



# THE SHORELINES

MAY & JUNE, 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.

## Highland Park Senior Center

Providing Education, Recreation, Enrichment, and Support Services  
for the entire community - at affordable prices

- ◆ Life-long learning, featuring excellent lecturers
- ◆ Fitness classes: Strength/Core/Cardio, Yoga, Sit & Be Fit, Tai Chi, *Zumba*, and more
- ◆ Social events, singles events, exceptional entertainment, & special interest groups
- ◆ Day excursions to the hottest new plays and museum exhibits, all by luxury motorcoach
- ◆ Resources & information for families facing transitions including housing options, home care referrals, and a Medical Equipment Loan Closet
- ◆ Community service & volunteer opportunities: Kid Courier grocery shopping & errand running
- ◆ Classes in bridge, canasta, art, computers, photography, ceramics, writing & more
- ◆ Access to free transportation for seniors, on a fixed route throughout Highland Park
- ◆ Full time Social Services Coordinator providing support groups for widows, family caregivers, and individuals seeking counseling and advice

A warm and welcoming staff is looking forward to seeing you!

**Priority Registration:**      **Activity Registration for Members begins: Tuesday, April 20**

**Activity Registration for Non-Members begins: Tuesday, April 27**

### 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*

### Table of Contents

Special Activities	pages	2 - 5
Lectures	pages	6 - 7
Day Excursions	pages	8 - 9
Classes	pages	10 - 13
Activities Free for Members	page	14
Social Services	page	15
Noteworthy	page	16
Calendars	pages	17 - 18
Membership Application	page	19

# SPECIAL ACTIVITIES

## Mother's Day Brunch

**Sunrise Assisted Living**  
**Sunday, May 9**  
**11 a.m. - 1 p.m.**  
**Fee: \$5 / NM: \$8**

*Sunrise Assisted Living, 1601 Green Bay Rd. Celebrate Mother's Day in style as Sunrise Assisted Living invites you for a delicious brunch featuring an omelet station, bagels, lox and cream cheese, French toast, fresh fruits and juices and a variety of sweets. Fabulous entertainment will bring sunshine to your meal. This event is open to all; mothers and non-mothers alike. Advance registration is required; please call (847) 432-4110.*

*Sunrise will generously donate the registration fees back to the Highland Park Senior Center.*

*Sponsored by Sunrise Assisted Living*

## Senior Spelling Bee

**Highland Park Senior Center**  
**Thursday, June 3**  
**2 - 3:30 p.m.**  
**Free; for members only**



Why participate in the Senior Spelling Bee? Thrive on the challenge, relive memories of your youth, prove to yourself, your family and your friends that you can do it, strive for bragging rights, but mostly do it for the FUN. Open to anyone age 50 or older, the contest will entertain and challenge you. You'll meet like-minded people while you test your orthographic skills against other spellers in the area. You just might walk away the winner; but even if you don't... you'll have fun trying. Winners will move on to the regional competition, and those winners will be eligible to participate in the 2010 Illinois State Senior Spelling Bee in August. Advanced registration is required; call (847) 432-4110.

## Sizzlin' Summer Cool Down

**Jamba Juice**  
**Friday, May 28**  
**1 - 3 p.m.**  
**Free; for members only**



*Jamba Juice, 1849 Green Bay Rd. #113 Founded in 1990, JAMBA JUICE is a leader in naturally healthy blended beverages, smoothies and good-for-you snacks. Manager Rebecca Kostelancik invites Senior Center members to stop in for a complimentary refreshment to help beat the summer heat. Choose from their All Fruit menu; Mega Mango, Strawberry Whirl, Peach Perfection, or Pomegranate Paradise. Seating is outdoors and weather permitting, there will be musical entertainment to enhance your experience. Advance registration is required; please call (847) 432-4110.*

*Sponsored by Jamba Juice*

## Breakfast at the Beach

**Highland Park Yacht Club**  
**Friday, June 18**  
**9:30 - 11:30 A.M.**  
**Fee: \$10 / NM: \$12**

Enjoy a hidden jewel in Highland Park... the North Shore Yacht Club and Park Avenue Beach. This special day features a breakfast buffet overlooking the sandy shores of Lake Michigan. Catered by Sunset Foods, breakfast features eggs, French toast, bagels and cream cheese, bacon, turkey sausage, sweet breads, and fresh fruit. For your dining pleasure, soothing guitar music will complement the peacefulness of Lake Michigan. This is an opportunity to enjoy the great outdoors, right in your own backyard. Advanced registration is required; please call (847) 432-4110.

*Sponsored by Freedom Home Care*

# SPECIAL ACTIVITIES

## Chicago Symphony Orchestra

### Pre-Concert Lectures

by Jim Kendros

Highland Park Senior Center

Wednesdays, 2 - 3:15 p.m.

Free; for members only

June 23      **Enchanting Chopin**

July 7        **American Masters**

August 11    **Yo Yo Ma**

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



*Sponsored by The Seasons  
at Glenview Place*

## Grandparent & Grandchild

### Surf's Up Pool Party

Lillian L. Lutz Recreation Center

Sunday, July 11

4:30 - 6:30 p.m.

Fee: \$8 / NM: \$12

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

## Mix and Mingle Social Group

The Highland Park, Lake Forest / Lake Bluff, and Patty Turner Senior Centers invite single members to attend the Mix and Mingle Social Group. Registration is required; deadline is 1 week in advance.

### Latin Night: Dinner & Line Dance

Tuesday, May 4

4:30 - 6:30 p.m.

Fee: \$12

*Held at the Highland Park Senior Center*

Rhumba, Cha Cha, and Merengue are just a few dances being taught by a professional Latin dance instructor. After working up your appetite, enjoy a delicious Latin themed dinner catered by Sunset Foods.

### Ravinia Dinner and Performance

Wednesday, June 23

5:30 p.m. dinner

7 p.m. performance

Fee: \$18

Direct from China, The Golden Dragon Acrobats have traveled around the world and feature performers trained in the rigorous art of performance acrobatics in an exciting show of strength, coordination, flexibility and teamwork. Weather permitting, the group will meet for a dutch treat dinner prior to the performance at the Ravinia Market.

### Jimmy's Charhouse Outing

Tuesday, July 20

5:00 - 6:30 p.m.

Fee: \$20

*Held at Jimmy's Charhouse*

*1111 Milwaukee Avenue, Riverwoods*

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

*Sponsored by Visiting Angels  
Living Assistance Services*

# SPECIAL ACTIVITIES

## Live on the Links Classic Concerts

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

### Pilgrim Chamber Players

Friday, May 21 (1 - 2 p.m., early start time)  
The Pilgrim Chamber Players present the beautiful voice of renown soprano Patrice Michaels, who will thrill you in songs by the Evanston composer Dan Tucker. She will also sing several Romances for Soprano and Piano Trio by Shostakovich. The program ends with great tango rhythms from Piazzolla's Four Seasons for Piano Trio.

### Jazzmer Trio

Friday, June 4  
Jazmer Quartet which includes a talented vocalist along with a clarinet / saxophone player, a violinist, and a pianist. This fabulous band presents a vast repertoire of Klezmer, Yiddish, Russian and Israeli music, including selections from the hora to popular classics.

### 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

### Blind Side (drama)

May 3 129 min.  
A homeless and traumatized boy becomes an All American football player and first round NFL draft pick with the help of a caring woman and her family.

### It's Complicated (comedy)

May 10 120 min.  
A couple reignite the spark in their relationship, but it's complicated because they're divorced.

### Avatar (science fiction)

May 17 162 min.  
A paraplegic marine dispatched to the moon Pandora on a unique mission becomes torn between following his orders and protecting the world he feels is his home.

### The Young Victoria (drama)

May 24 105 min.  
A dramatization of the turbulent first years of Queen Victoria's rule, and her enduring romance with Prince Albert.

### Leap Year (romantic comedy)

June 7 100 min.  
A woman who has an elaborate scheme to propose to her boyfriend, in Ireland on Leap Day, faces a major setback during her planned trip to Dublin.

### Brothers (drama)

June 14 104 min.  
A young man comforts his older brother's wife and children after he goes missing in Afghanistan.

### Up in the Air (drama)

June 21 108 min.  
With a job that has him traveling around the country firing people, Ryan Bingham leads an empty life out of a suitcase, until his company does the unexpected: grounds him.

### Pirate Radio (comedy)

June 28 116 min.  
A period comedy about an illegal radio station in the North Sea in the 1960s.

*Sponsored by Belmont Village in Glenview*

# SPECIAL ACTIVITIES

## Phoenicia Lunch Outing

Friday, May 7

11:45 a.m.

Fee: \$18 / NM: \$28

1910 First Street, Highland Park

Located in the heart of Highland Park, Phoenicia offers a unique blend of food, ambiance and Mediterranean hospitality. Lunch includes an appetizer sampler plate of hummus, baba ghanouj, and falafel. The main plate consists of a mixed grill kabob (a combination of lamb, chicken, and beef), rice pilaf and roasted vegetables. For dessert, you'll enjoy the sweet taste of baklava. Your choice of coffee or tea is also included. All meats are Kosher certified. Advance registration is required.



## Carson's Lunch Outing

Friday, June 11

11:45 a.m.

Fee: \$17 / NM: \$27

200 N. Waukegan Road - Deerfield

A Chicago institution since 1977, Carson's is the place visited by presidents, America's favorite athletes, stars of TV, the big screen, and literally millions of BBQ devotees. With hearty portions and a no holds barred attitude of offering only the finest quality available, Carson's promises to be a fabulous dining experience. Your dining experience begins with a basket of fresh breadstuffs including homemade corn bread. Next, enjoy their signature homemade cole slaw and your choice of fabulous cheesy potatoes au gratin or double baked potato. Your entree choices will include half slab BBQ ribs, half chicken (BBQ or Mediterranean style), boneless pork chop (BBQ or charred style), salmon (BBQ or soy ginger glazed) or chicken Caesar salad. Your meal also includes Key lime pie for dessert and your choice of beverage. Your meal selections will be taken at the restaurant by your server.

## Senior TV Production Team

### OPEN HOUSE

Highland Park Public Access Center

1677 Old Deerfield Road

Tuesday, May 25

1 - 3 p.m.

Free

Join this fun and dedicated group at their Open House and learn about who they are and what they do. Tour the new production studio, meet the Senior TV Production Team volunteer crew, participate in a mock production involving hands-on experience, and enjoy refreshments. Please call (847) 432-4110 to register.

### Cable TV Production Classes

Highland Park Public Access Center

1677 Old Deerfield Road

Wednesdays, June 9 - 30

1 - 3 p.m.

Free

This 4-part series is designed to get seniors involved with the Senior TV Production Team, and will be taught by City of Highland Park Access Studio staff. Advanced registration is required; please call (847) 432-4110.

#### June 9 Camera

Learn the basics needed for operation of a camera for TV productions. Take this class and you will be zooming and focusing like a pro.

#### June 16 Audio Equipment

Bring in the music and open the microphones! Learn the skills necessary to "bring in the audio."

#### June 23 Character Generator

The character generator places the text of names and titles and special information onto the screen. Learn how to use this intriguing piece of studio equipment.

#### June 30 Directing

From "roll tape" to "fade to black," the director is responsible for the overall look of the show. This session focuses on the skills needed to direct your first show.

# LECTURES

## Kenney, Miller, & Bronstein Lecture Series 2010

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

**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*

## 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.

- June 17 **Them Bones, Them Bones**  
Updates on Orthopedic Surgery
- July 15 **It's Nothing to Lose Sleep Over**  
Sleep Disorders
- August 19 **You Should Hear What You're Missing**  
Audiology
- Sept. 16 **Bladder, Bladder, What's the Matter**  
Incontinence Issues
- Oct. 21 **All I Need is the Air That I Breathe**  
COPD
- Nov. 18 **When the Golden Years are Blue**  
Holiday Depression

*Sponsored by Right at Home*

## Rise & Shine Humanities Series

Highland Park Public Library Auditorium  
Wednesdays, May 12 & May 26  
10:30 - 11:30 a.m.  
Free

### The Symbols of our Faiths: The Candelabra, The Cross & The Crescent

The three central symbols of the three Abrahamic faiths: each conveys the distinct, unique character of each of these religions, yet they still share much in common. Rabbi Bronstein will reveal the distinctions and commonalities of these symbols as he explores their origins and meaning.

*Sponsored by Sunrise Assisted Living*

## Free Film Series: Science Fiction

Highland Park Public Library Auditorium  
Sunday, May 2  
2 - 4:30 p.m.

**"Forbidden Planet"**

*Sponsored by Midwest Palliative &  
Hospice CareCenter*

# 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*

## May 3 Give My Regards to Broadway

Experience something just a little different, with Bill and Susan Goodman. You may recall their wonderful 'laughter' program last year, which was great fun, but this time it will be vocals, keyboard, saxophone and clarinet. They will highlight the music of Gershwin, Berlin, Kern, and more, singing, performing, and sharing tidbits of musical history along the way.

## May 10 Louis Armstrong: From Jazz Master To Musical Icon

Born into the depths of poverty, Louis Armstrong grew into a musical icon. However he performed, from playing his trumpet to singing, his personality was as compelling as his artistry. This program, by Susan Benjamin, details significant moments in his personal life complemented by examples of his musical mastery.

## May 17 Morocco

From the casbahs of Casablanca to the minarets and mosques of Marakesh, Morocco is a mosaic of sights and sounds. Fresh from an extensive journey, Bill Helmuth will be your personal escort to this magical, colorful, yet accessible country, full of myth and mystery.

## May 24 Meet Author Carol Felsenthal

Meet Carol Felsenthal, the author of several biographies. Her latest book, *Clinton in Exile: A President Out of the White House*, is a look at Bill Clinton's post presidency. She has written magazine profiles of people ranging from Ann Landers to Michelle Obama. She has appeared on scores of television and radio shows to talk about her experiences writing unauthorized biographies of some of the country's most powerful people.

## May 31 Happy Memorial Day - Center Closed

## June 7 Cuba: The Faithful & Unlucky Island

Born and raised in Cuba, Dr. Isaac Reiser came to the U.S. in 1957 when he was 24 years old. He is a physician, and has first-hand knowledge of life in Cuba, and how that compares with life in the United States. Dr. Reiser can speak to why certain policies and actions by the U.S. contributed to revolution in Cuba in 1959. It is very different to form an opinion from a travel experience than it is to have actually lived life in another country. Dr. Reiser has that perspective and a wealth of knowledge to share.

## June 14 Danny Kaye: Consummate Entertainer

Danny Kaye has always amazed his audiences with the sheer versatility of how he could entertain. Although much of his material was created by his wife, Danny transcended her material and could do it all: sing, dance, act, perform comedic acts, and the list goes on. He was also a chef, pilot, orchestra conductor, amateur surgeon and a humanitarian. This program, by Susan Benjamin, profiles his full life along with clips of some of his most memorable work.

## June 21 FDR and The Jews

Historian Laurence Stern's extensive research promises to be a real "eye-opener." Some of the significant issues to be discussed are: the plight of the ocean liner St. Louis; the decision not to bomb the concentration camps; anti-semitism in the U.S. State Department; and virtuous activities of Rabbi Steven Wise and Eleanor Roosevelt. Mr. Stern will point out what can be learned from history and why it is so relevant to current events. This presentation is not a criticism or a defense of Roosevelt's policies. It lays out all the historical facts and lets the audience draw their own conclusions.

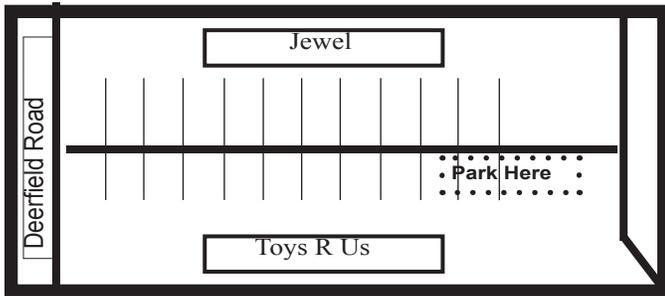
## June 28 Jewish Choral Music

Have you ever wondered where the great synagogue music that touches your soul comes from? Who wrote the Sabbath song "Shalom Aleichem" and when? How many generations have families been singing it? Do you know that most of the liturgical music sung during Sabbath services in the synagogues was composed in 19th century Germany? Listen to some of your favorite Jewish songs and discover new choral gems as Shalisha Erenberg explores Jewish heritage and history through past and present choral music.

# DAY EXCURSIONS

## Departure Location for Trips:

Toys R Us Parking Lot  
1610 Deerfield Road, Highland Park



## Notre Dame University & South Bend, IN With Bill Hinchliff

*Thursday, April 29* Fee: \$65 / NM: \$75  
Motorcoach departs at 8:30 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**. Please consider this when registering.

**Million Dollar Quartet** Apollo Theatre  
*Wednesday, May 5* Fee: \$70 / NM: \$80  
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.

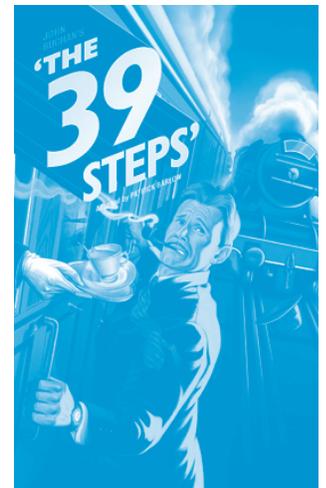
## The 39 Steps

*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.



**Billy Elliot the Musical** Oriental Theatre  
*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.

There are just a few tickets remaining; please call to inquire, or to add your name to the wait list.

**Cubs vs. Brewers** Miller Park, Milwaukee  
*Thursday, June 10* Fee: \$85 / NM: \$95  
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.

# DAY EXCURSIONS

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

Thursday, June 24

Fee: \$ 79 / NM: \$89

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

This trip is currently filled; please call to have your name added to the Wait List.

## Horseshoe Casino

Hammond, Indiana

Thursday, July 15

Fee: \$20 / NM: \$30

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

Join the thousands of winners at Horseshoe Casino! Choose from a wide variety of slots and tables in a luxurious atmosphere as legendary as Jack Binion himself. From blackjack and roulette to live poker! Fee includes a lavish lunch at the Village Square Buffet, a \$5 free slot play voucher, and motorcoach transportation. **Please bring valid State Identification, which is required at the casino.**



## Sugar

Thursday, July 29

Drury Lane Theatre

Fee: \$65 / NM: \$75

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

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



## Edelweiss Cruise

Lake Geneva, WI

Tuesday, August 17

Fee: \$67 / NM: \$77

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

Milwaukee's Edelweiss is the most popular private party cruise Milwaukee has to offer. The experience of viewing Milwaukee from a unique venue and the excellent food combine to make it a most memorable experience. The Edelweiss can be best described as a banquet hall on water, but uniquely positioned in the heart of downtown Milwaukee on the Milwaukee River. The food the Edelweiss provides is catered by a division of Mader's, one of Milwaukee's oldest and most sought after restaurants. Your menu will consist of a salad of mixed greens, grilled chicken with vegetables, and cheesecake for dessert.

## 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.

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

## Registration and Refund Policies

- Participants must register prior to the start of classes, trips, or special events; payment is due when registering. Please advise staff if you require any reasonable, special accommodations for trips, events, or classes regarding dietary or other special needs.
- Classes, trips and special events have minimum and maximum numbers for enrollment; please register early to avoid the disappointment of a cancelled activity.
- If you must cancel, refunds will be issued ONLY if the registration fills and a replacement can be found.
- All refunds will be issued after the activity is completed; a \$5 processing fee will be charged. Refunds may take several weeks.

# CLASSES

## 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: Gentle 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, May 3 - June 14 (no class 5/31)

Thursday, May 6 - June 10

1:30 - 2:30 p.m.

Fee: \$33 / NM: \$43

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

\* Level 1

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

Tuesdays, May 4 - June 8

9 - 10 a.m.

Fee: \$33 / NM: \$43

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

## Arthritis Foundation Exercise

Tuesdays, May 4 - June 22

2 - 3 p.m.

Fee: \$20 / NM: \$30

The Arthritis Foundation Exercise Program is a low-impact course helping people with arthritis increase joint flexibility and find relief from arthritis pain. Developed by experts, this program features gentle, joint-safe movements and is adapted for various fitness levels. Registrants will improve health and quality of life by participating in safe and effective exercises. Class is taught by CJE staff, and all registration fees will be donated back to the Senior Center.

*Sponsored by CJE SeniorLife*

*Weinberg Community for Senior Living*

## Latin Dance Aerobics: Zumba Gold

Wednesdays, May 5 - June 9

10:30 - 11:30 a.m.

Fee: \$33 / NM: \$43

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

\* Level 2 / 3

## Gentle Tai Chi

Wednesdays, May 5 - June 23

2 - 3 p.m.

Fee: \$44 / NM: \$54

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

*Students may choose to participate seated or standing.*

\* Level 1 / 2

## Tai Chi Chen

Fridays, May 7 - June 25

2 - 3 p.m.

Fee: \$44 / NM: \$54

Spirited and energetic, the Chen style of Tai Chi Chuan will lead you to a greater awareness and control of the energy in your own body, as a way to preserve and promote health and longevity. Benefits may include better cardiovascular fitness, longer life, increased balance, and improved immunity. Sifu Richard Baron will also include basic self defense techniques.

*Students may choose to participate seated or standing.*

\* Level 1 / 2

# CLASSES

## Yoga

*Tuesdays, May 4 - June 15*

*Fridays, May 7 - June 18 (previous experience preferred)*

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

## Table Tennis (Ping Pong)

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

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

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

Table Tennis is a fabulous aerobic activity for older adults. Club Play session invites all players to enjoy continuous play and the winner stays with the table. During Open Play, the table may be reserved in advance; please call (847) 432-4110.

## Senior Golf Clinics

**NEW**

**Beginning Golf:** *Saturdays, May 8 - 22*

*10 - 11 a.m. Fee: \$55 / NM: \$65*

**Continuing Golf:** *Thursdays, June 3 - 17*

*9 - 10 a.m. Fee: \$55 / NM: \$65*

*Golf Learning Center 2205 Skokie Valley Road, HP*  
Offered in cooperation with the Highland Park Country Club, lessons are designed with the senior golfer in mind. Beginners will learn the fundamentals of grip, stance, alignment, swing, and rules of play. Experienced golfers will work on expanding techniques. Taught by Head Golf Professional Andy De Sollar.

## IPRA Six-County Senior Olympics

**Location:** *Park Ridge, and area communities*

**Day / Date:** *Monday, July 12 - Friday, July 23*

**Fee:** *\$14 single day / \$20 unlimited days*

**Ages:** *50 years and older*

The IPRA Senior Olympics provides an opportunity for older adults to compete with their peers in an atmosphere of friendship and support. The event is open to seniors of all ability levels, and hosts more than 30 events: golf, tennis, bowling, swimming, biking, track & field, horseshoes, bocce, volleyball and more.

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

## Computer Classes

*Computer Training & Support Services* was founded in 1990 by Bill Marks, and has paved a road for students to learn computing skills. Held at the Senior Center, their qualified instructors bring computers for each individual student to use during class, and provide wonderful handouts for reference. Advance registration is required a minimum of 1 week in advance.



## Beginning Computer Classes

*(open to all level students)*

### Introduction to Computers I

*Thursdays, May 6 - 27*

*10 a.m. - 12 noon*

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

Designed to help novices learn computer terminology and basic computer skills, students will develop mouse skills and work with programs in Windows XP. With ample time for practice and questions, this course is a must for the beginner computer user.

### Introduction to Computers II

*Thursdays, June 3 - 24*

*10 a.m. - 12 noon*

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

This course covers word processing and file management. Students create folders and sub-folders and then documents from programs such as Microsoft Word. Students will also learn to backup their folders onto floppy disks, which they will take home.

## Intermediate Computer Class

*(must have a firm knowledge of general computer skills)*

### Introduction to Social Networking

**NEW**

*Thursdays, May 6 - 27*

*1 - 3 p.m.*

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

Social Networking is a fabulous way to communicate with family and friends from across town or around the world. It provides an exciting avenue to share updates and photos with many people with a few strokes of the keyboard. You will become familiar with facebook, twitter, blogging and more.

# CLASSES

## Art Styles and Techniques

NEW

*Tuesdays, May 4 - June 22*

*1 - 3 p.m.*

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

*The Art Center, 1957 Sheridan Road, Highland Park*  
This new class welcomes both beginner and advanced art students for an in depth study of art techniques and styles. Instructor Didier Nolet has created a syllabus which focuses on a new skill each week. Class will cover color, shape, light, shading, and styles including surrealism, realism, pointillism, abstract, and more.

## Ceramics

*Tuesdays, May 4 - June 22*

*Brown Bag Lunch: 12 - 1 p.m.*

*Class: 1 - 3 p.m.*

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

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

## Portrait and Landscape Art Class

*Wednesdays, May 5 - June 23*

*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.

## Digital Photography

*Wednesdays, 10 - 11 a.m.*

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

*Beginning: May 5 - 26*

*Continuing: June 9 - 30*

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 of camera use and photo composition.

## Advanced Drawing and Painting

*Thursdays, May 6 - June 24*

*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.

## Jewelry Making

*Friday, May 14*

*9 a.m. - 12 noon*

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

Local artist Claire Shapiro has designed a unique technique for creating jewelry similar to that worn by Hollywood's hottest stars. Each participant will be assisted in designing and creating 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, depending on the quality and quantity of beads chosen. Please stop by the Center Library to view samples of her work. Maximum: 6

## Decorative Bowl and Mask Making

*Friday, June 25*

*9:30 a.m. - 3:30 p.m.*

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

Using dried gourds from the Southwest, Claire Shapiro guides participants in creating a spectacular work of art. Paints, stains, leather dyes, feathers, beads, dasticks and/or semi-precious stones are used to make incredible decorative pieces. Maximum: 8

## Rules of the Road

*Thursday, June 3*

*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, June 10 & 11*

*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.



# CLASSES

## 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.

## Beginning Bridge

*Wednesdays, May 5 - July 21*  
*9:30 - 11:30 a.m. Fee: \$75 / NM: \$85*  
Ellyn Batko returns to teach this 12-week beginning bridge class. Ellyn's curriculum is designed to teach 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 for all. This class is appropriate for beginning bridge players, as well as for those with limited bridge experience. All students 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, May 6 - July 29 (no class 5/27/10)*  
*10 a.m. - 12 noon Fee: \$75 / NM: \$85*  
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.

## Canasta Lessons

*Fridays, 1 - 3 p.m.*  
*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.

## Conversational Spanish Class

*Tuesdays, May 18 - July 27 (no class 6/22)*  
*Continuing: 10 - 11 a.m. Fee: \$40 / NM: \$50*  
*Beginning: 11:15 a.m. - 12:15 p.m. Fee: \$40 / NM: \$50*  
These 10-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 from the instructor at the first class.

## Write Your Legacy Letter

*Tuesdays, May 25 - June 22*  
*11 a.m. - 12:30 p.m. Fee: \$40 / NM: \$50*  
A Legacy Letter encompasses the experiences, personal values, beliefs, and life lessons that have helped shape the person you are today. Some of the topics include; family traditions, lifelong learning, friendship, honesty, humor, forgiveness, and hopes for future generations. It can be directed to family, friends, or other important people in your life. A Legacy Letter may be distributed during your lifetime, or after you are gone. Carole Mark Gingiss teaches what a Legacy Letter is and how to write one. Examples of Legacy Letters, including historical samples, will be used to guide you and handout material will enhance your learning. Join this class to create a lasting document on how you want to be remembered. Let your life speak. Give the gift of your lifetime; write your Legacy Letter.

## Welcome New Instructors

The Highland Park Senior Center is pleased to welcome the following new instructors to the already outstanding individuals on board.

Richard Baron:	Tai Chi Instructor
Patti Bartelstein:	Yoga Instructor
Gordon Lock:	Tai Chi Instructor
Didier Nolet:	Art Instructor



If space allows, you are welcome to attend one of their classes on a "Try the First Class Free" option. Please call for further details and to register for this opportunity.

# ACTIVITIES - FREE FOR MEMBERS

## Table Tennis (Ping Pong)

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

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

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

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

## Free Blood Pressure Screening

*Mondays, May 3 & June 7*

*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.

## Scrabble Game: With Low Vision Tiles

*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.

## 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

## 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.

## Novice Open Bridge

*Tuesdays & Wednesdays, 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](http://www.cityhpil.com).

## "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. Please bring a 2010 card. Leaders: Helen Appel and Rosadel Spanier

## Laurel Larks

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

*Laurel Larks will be on summer break June through mid-September.*

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

## 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.

# SOCIAL SERVICES

## Daily Telephone Reassurance

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

## Medical Equipment Lending Closet

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

## Grocery Shopping & Errand Services

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

## Volunteer Opportunities

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

## SHIP - Senior Health Insurance Program

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

## Widow/Widower's Continuing Support

*Tuesdays, 1:30 - 3 p.m.* *Free*  
Moving forward following the loss of a spouse creates many challenges. This group continues to provide a wonderful social network to the participants. It will continue, under rotating leadership, by Paula Cyphers, Lois Silverstein, and Gina Gooden.

## Support for Parents and Siblings with Dependent Adult Family Members

*Thursdays, May 13 & June 10  
10 - 11:30 a.m.*

*Free*

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

## Senior Assessment Freeze

- This exemption freezes the assessment on your property if your total household income is \$55,000 or less.
- This exemption does not freeze your tax rate; it freezes the assessed valuation that appears on your tax bill.
- First time applicants can obtain forms from the Chief County Assessment Office or the local township assessor's office. **The exemption must be renewed annually by July.** Applications are mailed to all taxpayers currently receiving the Senior Homestead Exemption.

## Senior Homestead Exemption

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

## Financial Scholarship

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

*Scholarship approval is based on proof of:*

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

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

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

## Welcome New Members

Francine Alpert	Mary & Brian Green
Joyce & Dennis Black	M. Lynne Jungman
Walter & Brenda Bushala	Jonathan Lavin
Arlene & Irving Drobny	Muriel Levinson
Thomas Engeman	Erwin & Sylvia Melton
Veronica Ferenczy	Peggy Miller
Judith Fielding	Shelly Miller
Carole Mark & Joel David	Stephen & Edna Morris
Gingiss	Lianne Plath
Jill Gordon	Charlotte Sherman

Ruth Silberman

## Artist of the Month

### MORT STILLMAN

For those seeking an outlet that is creative, relaxing, entertaining and socially satisfying, Mort Stillman would say, look no further than painting. And to enhance your skills in this area, check out the Highland Park Senior Center art classes.

Mort began painting in the 60s, in classes at junior college in Chicago. He was interested, and kept it up for five or six years, until work and family obligations interfered. As with many artists, Mort returned to his interest upon retirement. He paints primarily with oils and is quite open-minded about his subjects, He said he paints 'whatever catches his eye.' Sometimes that results in cityscapes, still lifes, or people caught in a particular mood.

In Mort's words, "painting is a very fun thing to do."

## Character Counts Winner

### IRVING MOSES

With great pride, the Senior Center announces Senior Center member Irving Byron Moses was recognized by the City of Highland Park's Character Counts Committee with a Pillar Award for his outstanding character and generous volunteer service to the Highland Park Community.

Congratulations Irving!

## Donations

### TREE OF HONOR

#### Gold Leaf Donations

#### In Honor of Michael Weinberg's 85th B-Day

From: Joan Weinberg

#### In Honor of Betty Kaplan's 90th Birthday

From: Tuesday Support Group

Tree of Honor Leaves may be purchased to honor or remember a person or occasion. Please call for information.

#### In Memory of Raeann Berman

From: Lou Frey

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

From: Shelly Fairman  
Dana Maresco  
Michael & Joan Weinberg

#### In Memory of Barbara Ticho

From: Sherry Bindeman, David Kahn & Family  
Adrienne & Neil Aaronson  
Beth Saphir  
The Kahn Family  
Alicia & David Ehrlich  
The Stabiner Family  
Marilyn & Sandy Victor  
Girlfriends

#### In Memory of Alice Tuler

From: The Yiddish Group

#### In Honor of Marla Schachtel's Promotion

From: Michael & Joan Weinberg

#### In Honor of Services for Seniors

From: Renee Lowitz  
Steve & Sue Sickle

#### In Honor of Vita Services

Steve & Sue Sickle  
Alice Berube  
Julie Langlois  
Dana Maresco  
Valerie Reiter  
Suki Wagner  
Betty & Fred Reuben

# May 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</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 Monday Movie 1:30 Sit & Be Fit 2:00 Scrabble	<p style="text-align: right;">4</p> 9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 10:30 Yoga 12:30 Sr. Producers 1:00 Art Techniques 1:00 Ceramics 1:30 Widow's Group 2:00 Arthritis Exercise	<p style="text-align: right;">5</p> 9:30 Art Class 9:30 Beginning Bridge 10:00 Beg. Photography 10:30 Zumba Gold 12:15 Trip:Million \$ Quartet 1:00 Poker 1:00 Ping Pong Club Play 1:30 Yiddish 2:00 Tai Chi / Qigong	<p style="text-align: right;">6</p> 9:45 Exercise 10:00 Men's Group 10:00 Bridge Conventions 10:00 Intro to Computers 1:00 Social Networking 1:00 Mah Jongg 1:00 Adv. Art Class 1:30 Sit & Be Fit 4:00 Reading Club 7:00 Caregiver Group	<p style="text-align: right;">7</p> 10:00 Laurel Larks 10:00 News & Views 10:30 Yoga 11:45 Lunch: Phoenicia 1:00 Chess 1:00 Beg. Canasta 2:00 Tai Chi Chen <hr/> 5/8 Golf @ 10 a.m. 5/9 Mother's Day Brunch 11 am @ Sunrise
<p style="text-align: right;">10</p> 9:45 Exercise 10:30 Monday Lecture 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit & Be Fit 1:30 Monday Movie 2:00 Scrabble	<p style="text-align: right;">11</p> 9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 10:30 Yoga 12:30 Sr. Producers 1:00 Art Techniques 1:00 Ceramics 1:30 Widow's Group 2:00 Arthritis Exercise	<p style="text-align: right;">12</p> 9:30 Beginning Bridge 9:30 Art Class 10:00 Beg. Photography 10:30 Zumba Gold 10:30 Humanities Lecture 1:00 Poker 1:00 Ping Pong Club Play 1:30 Yiddish 2:00 Tai Chi / Qigong	<p style="text-align: right;">13</p> 9:45 Exercise 10:00 Bridge Conventions 10:00 Support Group 10:00 Intro to Computers 1:00 Social Networking 1:00 Mah Jongg 1:00 Adv. Art Class 1:30 Sit & Be Fit	<p style="text-align: right;">14</p> 9:00 Jewelry Making 10:00 Laurel Larks 10:00 News & Views 10:30 Yoga 1:00 Chess 1:00 Beg. Canasta 2:00 Tai Chi Chen <hr/> 5/15 Golf @ 10 a.m.
<p style="text-align: right;">17</p> 9:45 Exercise 10:30 Monday Lecture 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit & Be Fit 1:30 Monday Movie 2:00 Scrabble	<p style="text-align: right;">18</p> 9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 10:00 Cont. Spanish 10:30 Yoga 11:15 Beg. Spanish 12:30 Sr. Producers 1:00 Art Techniques 1:00 Ceramics 1:30 Widow's group 2:00 Arthritis Exercise	<p style="text-align: right;">19</p> 9:30 Beginning Bridge 9:30 Art Class 10:00 Beg. Photography 10:30 Zumba Gold 1:00 Poker 1:00 Ping Pong Club Play 1:30 Yiddish 2:00 Tai Chi / Qigong	<p style="text-align: right;">20</p> 9:45 Exercise 10:00 Bridge Conventions 10:00 Intro to Computers 1:00 Social Networking 1:00 Ron Miller Lecture 1:00 Adv. Art Class 1:00 Mah Jongg 1:30 Sit & Be Fit	<p style="text-align: right;">21</p> 10:00 Laurel Larks 10:00 News & Views 10:30 Yoga 1:00 Chess 1:00 Beg. Canasta 1:30 Concert Series: Pilgrim Players Chi Chen <hr/> 5/22 Golf @ 10 a.m.
<p style="text-align: right;">24</p> 9:45 Exercise 10:30 Monday Lecture 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit & Be Fit 1:30 Monday Movie 2:00 Scrabble	<p style="text-align: right;">25</p> 9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 10:00 Cont. Spanish 10:30 Yoga 11:00 Memoir Writing 11:15 Beg. Spanish 1:00 Sr. Prdcr. Open House 1:00 Art Techniques 1:00 Ceramics 1:00 Investment Group 1:30 Widow's Group 2:00 Arthritis Exercise	<p style="text-align: right;">26</p> 9:30 Beginning Bridge 9:30 Art Class 10:00 Beg. Photography 10:30 Zumba Gold 10:30 Humanities Lecture 12:15 Trip: The 39 Steps 1:00 Poker 1:00 Ping Pong Club Play 1:30 Yiddish 5:30 Mix & Mingle 2:00 Tai Chi / Qigong	<p style="text-align: right;">27</p> 9:00 Driver Safety Class 9:45 Exercise 10:00 Bridge Conventions 10:00 Intro to Computers 1:00 Social Networking 1:00 Adv. Art Class 1:00 Mah Jongg 1:00 Jim Kenney Lecture 1:30 Sit & Be Fit	<p style="text-align: right;">28</p> 9:00 Driver Safety Class 10:00 Laurel Larks 10:00 News & Views 10:30 Yoga 1:00 Chess 1:00 Beg. Canasta 1:00 Jamba Juice 2:00 Tai Chi Chen
<p style="text-align: right;">31</p> <p style="text-align: center;"><b>HAPPY MEMORIAL DAY  CENTER CLOSED</b></p>				

# June 2010

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 10:00 Cont. Spanish 10:30 Yoga 11:00 Memoir Writing 11:15 Beg. Spanish 12:30 Sr. Producers 1:00 Art Techniques 1:00 Ceramics	9:30 Beginning Bridge 9:30 Art Class 10:00 Cont. Photography 10:30 Zumba Gold 1:00 Ping Pong Club Play 1:00 Poker 1:30 Yiddish 2:00 Tai Chi / Qigong	9:00 Cont. Golf Clinic 9:30 Rules of the Road 9:45 Exercise 10:00 Intro Computers II 10:00 Bridge Conventions 10:00 Men's Group 1:00 Adv. Art Class 1:00 Mah Jongg 1:30 Sit & Be Fit	10:00 Laurel Larks 10:00 News & Views 10:30 Yoga 1:00 Chess 1:00 Beginning Canasta 1:30 Concert Series: Jazzmer Trio 2:00 Tai Chi Chen
7	8	9	10	11
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 & Be Fit 1:30 Monday Movie 2:00 Scrabble	9:00 Mix It Up 9:30 Knitwits 9:30 Novice Bridge 10:00 Cont. Spanish 10:30 Yoga 11:00 Memoir Writing 11:15 Beg. Spanish 12:30 Sr. Producers 1:00 Art Techniques 1:00 Ceramics 1:30 Widow's Group	9:30 Beginning Bridge 9:30 Art Class 10:00 Cont. Photography 10:30 Zumba Gold 12:15 Trip: Billy Elliot 1:00 Camera Class 1:00 Poker 1:00 Ping Pong Club Play 1:30 Yiddish 2:00 Tai Chi / Qigong	9:00 Cont. Golf Clinic 9:00 AARP 9:45 Exercise 10:00 Intro Computers II 10:00 Support Group 10:00 Bridge Conventions 10:30 Trip: Cubs v. Brewers 1:00 Adv. Art Class 1:00 Mah Jongg 1:30 Sit & Be Fit 4:00 Reading Club	9:00 AARP 10:00 Laurel Larks 10:00 News & Views 10:30 Yoga 11:30 Lunch Outing: Carson's Ribs 1:00 Beginning Canasta 1:00 Chess 2:00 Tai Chi Chen
14	15	16	17	18
9:45 Exercise 10:30 Monday Lecture 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Sit & Be Fit 1:30 Monday Movie 2:00 Scrabble	9:30 Knitwits 9:30 Novice Bridge 10:00 Cont. Spanish 10:30 Yoga 11:00 Memoir Writing 11:15 Beg. Spanish 12:30 Sr. Producers 1:00 Ceramics 1:00 Art Techniques 1:30 Widow's Group	9:30 Beginning Bridge 9:30 Art Class 10:00 Cont. Photography 10:30 Humanities Lecture 1:00 Audio Equipment 1:00 Poker 1:00 Ping Pong Club Play 1:30 Yiddish 2:00 Tai Chi / Qigong	9:00 Cont. Golf Clinic 9:45 Exercise 10:00 Intro Computers II 10:00 Bridge Conventions 1:00 Adv. Art Class 1:00 Mah Jongg 7:30 Caregiver Support Group	9:30 Breakfast at the Beach 10:00 Laurel Larks 10:00 News & Views 10:30 Yoga 1:00 Chess 1:30 Concert Series 2:00 Tai Chi Chen
21	22	23	24	25
9:45 Exercise 10:30 Monday Lecture 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie 2:00 Scrabble	9:30 Knitwits 9:30 Novice Bridge 11:00 Memoir Writing 12:30 Sr. Producers 1:00 Ceramics 1:00 Art Techniques 1:00 Investment Group 1:30 Widow's Group 2:00 Arthritis Exercise	9:30 Beginning Bridge 9:30 Art Class 10:00 Cont. Photography 1:00 Character Genr. 1:00 Poker 1:00 Ping Pong Club Play 1:30 Yiddish 5:30 Mix & Mingle 2:00 Tai Chi / Qigong	9:15 Trip: Rick Bayless 9:45 Exercise 10:00 Intro Computers II 10:00 Bridge Conventions 11:30 Volunteer Lunch 1:00 Adv. Art Class 1:00 Mah Jongg	9:30 Bowl & Mask Making 10:00 Laurel Larks 10:00 News & Views 1:00 Chess 2:00 Tai Chi Chen
28	29	30		
9:45 Exercise 10:30 Monday Lecture 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie 2:00 Scrabble	9:30 Knitwits 9:30 Novice Bridge 10:00 Cont. Spanish 11:15 Beg. Spanish 12:30 Sr. Producers 1:30 Widow's Group	9:30 Beginning Bridge 10:00 Cont. Photography 10:30 Humanities Lecture 1:00 Directing 1:00 Poker 1:00 Ping Pong Club Play 1:30 Yiddish		

City of Highland Park Senior Center

Membership Registration

54 Laurel Avenue, Highland Park, IL 60035

Phone: (847) 432-4110 Fax: (847) 432-4531

We appreciate your cooperation in completing this form. The information is confidential, and will help us to serve you. Please return this form by mail or in person to the Senior Center.

Highland Park – Single \$25 \_\_\_\_\_ Non-resident – Single \$35 \_\_\_\_\_
Highland Park – Couple \$35 \_\_\_\_\_ Non-resident – Couple \$45 \_\_\_\_\_

Check: \$ \_\_\_\_\_ or Credit (VISA, MC, Disc.) # \_\_\_\_\_ Exp. \_\_\_\_\_ Signature: \_\_\_\_\_

Name \_\_\_\_\_ Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_
Name \_\_\_\_\_ Birthdate \_\_\_\_ / \_\_\_\_ / \_\_\_\_
Telephone \_\_\_\_\_ E-Mail \_\_\_\_\_
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Please list two people we could contact if necessary:

- 1. Name \_\_\_\_\_ Relationship \_\_\_\_\_
Address \_\_\_\_\_ City \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Relationship \_\_\_\_\_
Address \_\_\_\_\_ City \_\_\_\_\_ Phone \_\_\_\_\_
Your doctor's name \_\_\_\_\_ Phone \_\_\_\_\_

Participant Liability Waiver and Hold Harmless Agreement

Please read this form carefully and be aware that by registering for and/or participating in programs sponsored by the Highland Park Senior Center, you will be waiving your rights to all claims for injuries you might sustain arising out of participation, and you will be required to indemnify, hold harmless and defend the City of Highland Park for any claims arising out of participation in Senior Center activities. (Note: You may appear in photographs taken at Senior Center events. If you do not wish to have your photo included in any publication, please notify staff.

Risk of Injury: "As a participant in Senior Center activities, I recognize and acknowledge that there are certain risks of physical injury, including but not limited to death, and I agree to assume the full risk of injuries, including death, damages, or loss which I may sustain as a result of participating in any and all activities associated with participation."

Waiver of Injury Claims: "I agree to waive and relinquish any and all claims I may have arising out of, connected with, or in any way associated with the activities of the Senior Center."

Release from Liability: "I do hereby fully release and discharge the City of Highland Park and its officers, agents, and employees from any and all claims from injuries, including death, damage or loss which I may have or which may occur on account of participation in Senior Center activities."

Indemnity and Defense: "I further agree to indemnify, hold harmless and defend the City of Highland Park and its officers, agents, and employees from any and all claims from injuries, including death, damages and losses sustained by me and arising out of, connected with, or in any way associated with the activities of the Senior Center."

In the event of any emergency, I authorize the public entity to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed reasonable and necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered.

I have read and fully understand and agree to the above stated conditions of Highland Park Senior Center membership.

In the event of any emergency, I authorize the City of Highland Park to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed reasonable and necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered to me.

I have read and fully understand and agree to the above stated conditions of membership to the City of Highland Park Senior Center.

Signature \_\_\_\_\_ Signature \_\_\_\_\_
Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## CITY OF HIGHLAND PARK

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

## 2009 - 2010 Corporate Sponsors

### Gold Sponsors (\$2000 or more)

Home Instead Senior Care  
ManorCare Health Services  
Presbyterian Homes  
Sunrise Assisted Living  
Whitehall of Deerfield HealthCare Center

### Silver Sponsors (\$500 - \$1999)

Addus HealthCare  
Asset Protection Associates  
Belmont Village of Glenview  
CJE SeniorLife  
Weinberg Community For Senior Living  
First Bank of Highland Park  
Freedom Home Care  
Highland Park Nursing and Rehab  
Home Instead Senior Care  
Maggies Health Care Providers  
Midwest Palliative and Hospice CareCenter  
The Moorings of Arlington Heights  
The Park at Vernon Hills Retirement Community  
Pinnacle Home Care  
Right at Home  
The Seasons at Glenview Place  
Synergy HomeCare  
Therapeutic Kneads  
Traycee Home Care  
Visiting Angels Living Assistance Services

### Bronze Sponsors (\$100 - \$499)

Arden Courts  
Highland Park Health Care  
Jamba Juice (in kind donations)  
Pinnacle Health Care  
Starbuck's Coffee (In kind donations)

## Center Parking Guidelines

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

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

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

## Transportation Options

The Senior Center operates a Free Senior Connector Bus; Moraine Township offers a Subsidized Taxi Program as well as a Transport Van serving riders that cross city boundaries; and there is also a PACE Dial-A-Ride available to seniors with physical disabilities. For a complete listing of transportation services, call the Center at (847) 432-4110.

## Carpool Option

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

## Shorelines Available by E-mail

Help the environment and cut costs for the Senior Center by registering for your issue of the Shorelines to be delivered electronically only. This option will help the environment by lessening paper usage and will save on printing and mailing costs for the City. Call (847) 432-4110.