

# THE SHORELINES

MARCH & APRIL, 2010

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

CITY WEBSITE: [WWW.CITYHPIL.COM](http://WWW.CITYHPIL.COM)

## Member Priority Registration

Activity Registration for members begins:  
Thursday, February 11

Activity Registration for non-members begins:  
Thursday, February 18

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.

## Marla Schachtel

### Named Senior Services Manager

Effective January 1, 2010, I was named Senior Services Manager of the Highland Park Senior Center. It is with great pleasure that I formally assume this position, and I thank all of you for the support you have shown over the past year, as we transitioned into new leadership.

After more than twelve years at the Senior Center, I have had the privilege of getting to know many of you very well, and I look forward to serving all of you.

We are very fortunate to have a team of extremely devoted staff, and as a group, we encourage everyone to feel free to approach us with any and all questions, concerns, and suggestions. I wish you the very best as we go forward.

Warm wishes, *Marla*

## St. Patrick's Day Celebration

### ManorCare Health Services

2773 Skokie Valley Drive - Highland Park

Wednesday, March 17

12 - 2 p.m.

Fee: \$5 / NM: \$8

"Beannachtaí na Féile Pádraig" is the Gaelic expression of wishing that you have all the blessings of St Patrick's Day and the "luck of the Irish" to go with them. On St. Patrick's Day everyone is Irish, so come celebrate at ManorCare with a traditional Irish lunch buffet and delightful Irish entertainment

You'll also enjoy a few games of "Blarney Bingo," complete with wonderful prizes. *ManorCare will generously donate the registration fees back to the Highland Park Senior Center.*



*Sponsored by ManorCare  
Health Services*

## Volunteer Appreciation Lunch

### Highland Park Country Club

1201 Park Avenue West

Thursday, April 22

11:30 a.m. - 2 p.m.

Fee: \$20 / Free for volunteers

The Volunteer Lunch provides an opportunity for staff and members to show their appreciation to Center volunteers for the valuable services they provide. Senior Center volunteers and general members are encouraged to attend this fabulous celebration of service. The delicious lunch features Salad, Chicken with Artichoke and Angel Hair Pasta, White Chocolate Mousse Cake for dessert, and coffee or tea. Following lunch, you'll be delighted by the music of the Highland Park High School Swing Choir. When registering as a Senior Center volunteer, please indicate the areas in which you volunteered over the past year.

**Thank You Volunteers!**

# SPECIAL ACTIVITIES

## Live on the Links Classic Concerts

Featuring many talented musicians  
from Highland Park

**Highland Park Country Club**  
**Fridays, 1:30 - 3 p.m.**  
**Free, for members only**  
**Advance registration required**

### HPHS Chamber Orchestra

**Friday, March 19**

Under the direction of Stephen Hobson, the Highland Park High School Chamber Orchestra is sure to delight you with their musical talent. Their concert features music by popular composers including; Brandenburg Concerto #3 (Bach) Adagio for Strings (Barber), Octet in Eb (Mendelssohn), as well as Ragtime Favorites (Joplin).

### HPHS Jazz Band

**Friday, April 16**

The Highland Park High School Jazz band features truly gifted students who will perform music from the Big Band Era with selections including music by Count Basie, Benny Goodman, Duke Ellington, Glenn Miller and more. Directed by Dr. Jim Hile, this group is sure to have you dancing in your seats.

### Pilgrim Chamber Players

Friday, May 21 (1 - 2 p.m., early start time)

### Jazzmer Trio

Friday, June 4

### Dave and Debby Duo

Thursday, July 22

### The Lincoln Trio

Thursday, August 5

### Las Guitarras de Espana

Thursday, September 2

### HPHS Wind Ensemble

Friday, October 22

### Pilgrim Chamber Players

Friday, November 19

*Sponsored by Whitehall of Deerfield  
Healthcare Center*

## Monday at the Movies

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

### Love Happens (drama)

March 1 109 min.

A best-selling self-help guru falls for a woman who attends one of his seminars, only to learn that he hasn't yet confronted his wife's passing.

### Couples Retreat (romantic comedy)

March 8 113 min.

Four couples settle into a tropical-island resort for vacation and one of the couples does not realize that participation in the resort's therapy sessions is mandatory.

### Amelia (drama)

March 15 111 min.

A look at the life of legendary American pilot Amelia Earhart, who disappeared while flying over the Pacific.

### 2012 (Action)

March 22 158 min

An epic adventure about a global cataclysm that brings an end to the world and tells of the heroic struggle of the survivors.

### The Ugly Truth (comedy)

April 5 96 min.

A romantically challenged morning show producer is reluctantly embroiled in a series of outrageous tests by her chauvinistic news correspondent to prove his theories on relationships and help her find love.

### Star Trek (science fiction)

April 12 127 min.

A chronicle of the early days of James T. Kirk and his fellow USS Enterprise crew members.

### Bright Star (drama)

April 19 119 min.

The drama based on the three-year romance between 19th century poet John Keats and Fanny Brawne.

### The Hurt Locker (War/Thriller)

April 26 131 min.

Forced to play a dangerous game of cat-and-mouse in the chaos of war, an elite Army bomb squad unit must come together in a city where everyone is a potential enemy.

*Sponsored by Belmont Village of Glenview*

# SPECIAL ACTIVITIES

## Kenney, Miller, & Bronstein Lecture Series 2010

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

**March 25 God Evolves?** Kenney  
Jim Kenney will discuss Robert Wright's view of evolutionary psychology. His *The Evolution of God* is a landmark in the exploration of the development of theology. He addresses how human conceptions of God have evolved over time, and proved quite adaptive.

**May 20 God's Comeback** Miller  
Books about God are filling bookstores. Ron Miller believes Karen Armstrong's *The Case for God* is a notch above all the others, a provocative and insightful work by one of the world's most prominent experts on the world's religions. He will discuss two sections of the book that encapsulate humankind's earlier understandings of God and those that enter history with modernity.

**July 8 And Then What?** Miller  
View the timeless questions revolving around eternal life from the perspective of two eminent contemporary theologians: Bishop John Shelby Spong, who offers a thoughtful liberal perspective, and Bishop N.T. Wright, who presents more traditional views in an equally scholarly fashion. People of faith can disagree, and so can people of intellectual depth, as Ron will explain.

**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. Jim suggests that this new concept is still unfamiliar, but coming very soon.

**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. Each concluded, that religion was an occasionally useful illusion.

*Sponsored by ManorCare Health Services*



## Humanities Series 2010

Highland Park Public Library  
Wednesdays, 10:30 - 11:30 a.m.  
Free; No registration required

**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*

## 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*

February 21 *The Day the Earth Stood Still*  
March 21 *Them*  
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.

## 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. Seniors ride free and must bring their 'Smart Card.'

The Lyric Opera is offering seniors a sensational package for this classic opera. Fee includes lunch at the *Florian Opera Bistro*, in the same building, followed by an introductory lecture, and main floor seating for the performance. Entree selections and more detailed train information in the next issue of *The Shorelines*.

## Departure Location for Trips:

Toys R Us Parking Lot  
1610 Deerfield Road, Highland Park

## Funny Girl

Wednesday, March 3

Drury Lane, Oakbrook

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.

## Billy Elliot the Musical

Oriental Theatre

Wednesday, April 21

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 for either this trip or the tickets for the trip to Billy Elliot on June 9th.

## Notre Dame University and South Bend With Bill Hinchliff

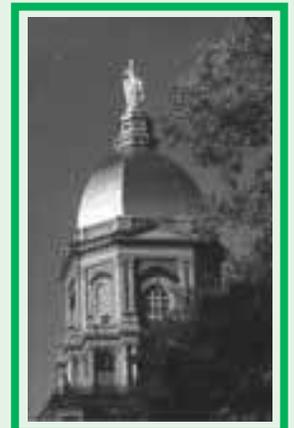
Thursday, April 29

Fee: \$65 / NM: \$75

Motorcoach departs at 7:30 a.m. and returns at approximately 5 p.m.

Notre Dame has one of the most beautiful campuses in the U.S., distinguished by its spacious quadrangles, the stylistic consistency of its architecture, and its beautiful landscapes and sculptures (many by Ivan Mestrovic). Visit Old Main, the stunning Basilica of the Sacred Heart, and the Hesburgh Library. Also tour the old parts of South Bend, home of some great industrialists, such as the Studebaker brothers and Joseph Oliver. Enjoy lunch at the former Studebaker mansion called Tippecanoe Place.

There will be a LOT OF WALKING, and there may not be anywhere to sit during the tour. Please consider this when registering for the trip.



# DAY EXCURSIONS

## Million Dollar Quartet

Wednesday, May 5

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

On December 4, 1956, an auspicious twist of fate brought together Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley. The place was Sun Records' storefront studio in Memphis. The man who made it happen was the "Father of Rock-n-Roll," Sam Phillips, who discovered them all. The four legends-to-be united for the only time in their careers for an impromptu recording session that embodied the birth of rock 'n' roll and has come to be known as one of the greatest rock jam sessions of all time.

Million Dollar Quartet captures the infectious spirit, freewheeling excitement and thrilling sounds of a singular moment when four of popular music's most extraordinary talents, all in their creative prime, came together for a night that would raise the roof.



## Apollo Theatre

Fee: \$70 / NM: \$80

## Billy Elliot the Musical

Wednesday, June 9

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.

## Oriental Theatre

Fee: \$117 / NM: \$127

## Cubs vs. Brewers

Thursday, June 10

Motorcoach departs Toys R Us at 10:30 a.m. and returns at approximately 6:30 p.m.

Grab your favorite, lucky Cubs gear to enjoy a game, rain or shine, under the practical and amazing dome that opens and closes over Miller Park Stadium in Milwaukee. What could be better than enjoying the "home" team in this comfortable setting, with expansive selections of concessions, and great seats near home plate. You can choose to bring your lunch or purchase food at the ball park, whatever is your preference. (Staff is awaiting confirmation of trip details; available upon registration.)

## Miller Park, Milwaukee

Fee: \$85 / NM: \$95

## The 39 Steps

Wednesday, May 26

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

Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python, and you have *The 39 Steps*, a fast-paced 'whodunit' for anyone who loves the magic of theatre! This two-time Tony and Drama Desk Award-winning treat is packed with nonstop laughs, over 150 zany characters (played by a ridiculously talented cast of 4), an on-stage plane crash, handcuffs, missing fingers and some good old-fashioned romance!

A man with a boring life meets a woman with a thick accent who says she's a spy. When he takes her home, she is murdered. Soon, a mysterious organization called "The 39 Steps" is hot on the man's trail in a nationwide manhunt that climaxes in a death-defying finale! A riotous blend of virtuoso performances and wildly inventive stagecraft, this play amounts to an unforgettable event of pure pleasure.

## Bank of America Theatre

Fee: \$92 / NM: \$102

## Rick Bayless' Kitchen Garden Tour and Lunch at Rick Bayless' Frontera Grill

Thursday, June 24

Motorcoach departs Toys R Us at 9:15 a.m. and returns at approximately 3 p.m.

Learn about "Edible Landscaping" on an inspirational tour of the garden that supplies the famous local chef Rick Bayless at his three downtown restaurants. This organic garden serves as a model for urban food production and demonstrates that gardening can be both functional and beautiful. Tour leader Bill Shores focuses on small-scale intensive gardening systems, while also working with the Bayless'.

Lunch will follow the tour in the private dining room shared by Bayless' well known Frontera Grill and Topolobampo Restaurants. Enjoy a family-style menu including: Ensalada Frontera - a mixture of young seasonal greens with wood-grilled onions, radishes, homemade fresh cheese and roasted-garlic dressing; Carne a Las Brasas - wood-grilled Tallgrass beef chuck tenderloin with red guajillo chile sauce, black beans "maneados" (infused with Samuel's artisan Jack cheese), grilled green beans, crispy onions; fresh shrimp prepared in a special seasonal recipe featuring fresh herbs and vegetables; a seasonal sampling of three dessert items. There will be a **LOT OF WALKING**, as the tour takes approximately one hour, and there may not be anywhere to sit during that time. Please consider this when registering for the trip.

# 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 that include floor work will be noted.

## Exercise with Kris

### **Mondays: Stretching (class is seated)**

*January - June*

*9:45 - 10:45 a.m.*

*Fee: \$60 / NM: \$70*

\* Level 1

### **Thursdays: Low-Impact Cardio**

*January - June*

*9:45 - 10:45 a.m.*

*Fee: \$60 / NM: \$70*

\* Level 2

## Sit and Be Fit - Chair Exercise

*Mondays, March 1 - April 26 (no class 3/29)*

*1:30 - 2:30 p.m.*

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

*Thursday, March 11 - April 29*

*1:30 - 2:30 p.m.*

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

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

\* Level 1

## Yoga

*Fridays, March 12 - April 30*

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

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

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. Ideal for anyone who would like a gentle approach to practicing yoga.

\* Level 1



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

*Tuesdays, March 2 - April 27 (no class 3/30)*

*9 - 10 a.m.*

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

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

\* Level 3

## Latin Dance Aerobics: Zumba Gold

*Wednesdays, March 10 - April 28*

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

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

Learn Latin dance steps while enjoying a fun and rejuvenating form of exercise. Instructor Marla Solarz teaches meringue, cumbia, salsa, cha cha and bachata. Marla is a certified "Zumba" instructor and leads the class alternating fast and slow dance styles to achieve the proper cardiac exercise, allowing for increased heart rate and proper recovery, throughout the class. No partner or experience necessary.

\* Level 2 / 3

## 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. 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 you will be scheduled with another individual player at the same time.

## Senior Adult Travel Golf League

This innovative 9-hole, Travel Golf League rotates weekly between Sunset Valley Golf Course, Highland Park Country Club, Sportsman's Country Club Traditions at Chevy Chase, Deerfield Golf Club new this year, Willow Hill. The co-ed league runs Wednesday mornings from May through September. There is a \$40 registration fee, with greens/cart fees payable weekly at each course. Please call Laura at (847) 926-1860 for further details.

*Returning Player Registration: March 9 - 12*

*New Player (HP residents) Registration: March 16 - 19*

*Open Registration: March 23 - until filled*

# CLASSES

## Your Story...Your Life

Tuesdays, March 16 - April 27 (no class 3/30)

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

## Memoir Writing

Fee: \$48 / 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.

## Ceramics

Tuesdays, March 2 - April 27 (no class 3/30)

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, March 10 - April 28

9:30 - 11:30 a.m.

Fee: \$36 / NM: \$46

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

## Advanced Drawing and Painting

Thursdays, March 11 - April 29

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.

## Continuing Conversational Spanish

Tuesdays, March 2 - April 27 (no class 3/30, 4/6, & 4/13)

Continuing: 10 - 11 a.m.

Fee: \$27 / NM: \$37

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 should inquire about the appropriate level prior to registering.

**Beginning Spanish** will start in May; please watch for details in the May & June issue of *The Shorelines*

## Beginning Bridge

Wednesdays, March 10 - April 28

9:30 - 11:30 a.m.

Fee: \$50 / NM: \$60

If you have always wanted to learn to play bridge or if your basic skills are rusty, this bridge class is for you. Using the ACBL *Beginning Bridge, Club Series Book* as a reference, **Ginny Huett** will teach basic bridge principles. Class lecture is followed by time for supervised play, giving students the opportunity to practice what they have learned. No previous bridge experience necessary.

## 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.

## Canasta Lessons

Fridays, 1 - 3 p.m.

Continuing: April 9 - 30

Fee: \$28 / NM: \$38

Beginning: May 7 - June 11

Fee: \$40 / NM: \$50

Continuing: July 9 - 30

Fee: \$28 / NM: \$38

Canasta lessons return to the Highland Park Senior Center by popular request. Canasta is a fun and exciting card game which has recently had a resurgence of popularity! Instructor Dotty Guthmann teaches canasta in a learn-as-you-play game, supplemented by lesson handouts. Register early to get in on the newest craze. The Continuing class focuses on game strategies and review of elementary concepts.

## Bridge Conventions

Class details will be available beginning Tuesday, March 2nd. Please call Laura at (847) 926-1860 for details.

## 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,

## Buying and Selling on eBay

Thursdays, April 1 - 29 (no class 4/22)

10 a.m. - 12 p.m.

Fee: \$90 / NM: \$100

Designed for those with previous computer experience, this course provides hands-on experience using eBay and can help you buy old or new items with confidence; convert household clutter to cash; start an eBay business; and sell items to downsize your home or your collections. Class will cover the ins and outs of eBay, as well as detailed steps for buying and selling items.



## Computer Training &

**Support Services** was founded in 1990 by Bill Marks, and has paved a road for students to learn computing skills. Their qualified instructors bring computers for each individual student to use during class, and provide wonderful handouts for reference. Registration is required a minimum of 1 week in advance.

## Sunset Woods Affordable Rental Housing

Are you a senior aged 62 or over or do you know a senior in need of an affordable rental apartment? Located in downtown Highland Park and right next to a lovely park, the Sunset Woods Building at 891 Central includes affordable one and two-bedroom apartments. A few units are available for rent, and the waiting list for this attractive senior elevator building has been reopened. Section 8 housing voucher holders are welcome to apply. If you are interested in affordable senior rental housing, please contact Nadia Kitaychik with the Housing Opportunity Development Corporation at 847-564-2900.

## KORI Lunch Outing

Friday, March 5

752 Sheridan Road - Highwood

11:45 a.m.

Fee: \$12 - \$14 / NM: \$22 - \$24

KORI is Chicago North Shore's new premier Fusion Sushi & Thai restaurant. Their experienced and passionate chefs will bring you exquisite, yet traditional Asian cuisine. With original carving and painting decorations from Japan and Thailand, they strive to provide an inviting and contemporary atmosphere. When registering, please indicate your choice of the following entrees:

1) Bento Box with chicken, or salmon, and California roll, shrimp & vegetable tempura, and salad / \$14; 2) Sushi Special with soup or salad and your choice of two rolls / \$12; 3) Thai Special with your choice of soup or egg roll and sesame beef / \$12; 4) Pad Thai noodles with chicken / \$12. All meals include hot tea and Banana Tempura for dessert.

## Bluegrass Lunch Outing

Friday, April 9

1636 Old Deerfield Road - Highland Park

11:45 a.m.

Fee: \$18 / NM: \$28

Bluegrass is a popular Highland Park restaurant featuring delicious food in a comfortable yet casual atmosphere. Lunch includes their famous Bluegrass Salad, your choice of entree, Ice Box Pie for dessert, and your choice of beverage. When registering, please indicate your choice of the following entrees: 1) Tilapia Sassafras: pecan coated tilapia, flash-fried & topped with a wild mushroom Sassafras sauce and served with white rice, 2) Barbecued Pork Ribs: half slab with peanut brittle baked beans and rice, or 3) Fresh Tomato Basil Pasta with chicken, in a light, fresh tomato-basil sauce tossed with Parmesan cheese.



# ACTIVITIES - FREE FOR MEMBERS

## **Free Blood Pressure Screening**

*Mondays, March 1 & April 5*

*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.*

*Highland Park Public Access Center,  
1677 Old Deerfield Road*

Have fun creating and working on cable TV shows at the new Public Access studio. Some of the many exciting positions available include camera, sound, directing, and TV host. New members are welcome. A TV Guide listing the Senior Producers' programming is accessible at [www.cityhpil.com](http://www.cityhpil.com).

## **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 the volunteer teachers. Please bring a 2009 card. Leaders: Helen Appel and Rosadele Spanier

## **Laurel Larks Choral Group**

*Fridays, 10 - 11:30 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*

## **March 1 A World Passed By: Historic Jewish Sites**

Join Miriam Greenblatt on another world excursion as she tours the group around many of the notable historic sites in Jewish History. Among her slides, you will view the tomb of Esther and Mordecai in Iran, the synagogues in Yan Gon (Rangoon) and Cochin, the Jewish Quarter in Cordoba, Spain, the museum in Capetown, South Africa, Chabad House in Laos, and many more interesting locations.

## **March 8 Marilyn Monroe: From Norma Jeane to Movie Queen**

Norma Jeane Mortensen Baker was a lonely, isolated child who believed that no one saw her - she was invisible. Through desire, talent and perseverance, she transformed herself into Marilyn Monroe - one of the most visible stars in the world. With stories and film clips, Susan Benjamin shares the story of Marilyn's transformation from solitary child to movie goddess.

## **March 15 San Miguel de Allende, Mexico**

San Miguel is a haven for expatriates and retirees who have an intellectual and artistic bent. Gordon Cohen will discuss San Miguel from a historical perspective and what it is like now. He will also relate how the U.S. economy and Mexican drug wars have affected this magical place. Gordon's lecture will be augmented by slides shown by Dr. Albert Miller, of his travel to San Miguel.

## **March 22 Whither Fusion Power?**

Much has been said about the prospects for fusion power, but is it realistic to expect any implementation of this option in the near future or for that matter even in the distant future? The technology for the development of a fusion reactor, able to practically provide continuous power, is still a distant dream. Dave Hacker returns to try to give some insight into the nature of fusion and attempt to answer some of the many questions involving this energy option.

## **March 29 Happy Passover - No Lecture**

## **April 5 Poetry in Highland Park**

Bringing the joy and creativity that abounds in Highland Park, Jennifer Dotson, leader of the Highland Park Poetry Group, has arranged to have a number of local poets share their work. Each poet will read his/her own poetry and discuss their motivation, inspiration, and writing styles. Please consider bringing a poem of your own to share at the end of the session.

## **April 12 Clare Booth Luce The Inside Story**

Coming from an unsettled background did not stop Clare from aiming for the top. Her petite, blonde, good looks and ferocious intelligence helped her become not only a world famous playwright, but an editor and politician as well. She was a seductress who used sex, street smarts and a biting wit to accomplish these goals, spurning the handsomest of men to marry the wealthiest. In a time when women held little power, she held it all. For all of this intrigue and more, join Ed Arturi as he discloses his research on this incredibly interesting woman.

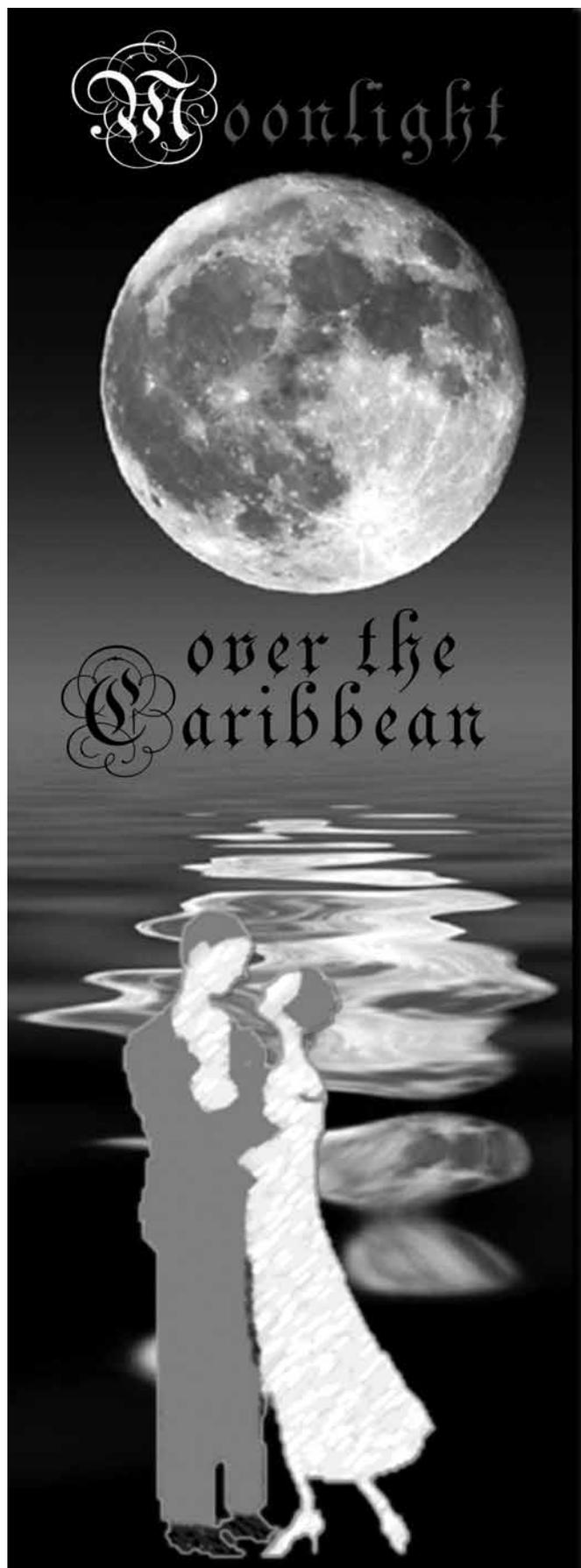
## **April 19 The Elegance of the Hedgehog**

*The Elegance of the Hedgehog* is a book full of allusions to literary works, music, films and paintings. It was a roaring success when first published in France, written by a novelist and professor of philosophy, and incorporating many themes relating to philosophy. Two main characters, residents of an upper-middle class Left Bank apartment building are at the heart of the story - the concierge, Renee, whose deliberately concealed intelligence is uncovered by an unstable but intellectually precocious girl living in the building. *L.A. Times'* Susan Salter Reynolds wrote that this book "is a high-wire performance; its characters teeter on the surreal edge of normalcy. Their efforts to conceal their true natures, the pressures of the solitary mind, make the book hum." Book reviewer Elise Barack will make it hum for you, as she always does.

## **April 26 Canine Reading Buddies**

Canine Reading Buddies is a program in which children read to trained therapy dogs, targeting at-risk students and providing an opportunity for special intervention for students who need practice reading. The dogs are non-judgmental, providing warmth and comfort to the child, allowing them to have the confidence to read out loud (and sometimes to older adults). Carole Yuster works with these special dogs, and is part of the Animal Assisted Children's Literacy Program; come and meet one of the dogs in person.

# SENIOR PROM



## Annual Senior Citizen Prom

Highland Park High School invites seniors in our community to join us for a complimentary evening of dinner, dancing and entertainment.

The event features a wonder evening including a dinner buffet by Sunset Foods, a dessert table with sweets homemade by students, and entertainment by some of the high school's most talented performance groups. Dance band Jack Miuccio and his band will play music by artists like Sinatra, Tony Bennet, Tom Jones, Bobby Darin and Sammy Davis Jr.

## *Completely free!*

### **Time**

5:00 - 7:45 PM

### **Date**

Saturday, April 17, 2010

### **RSVP**

Please call Beverly at 224-765-2008

### **Place**

Highland Park High School Student Cafeteria  
433 Vine Avenue  
Highland Park, IL. 60035

Sponsored by  
Highland Park Nursing and Rehab

# SOCIAL SERVICES

## Family Caregiver Support Group

Thursdays, April 1 - May 6

7 - 8:30 p.m.

Free, Pre-Registration required

Are you feeling overwhelmed? Are there challenges in balancing work, family responsibilities and fun? Are you aware that there is a caregiver Bill of Rights? Join this educational support group for caregivers caring for family members – whether it is a spouse, parent, sibling, or grandparent. This 6-week group will include: opportunities to develop greater understanding of aging and health issues; a place to voice your frustrations and concerns; and resources to help ease the burdens you feel. Facilitated by Paula Cyphers, and Lois Silverstein.

## Continuing...Widow/Widower's Support

Tuesdays, 1:30 - 3 p.m. (no meeting 3/30/10) Free

Moving forward following the loss of a spouse creates many challenges. This group provides 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, March 11 & April 8

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.

## "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.

## 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.

## 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; (4) explain the Medicare Prescription Drug Plan options; and (5) assist with the **Circuit Breaker applications**. 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.

**Volunteers Needed:** If you are interested in volunteering for the Telephone Reassurance program, please contact Gina at (847) 926-1865.

## 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.

## 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. Staff is currently seeking volunteers for the Telephone Reassurance program to make daily phone calls to members living independently. Please call Gina at (847) 926-1865 to discuss your interests.

# NOTEWORTHY

## Welcome New Members

Gary & Sally Eide  
Edward & Judy Ex  
June Harris  
Steve Isaacson  
Harriet Klein

Winnie Levin  
Fred Putz  
Dolores Ronzani  
Frank Serpe  
Ruth Sproat

## Artist of the Month

### Leonid Spevak

Born in Belarus, 81 years ago, Leonid Spevak and his family left his country during the war and came to the United States in 1994. Leonid was an electronics engineer in his working years, and didn't discover his interest and talent in photography until his retirement.

Actually, he was introduced to digital photography by his children, who thought it would be a good hobby for him with his new relaxed schedule. Leonid took to the camera like a pro and has produced absolutely beautiful results, focusing primarily on nature, landscape, and the beauty right in his own backyard.

## 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.

## Gold Leaf Donations

**In Memory of Leo Siegel**  
From: Family and Friends

**In Memory of Bobbi Ticho**  
From: Family and Friends

## Donations

### In Memory of Leo Siegel, husband of Marcy Siegel and father of Charlotte Landsman

From: Howard & June Berkowitz  
Ludmilla Coven  
Lee Davis  
Lou Frey  
Norbert & Linda Heimann  
Irwin & Isabel Horwitz  
Harriet Lipkis  
Tess Marcus  
Claire Shapiro  
Charlotte's Girls' Group

### In Memory of Arlene Silverman

From: Idelle Levin

### In Memory of Bobbi Ticho

From: Diane Albert & Family  
Louis & Laura Azriel  
Howard & Marge Bernstein  
Donald & Ann Brown  
Patricia Eanet  
Shirley Fisher  
Lillian Herter  
Mark Kaplan & Jodi Keppler  
Janice Litten, Suzie Dobbins & Mollie Murnane  
The Ruby Family  
Norman & Miriam Schlesinger  
Beryl Shapiro

### In Memory of Allen Gordon

From: June & Howard Berkowitz  
Morris & Betty Robinson  
News & Views Group

### In Memory of Betty Robinson's Brother

From: Ludmilla Coven

### In Honor of Arthur Frohman's B-Day

From: Howard & June Berkowitz  
Hy & Ruth Chausow  
Maxine Levin

### In Honor of Marilyn Adler's B-Day

From: Howard & June Berkowitz

### In Honor of Howard & June Berkowitz's Granddaughter's Bat Mitzvah

From: Harriet Lipkis

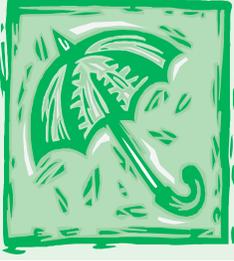
### In Honor of Services for Seniors

From: Celeste Chamberlin  
Harriet Lipkis  
Ann Gershenow  
Claire Shapiro  
Senior Care Pharmacy  
Elizabeth Straus

# March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:45 Exercise 10:00 Bagels 10:00 Blood Pressure (HPPD) 10:30 Monday Lecture 10:45 Blood Pressure( HPSC) 12:30 Duplicate Bridge 1:30 Open Art Studio 1:00 Monday Movie 1:30 Sit &amp; Be Fit 2:00 Scrabble</p>	<p>2</p> <p>9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 10:00 Spanish 12:30 Sr. Producers 1:00 Ceramics 1:30 Widow's Group</p>	<p>3</p> <p>10:15 Trip: Funny Girl 1:00 Poker 1:30 Yiddish</p>	<p>4</p> <p>9:30 Rules of the Road 9:45 Exercise 10:00 Men's Group 1:00 Mah Jongg 4:00 Intergenerational Reading Club</p>	<p>5</p> <p>10:00 Laurel Larks 10:00 News &amp; Views 11:45 Lunch Outing: Kori 1:00 Chess</p>
<p>8</p> <p>9:45 Exercise 10:30 Monday Lecture 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit &amp; Be Fit 1:30 Monday Movie 2:00 Scrabble</p>	<p>9</p> <p>9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 10:00 Spanish 12:30 Sr. Producers 1:00 Ceramics 1:30 Widow's Group</p>	<p>10</p> <p>9:30 Beginning Bridge 9:30 Art Class 10:30 Zumba Gold 10:30 Humanities Lecture 1:00 Poker 1:30 Yiddish</p>	<p>11</p> <p>9:45 Exercise 10:00 Support Group 1:00 Mah Jongg 1:00 Art Class 1:30 Sit &amp; Be Fit</p>	<p>12</p> <p>10:00 Laurel Larks 10:00 News &amp; Views 10:30 Yoga 1:00 Chess</p>
<p>15</p> <p>9:45 Exercise 10:30 Monday Lecture 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit &amp; Be Fit 1:30 Monday Movie 2:00 Scrabble</p>	<p>16</p> <p>9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 10:00 Spanish 11:00 Memoir Writing 12:30 Sr. Producers 1:00 Ceramics 1:30 Widow's group</p>	<p>17</p> <p>9:30 Beginning Bridge 9:30 Art Class 10:30 Zumba Gold 12:00 St. Patrick's Day Celebration 1:00 Poker 1:30 Yiddish</p>	<p>18</p> <p>9:45 Exercise 1:00 Art Class 1:00 Mah Jongg 1:30 Sit &amp; Be Fit</p>	<p>19</p> <p>10:00 Laurel Larks 10:00 News &amp; Views 10:30 Yoga 1:00 Chess 1:30 Concert Series</p> <p>Film Series at the Library Sunday, 3/21 @ 2 p.m.</p>
<p>22</p> <p>9:45 Exercise 10:30 Monday Lecture 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit &amp; Be Fit 1:30 Monday Movie 2:00 Scrabble</p>	<p>23</p> <p>9:00 Trip: Art Institute 9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 10:00 Spanish 11:00 Memoir Writing 12:30 Sr. Producers 1:00 Ceramics 1:00 Investment Group 1:30 Widow's Group</p>	<p>24</p> <p>9:30 Beginning Bridge 9:30 Art Class 10:30 Zumba Gold 10:30 Humanities Lecture 1:00 Poker 1:30 Yiddish</p>	<p>25</p> <p>9:00 Driver Safety Class 9:45 Exercise 1:00 Art Class 1:00 Mah Jongg 1:00 Jim Kenney Lecture 1:30 Sit &amp; Be Fit</p>	<p>26</p> <p>9:00 Driver Safety Class 10:00 Laurel Larks 10:00 News &amp; Views 10:30 Yoga 1:00 Chess</p>
<p>29</p> <p>9:45 Exercise 12:30 Duplicate Bridge 1:30 Open Art Studio 2:00 Scrabble</p>	<p>30</p> <p>9:30 Knitwits 9:30 Novice Bridge</p>	<p>31</p> <p>9:30 Beginning Bridge 9:30 Art Class 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish</p>		

# April 2010

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>9:45 Exercise 10:00 Computer Class 10:00 Men's Group 1:00 Art Class 1:00 Mah Jongg 1:30 Sit &amp; Be Fit 7:30 Caregiver Support Group</p>	<p>2</p> <p>10:00 Laurel Larks 10:00 News &amp; Views 10:30 Yoga 1:00 Chess</p>
<p>5</p> <p>9:45 Exercise 10:00 Bagels 10:00 Blood Pressure (HPPD) 10:30 Monday Lecture 10:45 Blood Pressure( HPSC) 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit &amp; Be Fit 1:30 Monday Movie 2:00 Scrabble</p>	<p>6</p> <p>9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 11:00 Memoir Writing 12:30 Sr. Producers 1:00 Ceramics 1:30 Widow's Group</p>	<p>7</p> <p>9:30 Beginning Bridge 9:30 Art Class 10:30 Zumba Gold 1:00 Poker 1:30 Yiddish</p>	<p>8</p> <p>9:45 Exercise 10:00 Support Group 10:00 Computer Class 1:00 Art Class 1:00 Mah Jongg 1:30 Sit &amp; Be Fit 4:00 Intergenerational Reading Club 7:30 Caregiver Support Group</p>	<p>9</p> <p>10:00 Laurel Larks 10:00 News &amp; Views 10:30 Yoga 11:30 Lunch Outing: Bluegrass 1:00 Canasta 1:00 Chess</p>
<p>12</p> <p>9:45 Exercise 10:30 Monday Lecture 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit &amp; Be Fit 1:30 Monday Movie 2:00 Scrabble</p>	<p>13</p> <p>9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 11:00 Memoir Writing 12:30 Sr. Producers 1:00 Ceramics 1:30 Widow's Group</p>	<p>14</p> <p>9:30 Beginning Bridge 9:30 Art Class 10:30 Zumba Gold 10:30 Humanities Lecture 1:00 Poker 1:30 Yiddish</p>	<p>15</p> <p>9:45 Exercise 10:00 Computer Class 1:00 Art Class 1:00 Mah Jongg 1:30 Sit &amp; Be Fit 7:30 Caregiver Support Group</p>	<p>16</p> <p>10:00 Laurel Larks 10:00 News &amp; Views 10:30 Yoga 1:00 Canasta 1:00 Chess 1:30 Concert Series</p> <p>HPHS Senior Prom Saturday, April 17 @ 5 p.m.</p>
<p>19</p> <p>9:45 Exercise 10:30 Monday Lecture 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit &amp; Be Fit 1:30 Monday Movie 2:00 Scrabble</p>	<p>20</p> <p>9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 10:00 Spanish 11:00 Memoir Writing 12:30 Sr. Producers 1:00 Ceramics 1:30 Widow's Group</p>	<p>21</p> <p>9:30 Beginning Bridge 9:30 Art Class 10:30 Zumba Gold 12:15 Trip: Billy Elliot 1:00 Poker 1:30 Yiddish</p>	<p>22</p> <p>9:45 Exercise 11:30 Volunteer Lunch 1:00 Art Class 1:00 Mah Jongg 1:30 Sit &amp; Be Fit 7:30 Caregiver Support Group</p>	<p>23</p> <p>10:00 Laurel Larks 10:00 News &amp; Views 10:30 Yoga 1:00 Chess 1:00 Canasta</p>
<p>26</p> <p>9:45 Exercise 10:30 Monday Lecture 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit &amp; Be Fit 1:30 Monday Movie 2:00 Scrabble</p>	<p>27</p> <p>9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 10:00 Spanish 11:00 Memoir Writing 12:30 Sr. Producers 1:00 Ceramics 1:00 Investment Group 1:30 Widow's Group</p>	<p>28</p> <p>9:30 Beginning Bridge 9:30 Art Class 10:30 Zumba Gold 10:30 Humanities Lecture 1:00 Poker 1:30 Yiddish</p>	<p>29</p> <p>7:30 Trip: Notre Dame 9:45 Exercise 10:00 Computer Class 1:00 Art Class 1:00 Mah Jongg 1:30 Sit &amp; Be Fit 7:30 Caregiver Support Group</p>	<p>30</p> <p>10:00 Laurel Larks 10:00 News &amp; Views 10:30 Yoga 1:00 Chess 1:00 Canasta</p>

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CITY COUNCIL:  
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SCOTT LEVENFELD        STEVEN W. MANDEL  
TERRI R. OLIAN            LAWRENCE D. SILBERMAN

CITY MANAGER:  
DAVID M. LIMARDI

## Senior Center Staff

**Marla Schachtel,**

*Senior Services Manager*

**Paula Cyphers, M.A.,**

*Social Services Coordinator*

**Laura Frey, CPRP,**

*Program Coordinator*

**Gina Gooden, M.A.,**

*Program Coordinator*

**Susan Mosky,**

*Records Administrator*

## Center Parking Guidelines

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

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

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

## 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.