 10:00 News & Views 10:30 Yoga 1:00 Chess Club
25 9:45 Exercise w/Kris 10:30 Monday Lecture: Three Safaris 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit & Be Fit 1:30 At The Movies 2:00 Scrabble	26 9:00 Mix-It-Up Exercise 9:30 Knitwits 9:30 Novice Open Bridge 10:00 Continuing Spanish 11:00 Memoir Writing 12:00 Ceramics Lunch 1:00 Ceramics Class 1:00 Investment Group 1:30 Widow's Group	27 9:30 Art Class 10:00 Beg. Bridge Class 10:30 Humanities Lecture Civil War Nurse 1:00 Poker 1:30 Yiddish	28 9:45 Exercise w/Kris 10:00 Bridge Conventions 1:00 Art Class 1:00 Mah Jongg	29 9:45 Laurel Larks 10:00 News & Views 10:30 Yoga 1:00 Winter Warm-Up Starbucks 1:00 Chess Club Film Series: Sunday 2:00 p.m. <i>War of the Worlds</i> 1 / 31 / 09

February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:45 Exercise w/Kris 10:00 Blood Pressure (HPPD) 10:00 Bagels/Police Dept. 10:30 Monday Lecture: Take Charge of Your Future 10:45 Blood Pressure (HPSC) 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit & Be Fit 1:30 At The Movies 2:00 Scrabble</p>	<p>2</p> <p>9:00 Mix-It-Up Exercise 9:30 Knitwits 9:30 Novice Open Bridge 10:00 Continuing Spanish 11:00 Memoir Writing 12:00 Ceramics Lunch 1:00 Ceramics Class 1:30 Widow's Group</p>	<p>3</p> <p>9:30 Art Class 10:00 Beg. Bridge Class 12:15 Trip: August: Osage County 1:00 Poker 1:30 Yiddish</p>	<p>4</p> <p>9:45 Exercise w/Kris 10:00 Men's Discussion Group 10:00 Bridge Conventions 1:00 Art Class 1:00 Mah Jongg</p>	<p>5</p> <p>9:45 Laurel Larks 10:00 News & Views 10:30 Yoga 1:00 Chess Club</p> <p>Film Series: Danny Kaye 2:00 p.m. HP Library - 12 / 6</p>
<p>8</p> <p>9:45 Exercise w/Kris 10:30 Monday Lecture: Vincente Minnelli: Part II 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit & Be Fit 1:30 At The Movies 2:00 Scrabble</p>	<p>9</p> <p>9:00 Mix-It-Up Exercise 9:30 Knitwits 9:30 Novice Open Bridge 10:00 Continuing Spanish 11:00 Memoir Writing 12:00 Ceramics Lunch 1:00 Ceramics Class 1:30 Widow's Group</p>	<p>10</p> <p>9:30 Art Class 10:00 Beg. Bridge Class 10:30 Humanities Lecture: Love of Books & Writing 1:00 Poker 1:30 Yiddish</p>	<p>11</p> <p>9:45 Exercise w/Kris 10:00 Support Group 10:00 Bridge Conventions 1:00 Art Class 1:00 Mah Jongg</p>	<p>12</p> <p>9:45 Laurel Larks 10:00 News & Views 10:30 Yoga 11:45 Valentine's Luncheon Trattoria Valle D'Itria 1:00 Chess Club</p>
<p>15</p> <p>9:45 Exercise w/Kris 10:30 Monday Lecture: Senior Safety 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit & Be Fit 1:30 At The Movies 2:00 Scrabble</p>	<p>16</p> <p>9:00 Mix-It-Up Exercise 9:30 Knitwits 9:30 Novice Open Bridge 11:00 Memoir Writing 11:15 Continuing Spanish 12:00 Ceramics Lunch 1:00 Ceramics Class 1:30 Widow's Group</p>	<p>17</p> <p>9:30 Art Class 10:00 Beg. Bridge Class 1:00 Poker 1:30 Yiddish</p>	<p>18</p> <p>9:45 Exercise w/Kris 10:00 Bridge Conventions 1:00 Art Class 1:00 Mah Jongg</p>	<p>19</p> <p>9:45 Laurel Larks 10:00 News & Views 10:30 Yoga 1:00 Chess Club</p> <p>Sunday 2:00 p.m. Film Series: <i>The Day the Earth Stood Still</i> 2 / 21/ 09</p>
<p>22</p> <p>9:45 Exercise w/Kris 10:30 Monday Lecture: Jordan 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit & Be Fit 1:30 At The Movies 2:00 Scrabble</p>	<p>23</p> <p>9:00 Mix-It-Up Exercise 9:30 Knitwits 9:30 Novice Open Bridge 10:00 Continuing Spanish 11:00 Memoir Writing 12:00 Ceramics Lunch 1:00 Ceramics Class 1:00 Investment Group 1:30 Widow's Group</p>	<p>24</p> <p>9:30 Art Class 10:00 Beg. Bridge Class 10:30 Humanities Lecture: What's the Point? 1:00 Poker 1:30 Yiddish</p>	<p>25</p> <p>9:45 Exercise w/Kris 10:00 Bridge Conventions 1:00 Art Class 1:00 Mah Jongg</p>	<p>26</p> <p>9:45 Laurel Larks 10:00 News & Views 10:30 Yoga 1:00 Chess Club</p>
				

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CITY MANAGER:
DAVID M. LIMARDI

Senior Center Staff

Marla Schachtel,

Acting Manager, Senior Services

Paula Cyphers, M.A.,

Social Services Coordinator

Laura Frey, CPRP,

Program Coordinator

Gina Gooden, M.A.,

Program Coordinator

Susan Mosky,

Records Administrator

Center Parking Guidelines

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

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

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

Shuttle Options

Senior Connector from the Central Park Lot

The Senior Connector is available to shuttle members between the parking lot and the Center at the following times: **8:43 a.m., 9:43 a.m., 10:43 a.m., 11:43 a.m., 12:43 a.m., 2:13 p.m., & 3:13 p.m.** Please consider scheduling your arrival and departure accordingly. At other times, you may call the Center for a shuttle ride using the call box or your cell phone.

Shuttle Car from the Central Avenue Parking Lot

Shuttle Service from the parking lot is available by using the call box located at the entrance to the lot, next to the park bench, or by calling the Center from a cell phone to indicate your need for a ride to the Center. Volunteers and staff provide rides; watch for a white car with the city seal on the doors.