

THE SHORELINES

JANUARY - APRIL, 2013

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.

2013!

Happy New Year!

Activity Registration

Member Registration Begins: Wednesday, January 2 at 10 a.m.

Open Registration Begins: Friday, January 4 at 10 a.m.

Mix and Mingles

Dine Around the World

This new series takes you on a culinary trip around the world. These wonderful luncheons/dinners provide you with the opportunity to meet new people, and explore many of the North Shore's greatest ethnic restaurants. Please register a minimum of one week in advance; (847) 432-4110.

America: Laissez les bons temps rouler at Mardi Gras

Bluegrass Restaurant - 1636 Old Deerfield Road, Highland Park
Wednesday, January 23 from 12 - 1:30 p.m.

Fee: \$20 / NM: \$30

Celebrate Mardi Gras with the authentic flavors of New Orleans, right here in Highland Park. Enjoy a chef's choice tasting menu featuring many Bourbon Street favorites including boudin, Louisiana alligator, nawlins' sweet and spicy shrimp, rémoulade salad, Jambalaya, crawfish etouffee, chocolate chip bread pudding for dessert, and your choice of beverage. There will also be plenty of Mardi Gras beads to go around!



Italy: Valentine's Day Celebration: That's Amore & Musica

Abruzzo - 483 Lake Cook Road, Deerfield
Thursday, February 14 from 12 - 2 p.m.

Fee: \$20 / NM: \$30

Love is in the air on Valentine's Day! Ristorante Abruzzo offers flavorful, homemade cuisine using the freshest ingredients. Lunch includes fried calamari, soup or salad, your choice of entree served with vegetable medley and rigatoni pasta, tiramisu for dessert, and your choice of beverage. Following lunch, enjoy a musical concert featuring love songs galore. When registering, please indicate your choice of chicken breast with mushrooms and artichoke, sauteed lake perch, or eggplant parmesan.



Sponsored by BrightStar Lifecare

SPECIAL ACTIVITIES

Mix and Mingles Dine Around the World (continued)

Ireland: The Ides of March Brunch & Irish Sing Along

Bridie McKenna's - 254 Green Bay Road - Highwood

Friday, March 15 from 10 - 11:30 a.m.

Fee: \$20 / NM: \$30

Bridie's exterior is designed in the style of a street in an Irish village, complete with Post Office, Tobacconist and General Store. Inside you'll enjoy the Victorian Bar, Library, or the Country Bar. Savor the unique taste of Ireland with their delicious brunch featuring prime rib w/ Yorkshire pudding, roasted salmon, Irish eggs Benedict, pancakes, bacon, sausage, scrambled eggs, grilled asparagus, roasted baby carrots, roasted new potatoes, mashed potatoes, sautéed green beans, fruit salad, Caesar salad, and assorted pastries. Following lunch, enjoy an authentic Irish sing along.

Israel: Israeli Independence Day

Mizrahi Grill - 215 Skokie Valley Road

Thursday, April 11 from 5 - 6:30 p.m.

Fee: \$15 / NM: \$23

Mizrahi Grill uses only farm raised and hormone-free meat, which has passed very thorough inspections to be deemed kosher. All of their dishes feature fresh ingredients and spices used by many past generations. At Mizrahi Grill not only do you enjoy food that's good but also food that's good for you! Dinner boasts a delicious sampling of Israeli cuisine including an appetizer plate featuring hummus, baba ganoush, and falafel. The main dish features Israeli salad, rice, mom's kabob and schwarma. Baklava and a soda of your choice are also included.

יום עצמאות
! שמח

Sponsored by BrightStar Lifecare

Highland Park High School

Senior Citizen Prom



Highland Park High School Cafeteria

Saturday, April 20

5 - 8 p.m.

Fee: \$5 / NM: \$8

Advanced registration required; call (847) 432-4110

Aloha! Join members of the Highland Park High School Class of 2016 for a Senior Citizen Prom with a Hawaiian Luau theme. This annual event features a buffet dinner catered by Sunset Foods, a sweet table with home baked goods from the students, entertainment by some of the High School's best fine arts performance groups, and dancing to the music of a wonderful band. Students are looking forward to dancing with members of the Senior Center and to hosting a special night to remember. Please register at the Center by Wednesday, April 17.

Sponsored by Arbor Ridge

SPECIAL ACTIVITIES

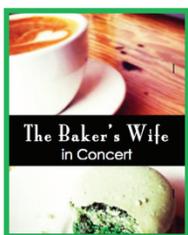
Live on the Links Classic

Highland Park Country Club
Thursdays, 1:30 - 2:30 p.m.
Free for members / NM: \$10

The Live on the Links Classic Concerts are designed to provide members with an afternoon of delightful company and music. Coffee and cookies are provided prior to the performances. Doors open at 1 p.m.

January 24 Music Theatre Concert

Patrick Martin, singing and on guitar, with Robert Deason, singing and on piano, will perform songs from The Music Theatre Company's upcoming production of *The Baker's Wife in Concert* (February 1 - 10) along with other Broadway classics. From the creator of *Wicked* and *PIPPIN*, *The Baker's Wife* boasts a beautiful score featuring songs including *Meadowlark*, and *Proud Lady*.



March 14 HPHS Wind Ensemble

Led by band director Jim Hile, Highland Park High School Wind Symphony won the Gold Medal in the 2012 Young Prague International Music Festival. The band will play music ranging from classical to contemporary. Enesco's *Roumanian Rhapsody* to Bernstein's *Profanation*. Fantasy Variations on a Theme of Paganini - a showcase piece for all the various instruments in the band, a medley of *Tin Pan Alley* songs and, of course, Sousa!

April 18 Night Club in the Afternoon

Nightclub in the Afternoon presents Mary Anne Riehl, a singer whom mature adults know and love from radio and television, performing with a two-piece, tuxedo-clad band. Expect an enchanting, nostalgic experience that brings back fond memories of that golden age of danceable music, candlelight, romance, and laughter. Mary Anne and her talented duo (piano and bass) will perform popular standards from the 20s, 30s, and 40s, - the music adults continue to love and cherish.



Sponsored by Arbor Ridge

America's Top Male Comedians

Highland Park Public Library
Fridays, 1 - 2:30 p.m.
Free for members / NM: \$10

The Highland Park Senior Center is thrilled to welcome back internationally recognized, award-winning public speaker and historian Barry Bradford! This winter, join Barry for a fun, fast, and fascinating series. Using numerous video clips, little-known anecdotes, and intriguing insights, Barry Bradford's multimedia presentations will captivate and entertain you.

February 22 Bob Hope

Bob Hope is one of the most beloved entertainers in American history. But his private life could not have been more different from his public persona! Barry Bradford will explore both sides of the amazing Bob Hope.



March 22 Jack Benny



Everyone loves Jack Benny; and for good reason! Not only was he one of the funniest performers of all time, he was also one of the nicest men ever to be a top entertainer in America. This warm, nostalgic presentation will explain his background and show numerous clips demonstrating his enduring appeal!

April 26 Danny Kaye

Danny Kaye cannot be described in one word! A brilliant actor, a devoted humanitarian, a witty comic, an excellent singer/dancer who starred on Broadway, radio, television, and movies - and a gourmet cook to boot! Danny Kaye was one-of-a-kind and in this presentation you'll learn about the life and amazing talent of the great Danny Kaye.



Sponsored by Gentle Home Services

SPECIAL ACTIVITIES

Monday at the Movies

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

Current movies are released to DVD at the last possible moment, and in order to provide the most up-to-date film screenings, the movie titles will be posted on a monthly flyer and in the weekly Friday e-mails.



Sponsored by BrightStar Lifecare

Film Showing and Discussion: The Changing Face of Woody Allen

Highland Park Public Library
Sundays, 2 - 4:30 p.m.
Free and open to all

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

January 13 **Sleeper (1973)**

A nerdy store owner is revived out of cryostasis into a future world to fight an oppressive government.

February 10 **Annie Hall (1977)**

Neurotic New York comedian Alvy Singer falls in love with the ditsy Annie Hall.

March 24 **Manhattan (1979)**

A divorced New Yorker currently dating a high-schooler brings himself to look for love in the mistress of his best friend instead.

April 28 **Midnight in Paris (2011)**

While on a trip to Paris with his fiancé's family, a nostalgic screenwriter finds himself mysteriously going back to the 1920s every day at midnight.

*Sponsored by CJE SeniorLife
Weinberg Community for Senior Living*

Humanities Series

Highland Park Public Library
Wednesdays, 10:30 - 11:30 a.m.
Free and open to all

January 16 **The Presidential Agenda**

With the election results final, American politics lecturer Julie Strauss, Ph.D., gives an overview of the upcoming presidential term. What lessons did Obama take away from the campaign trail? What issues will he focus on in 2013? How will he approach government spending and the deficit? What global events will shape his foreign policy?

February 27 **Civil War Diarist: Mary Chestnut**

Educator, actor, and historian Leslie Goddard portrays Mary Chestnut, daughter of a wealthy planter and wife of a presidential aide in a program originally commissioned for the Civil War sesquicentennial. Chestnut witnessed crucial events in the South during the Civil War, recording them in a diary now considered one of the most compelling personal accounts of the war.

March 20 **Neil Steinberg: You Were Never in Chicago**

The Chicago Sun-Times columnist and author will discuss his latest book *You Were Never in Chicago*. A native Ohioan, Steinberg came to Chicago to study at Northwestern University in the late 1970s and never left. Steinberg will share how he fell in love with and continues to love Chicago, and why he never returned to Ohio.

April 17 **Should the U.S. Reform the Election Voting Process?**

James Marquardt, Ph.D., will present his analysis of the 2012 national election results for the purpose of critiquing how elections and voting in the U.S. are flawed, and what might be done to reform the process. This non-partisan presentation will highlight how both major parties rig the system to suit their political ends. Dr. Marquardt is Chair of the Political Science and International Relations Programs at Lake Forest College.

Sponsored by Highland Park Nursing and Rehab

SPECIAL ACTIVITIES

Global Perspectives

Highland Park Country Club
Thursdays, 1 - 3 p.m.
Free for members / NM: \$10

This 5- part lecture series takes you on a global journey exploring international relations, politics, and economics, with an impressive line-up of highly qualified speakers. Additional topics and speakers will be announced in upcoming issues of *The Shorelines*.



April 25 Egypt's 2011 Revolution: Two Years Later

Jaleh Sherbini, Oakton Community College

January 25, 2011 marked an unprecedented time in Egypt's history when Egyptians took to the streets demanding change, democracy, basic human rights, and overthrowing a despot. The success of the revolution was followed by the first free elections in over 30 years, a new president, the promise of a new constitution, an end to corruption, and democratic reforms. At the 2nd anniversary of the uprising, Egyptians are back again in the streets with the same demands and wondering if the high price paid for their freedom was worth it. What has changed in Egypt in those two tremulous years? Who really is in charge today? Why has the new president backed away on his promises? What happened to the military? What about the new constitution? Is



Egypt heading toward a new era of Islamization; a new despot replacing the old? And what are the implications of all these changes on Egypt's relations with its neighbors, Israel and the U.S.?

For answers to these questions and more, please join Dr. Jaleh Sherbini, Professor of Political Science at Oakton Community College, for a lecture and open discussion.

Sponsored by Highland Park Nursing and Rehab

Senior Center ~ Photos ~

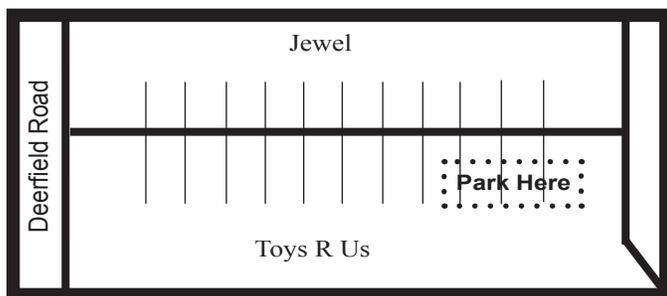


DAY EXCURSIONS

Registration and Refund Policies

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

**Excursions Depart from the
Toys R Us Parking Lot
1610 Deerfield Road
Highland Park, IL**



Trip descriptions will specify a “Please Register By” date. Each trip has a deadline by which staff must confirm participation numbers, bus size, meal choices, and make the final payment. Additionally, each trip has a maximum number of participants, and registration will be taken on a first come, first served basis. Please register early to avoid the disappointment of being placed on a wait list.

The Book of Mormon (Trip 1)

Bank of America Theater, Chicago

Sunday, March 10

Fee: \$130 / NM: \$150

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

Bus returns at approximately 5:30 p.m.

This trip is currently filled; please call the Center at (847) 432-4110 if you would like to add your name to the Wait List.

The Book of Mormon (Trip 2)

Bank of America Theater, Chicago

Saturday, May 5

Fee: \$130 / NM: \$150

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

Bus returns at approximately 5:30 p.m.

This trip is currently filled; please call the Center at (847) 432-4110 if you would like to add your name to the Wait List.

Senior Center staff understands there is a great demand to see The Book of Mormon. At this time, there are no group tickets available; however, if the run is extended past June, staff will attempt to purchase another of block of seats, and members will be notified in the May - August newsletter.

Picasso and Chicago

The Art Institute of Chicago

Tuesday, April 30

Fee: \$80 / NM: \$100

Bus departs Toys R Us at 9:45 a.m.

Bus returns at approximately 5:15 p.m.

Please register by April 15

A century ago, in 1913, the Art Institute of Chicago became the first art museum in the country to present the work of a young Spaniard who would become the preeminent artist of the 20th century, Pablo Picasso. This February the museum celebrates the special 100-year relationship between Picasso and Chicago by bringing together over 250 of the finest examples of the artist's paintings, sculpture, prints, drawings, and ceramics from private collections in the city, as well as from the museum's collection, for the first large-scale Picasso exhibition organized by the museum in almost 30 years. This trip includes admission to the museum and the Picasso exhibit, a private slide presentation covering the life and works of Pablo Picasso, lunch in the Art Institute's private dining room, and audio tour headsets.

DAY EXCURSIONS COMMUNITY

Oliver

Drury Lane, Oakbrook

Thursday, May 23

Fee: \$70 / NM: \$90

Bus departs Toys R Us at 10:45 a.m.

Bus returns at approximately 4:45 p.m.

Please register by May 6

One of the most beloved classics of all time, OLIVER! is the wildly successful British musical based on the Charles Dickens' novel. Featuring a sensational score, audiences will follow orphan Oliver Twist as he embarks on a life-threatening adventure through the dismal streets of nineteenth-century England. Lunch at Drury Lane features a seasonal fruit plate, your choice of entree, chef's choice of potato, vegetable, and dessert. When registering, please indicate your choice of chicken asiago with spinach, shitake mushrooms, basil, croutons, and a mustard demi glaze or Salmon filet with lemon tarragon.

My Kind Town: Ethnic Chicago

A variety of stops throughout Chicago

Tuesday, June 18

Fee: \$75 / NM: \$95

Bus departs Toys R Us at 9 a.m.

Bus returns at approximately 4:30 p.m.

Please register by June 3

Enjoy a day spent in "The Neighborhoods" to discover contributions made by various ethnic groups through folk art, museums, food, shops, and religious architecture. Visit the **Jane Addams Hull House** which is the original suburban home of real estate developer Charles Hull, built in 1856. The exhibit tells the story of the changes in this area, the creation of America's first settlement house by Jane Adams and the ethnic groups that have passed through the neighborhood. Stop at a working **Mexican Bakery**, located in the heart of the "port of entry" area of Pilsen. Sample some of the delicious specialties baked in this family owned business. View the outdoor mural art of this vibrant neighborhood. Explore the **Polish Museum of America**, which is the only Polish museum in the U.S. Included in the collection are traditional folk art, exhibits from the Polish pavilion of the 1939 World's Fair, and a gallery dedicated to Paderewski memorabilia. Visit magnificent **Ukrainian Catholic Church** with interior frescoes and traditional iconography. Lunch at a bountiful **Polish Buffet** will enhance the ethnic day.

Martin Luther King Day of Service

Highland Park Recreation Center

Monday, January 21

10 a.m. - 1 p.m.

This multi-generational event encourages all members of the community to participate in fun, meaningful projects in honor of MLK Day. Projects will include assembling toiletries for local shelters, writing letters & creating valentines for soldiers and their children, making pet toys for Orphans of the Storm, and decorating flower pots for hospital patients.

Participants will also have the opportunity to board The Freedom Express, a 45-foot traveling museum that offers visitors an opportunity to explore their First Amendment freedoms of religion, speech, press, assembly, and petition. Interactive exhibits and thought-provoking artifacts illustrate how the First Amendment enables a healthy democracy and free exchange of ideas. Additionally, Aaron Freeman, radio commentator, comedian, and author, will give his comedic take on MLK's dream from 10 - 11 a.m.

This is your chance to turn community concerns into citizen action. For more information, contact Cheryl Levi at 847-903-9523 or levi.cheryl@yahoo.com

Pilgrim Chamber Players
Highland Park Community House
Call (847) 433-0992

Winter Song

Sunday, January 27

3 p.m.

Senior Center Member Price: \$10

String Fantasy

Sunday, March 17

3 p.m.

Senior Center Member Price: \$10

Stars of Tomorrow

Sunday, April 21

3 p.m.

Free Concert

MONDAY SPEAKER SERIES

Monday Speaker Series

Highland Park Police Department

Mondays, 10:30 - 11:30 a.m.

Free, for members only

Sponsored by *Whitehall of Deerfield
Healthcare Center*

Bagels: Whitehall of Deerfield will provide bagels, cream cheese, and coffee for lecture attendees, on January 7, February 4, March 4, and April 1 at 10 a.m.

Parking: Parking in the police department's west lot is not permitted. Please park in the spaces in front of the police department or in the Bluegrass lot. Your cooperation is greatly appreciated.

January 7 **The Holidays Are Over. How Are You Feeling?**

Do you face weight gain or winter blues during the post-holiday season? Don't resign yourself into thinking this is how it has to be! Alisa Levine, a Registered Dietician with a Master's Degree in Public Health, will share how to lessen the worry of weight gain and use nutrition for mental and physical health. She will navigate through menu and meal patterns and foods to help with mind and body.

January 14 **Gene Kelly: Ultimate Dance and Song Man**

Gene Kelly was more than a song and dance man: he was a teacher, choreographer and director. His immense contributions to American musical theatre include "masculinizing" American dance on film. Among other great performances, his "Singing in the Rain" song and dance stands out as an all-time favorite moment in American cinema. Presented by Susan Benjamin, this two-part presentation intertwines examples of his incredible work ethic with products of that ethic.

January 21 **Senior Center Closed**

January 28 **Great Train Journeys**

Bill Helmuth, M. Ed., world traveler and storyteller has traveled over 6,000 miles on the Amtrak, from Chicago to New Orleans, Los Angeles, and San Francisco and had his camera clicking all the way. You will visit New Orleans (including the devastation of the Lower 9th Ward), Los Angeles and fascinating San Francisco. Return with a mile by mile viewing of the magnificent vistas of the Sierra Nevada's in California, the formidable Canyon land of Utah, and the rugged Rockies across Colorado.

February 4 **Overview of Eastern Medicine**

How does Eastern Medicine differ from the health care most of us have become accustomed to? Dr. Anitoly Pak, a licensed acupuncturist with Healing Arts of Oriental Medicine, will share what the differences and similarities are, and how the practice of Eastern and Western medicine can coexist.

February 11 **Gene Kelly (Part II)**

Gene Kelly was more than a song and dance man: he was a teacher, choreographer and director. His immense contributions to American musical theatre include "masculinizing" American dance on film. Among other great performances, his "Singing in the Rain" song and dance stands out as an all-time favorite moment in American cinema. This two-part presentation, presented by Susan Benjamin, intertwines examples of his incredible work ethic with products of that ethic.

February 18 **Has Humankind Corrupted the Religion(s) it Created?**

Senior Center member Buddy Schreiber will discuss the history of religion, from the caveman to ancient cultures to modern times. From this base, he will look at hatred and harm to others done in the name of God and religion.

February 25 **Fine Foods 'n Fudge Sundaes**

Senior Center member and admitted gourmand, Steve Isaacson, will regale you with stories of his favorite restaurants in the Highland Park area, as well as a tasty detour to Las Vegas. The highlight will be Steve's personal choices for the best hot fudge sundaes on the planet.

March 4 Seeing Beyond Imagination

Dr. Mitchell Jackson, board certified Ophthalmologist and director of Jackson Eye Inc., will discuss the latest advances in treatments for cataracts, dry eye syndrome, glaucoma, and macular degeneration.

March 11 Fred Astaire: Top Hat, Top Dancer (Part I)

Fred Astaire defined the outstanding American dancer for much of the 20th century. Charming and debonair on screen, he was the ultimate workhorse, behind the scenes. With several film clips, this two-part program presented by Susan Benjamin, explores the star’s motivations as he created the model of the suave, sophisticated dancer and singer.

March 18 A New Dimension in Music Appreciation

A violinist with the Strings and an active chamber musician, Stephanie Ettelson is a former music critic for Pioneer Press and a contributing features writer on the arts to numerous publications. She brings to her audiences a unique perspective as performer, professional listener and gifted teacher, giving the term “music appreciation” a new dimension.

March 25 No Lecture

April 1 Bizet’s Opera in Pop Culture

Many people don’t realize they’ve been exposed to Bizet’s opera melodies through movies, radio, TV, recordings, and advertising. Bob Levi’s lecture presents familiar music from Bizet’s *Carmen* and *The Pearl Fishers* found in pop culture sources from an ice skating TV special to Sesame Street performances to numerous commercials. Neither opera was successful while Bizet was alive, but ultimately *Carmen* became his most popular opera.

April 8 Fred Astaire (Part II)

Fred Astaire defined the outstanding American dancer for much of the 20th century. Charming and debonair on screen, he was the ultimate workhorse, behind the scenes. With several film clips, this two-part program presented by Susan Benjamin, explores the star’s motivations as he created the this two-part program explores the star’s motivations as he created the model of the suave, sophisticated dancer and singer.

April 15 Ten Early Signs of Alzheimer’s

Lauren Levin, of the Greater Illinois Chapter of the Alzheimer’s Association, will discuss the ten warning signs of serious memory loss. What are the risk factors, what is the diagnosis, and what are the benefits of early detection? Included will be a video which will feature people living with memory loss as they address the fears and myths associated with dementia, and hear from family members who are on the journey with them.

April 22 The Convert: A Tale of Exile and Extremism

This book, written by Deborah Baker is a finalist for the National Book Award and will be reviewed by Elise Barack. Why did Margaret Marcus of Larchmont, New York, become Maryam Jameelah of Lahore, Pakistan? Why did she renounce both her Jewish faith and her country? The author found letters Maryam sent her parents in the archives of the New York Public Library and explains the motivation in this intriguing book.

April 29 Poetry in Highland Park

Highland Park Poetry celebrates in April, National Poetry Month, with its annual “Poetry On Parade,” featuring readings by talented local writers led by Jennifer Dotson.

Featured Artists

Watercolors by Barbara Haley

January & February

Fine Arts Photography by Fred Lowenthal

March & April

Senior Center members display their personal works of art throughout the Senior Center. Please feel free to stop in and view their exhibits, which change every two months.

Registration and Refund Policies

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

Fitness Class Levels

Level 1 - Classes are designed for those with limited physical fitness ability. They are slower paced, and may be done while seated.

Level 2 - Classes are designed for those with moderate physical fitness ability. They include some aerobic activity and participants must have good balance.

Level 3 - Classes are designed for those with strong physical fitness ability. They include aerobic activity and are fast paced. Classes including floor work will be noted.



Chair Stretching

Mondays, January 7 - February 25 (7 classes)

9:45 - 10:45 am

Fee: \$39 / NM: \$49

Mondays, March 4 - April 29 (8 classes)

9:45 - 10:45 a.m.

Fee: \$44 / NM: \$54

This upbeat class is perfect for anyone who desires a great stretching routine in a fun and supportive environment. Explore how the wisdom of the body is the support to structural changes from the inside-out. Instructor Kris Larsen is a Certified Movement Analyst.

No class 1/21

** Level 1*

Tuesday Yoga

Tuesday, January 8 - February 26 (8 classes)

10:30 - 11:30 a.m.

Fee: \$44 / NM: \$54

Tuesdays, March 5 - April 23 (8 classes)

10:30 - 11:30 a.m.

Fee: \$44 / NM: \$54

Taught by certified Yoga instructor Susan Smolin this class explores gentle movements to increase flexibility, strength, and well-being. Students are led through stretches, yoga postures, and breathing practices, then guided into deep relaxation.

** Level 1 / 2*

Tuesday Sit & Be Fit - Chair Exercise

Tuesdays, January 15 - February 19 (6 classes)

1:30 - 2:30 p.m.

Fee: \$24 / NM: \$34

Tuesdays, March 5 - April 23 (7 classes)

1:30 - 2:30 p.m.

Fee: \$28 / NM: \$38

Join Lisa Stanley, Outreach Coordinator for Arbor Ridge, for a fun workout you will do while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music.

No class 3/26.

Arbor Ridge will generously donate all registration fees back to the Senior Center.

** Level 1*

Sponsored by Arbor Ridge

Senior Adult Travel Golf League

Wednesday Mornings, May - September

Tee Off between 7 - 9 a.m.

Fee: \$40 / NM: \$50

This innovative 9-hole, Coed Travel Golf League rotates weekly between a variety of local courses. Greens/cart fees are additional, and are payable weekly at each course. No partner needed.

Returning Player Registration: March 4 - 8

Highland Park Resident Registration: March 11 - 15

Open Registration: March 18 - until filled

CLASSES

Gentle Tai Chi

Wednesdays, January 9 - February 27 (8 classes)

1:30 - 2:30 p.m. Fee: \$44 / NM: \$54

Wednesdays, March 6 - April 24 (8 classes)

1:30 - 2:30 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.

* Level 2

Low Impact Dance Aerobics

Thursdays, January 10 - February 28 (8 classes)

9:45 - 10:45 a.m. Fee: \$44 / NM: \$54

Thursdays, March 7 - April 25 (8 classes)

9:45 - 10:45 a.m. Fee: \$44 / NM: \$54

You will love exercising to music with instructor Kris Larsen. This fabulous low impact aerobics class is designed to get you moving and will improve body strength, muscle tone, and may enhance the efficiency of your heart and lungs. Working with choreographic structures also assists in memory enhancement as well as increasing self-esteem.

* Level 2

Thursday Sit & Be Fit - Chair Exercise

Thursdays, January 10 - February 28 (8 classes)

1:30 - 2:30 p.m. Fee: \$44 / NM: \$54

Thursdays, March 7 - April 25 (8 classes)

1:30 - 2:30 p.m. Fee: \$44 / NM: \$54

Join Carol King for a fun workout you will do while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music.

* Level 1

Friday Yoga

Fridays, January 25 - February 22 (5 classes)

10:30 - 11:30 a.m. Fee: \$28 / NM: \$38

Fridays, March 8 - April 26 (8 classes)

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

* Level 1 / 2

Ready, Set, Organize - Ready, Set, Downsize

Tuesdays April 9 - 23 (3 classes)

1:30 - 3 p.m. Fee per family: \$20 / NM: \$30

Instructor and Personal Organizer Bonnie Hillman Shay will guide participants through the step-by-step process of organizing and de-cluttering their homes in anticipation of downsizing or transitioning to a new residence. The class will focus on organizing memories (photos and movies/videos), simplifying your accumulation of personal belongings and furnishings, organizing important documents and dealing with some of the emotional aspects of the whole process. Come enjoy hands on learning and share the experience with other participants.

Introduction to iPad

Fridays, February 1 - 15 (3 classes)

1 - 3 p.m. Fee: \$45 / NM: \$55

Fridays, April 5 - 19 (3 classes)

1 - 3 p.m. Fee: \$45 / NM: \$55

Did you recently get a new iPad? This hands-on class covers basic use of the iPad including; operation, use of the app store to download apps, backup of your iPad to your computer, and use of iCloud. Participants will also learn about e-mail, Internet, and camera usage. Come and learn a lot of fun and interesting uses which you may not have known about and become more comfortable using your iPad!

Rules of the Road

Thursday, March 14

9:30 - 11:30 a.m.

Free

The *Rules of the Road* review course gives drivers the knowledge and confidence needed to renew or obtain a driver's license. Taught by instructor Judy Hutton, advanced registration is required.

AARP Driver Safety

Thursday & Friday, May 23 & 24

9 a.m. - 1 p.m. Fee: \$14 / AARP members: \$12

Held at the Highland Park Police Department

Instructor Earl Nichols helps students sharpen driving skills and develop strategies for adjusting to age related changes, during this two day class. Pre-registration with payment by check is required; please make checks payable to: AARP.



Holiday Ceramics Workshops

Tuesdays, 12:30 - 3:30 p.m. Fee: \$15 / NM: \$25

February 5 Valentine's Day Heart Dish

March 19 Passover Seder Plate / Easter Egg Platter

April 16 Earth Day Herb Garden Planter Trio

Celebrate the upcoming holidays and enjoy this fun opportunity to hang out with friends while unleashing the hidden artist within. The per session fee includes a holiday bisque piece, paint, firing, and instruction, along with plenty of time to create your own personal masterpiece to keep for yourself or give as a holiday gift. Please register a minimum of 1 week in advance of each session.

Portrait and Landscape Art Class

Wednesdays, January 9 - February 27 (8 classes)

9:30 - 11:30 a.m. Fee: \$44 / NM: \$54

Wednesdays, March 6 - April 24 (8 classes)

9:30 - 11:30 a.m. Fee: \$44 / NM: \$54

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

Digital Photography

Wednesdays, April 3 - 24 (4 classes)

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

Instructor and professional photographer Phil Goldman works with students to learn the basics of camera use, archiving and e-mailing of images, and much, much more. Please bring your digital camera with its accessories and instructions, as well as your laptop computer, (if you have one) to each class

Advanced Drawing and Painting

Thursdays, January 10 - February 28 (8 classes)

1 - 3 p.m. Fee: \$44 / NM: \$54

Thursdays, March 7 - April 25 (8 classes)

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.

Supervised Duplicate Bridge Play

Tuesdays, March 5 - April 23 (8 classes)

10 a.m. - 12 p.m.

Fee: \$50 / NM: \$60

Instructor Bob Burke will begin each lesson with a lecture, followed by play of pre-set hands related to the presented topic. This is a great opportunity to increase your bridge skills

Drop-In Poker

Wednesdays, 1 - 3 p.m.

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

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

Advanced Bridge Lessons

Thursdays, January 10 - February 28 (8 classes)

10 a.m. - 12 p.m.

Fee: \$50 / NM: \$60

Thursdays, March 7 - April 25 (8 classes)

10 a.m. - 12 p.m.

Fee: \$50 / NM: \$60

Designed for experienced players, this class allows students the opportunity to improve their game in the areas of bidding, playing and defending.

Mah Jongg Lessons

Thursday, January 10 - February 28 (8 classes)

10:30 - 11:30 a.m.

Fee: \$44 / NM: \$54

Mah Jongg is an ancient Chinese game which is now gaining popularity in the U.S. Join other beginners for this new Mah Jongg class which will start at tile 1, and teach you the basics needed to play the game. Instructor Ilene Bernberg is excited to share her knowledge and love of the game with others. Please bring a current card to the first class.

Beginning Canasta Lessons

Fridays, March 8 - April 19 (6 classes)

1 - 3 p.m.

Fee: \$40 / NM: \$50

Canasta lessons return to the Highland Park Senior Center by popular request. Canasta is a fun and exciting card game which has recently had a resurgence of popularity! Instructor Dotty Guthmann teaches canasta in a learn-as-you-play game, supplemented by lesson handouts.

ACTIVITIES - FREE FOR MEMBERS

Table Tennis (Ping Pong)

Mondays 9 a.m. - 4 p.m.

Senior Center has purchased a ping pong table for use by members in the Lake Michigan Room. A list of interested players is available so you can meet new players to schedule play time. Table time must be reserved in advance; please call (847) 432-4110.

Free Blood Pressure Screening

The first Monday of each month

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

Provided by Traycee Home Care Services

Duplicate Bridge

Mondays, 12:30 - 3:30 p.m.

Under the direction of Michael Feit, this duplicate bridge game allows experienced players the opportunity to play with their partner in a casual environment. Bidding boxes are used, however, master points are not issued.

Open Art Studio

Mondays, 1:30 - 3:30 p.m. or by appointment when the studio is not in use

Open studio time provides artists with a designated time to work side-by-side. Please bring your own supplies; you must be currently enrolled in a Senior Center art class.

Knitwits

Tuesdays, 9:30 a.m.

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

Open Bridge

Tuesdays, 9:30 a.m.

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

Senior TV Production Team

Tuesdays, 12:30 p.m.

HP Public Access Center, 1677 Old Deerfield Road
Have fun creating and working on cable TV shows at the new studio. Some of the many exciting positions available include camera, sound, directing, and TV host.

Yiddish Conversation & Culture

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

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

"For Men Only" Discussion Group

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

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

Mah Jongg

Thursdays, 1 - 3 p.m.

This Mah Jongg game is designed to give players an opportunity to meet and play with others. All players are required to sign a code of conduct prior to participating. Please bring a current Mah Jongg card.

News & Views Current Events

Fridays, 10 - 11:30 a.m.

Irving Drobny facilitates an intellectual discussion on worldwide current events. Share thoughts and opinions with a wonderful group.

Open Canasta

Beginning in January: Fridays, 12:30

Experienced canasta players gather each Friday for drop-in canasta in a friendly and inclusive game. Participants must be willing to play with all other players and rotate when appropriate. Please call in advance to register.

NEW

Laurel Larks Singing Troupe

February - May

Fridays, 1:30 - 3 p.m.

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

Sponsored by First Bank of Highland Park



“The Not-So Empty Nest”

Strategies and Support for Parents with Dependent Adult Children

Meets the 4th Thursday of each month

10 - 11:30 a.m.

January 24 Guest Speaker: Financial Security

February 28 Support Discussion

March 28 Guest Speaker

April 25 Support Discussion

This free group is open to older adults experiencing concern about their adult children who remain dependent as a result of unemployment, financial challenges, substance abuse, emotional struggles, physical disabilities, or an inability to achieve personal growth. Co-facilitated by Jennifer Aiello, M.S., and Lois Silverstein, LCSW. Please call the Senior Center, (847) 432-4110 to register.



Widow/Widower's Continuing Support

Second & Fourth Tuesday of each month

1:30 - 3 p.m.

Free

The loss of a spouse creates many changes and challenges. This group provides continued emotional and social support to its participants. Under the rotating leadership of Jennifer Aiello, MS, and Lois Silverstein, LCSW, participants discuss thoughts and ideas about moving forward.

Family Caregiver Support Group

First & Third Thursday of each month

7 - 8:30 p.m.

Free

Held at Family Services, 777 Central Avenue

Caregiving for an aging parent, spouse or close friend can present tough challenges. Other caregivers may have already solved problems like those you now face. This support group enables caregivers to share their experiences and learn from others. Led by Jennifer Aiello, MS, and Lois Silverstein, LCSW, this group aims to provide support needed to maintain a positive outlook when caregiving for a loved one.

Daily Telephone Reassurance

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

SHIP - Senior Health Insurance Program

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

CASH DASH - Find your unclaimed money!

Senior Center members may schedule an appointment with a volunteer who will do a quick search through the Department of Treasury to determine if you have unclaimed property. If yes, you will be assisted in the process of claiming your money or property. Please call (847) 926-1865 to schedule an appointment.

Medical Equipment Lending Closet

Monday - Friday, 9 a.m. - 4 p.m.

Senior Center members and Highland Park residents may borrow equipment, including wheelchairs, walkers, and bath benches, at no charge, for an unlimited amount of time.

Financial Scholarship

Scholarship dollars may be used toward membership, and trips, classes, or special events. Interested candidates should contact Social Services Coordinator, Jennifer Aiello, 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.

January 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLOSED	2 10:00 Activity Registration for Members 1:00 Poker 1:30 Yiddish	3 10:00 Men's Only Group 1:00 Mah Jongg 7:00 Caregiver Support	4 10:00 Activity Registration for Non-Members 10:00 News & Views 12:30 Open Canasta
7 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	8 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Widow's Group	9 9:30 Art Class 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	10 9:45 Low Impact Aerobics 10:00 Bridge Class 10:30 Mah Jongg Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	11 10:00 News & Views 12:30 Open Canasta Film Series Movie Highland Park Public Library Sunday, Jan. 13 th @ 2 pm
14 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	15 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	16 9:30 Art Class 10:30 Humanities Series 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	17 9:45 Low Impact Aerobics 10:00 Bridge Class 10:30 Mah Jongg Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support	18 10:00 News & Views 12:30 Open Canasta
21 CLOSED Martin Luther King Jr. Day	22 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Widow's Group	23 9:30 Art Class 12:00 Dine Around the World 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	24 9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Not So Empty Nest 10:30 Mah Jongg Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 1:30 Concert	25 10:00 News & Views 10:30 Yoga 12:30 Open Canasta
28 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	29 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	30 9:30 Art Class 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	31 9:45 Low Impact Aerobics 10:00 Bridge Class 10:30 Mah Jongg Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	

February 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 News & Views 10:30 Yoga 1:00 iPad Class 12:30 Open Canasta 1:30 Laurel Larks
4 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	5 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 12:30 Ceramics Workshop 1:30 Sit & Be Fit	6 9:30 Art Class 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	7 9:45 Low Impact Aerobics 10:00 Men's Only Group 10:00 Bridge Class 10:30 Mah Jongg Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support	8 10:00 News & Views 10:30 Yoga 1:00 iPad Class 12:30 Open Canasta 1:30 Laurel Larks Film Series Movie Highland Park Public Library Sunday, Feb. 10 th @ 2 pm
11 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	12 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Widow's Group	13 9:30 Art Class 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	14 9:45 Low Impact Aerobics 10:00 Bridge Class 10:30 Mah Jongg Class 12:00 Dine Around the World 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	15 10:00 News & Views 10:30 Yoga 1:00 iPad Class 12:30 Open Canasta 1:30 Laurel Larks
18 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	19 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	20 9:30 Art Class 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	21 9:45 Low Impact Aerobics 10:00 Bridge Class 10:30 Mah Jongg Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support	22 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:00 Comedian Bob Hope 1:30 Laurel Larks
25 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	26 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Widow's Group	27 9:30 Art Class 10:30 Humanities Series 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	28 9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Not So Empty Nest 10:30 Mah Jongg Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	

March 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 News & Views 12:30 Open Canasta 1:30 Laurel Larks
4 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	5 9:30 Knitwits 9:30 Open Bridge 10:00 Duplicate Play Class 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	6 9:30 Art Class 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	7 9:45 Low Impact Aerobics 10:00 Men's Only Group 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support	8 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:00 Canasta Class 1:30 Laurel Larks Book of Mormon Sunday March 10 @12:30pm
11 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	12 9:30 Knitwits 9:30 Open Bridge 10:00 Duplicate Play Class 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Widow's Group	13 9:30 Art Class 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	14 9:45 Low Impact Aerobics 9:30 Rules of the Road 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 1:30 Concert	15 10:00 News & Views 10:00 Dine Around the World 10:30 Yoga 12:30 Open Canasta 1:00 Canasta Class 1:30 Laurel Larks
18 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	19 9:30 Knitwits 9:30 Open Bridge 10:00 Duplicate Play Class 10:30 Yoga 12:30 Senior Producers 12:30 Ceramics Workshop 1:30 Sit & Be Fit	20 9:30 Art Class 10:30 Humanities Series 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	21 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support Gp	22 10:00 News & Views 10:30 Yoga 12:30 Advanced Open Bridge 12:30 Open Canasta 1:00 Canasta Class 1:00 Comedian Jack Benny 1:30 Laurel Larks Film Series Movie Sunday, Mar. 24 th @ 2 pm
25 12:30 Duplicate Bridge 1:30 Open Art Studio	26 9:30 Knitwits 9:30 Open Bridge 10:00 Duplicate Play Class 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club	27 9:30 Art Class 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	28 9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Not So Empty Nest 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 1:30 Live on the Links	29 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:00 Canasta Class 1:30 Laurel Larks

April 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="text-align: right; font-weight: bold;">1</div> 9:45 Chair Stretching 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div style="text-align: right; font-weight: bold;">2</div> 9:30 Knitwits 9:30 Open Bridge 10:00 Duplicate Play Class 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	<div style="text-align: right; font-weight: bold;">3</div> 9:30 Art Class 10:30 Digital Photography 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	<div style="text-align: right; font-weight: bold;">4</div> 9:45 Low Impact Aerobics 10:00 Men's Only Group 10:00 Bridge Class 1:00 Global Perspectives 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 7:00 Caregiver Support	<div style="text-align: right; font-weight: bold;">5</div> 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:00 Canasta Class 1:00 iPad Class 1:30 Laurel Larks
<div style="text-align: right; font-weight: bold;">8</div> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div style="text-align: right; font-weight: bold;">9</div> 9:30 Knitwits 9:30 Open Bridge 10:00 Duplicate Play Class 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Widow's Group 1:30 Organize & Downsize	<div style="text-align: right; font-weight: bold;">10</div> 9:30 Art Class 10:30 Digital Photography 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	<div style="text-align: right; font-weight: bold;">11</div> 9:45 Low Impact Aerobics 10:00 Support Group 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 5:00 Dine Around the World	<div style="text-align: right; font-weight: bold;">12</div> 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:00 Canasta Class 1:00 iPad Class 1:30 Laurel Larks
<div style="text-align: right; font-weight: bold;">15</div> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div style="text-align: right; font-weight: bold;">16</div> 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 10:00 Duplicate Play Class 12:30 Senior Producers 12:30 Ceramics Workshop 1:30 Sit & Be Fit 1:30 Organize & Downsize	<div style="text-align: right; font-weight: bold;">17</div> 9:30 Art Class 10:30 Digital Photography 10:30 Humanities Lecture 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	<div style="text-align: right; font-weight: bold;">18</div> 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 1:30 Concert 7:00 Caregiver Support	<div style="text-align: right; font-weight: bold;">19</div> 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:00 iPad Class 1:30 Laurel Larks <div style="text-align: center;">Senior Prom Saturday, April 20 5 - 8pm</div>
<div style="text-align: right; font-weight: bold;">22</div> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div style="text-align: right; font-weight: bold;">23</div> 9:30 Knitwits 9:30 Open Bridge 10:00 Duplicate Play Class 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Widow's Group 1:30 Organize & Downsize	<div style="text-align: right; font-weight: bold;">24</div> 9:30 Art Class 10:30 Digital Photography 1:00 Poker 1:30 Yiddish 1:30 Tai Chi	<div style="text-align: right; font-weight: bold;">25</div> 9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Not So Empty Nest 1:00 Mah Jongg 1:00 Art Class 1:30 Sit & Be Fit 1:30 Global Perspectives	<div style="text-align: right; font-weight: bold;">26</div> 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:00 Comedian Danny Kaye 1:30 Laurel Larks Film Series Movie Highland Park Public Library Sunday, April 28 @ 2 pm
<div style="text-align: right; font-weight: bold;">29</div> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<div style="text-align: right; font-weight: bold;">30</div> 9:30 Knitwits 9:30 Open Bridge 9:45 Trip: Picasso 12:30 Senior Producers			

NOTEWORTHY

Welcome New Members

Joan Adler	Vivian Joseph
Bernie & Fran Alpert	Mark & Ginger Jusko
Natalie Belrose	Bobby Kaplan
Fern Berlow	Steve Kaufman &
Elizabeth Berman	Wendy Wallach
Janet Bernstein	Jean Krafzur
Ralph Bernstein	Avram & Kerana Kraft
Maria Elena Blitstein	Barbara J. Krupp
Sharon Blum	Howard & Leslie Levin
Joan Carney	James & Diane Levy
Cindy Cash &	Myron & Ronit Levy
Joyce Kaiser	Howard & Carolyn
Robert & Ginny Carter	Lickerman
Philip Charleson	Howard Lipton
Robert Cisek	Hugo & Eleanor Muriel
Helene Coorsh	Evelyn Neu
Sanford & Adrienne	Margie Nieder
Eckerling	Sheldon & Nancy
Stephen Martin &	Rachman
Judith Ehrlichman	Nina Resnick
Sam Dorne &	Lorraine Rogan
Evelyn Eichenbaum	Beverly Rosen
Shirley Groover	Herbert Rosen
Donna Gulley	Marcia Rosenbaum
Dorothy Gutstadt	Ann Roth
Timothy & Tamara	Natalie Senoff
Hendershot	Sherwin & Susan
Sandra Hersh	Shenfeld
William Hollander	Jack & Heather Silhavy
Susan Hoseman	Mary Ellen Sweeney
Annette Jacobson	Gabriel & Jeannine Viti
Harris Jaffee	

Donations

In Memory of Evelyn Engel

From: Ken & Abigail Good	Susan F. Kahn
Rosemary Barnard	Herb & Joan Loeb
Ruth Block	Barbara Marder
Sylvia Dennis	Selma Mizel
Robert Ex	Ann Roth
Fran Ex & Charlie Portis	Fern Schless
Mitchell & Merri Ex	Bettye Schonthal
Jeff & Suzanne Fried	Herman Wexler
Ruth Herzog	Lisa Yondorf

In Memory of Cecelia Frohman's Sister-in-Law

From: Howard & June Berkowitz

In Memory of Gladys Shapiro's Brother

From: Lee Levi

In Memory of Melvin Kaplan

From: Lou Frey

In Memory of Debby Gilbert's Father

From: Maxine Levin

In Memory of Bernie Landau

From: Lou Frey

In Memory of Marion Lieberman's Brother-in-Law

From: Maxine Levin

In Memory of Earl Spielman

From: Howard & June Berkowitz
Lou Frey

Wishes for a Speedy Recovery to Sylvia Dennis

From: Gert Savitz

Wishes for a Speedy Recovery to Jean Flax

From: Maxine Levin

Wishes for a Speedy Recovery to Marian Lieberman

From: Maxine Levin

Wishes for a Speedy Recovery to Sally Margolis

From: Maxine Levin

Wishes for a Speedy Recovery to Thelma Krause

From: Maxine Levin

Wishes for a Speedy Recovery to Roland & Blanche Young

From: Maxine Levin

Wishes for a Speedy Recovery to Irene Tazioli

From: Kris Larsen's Exercise Class

In Honor of Harvey & Geri Goldberg's Grandson's Bar Mitzvah

From: Lou Frey

In Honor of the Birth of Sherry Neuman's Great Granddaughter

From: Maxine Levin

In Honor of Services for Seniors

From: John & Celeste Chamberlin
Dorothy Cortese
Ken & Abigail Good
Maurice Unger

Tree of Honor

Gold Leaf Donations

In Loving Memory of Norbert Heimann

With Love: Linda Heimann

In Loving Memory of Evelyn Engel

With Love: Family and Friends



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NANCY R. ROTERING

CITY COUNCIL:
ANTHONY BLUMBERG DANIEL A. KAUFMAN
PAUL FRANK JAMES KIRSCH
SALLY HIGGINSON DAVID NAFTZGER

CITY MANAGER:
DAVID KNAPP

Senior Center Staff

Don Miner,
Manager of Youth and Senior Services

Susan Mosky,
Records Administrator

Laura Frey, CPRP,
Program Coordinator

Jennifer Aiello, MS,
Social Services Coordinator

Holiday Closings

The Senior Center will be closed:

Winter Holiday: December 24 - January 2

Martin Luther King Jr. Day: January 21

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.