

# THE SHORELINES

MAY - AUGUST, 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.

## Activity Registration

Member Registration Begins: Friday, April 26 at 9 a.m.

Open Registration Begins: Wednesday, May 1 at 9 a.m.

## Volunteer Appreciation Brunch

Highland Park Country Club  
Thursday, May 9  
11 a.m. - 1 p.m.

**Fee: \$25 / Free for Center Volunteers**

The Appreciation Brunch provides an opportunity for staff and members to show their appreciation to Center volunteers for the valuable services they provide. Senior Center volunteers and other members are encouraged to attend this fabulous celebration of service. The delicious brunch features fresh fruit and juices, bagels & cream cheese, an omelette station, breakfast meats, potatoes, and sweet breads. Following brunch, you will enjoy musical entertainment by the Metropolitan Musical Revue. When registering as a Senior Center volunteer, please indicate the areas you volunteered.

## Ravinia Festival Dinner and Show

Ravinia Festival  
Monday, June 17  
6 - 10 p.m.

**Fee: \$44 / NM: \$64**



The Golden Dragon Acrobats combine award-winning acrobatics, traditional dance, spectacular costumes, ancient and contemporary music and theatrical techniques to present a show of breathtaking skill and spellbinding beauty. Prior to the show, dine at Mirabelle, Ravinia's famous Chef's Table which features themed and guest chef menus that change daily. With an endless variety of gourmet selections, you are sure to enjoy this delicious meal. Tickets and meal vouchers will be available for pick-up at the main gate between 5:45 - 6:15 p.m. the evening of the performance.

## Discounted Ticket Pass

The Highland Park Senior Center is thrilled to partner with a variety of local theater and concert venues to offer members specially negotiated discounted ticket prices. Senior Center members will be notified of special offerings via e-mail, Center Hotline: (847) 926-1864, and front desk fliers. You may pick up your "Discounted Ticket Pass" when registering or renewing your Senior Center membership.

*Please review the "Conditions of Use" outlined on the reverse side of each Pass.*

# SPECIAL ACTIVITIES

## Tree of Honor Leaf Donation Recognition



Highland Park Senior Center  
Thursday, July 11  
4 - 5 p.m.  
Free



The Senior Center is most grateful to donors who have chosen to support the Center, when honoring their loved ones. Family and friends who have donated a leaf to the Tree of Honor at the Highland Park Senior Center are invited to attend this special event. This is a chance to celebrate and honor loved ones that the leaves represent.

If you have directed your donations during the past year, for a leaf on the tree, please call the Senior Center to register for the Tree of Honor Leaf Donation Recognition.

## Lunch and Learn Nature Workshop

Heller Nature Center  
Friday, May 3  
12 - 2 p.m.  
Fee: \$10 / NM: \$20

Between the winter snows and summer leaves, something magical happens in the forest, right beneath your feet! Learn all about the woodland spring ephemerals before they disappear for another year. Heller staff will guide you on a walk through the woods to look for and identify these unique forest flowers. Please dress for the weather. Prior, enjoy lunch with fellow nature enthusiasts.

*Sponsored by Freedom Home Care*

## Back Yard Bashes - Music, Food, and Fun

Highland Park Senior Center  
Fridays, 12 - 2 p.m.  
Fee: \$10 / NM: \$20

The Senior Center back yard provides some of the best views in Highland Park. Overlooking beautiful Lake Michigan, it is the perfect spot to enjoy a fun-filled afternoon. Sit back and listen to live entertainment, enjoy a meal catered by a popular local restaurant, and play some games including bocce, baggo, horseshoes, and board games such as chess, backgammon, and rummikub. Picnic tables will be available, but please feel free to bring your favorite folding chair. Please register a minimum of 1 week in advance.

June 21 Moccio's Gourmet Pizza  
July 12 Brown's Chicken and More  
August 9 Summer Salads from Sunset Foods

*Sponsored by Freedom Home Care*



# SPECIAL ACTIVITIES

## 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.

### South America: Latin Cuisine & Guitar

Longitude 315

315 Waukegan Avenue, Highwood

Thursday, May 30

12 - 2 p.m.

Fee: \$20 / NM: \$40

This new, local restaurant offers a fusion of South American flavors, born as a result of Chef Tony's culinary upbringing in Venezuela and his early travels to other South American countries. With exotic flavors, owner and chef Tony Castillo promises to liven up your dining experience. Lunch includes an appetizer plate with Arepas (Venezuelan) and Yucca Frittas (Ecuadorian), your choice of entree, sides including seasonal grilled vegetables and rice with beans, flan (Colombian) for dessert, and beverage. After lunch, enjoy delightful entertainment by classical Spanish guitarist Carlo Basile. When registering, please indicate your choice of Chicken Chimehuin (Argentinean), South American Pulled Pork (Brazilian), and Trout Primavera (Chilean).



### Japan: Teppanyaki Restaurant

Kegon

569 Waukegan Road, Northbrook

Wednesday, June 12

5 - 7 p.m.

Fee: \$15 - \$20 / NM: \$30 - \$40

With a taste of authentic Japanese flavor, culture and hospitality, Kegon is a feast for the eyes as much as it is for the mouth, with great showmanship and the freshest of ingredients. Enjoy the show as Kegon chefs delight guests with delicious recipes grilled right before their eyes. Dinner includes soup or salad, entree, vegetables, fried rice, and sherbet for dessert. When registering, please indicate your entree choice of chicken (\$15), filet (\$20), Shrimp (\$20).

### France: Celebrate Bastille Day

Froggy's

306 Green Bay Road, Highwood

Tuesday, July 16

12 - 2 p.m.

Fee: \$22 / NM: \$42

Froggy's was founded in the summer of 1980 by co-founder Chef Thierry Lefeuvre, and their regional French cuisine lures many foodies to the North Shore. Lunch includes soup or salad, your choice of entree with sides, white and dark chocolate mousse cake for dessert, and coffee or tea. When registering, please indicate your entree choice of pasta primavera, broiled salmon, or chicken coq au vin. Celebrate Bastille Day with authentic French flavor and friends both old and new.

### Greece: Dinner & Dancer

Avli

566 Chestnut Street, Winnetka

Wednesday, August 28

5 - 7 p.m.

Fee: \$22 / NM: \$42

Dine out with friends both old and new at this hidden North Shore gem. Dinner includes an appetizer serving of Greek Flat Bread (caramelized onions, olives, tomatoes, myzithra, feta cheese and fresh basil), your choice of entree served with chef's choice of sides, and tasting plate of selected Greek desserts, and your choice of soda, iced tea, or coffee. When registering, please indicate your choice of Greek stuffed chicken (spinach, herbs, onion and feta), salmon baked in parchment paper (over fennel, leeks and ouzo), and baked lamb. You will also enjoy authentic Greek entertainment by a spectacular and talented belly dancer.



*Sponsored by BrightStar Care*

# SPECIAL ACTIVITIES

## Live on the Links Classic Concerts

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

### May 31 Klezmer Quartet

The klezmerim of Eastern Europe (Jewish folk musicians) drew upon both the lyrical, haunting melodies of cantors and the boisterous dances of the Russians, Rumanians, and Poles, to create a unique and evocative style of their own. This quartet from the Maxwell Street Klezmer Band includes piano, violin, clarinet and vocals and will feature Klezmer, Jewish, Yiddish, as well American music composed by some of the most loved Jewish composers.

### June 28 Encore!

Encore! is the traveling performing ensemble of the Buffalo Grove Park District fine arts adult choir, The BG Singers. This talented group of adults performs a variety of music, from jazz to pop, and from oldies to the best of Broadway.

### July 26 Classical Music You Love

Jack Kramer and Allan Kaye have been among the most popular and sought-after bandleaders in Chicagoland for many years, and they come to you now as a unique performing duo. Allan is a superb and versatile pianist and Jack is a virtuoso on the EVI. Together, they'll present arrangements of everyone's favorite classical selections, including such stalwarts of the repertoire as Flight of the Bumblebee, the William Tell Overture, selections from the violin pieces of Tchaikovsky and Kreisler, and the melodic masterpieces of Verdi, Puccini, Gershwin, Chopin, Rossini, and more.

### August 23 My Fair Audrey

Celebrate the spirit of Audrey! Join Hilary and pianist Beckie Menzie for "My Fair Audrey", a musical tribute to this unique and beautiful star. From WWII refugee to Academy and Tony Award winner, from UNICEF beneficiary to UNICEF Ambassador, Audrey Hepburn was not only a beloved celebrity but also a celebrated human being. Actress, fashion icon, wife, mother, multi-lingual ambassador and humanitarian, Audrey is as adored today as she was half a century ago.

*Sponsored by Arbor Ridge*

## America's Top Female 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! Using numerous video clips, little-known anecdotes, and intriguing insights, Barry presents a fascinating series.

### May 24 Gracie Allen: An American Treasure

Gracie Allen is best remembered as the dizzy, daffy wife of George Burns in a partnership that lasted for over four decades. However, Gracie was even more talented than you may remember! Combining great "panic notes", some rare video clips, and wonderful stories, Gracie comes alive in a presentation you are guaranteed to enjoy!



### June 7 Betty White: America's Favorite Grandma

Betty White's amazing career, which began in the 1930s, has charmed, entertained, and cracked up Americans of all ages! She is a multiple Emmy award winner, a star on three hit television shows, a prolific author, and an in demand guest on talk shows and game shows, and has earned an international reputation for her tireless work on behalf of animals. You will learn a lot and smile constantly during this warm, funny, and entertaining presentation.

### July 5 Carol Burnett: Princess Of Television

Carol Burnett is an American legend; actress, comedienne, singer, and writer. Best known for her long-running TV variety show, *The Carol Burnett Show*, she has achieved success on stage, television, and film in varying genres including dramatic and comedic roles. Come explore her life with Barry Bradford.

*Sponsored by Gentle Home Services*

# SPECIAL ACTIVITIES

## Humanities Series

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

### May 15 Entertainer Sammy Davis Jr.

Sammy Davis, Jr. grew up on the road, watching his father tap dance on various vaudeville stages. As a young child, he became part of the three-person dance act. Although not schooled in any conventional sense, he learned the craft of entertaining. This program, presented by Susan Benjamin, focuses on Sammy Davis, Jr.'s phenomenal talent as singer, dancer, actor, musician and comedian, along with his personal triumph and tragedy.

### June 19 Covering Local Politics

Chicago and Illinois have a long and unfortunately sordid history of politics and crime. From Lennington Small to Rod Blagojevich, not to mention scores of alderman and congressmen, our state's elected officials have often placed themselves in between the laws they swore to uphold. Chicago Tribune reporters John Chase and Jeff Coen will discuss their shared knowledge of these topics from writing for collectively nearly 30 years at the paper.

### July 10 Hot Button Issues of Morality

Rabbi Herbert Bronstein, Senior Scholar at North Shore Congregation Israel, will share his thoughts and reflections regarding the moral condition of our society, including guns, climate change, income distribution, medical care and more. Rabbi Bronstein will address the root of some of these issues as well as morality based solutions.

### August 14 Love Under Fire

The film *Love Under Fire: The Story of Bertha and Potter Palmer* tells the epic love story between young socialite Bertha Honoré and Potter Palmer, a self-made man 20 years her senior. Their passion for one another and the city they loved would inspire Chicago to rise like a phoenix from the ashes of The Great Chicago Fire. The film will be shown, and its creator will discuss the making of the film.



*Sponsored by Highland Park Nursing and Rehab*

## Global Perspectives

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

This lecture series takes you on a global journey exploring international relations, politics, and economics, with an impressive line-up of highly qualified speakers.

### April 25 A Global Look at Barak Obama

Internationally acclaimed historian and public speaker Barry Bradford will present a unique and fascinating look at the psychological and personal history of Barack Obama. President Obama's roots and worldviews were more internationally oriented than any previous president. In this intriguing multimedia presentation we will take an in-depth look at how President Obama has been influenced by an African father, upbringing in Asia as well as in the Pacific, and by a deep longing to understand what it means to grow up in a multicultural world. The lecture will also touch on Obama's current global perspective. Barry brings little-known stories, unique insights, and little seen video clips to help put this complex man into context.

### May 16 Egypt's 2011 Revolution: Two Years Later

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. Dr. Jaleh Sherbini, Professor of Political Science at Oakton Community College, will address the following questions: What has changed in Egypt in those two tremulous years? Who really is in charge today? Why has the new president backed away from 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.?

*Sponsored by Highland Park Nursing and Rehab*

# SPECIAL ACTIVITIES

## Out and About Special Events

Enjoy the following special events hosted at some of the areas finest alternative living facilities. Dine on delicious food, spend time with friends, and enjoy fabulous entertainment. Facility tours will be available upon request. Advanced registration is required; please call (847) 432-4110. Registration fees will generously be donated back to the Highland Park Senior Center.

### Spring Fling Cocktail Party

Whitehall of Deerfield

Wednesday, May 22

4 - 6 p.m.

Fee: \$5 / NM: \$10

Enjoy a lovely evening celebrating spring! This special event features gourmet appetizers, open bar with beer, wine, and soft drinks, live musical entertainment, and free raffle drawings for wonderful prizes.

### All American Barbecue

Arbor Ridge

Friday, June 14

11:30 a.m. - 1:30 p.m.

Fee: \$5 / NM: \$10

Lunch includes BBQ chicken, potato salad, corn muffins and fresh green beans and strawberry shortcake for dessert. Entertainer Marisa Buccelit "Miss Chicago" will sing all American songs in honor of Flag Day.

### Luncheon

Lake Forest Place

Friday, July 19

11:30 a.m. - 1:30 p.m.

Fee: \$5 / NM: \$10

Lake Forest Place invites you for lunch and entertainment, as well as an opportunity to tour their wonderful facility.

### Summer Brunch Fest

ManorCare of Highland Park

Friday, August 2

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

Fee: \$5 / NM: \$10

Enjoy a delicious selection of food and cocktails at various stations, professional entertainment, games, door prizes and hands on experience to showcase their state of the art therapy gym. ManorCare staff looks forward to celebrating with you.

## Monday at the Movies

Highland Park Police Station

Mondays, 1:30 p.m.

Free; for members only



Join other Center members for a fun and free afternoon out. Enjoy screenings of great movies newly released to DVD, along with a few "Oldies but Goodies." Current movies are released to DVD at the last possible moment, and in order to provide the most up-to-date film screenings, movie titles will be posted on a monthly flyer and in the weekly Friday e-mails.

*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.*

*Sponsored by BrightStar Lifecare*

# SPECIAL ACTIVITIES

## Senior TV Production Team OPEN HOUSE

Highland Park Public Access Center  
Wednesday, May 22  
1 - 3 p.m.

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.

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## Cable TV Production Classes

Highland Park Public Access Center  
Wednesdays, June 5 - 26  
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 5 Cable Studio Overview**  
Orientation, tour, Access Center rules & regulations overview, basic production fundamentals & general Q & A.

**June 12 Studio Operations**  
Camera (theory, usage, position & composition), set design (layout options, lighting, & audio).

**June 19 Control Room Operations**  
Directing, audio, VTO operations, & character generator basics.

**June 26 General Operations**  
Review of materials from the previous week, and touch on editing tutorial, final Q & A, certification testing.

## IPRA Six-County Senior Olympics 2013

Location: Park Ridge and area communities  
Dates: July 10 – July 25  
Fee: \$16 single day / \$22 unlimited days  
Ages: 50 years and older

The IPRA Six-County Senior Olympics provides an opportunity for older adults to compete with their peers in an atmosphere of friendship and support, and to receive recognition for their efforts and achievements. The event is open to seniors of all ability levels, and hosts more than 30 events including: golf, tennis, bowling, swimming, biking, track & field, softball, bocce, volleyball, pickleball, and more. All participants will receive a 2013 Senior Olympics T-shirt, and medals will be awarded to the 1st, 2nd and 3rd place finishers in each age/gender category.

Registration forms and a detailed schedule of events will be available online at [www.ilipra.org](http://www.ilipra.org) and at your local Senior Center beginning May 1.

*Sponsored by BrightStar Care  
and ManorCare Health Services*

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## 18-hole Golf Outing

Highland Park Country Club  
Wednesday, July 24  
7:30 a.m. shotgun start  
Fee: \$55 (plus the Senior Olympics entry fee)

This popular golf outing held at the Highland Park Country Club includes 18-holes of golf with cart and a delicious sit down lunch followed by an awards ceremony. All levels of golfers welcome. Please call (847) 432-4110 for registration information.

*Sponsored by BrightStar Care  
and ManorCare Health Services*

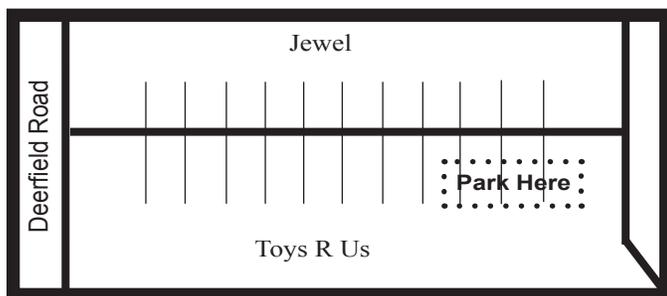


# DAY EXCURSIONS

## 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**



## 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.

## 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.*

*Only a few spaces remain; please register ASAP*

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, \$20 lunch voucher, and audio tour headsets.

*(Lunch is revised, due to museum renovations.)*

## Oliver!

*Drury Lane, Oakbrook*

*Thursday, May 23*

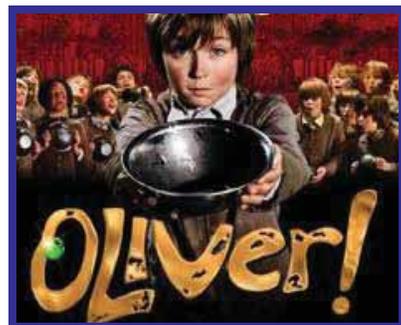
*Fee: \$70 / NM: \$90*

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

*Bus returns at approximately 4:45 p.m.*

*Please register by May 2*

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.



# DAY EXCURSIONS COMMUNITY

## Baseball Crosstown Classic 2013: Chicago Cubs vs. Chicago White Sox

*US Cellular Field, Chicago*

*Tuesday, May 28*

*Fee: \$130 / NM: \$150*

*Bus departs Toys R Us at 5 p.m.*

*Bus returns at approximately 11 p.m.*

*Spaces are limited; please register ASAP*

Whether you are a *North Sider* or *South Sider*, this game is sure to thrill all Chicago baseball fans. With fabulous seats in Section 114, and a \$20 food voucher, this Windy City Showdown is the hottest ticket in town.



## 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.

## Jazzin' and Dinner at the Shedd

*Shedd Aquarium, Chicago*

*Wednesday, July 31*

*Fee: \$75 / NM: \$95*

*Bus departs Toys R Us at 4:30 p.m.*

*Bus returns at approximately 10 p.m.*

*Please register by June 21*

Savor the sounds of summer concerts with some of the best musicians in the city from jazz to funk. While being serenaded, music lovers enjoy the Aquarium's extended hours and visit with all of their favorite creatures as the sun goes down and fireworks fly from Navy Pier over Lake Michigan. Your experience is enhanced with reserved seats in the new Jazz Lounge, located in the Soundings Café. In the comfort of an air-conditioned space, guests enjoy an indoor view of the fireworks in the evening, live music performed by a jazz trio, a buffet of savory small plates and one complimentary cocktail.



## Light Opera Works: Cabaret & Davis Street Fish Market Luncheon

*Kahn Auditorium, Evanston*

*Wednesday, August 21*

*Fee: \$85 / NM: \$105*

*Bus departs Toys R Us at 11 a.m.*

*Bus returns at approximately 5 p.m.*

*Please register by June 15*

The musical takes the audience inside the tantalizing world of The Kit Kat Klub in 1930s Berlin, where beguiling, self-destructive chanteuse Sally Bowles lives with no thought for tomorrow. The decadence of the nightclub under the sway of its flamboyant Emcee becomes a shattered mirror reflecting a society spiraling toward disaster with the rise of Hitler's Nazis.



Prior to the show, enjoy lunch at The Davis Street Fish Market. Lunch includes fried calamari appetizer, your choice of entree, chef's choice of sides, key lime pie for dessert, and coffee, tea or soda. When registering, please indicate your choice of broiled salmon, baked chicken, or Maryland crab cakes.

# 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 May 6, June 3, July 1, and August 5 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.*

### May 6 Spinal Stenosis

Spinal stenosis is the most common reason for spine surgery in older Americans. Dr. David A. Johnson, a chiropractic physician, physical therapist and a board-certified orthopedic specialist in spine care will explain the causes, treatment options and management strategies for low back pain and spinal stenosis.

### May 13 Highland Park Business Community

Ginny Glasner, Executive Director of the Highland Park Chamber of Commerce, will discuss the role the Chamber plays in our community, what is being done to support businesses, to help them be successful, as well as how the Chamber works collaboratively with the City of Highland Park. The Chamber has member businesses in all areas of town; the Central Business District (Downtown HP), Crossroads, Briergate, Ravinia, and the other districts. Learn about how the Chamber gives back to our community as well.

### May 20 Ireland from the Eyes of Teens

Several students from Highland Park High School spent spring break in Ireland as part of a Rotary International program. More than the typical vacation, students will discuss the purpose of the Rotary International trips, what they learned, and what they accomplished through this program.

May 27 No Program Memorial Day

### June 3 *The Baroness: The Search for Nica the Rebellious Rothschild*

Elise Barack will review this new book about a woman born into the Rothschild family who had it all but chose to have a lifestyle different than her upbringing. In the early 1950s she heard a piece by the jazz legend Thelonious Monk. The music overtook her like a magic spell, and she abandoned her marriage to go and find him. Arriving in New York, Nica was shunned by society but accepted by the musicians. They gave her friendship; she gave them material and emotional support. Her convertible Bentley was a familiar sight outside the clubs and she drank whisky from a hip flask disguised as a Bible. Her notoriety was sealed when drug-addicted saxophonist Charlie Parker died in her apartment. But her real love was reserved for Monk, whom she cared for until his death in 1982.

### June 10 Frank Loesser: A Most Musical Fella

Frank Loesser has been called "the most versatile of all American composers." He wrote lyrics for over 700 songs, and composed entire scores of several musicals. Susan Benjamin will discuss his works such as *Guys and Dolls*, *How to Succeed in Business Without Really Trying*, *Hans Christian Andersen*, and *The Most Happy Fella*, were recognized with critical acclaim and audience enthusiasm. In this program, explore aspects of his best work and delve into what drove him and why he didn't feel satisfied with success.

### June 17 Refugee Relief Around the World

Aude Wilkins, a volunteer for the American Refugee Committee International, will speak about the disaster relief organization, their work around the world to help refugees and displaced people due to wars or natural disasters, and the many projects in place that changed the lives of many.

### June 24 Movers and Shakers in Chicago (II)

Experience the continuing story of Chicago's Movers and Shakers. Hy Speck will discuss Mies van der Rohe, one of the greatest architects of the 20th century, and his romance with Dr. Edith Farnsworth, the assassination of Mayor Anton Cermak, the rise and fall of Chicago's first billionaire Sam Insull, and America's favorite bank robber, John Dillinger. You will also enjoy the tale of Sally Rand and her famous fan dance that both shocked and delighted Chicago.

**July 1 Comparative Religions of the Modern World**

Senior Center member Buddy Schreiber will discuss the beliefs and practices of the world's largest religions. How are they similar? How do they differ? Is there a conflict and can it be resolved? Buddy is a member of the Senior Center who has taught about topics related to religion at many houses of worship in our area as well as Florida.

**July 8 Cole Porter: Master of Style**

Although Cole Porter's life may have seemed outwardly charmed, personal challenges and passions led to his body of work. In this program, Susan Benjamin will present stories of his personal history which are juxtaposed with examples of his contributions to American culture.

**July 15 Autism and its Prevalence in Society**

As the awareness of autism continues to rise, Senior Center member Teri Steinberg will discuss what autism is, and dispel myths about persons with the disorder. Also discussed will be how those in our community can help improve the quality of life for those with autism. Teri is the Chicago Regional Organizer for the Illinois Association of Microboards and Cooperatives, which is funded through a grant from the Illinois Council of Developmental Disabilities. Teri is also the parent of a teenager on the autism spectrum.

**July 22 Verdi' La Traviata**

This year marks the 200th anniversary of Giuseppe Verdi's birth. As Verdi's most popular opera, La Traviata runs the gamut of emotions from gaiety to intense sadness. Bob Levi's unique lecture focuses on where music from La Traviata can be found in popular culture. Scenes from *Pretty Woman*, other movies, telecasts and advertising comprise the program. The *Brindisi* Drinking Song and *Sempre Libera* represent melodies familiar to everyone.

**July 29 Verdi's Operas in Pop Culture**

Bob Levi has developed a program highlighting melodies from Verdi's *Rigoletto*, *Il Trovatore*, *Aida*, *Nabucco*, *A Masked Ball*, *The Force of Destiny*, and *Don Carlo*. Verdi's operas dominate today's repertoire due to the dramatic impact his music has on audiences.

**August 5 Eleanor Roosevelt**

A portrayal of the life of Eleanor Roosevelt, from a shy lonely childhood to first lady; U.N. delegate, Chairman of the Commission on Human Rights, newspaper columnist, mother, wife, and world traveler. Solo dramatist Roberta Randall is well-known for her portrayals of many important women.

**August 12 Richard Rodgers: Sweetest Sounds**

Richard Rodgers wrote the world's most listened-to melodies. His gorgeous tunes were primarily complemented by the lyrics of Lorenz Hart and Oscar Hammerstein. No matter what personal demons he faced, he churned out singable, original melodies. From *We'll Take Manhattan* to *Climb Every Mountain* his music is not only beautiful to listen to, but helps to advance inspirational stories. Susan Benjamin presents the life of Richard Rodgers.

**August 19 Marine Biodiversity in South Africa**

South Africa is a hotspot of marine biodiversity. Centered at the intersection of the Atlantic and Indian Oceans, its waters contain one of the largest concentrations of great white sharks in the world and serves as a layover for southern right whales and Bryde's whales. Having spent several months interning at the Mossel

Bay Marine Lab in South Africa, Noah Cohen offers insight into the local culture, the study of sharks and marine mammals, and life as a marine biologist.



**August 26 Great Train Journeys of the US**

Bill Helmuth, M. Ed., world traveler and storyteller has traveled over 6,000 miles on the Amtrak, from Chicago to New Orleans, Los Angeles, 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 lands of Utah, and the rugged Rockies across Colorado.

## 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, May 6 - June 24 (7 classes)*

9:45 - 10:45 am

Fee: \$39 / NM: \$59

*Mondays, July 8 - August 26 (8 classes)*

9:45 - 10:45 a.m.

Fee: \$44 / NM: \$64

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 5/27

\* Level 1

## Tuesday Yoga

*Tuesday, May 7 - June 25 (8 classes)*

10:30 - 11:30 a.m.

Fee: \$44 / NM: \$64

*Tuesdays, July 9 - August 27 (8 classes)*

10:30 - 11:30 a.m.

Fee: \$44 / NM: \$64

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, May 7 - June 25 (8 classes)*

1:30 - 2:30 p.m.

Fee: \$22 / NM: \$42

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 5/27

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: \$60

This innovative 9-hole, coed travel golf league rotates weekly between Sunset Valley Golf Course, Highland Park Country Club, Sportsman Country Club, and Deerfield Golf Club. Greens/cart fees are additional, and are payable weekly at each course. Each player is required to sign a copy of the league "Rules and Regulations" prior to the start of the season. For further details and to register, please call Laura at (847) 432-4110.

## Latin Dance Aerobics: Zumba Gold

*Wednesdays, May 8 - June 26 (8 classes)*

*10:15 - 11:15 a.m. Fee: \$44 / NM: \$64*

*Wednesdays, July 10 - August 28 (8 classes)*

*10:15 - 11:15 a.m. Fee: \$44 / NM: \$64*

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What remains the same are all the elements the Zumba Fitness Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. If you are looking for camaraderie, excitement and fitness as a regular part of your weekly schedule, Zumba Gold is the perfect fit.

\* Level 2 / 3



## Flex Your Body & Your Brain

*Wednesdays, May 29 - June 26 (5 classes)*

*10:15 - 11:15 a.m. Fee: \$50 / NM: \$70*

*Brain Education for Successful Aging* is a program that gives you the tools needed to take an active role in generating and maintaining mental, physical, and emotional well-being. Take ownership of your body and brain so you can live a more fulfilling life. Class includes an educational element with instructional material as well as healing yoga exercises, relaxation, and meditation. Taught by Debra Jarett, you will improve your memory, focus, and concentration, and learn skills to help you make decisions and set goals for the rest of your life.

## Low Impact Dance Aerobics

*Thursdays, May 9 - June 27 (8 classes)*

*9:45 - 10:45 a.m. Fee: \$44 / NM: \$64*

*Thursdays, July 11 - August 29 (8 classes)*

*9:45 - 10:45 a.m. Fee: \$44 / NM: \$64*

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

## Flash Mob Dance Crew

*Thursdays, June 6 - July 25 (7 classes)*

*11 a.m. - 12 p.m. Fee: \$39 / NM: \$59*

Shhhh - it's a secret! By surprising an unsuspecting audience with a seemingly impromptu dance, and capturing it all on camera, dancers create joy through surprise. Join dance therapist Kris Larsen for this fun and creative group which will work together to choreograph, rehearse, and then schedule dances for two local Flash Mob performances. *No class 7/4.*

\* Level 2 / 3

## Thursday Sit & Be Fit - Chair Exercise

*Thursdays, May 9 - June 27 (8 classes)*

*1:30 - 2:30 p.m. Fee: \$44 / NM: \$64*

*Thursdays, July 11 - August 29 (8 classes)*

*1:30 - 2:30 p.m. Fee: \$44 / NM: \$64*

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, May 10 - June 28 (8 classes)*

*10:30 - 11:30 a.m. Fee: \$44 / NM: \$64*

*Fridays, July 12 - August 2 (4 classes)*

*10:30 - 11:30 a.m. Fee: \$22 / NM: \$42*

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

## Gentle Tai Chi

*Fridays, May 10 - June 28 (8 classes)*

*1:30 - 2:30 p.m. Fee: \$44 / NM: \$64*

*Fridays, July 12 - August 9 (5 classes)*

*1:30 - 2:30 p.m. Fee: \$28 / NM: \$48*

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

# CLASSES

## Beginning Digital Photography

*Tuesdays, June 4 - 25 (4 classes)*

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

*Fee: \$15 / NM: \$30*

Instructor and professional photographer Phil Goldman works with students in an intimate setting to learn the basics of digital photography including; camera use, composition, saving, archiving and e-mailing of images, and more. Please bring your digital camera with its accessories and instructions to each class.

## Continuing Digital Photography

*Tuesdays, July 9 - 30 (4 classes)*

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

*Fee: \$15 / NM: \$30*

Build on principles and techniques learned in the beginning class and take your photographic vision to the next level. Through fun assignments and critiques, students will advance their technical photographic skills with an emphasis on creative camera work.

## Portrait and Landscape Art Class

*Wednesdays, May 8 - June 26 (8 classes)*

*9:30 - 11:30 a.m.*

*Fee: \$44 / NM: \$64*

*Wednesdays, July 10 - August 28 (8 classes)*

*9:30 - 11:30 a.m.*

*Fee: \$44 / NM: \$64*

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

## Advanced Drawing and Painting

*Thursdays, May 9 - June 27 (8 classes)*

*1 - 3 p.m.*

*Fee: \$44 / NM: \$64*

*Thursdays, July 11 - August 29 (8 classes)*

*1 - 3 p.m.*

*Fee: \$44 / NM: \$64*

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.

## Beginning Bridge Series

The ACBL Bridge Series consists of a progression of five courses, each focusing on a different aspect of the game and bringing the students from absolute beginners through to the point where they can confidently play in any bridge game. Instructor Bob Burke teaches in a warm and supportive environment.

## Club Series: Modern Bidding

*Tuesdays, May 7 - June 25 (8 classes)*

*10 a.m. - 12 p.m.*

*Fee: \$50 / NM: \$70*

If you have always wanted to learn how to play bridge, or if your skills are a little rusty...this is the class for you! This course focuses on introducing the student to the basic concepts of the game. There is an emphasis on modern bidding (opening bids, responses, rebids, overcalls, takeout doubles and stayman) and sufficient elements of play and defense are introduced to allow the students to start playing hands right away.

## Diamond Series: Play of the Hand

*Tuesdays, July 9 - August 27 (8 classes)*

*10 a.m. - 12 p.m.*

*Fee: \$50 / NM: \$70*

This series concentrates on the play of the hand (making a plan, promoting winners, finessing, trumping losers, etc.). The initial bidding concepts are reviewed and a few new concepts are introduced (Jacoby transfers and slam bidding).

## Advanced Bridge Lessons

*Thursdays, May 9 - June 27 (8 classes)*

*10 a.m. - 12 p.m.*

*Fee: \$50 / NM: \$70*

*Thursdays, July 11 - August 29 (8 classes)*

*10 a.m. - 12 p.m.*

*Fee: \$50 / NM: \$70*

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, June 13 - August 1 (7 classes)*

*10 - 11:30 a.m.*

*Fee: \$39 / NM: \$59*

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. *No class 7/4.*

## Beginning Canasta Lessons

*Fridays, May 3 - June 7 (6 classes)*

*1 - 3 p.m.*

*Fee: \$40 / NM: \$60*

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.

## Continuing Canasta Lessons

*Fridays, July 12 - August 2 (4 classes)*

*1 - 3 p.m.*

*Fee: \$25 / NM: \$45*

Designed for students who have already learned the basics of the game, this class will focus on strategy and improved play. Students will also have the opportunity to participate in play, supervised by instructor Dotty Guthmann.

## Ready, Set, Organize - Ready, Set, Downsize

*Wednesdays, May 8 - 22 (3 classes)*

*10 - 11:30 a.m.*

*Fee: \$20 / NM: \$40*

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 cover simplifying your accumulation of personal belongings and furnishings, organizing important documents, organizing memories (photos and movies/videos), and dealing with some of the emotional aspects of the whole process. Come enjoy hands on learning and share the experience with other participants.

*Additional participants in the same household may register for 1/2 price.*



## Conversational Spanish for Beginners

*Fridays, May 10 - July 26 (10 classes)*

*10 - 11 a.m.*

*Fee: \$50 / NM: \$70*

Hola Amigos! Certified Spanish teacher, Leslie Fenster, teaches students basic fundamentals of Spanish, including everyday vocabulary, pronunciation, and grammar. Class will focus on speaking, listening and vocabulary, and is taught in a fun and supportive environment. *No class 6/7 & 6/14.*

## 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.



## Rules of the Road

*Thursday, June 13*

*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.

## Senior Center Library

Members are invited to borrow books from the Senior Center library located in the main floor office. You'll find a nice selection of fiction, non-fiction and large print books. Books are loaned on the honor system, and there is no limit on the length of time they can be kept out. Please consider donating your gently used, current, best seller, hardcover books to the library for other members to enjoy.

## Featured Artists

**Paintings by Mort Stillman**

**May & June**

**Landscape Oil Paintings by Pearl Zaid**

**July & August**

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.

# CLASSES

## Technology 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.

### Introduction to iPhone

*Fridays, June 7 - 28 (3 classes)*

*1 - 3 p.m.*

*Fee: \$45 / NM: \$65*

This hands-on class covers basic use of the iPhone including; operation, use of the app store to download apps, backup of your iPhone to your computer, and use of iCloud. Participants will also learn about eMail, 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 iPhone!

### Introduction to iPad (I)

*Fridays, July 12 - 26 (3 classes)*

*1 - 3 p.m.*

*Fee: \$45 / NM: \$65*

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 eMail, Internet, and camera usage. Come and learn a lot of fun and interesting uses which you may not have know about and become more comfortable using your iPad!



### Introduction to iPad (II)

*Fridays, August 9 - 23 (3 classes)*

*1 - 3 p.m.*

*Fee: \$45 / NM: \$65*

Learn the hidden secrets of your iPad. This class will review what was covered in the Introduction to the iPad then will cover the use of cut, copy and paste functions, editing text (for use with eMail and notes), organization of icons on the iPad which includes folder organization, use of SMS and email with photos and video attachments. Other iPad functions will also be covered as well!

## Pilgrim Chamber Players Spring Colors

Highland Park Community House

Sunday, May 19

3 p.m.

\$10 for HPSC members

Call (847) 433-0992 for tickets

Enjoy a special concert featuring the clarinet joined by marvelous strings, in works featuring Mozart's radiantly beautiful *Clarinet Quintet*. Poulenc's delightfully French *Clarinet Sonata* features a myriad of clarinet colors. Turina's *Piano Quartet* sings out with Spanish melodies and rhythms. The program and season end with the former CSO composer-in-residence, Osvaldo Golijov, featuring Klezmer clarinet in his *The Dreams & Prayers of Isaac the Blind*.

## Highland Park Strings Brahms Doubled

Highland Park High School

Sunday, May 19

3 p.m.

Free and open to all

Brahms: Symphony No. 2 in D Major, Op. 73 and Double Concerto for Violin and Cello, Op. 102

As daughters of Gilda Barston, the highly regarded cello teacher at the Music Institute of Chicago, Elisa (violin) and Amy (cello) are well known in the Chicago area. At age seventeen, Amy appeared with the Chicago Symphony on live television, was the Grand Prize winner in the Society of American Musicians' Competition and won First Place and the Audience Prize in the Fischhoff International Chamber Music Competition. Beginning at age three, Amy studied with Nell Novak at the Music Institute of Chicago and later with Joel Krosnick at Juilliard where she earned her Master's Degree.



# ACTIVITIES - FREE FOR MEMBERS

## Table Tennis (Ping Pong)

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.

## Drop-In Poker

*Wednesdays, 1 - 3 p.m.*

*Daily Fee: \$2 / NM: \$4*

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.

## 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

*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.

## Back Yard Games

*May - September*

The Senior Center provides the perfect backdrop for an afternoon outside playing back yard games such as bocce, baggo, horse shoes, and croquet. The Center has all of these games available for check out at no charge.

## ~ Social Services ~

Social Services Coordinator, Jennifer Aiello, is available to help individuals and families as they navigate through life's transitions. In order to help maintain or improve one's quality of life and well being, social services include support groups, individual and family counseling, and information and referrals.

For further information or to schedule an appointment, please call Jennifer at (847) 926-1865.

## Strategies and Support for Parents with Dependent Adult Children

*Meets the 4th Thursday of each month*

*10 - 11:30 a.m.*

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. Facilitated by Jennifer Aiello, M.S.

## 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 in a safe and compassionate environment. Under the leadership of Jennifer Aiello, MS, participants discuss thoughts and ideas about moving forward.

*Please Note: New day of the week and new time.*

## Family Caregiver Support Group

*First & Third Monday of each month*

*6 - 7:30 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 Stephanie Loda, LCSW, this group aims to provide support needed to maintain a positive outlook when caregiving for a loved one.

## Financial Scholarship

Scholarship dollars may be used toward membership, and trips, classes, or special events. Please 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 the Benefit Access Program
- 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.

## Daily Telephone Reassurance

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.

## 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.

## 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.

## 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. A liability waiver must be signed by the individual who will be using the equipment.

# May 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		1:00 Poker 1:30 Yiddish	10:00 Men's Only Group 1:00 Mah Jongg	10:00 News & Views 12:00 Lunch & Learn/Nature 12:30 Open Canasta 1:00 Canasta Class  Trip: May 5 @ 12:30 Book of Mormon
6	7	8	9	10
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 6:00 Caregiver Support	9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	9:30 Art Class 10:00 Organize & Downsize 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	9:45 Low Impact Aerobics 10:00 Bridge Class 11:00 Volunteer Brunch 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 Canasta Class 1:30 Tai Chi
13	14	15	16	17
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Widow's Group	9:30 Art Class 10:00 Organize & Downsize 10:15 Zumba Gold 10:30 <b>Humanities Series</b> 1:00 Poker 1:30 Yiddish	9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class <b>1:00 Global Perspectives</b> 1:30 Sit and Be Fit	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 Canasta Class 1:30 Tai Chi
20	21	22	23	24
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie 6:00 Caregiver Support	9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Sit & Be Fit	9:30 Art Class 10:00 Organize & Downsize 10:15 Zumba Gold 1:00 Poker 1:00 Senior Producers Open House 1:30 Yiddish 4:00 Out and About	9:00 AARP Driver Safety 9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Not So Empty Nest 10:45 Trip: Oliver 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	9:00 AARP Driver Safety 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 Canasta Class 1:00 Comedian Gracie Allen 1:30 Tai Chi
27	28	29	30	31
CLOSED  Happy Memorial Day	9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Widow's Group 5:00 Trip: Baseball	9:30 Art Class 10:15 Zumba Gold 10:15 Flex Body & Brain 1:00 Poker 1:30 Yiddish	9:45 Low Impact Aerobics 10:00 Bridge Class 12:00 Dine Around the World 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 Canasta Class 1:30 Tai Chi 1:30 Live on the Links

# June 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	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 6:00 Caregiver Support	9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 10:30 Digital Photography 12:30 Senior Producers 1:30 Sit & Be Fit	9:30 Art Class 10:15 Zumba Gold 10:15 Flex Body & Brain 1:00 Poker 1:00 Cable TV Production 1:30 Yiddish	9:45 Low Impact Aerobics 10:00 Men's Only Group 10:00 Bridge Class 11:00 Flash Mob Dance 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:00 iPhone Class 1:00 Canasta Class 1:00 Comedian Betty White 1:30 Tai Chi
10	11	12	13	14
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 10:30 Digital Photography 12:30 Senior Producers 1:30 Sit & Be Fit 1:30 Widow's Group	9:30 Art Class 10:15 Zumba Gold 10:15 Flex Body & Brain 1:00 Poker 1:00 Cable TV Production 1:30 Yiddish 5:00 Dine Around the World	9:45 Low Impact Aerobics 9:30 Rules of the Road 10:00 Bridge Class 10:00 Mah Jongg Class 11:00 Flash Mob Dance 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:30 Yoga 11:30 Out and About 12:30 Open Canasta 1:00 iPhone Class 1:30 Tai Chi
17	18	19	20	21
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie 6:00 Ravinia Outing 6:00 Caregiver Support	9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 10:30 Digital Photography 12:30 Senior Producers 1:30 Sit & Be Fit 4:30 Trip: Ethnic Chicago	9:30 Art Class 10:15 Zumba Gold 10:15 Flex Body & Brain 10:30 <b>Humanities Series</b> 1:00 Poker 1:00 Cable TV Production 1:30 Yiddish	9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Mah Jongg Class 11:00 Flash Mob Dance 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:00 <b>Back Yard Bash</b> 12:30 Open Canasta 1:00 iPhone Class 1:30 Tai Chi
24	25	26	27	28
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 10:00 Bridge Class 10:30 Digital Photography 12:30 Senior Producers 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Widow's Group	9:30 Art Class 1:00 Cable TV Production 10:15 Zumba Gold 10:15 Flex Body & Brain 1:00 Poker 1:30 Yiddish	9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Not So Empty Nest 10:00 Mah Jongg Class 11:00 Flash Mob Dance 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:30 Tai Chi 1:30 Live on the Links

# July 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 1:30 Open Art Studio 1:30 Monday Movie 6:00 Caregiver Support	9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	1:00 Poker 1:30 Yiddish	CLOSED  Happy Independence Day	10:00 News & Views 10:00 Spanish Class 12:30 Open Canasta 1:00 Comedian Carol Burnett
8	9	10	11	12
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 10:30 Digital Photography 12:30 Senior Producers 1:30 Widow's Group	9:30 Art Class 10:15 Zumba Gold 10:30 <b>Humanities Series</b> 1:00 Poker 1:30 Yiddish  <b>Senior Olympics</b> July 10 - 25	9:45 Low Impact Aerobics 10:00 Men's Only Group 10:00 Bridge Class 10:00 Mah Jongg Class 11:00 Flash Mob Dance 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 4:00 Tree of Honor	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:00 <b>Back Yard Bash</b> 12:30 Open Canasta 1:00 Canasta Class 1:00 iPad Class 1:30 Tai Chi
15	16	17	18	19
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie 6:00 Caregiver Support	9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 10:30 Digital Photography 12:00 Dine Around the World 12:30 Senior Producers	9:30 Art Class 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Mah Jongg Class 11:00 Flash Mob Dance 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:30 Out and About 12:30 Open Canasta 1:00 Canasta Class 1:00 iPad Class 1:30 Tai Chi
22	23	24	25	26
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 10:30 Digital Photography 12:30 Senior Producers 1:00 Investment Club 1:30 Widow's Group	7:30 Golf Outing 9:30 Art Class 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Mah Jongg Class 10:00 Not So Empty Nest 11:00 Flash Mob Dance 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 Canasta Class 1:00 iPad Class 1:30 Live on the Links 1:30 Tai Chi
29	30	31		
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 10:30 Digital Photography 12:30 Senior Producers	9:30 Art Class 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish 4:30 Trip: Shedd Aquarium		

# August 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:45 Low Impact Aerobics 10:00 Men's Only Group 10:00 Bridge Class 10:00 Mah Jongg Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	2 10:00 News & Views 10:30 Yoga 11:00 Out and About 12:30 Open Canasta 1:00 Canasta Class 1:30 Tai Chi
5 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 6:00 Caregiver Support	6 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers	7 9:30 Art Class 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	8 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	9 10:00 News & Views 12:00 <b>Back Yard Bash</b> 12:30 Open Canasta 1:00 iPad Class 1:30 Tai Chi
12 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	13 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 10:00 Bridge Class 12:30 Senior Producers 1:30 Widow's Group	14 9:30 Art Class 10:15 Zumba Gold 10:30 <b>Humanities Series</b> 1:00 Poker 1:30 Yiddish	15 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	16 10:00 News & Views 12:30 Open Canasta 1:00 iPad Class
19 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie 6:00 Caregiver Support	20 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers	21 9:30 Art Class 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish 5:00 Trip: Light Opera Works	22 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	23 10:00 News & Views 12:30 Open Canasta 1:00 iPad Class 1:30 <b>Live on the Links</b>
26 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	27 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Widow's Group	28 9:30 Art Class 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish 5:00 Dine Around the World	29 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit & Be Fit	30

# NOTEWORTHY

## Welcome New Members

David Apter  
Marilyn Arbetman  
Ulf & Ia Backstrom  
Joanne Bamshad  
Richard Basofin & Joan Zahnle  
Ronald Baum  
Helen Behr  
Nancy Below  
Arlene Chorpash  
Gloria Fisher  
William & Carol Glass  
Donovan & Sandra Gordon  
Steven & Beverly Gordon  
Marjorie Howard  
Joel Hurwitz  
Stephen & Margo Kolasa  
Constance Lee  
Melvin Marcus & Salli Behrstock  
Elaine T. Massel  
Gerald & Judith Meister  
Sandra Mount  
Joshua & Rheva Phillips  
Sol & Sharon Ponitch  
Marshall & Frances Rasof  
Joanne Schmitz  
Fred & Kathi Tamarri  
Robert & Sheri Tisdahl  
Betty Van Nostern  
Marilyn Wax  
Ron Zweig

## Tree of Honor

Honor a person or occasion, or remember a dear one, by purchasing a leaf on the Tree of Honor. Donated by a member, the tree's branches hold leaves which may be engraved according to the following donation amounts:

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

Your generous tax-deductible donations provide a lasting memory as well as support for senior Center activities, facilities, and scholarships.

## Donations

### In Memory of Shirley Miner, mother of Don Miner

From: Howard & June Berkowitz  
Lou Frey  
Linda Heimann  
Irene Tazioli

### In Memory of Hy Chausow

From: Cecelia Frohman  
Irwin Rosen

### In Memory of Norman Diamond

From: Lou Frey

### In Memory of Sheldon Hodes

From: Lou Frey

### In Memory of Enza Jennings

From: Irene Tazioli

### In Memory of Bernard Kaplan

From: Lou Frey

### In Memory of Abe Schneider

From: Lou Frey

### In Memory of Marcy Siegel, mother of Charlotte Landsman

From: Lou Frey  
Claire Shapiro

### In Memory of Shirley Sultan

From: Maxine Levin

### In Honor of Harry Simon's 90th Birthday

From: Maxine Levin

### Wishes for a Speedy Recovery to James Drolte

From: Cecelia Frohman

### Wishes for a Speedy Recovery to Dana Maresco

From: June & Howard Berkowitz

### Wishes for a Speedy Recovery to Lillian Pritikin

From: Cecelia Frohman

### Best Wishes for a Happy Birthday to Alan Green

From: Joan & Michael Weinberg

### In honor of Services for Seniors

From: Joseph & Corinne Annenberg  
Matthew & Adela Lassen  
Norman Schucart



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MAYOR:  
NANCY R. ROTERING

CITY COUNCIL:  
ANTHONY BLUMBERG      JAMES KIRSCH  
PAUL FRANK              ALYSSA KNOBEL\*  
SALLY HIGGINSON      DAVID NAFTZGER  
DANIEL A. KAUFMAN\*    KIM STONE\*

CITY MANAGER:  
DAVID KNAPP

\* TO BE INAUGURATED MAY 13, 2013.

## 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*

## 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.

## Holiday Closings

Monday, May 27      Memorial Day  
Thursday, July 4      Independence Day