

# THE SHORELINES

SEPTEMBER - DECEMBER, 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: Thursday, August 29 at 9 a.m.

Open Registration Begins: Friday, September 6 at 9 a.m.



### 2nd Annual Fall Harvest Dinner Dance

Highland Park Country Club  
Wednesday, October 16  
5:30 - 8 p.m.  
Fee: \$25 / NM: \$40

Put on your dancing shoes and enjoy a fun-filled evening out. Dance the night away to the sounds of a fabulous live band featuring Jack Kramer (trumpet, EVI, and vocals), Jerry Frank (drums and vocals), and a keyboard player. This talented trio will play danceable music from throughout the decades. No need to have a partner - the music will be well suited for singles, couples and even groups. Dinner features salad, entree, potato, and a delicious dessert. When registering, please indicate your choice of salmon or chicken. A cash bar will feature soda, beer, and wine. Doors open at 5:15 p.m.: seating is open.



*Sponsored by Right at Home*

### Winter Solstice Celebration

Renaissance Hotel North Shore  
Friday, December 20  
12 - 2:30 p.m.  
Fee: \$25 / NM: \$40

Join Jack Frost, Suzie Snowflake and Frosty the Snowman for a celebration in honor of the beloved Chicago winters. The Renaissance Hotel has been beautifully renovated, while their delicious food and excellent service remains top notch. Lunch includes tomato bisque, choice of entree, roasted potato, asparagus bundle, a decadent dessert and coffee or tea. Following lunch, enjoy spectacular entertainment that will lift your spirits and brighten your day. Groups and singles welcome! When registering, please indicate your choice of chicken or fish.



*Sponsored by Freedom Home Care*

# SPECIAL ACTIVITIES

## Thanksgiving Feast

Weinberg Community for Senior Living

Friday, November 22

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

Fee: \$5 / NM: \$10



CJE invites you to join them for a festive Thanksgiving feast! Lunch includes roasted turkey over sage dressing, sweet potatoes, green beans almondine, cranberry jello, and pumpkin pie for dessert. Following lunch, you'll enjoy fabulous entertainment. Facility tours will be available upon request, and all participants will receive a special CJE party favor.

*Registration fees will generously be donated back to the Highland Park Senior Center.*

## Dine Around the World

Enjoy 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.

### India at the Curry Hut

Friday, September 20 from 12 - 1:30 p.m.

Fee: \$14 / NM: \$24

Welcome to Curry Hut, an Indian and Nepalese dining concept right in the middle of Highwood, bringing you the taste of home cooked food from the huts of rural India. The recipes are simple in nature but authentic in Indian flavour. Their wonderful lunch buffet allows you to sample many of the native foods, and go back for everything you loved. Many of the buffet items are flavorful, yet not spicy - something for everyone!

### Germany at Tap House Grille

Thursday, October 3 from 5 - 7 p.m.

Fee: \$22/ NM: \$32

Celebrate Oktoberfest with a taste of Germany. Dinner features an extensive themed buffet including potato pancake and bratwurst sliders, Bavarian pretzels with sauces, pretzel crusted sauerkraut flatbread, green bean and spinach salad with warm bacon dressing, cucumber salad, wiener schnitzel/chicken schnitzel with warm German potatoes, grilled assorted sausages with braised red cabbage, beer braised brisket with herbed spaetzle, and warm apple strudel with cinnamon ice cream. A cash bar will feature a wide array of German beers. *Prost!*

*Sponsored by Brightstar Care*

## Brunch and Learn Nature Workshop

Heller Nature Center

10 - 11:45 a.m.

Fee: \$10 / NM: \$20

This exciting series features a casual brunch, followed by unique and interesting lectures / workshops led by area naturalists. Advance registration is required; please call (847) 432-4110.

### September 27 Winged Visitors: Bird Migration

Chicago sits along one of the major bird migratory flyways in the country, and Lake County gets the benefits as thousands of spring and fall migrants travel north or south to their nesting or wintering grounds. Join Rena Cohen, President of Illinois Audubon Society's Lake/Cook Chapter, to learn about the avian visitors who may be stopping by your neighborhood.

### October 18 Cold-Blooded Critters Live

Reptiles are amazing creatures with all sorts of fun evolutionary tactics for survival, including beautiful colors and patterns that can be used as camouflage or warning signs to would-be predators. Come meet a wide variety of reptiles up close and personal with reptile educator Dick Buckholz. Bring the camera for a photo op with some of Dick's gorgeous snakes and other reptiles as he leads a discussion on their lifestyles and habitats.



*Sponsored by The Seasons at Glenview Place*

# SPECIAL ACTIVITIES

## Humanities Series

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

### September 18 Local Writer's Showcase

Women from Highland Park's *Right from the Start* writing group will read their life experiences as immigrants. *Right from the Start* is part of Family Focus/Family Network and provides education and support to Latino families who live in Highland Park and Highwood.

### October 9 Madame Butterfly

Join opera aficionado and volunteer from the Lyric Opera, David Blecher, for a lively presentation featuring biographical information about the composer, librettist, and performers, as well as plot synopsis and in-depth information about the opera. Musical examples are included as this heartbreaking story is examined.

### October 16 Haunted Classics

Prepare to enjoy the "spooky" side of classical music! Music researcher and composer Jim Kendros shares a frightfully wonderful menu of scary classical music! Experience the dramatic Toccata and Fugue of Bach, the unforgettable mystique of Valse Triste by Sibelius, and the magical Halloween favorite Danse Macabre by Saint-Saens. A hauntingly good time is guaranteed!

### November 13 Jacqueline Kennedy Portrayal

Leslie Goddard, historian, educator, and actress, returns to portray Jacqueline Kennedy. The first-person portrayal focuses on the first lady's struggle to cope following the president's assassination. As Jacqueline Kennedy attempts to determine her next step, she reviews her life, sharing stories about her marriage, her fight for privacy, her work to restore the White House and her attempts to showcase the arts.

### December 4 150 Years of Chicago Theater

How did Chicago, a town that once considered arts an afterthought become one of the best theater cities in the world? Chicago Tribune theater critic Chris Jones discusses his book, *Bigger, Brighter, Louder* that explains this ascendance through more than a century and a half of theater reviews, turning to those with a pen, a notebook, and a front-row seat to tell the compelling story of Chicago Theater.

*Sponsored by Highland Park Nursing and Rehab*

## Live on the Links Classic Concerts

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

### September 19 Nightclub 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.

### October 31 Spooktacular Concert

Enjoy the musical notes of some great Halloween favorites! Under the direction of Dr. Jim Hile, the Highland Park High School Wind Orchestra will perform a variety of Halloween classical and popular favorites such as Bach's *Tocatta and Fugue in D Minor*, Edvard Grieg's *March of the Trolls*, *Ritual Fire Dance* by Manuel da Falla, *The Noon Witch* by Antonin Dvorak, Moussorgsky's *Night on Bald Mountain*, made popular in Walt Disney's animated film *Fantasia*, and the old television theme from Alfred Hitchcock Presents, *Funeral March for a Marionette*.



\* All members who come dressed in costume will receive a special Halloween gift!

### November 14 Highland Park Strings Piano Trio

The Highland Park Strings are celebrating their 35th Anniversary Season. Join Larry Block, founder and co-principal cellist, with concert pianist Susan Merdinger Greene and acclaimed violinist David Yonan in the famed *Gypsy Trio* by Haydn and the *Trio No. 1 in D minor* by Mendelssohn.

*Sponsored by Silverado Highland Park*

# SPECIAL ACTIVITIES

## America's Greatest Screen Teams

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.

### September 27 Kate & Spencer

The love affair of Kate Hepburn and Spencer Tracy, on-screen and off is one of the most fascinating stories of the classic days of Hollywood. The married, Catholic Spencer Tracy refused to divorce his wife, yet carried on a decades long affair with the beautiful, high-spirited and independent Katharine Hepburn. Their films are among the best Hollywood ever produced, and their

romance was one of the most poignant in film history. In this multimedia presentation, Barry will shed light on both the on-screen and off-screen lives and loves of Kate and Spencer.



### October 18 Bogie & Bacall

The pairing of the craggy, middle aged Humphrey Bogart and the teenage, stunning Lauren Bacall was as unlikely off the screen as it was on the screen. Yet their love was real, their chemistry unquestioned, and their talent was the stuff legends are made of. In this fun, fast and fascinating multi-media presentation, Barry explores the love affair that blazed at home - and across the screen.



*Sponsored by Gentle Home Services*

## 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.



*Sponsored by BrightStar Lifecare*

## Film Showings and Discussions: Classical Music in Film

Highland Park Public Library  
Sundays, 2 - 4:30 p.m.  
Free; open to the community at large

Join film instructor Bob Coscarelli for an introduction, screening, and discussion of wonderful, classic films featuring classical music themes. These films are co-presented with the Highland Park Public Library.

**September 15 The Competition (1980)**

**October 13 Farinelli (1994)**

*\* In French with English subtitles.*

**November 24 Red Violin (1998)**

**December 15 Vitus (2006)**

*\* In German with English subtitles.*

*Sponsored by Right at Home*

# 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.

## 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.

## Laurel Larks Singing Troupe

*Peers Building, 400 Central Avenue*

*Fridays, 1:30 - 3 p.m. (Beginning September 20)*

Do you love to sing and to bring joy into the lives of others? Join 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!



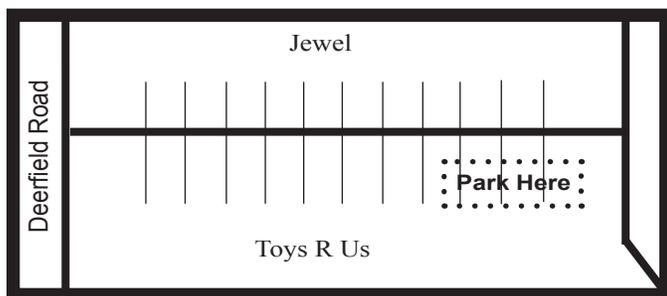
*Sponsored by First Bank of Highland Park*

# 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



## Starved Rock State Park Exploration & Illinois River Winery Tour and Tasting

*Utica, Illinois*

*Wednesday, September 11*

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

*Bus departs Toys R Us at 8 a.m.*

*Bus returns at approximately 6 p.m.*

*Inclement weather date: Wednesday, September 18*

Beautiful Starved Rock State Park is located in Utica, Illinois (a 2.5 hour ride from Highland Park). This exciting tour begins with a leisurely, 1-hour, Illinois River cruise on an authentic paddle wheel boat - the *Belle of the Rock*. See "the Rock" from the river and view the abundant wildlife living along the river's edge. Next, enjoy a hot, home style lunch at the historic Starved Rock Lodge. After lunch, enjoy a historic trolley ride, with a guide who will share the rich history of the park. You will also tour a local winery enhanced by a mini wine tasting. When registering, please indicate your lunch choice of Starved Rock burger, grilled chicken breast sandwich, or soup & croissant combo (turkey or ham). *\*This is a long, action packed day, and will include a significant amount of walking.*

## Behind the Scenes Zoo Tour

*Milwaukee, Wisconsin*

*Tuesday, September 24*

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

*Bus departs Toys R Us at 8:30 a.m.*

*Bus returns at approximately 5 p.m.*

As one of the country's finest zoological attractions, the Milwaukee County Zoo will educate, entertain and inspire you! Visit over 2,000 mammals, birds, fish, amphibians and reptiles in specialized habitats spanning 200 wooded acres. The day begins with a 2-hour private tram and tour of the zoo. Venture behind the scenes and learn what zookeepers do, as an experienced tour guide leads you around selected animal exhibit areas and zookeeper work areas. Tours include some walking and stair climbing to access the off-scene areas. Following, enjoy a picnic buffet lunch featuring grilled brats and burgers, as well as pulled pork sandwiches. Sides, fresh fruit, dessert and beverage are also included. After lunch, there will be time to explore the zoo on your own. Revisit some of your favorite spots, check out an exhibit you did not visit, or take in a show such as the *Birds of Prey* or the *Oceans of Fun Seal and Sea Lion Show* (\$5)... it's your choice.

# DAY EXCURSIONS

## Puccini's Madam Butterfly\* and Lunch at Lloyd's of Chicago

Lyric Opera House, Chicago

Friday, October 11

Fee: \$55/NM: \$75

Bus departs Toys R Us at 10:30 a.m.

Bus returns at approximately 5 p.m.

Lovely geisha Cio-Cio-San is a child bride who gives up her family, her religion, and her culture to marry a callous American naval officer. They savor just a few nights of ecstasy and then he sails blithely away, leaving her with the cruel hope that one fine day he'll return. Eventually, three years later, he does. But now she's the mother of their little son - and he's come back with a "real" American wife. Utterly destroyed, Butterfly sees just one way to do what's best for her child - and brings her own tragic story to an end. Prior to the performance, enjoy a delicious lunch at Lloyd's of Chicago. Lunch includes house salad, your choice of entree, garlic mashed potatoes, seasonal vegetables, an assortment of mini desserts, and your choice of beverage. When registering, please indicate your choice of herb crusted whitefish, lemon chicken, or crab stuffed shrimp. \* Dress rehearsal.

*This trip is partially funded with a grant from  
The Trillium Foundation  
with tickets provided by the Lyric Opera*

## Hello Dolly & Lunch

Drury Lane, Oakbrook

Thursday, October 24

Fee: \$70/NM: \$90

Bus departs Toys R Us at 11 a.m.

Bus returns at approximately 5 p.m.

Hello Dolly has become one of the most enduring musical theater hits, enjoying three Broadway revivals and international success that includes being made into the film that was nominated for seven Academy Awards. Hello, Dolly is a magical piece of musical theater filled with many memorable songs and numerous show-stopping dance numbers, combined with beautiful turn-of-the-century costumes to create a musical that you are sure to enjoy. Prior to the performance, you'll enjoy lunch featuring Caesar salad, your choice of entree served with chef's selections of vegetables, potato and dessert. When registering, please indicate your entree choice of roast sirloin with merlot mushroom sauce or tilapia with lemon tarragon.



## Horseshoe Casino

Hammond, Indiana

Tuesday, November 12

Fee: \$30/NM: \$50

Bus departs Toys R Us at 9 a.m.

Bus returns at approximately 5 p.m.

Horseshoe Casino is the premier entertainment and gambling destination in the Midwest. Horseshoe boasts more than 350,000 square feet of casino floor with over 3,000 slot machines, over 100 world-class table games, and the largest poker room in the Midwest. Fantastic food has always been an important part of the Horseshoe experience, and no Chicago restaurant typifies that commitment more than the Village Square Buffet. Lauded in reviews and widely recognized as a best bet for buffets, Village Square is truly a legendary dining experience, overlooking beautiful Lake Michigan.

Fee includes a lavish lunch at the Village Square Buffet, a \$10 free slot play voucher, and motorcoach transportation. *The casino requires that all trip participants must bring a valid state identification or drivers license.*



## State Street - All Dressed Up

Macy's Chicago

Wednesday, December 11

Fee: \$50/NM: \$70

Bus departs Toys R Us at 10:30 a.m.

Bus returns at approximately 5 p.m.

The world famous Walnut Room has been a Chicago tradition since 1907. Located on the 7th floor of Macy's on State Street the Walnut Room is the first restaurant ever opened in a department store. With Circassian wood paneling imported from Russia and Austrian chandeliers, the 17,000 square foot dining room is both elegant and comfortable. Following a long lived Chicago tradition, you'll enjoy a delicious lunch under the holiday tree. Following lunch, there will be open time... feel free to shop the many floors of Macy's or explore the beautifully dressed windows of State Street. On the way home, the bus will travel down Michigan Avenue so you can see the City all dressed up in holiday lights.

When registering, please indicate your choice of: chicken pot pie, oven baked meat loaf, or herb crusted tilapia.



# 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 October 7, November 4, and December 2 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.*

**September 2**      **Closed - Labor Day**

**September 9**      **Jerry Lewis (Part 1)**

Jerry was the first comedian to act like a manic boy, and from his early career with Dean Martin, audiences loved him. However, he was much more than a comedian; he was a singer, dancer, writer, producer and director. This program, by Susan Benjamin, focuses on varied aspects of his career along with personal stories and examples of his unusual performing talent.



**September 16**      **Tanzania**

Fred Gold has always had going on a safari at the top of his bucket list. In 2012, Fred and his wife made the journey to Tanzania and to the Serengeti National Park. This talk encompasses the preparation necessary to take a trip to Africa, some history of the country, meeting the people and living in a tent on the Serengeti for several days. Most people who take this trip agree it is the trip of a lifetime, and Fred is pleased to share his experience with others.

**September 23**      **Staying Well While Aging**

Senior Center member and retired cardiologist, Dr. Al Miller will discuss appropriate goals when getting older, risks that can and cannot be altered, what can be done to prevent or decrease risks to one's well being. He will also discuss atherosclerosis, chest pain, and high blood pressure.

**September 30**      **Music with Jewish Influence**

Jews continue to play an important role in composing, conducting and performing classical music. Bob Levi has developed a multimedia presentation that highlights Jewish influences on classical music from the 19th century to the present day. The program shows video examples of classical music melodies incorporated into various popular culture sources, including movies and cartoons, TV commercials, recordings and the Internet. Some of the composers and musicians highlighted will be Felix Mendelssohn, Aaron Copland, Jascha Heifetz, Artur Rubenstein, amongst many others.

**October 7**      **Senior Citizen Safety**

Officers from the Highland Park Police Department will provide new information and reminders of how to protect yourself. Be it at home, in your car, around the community, and on your computer, there are many ways to prevent yourself from becoming a victim.

**October 14**      **Jerry Lewis (Part 2)**

Jerry was the first comedian to act like a manic boy, and from his early career with Dean Martin, audiences loved him. However, he was much more than a comedian; he was a singer, dancer, writer, producer and director. This program focuses on varied aspects of his career along with personal stories and examples of his unusual performing talent.

**October 21**      **A History of Bigotry in America**

The United States of America was founded on the idea that all men are created equal. Unfortunately, this fundamental idea has not held up over the test of time. Bigotry has existed for many, many years, and is still prevalent today. Buddy Schreiber examines this issue and discusses the country's past, future, and where it is now.

**October 28      Robotics**

The use of drones in the US, has recently brought the issue of robotics into the limelight, and their uses have reached far beyond the military. They are now using modified robots in microsurgery as well as in agriculture. Dave Hacker will discuss the history of robotics, some current applications, and the issue of artificial intelligence and how it has affected the nature of robotics. Included will be discussion of some of the ethical implications of robotics.

**November 4      The Russians Are Coming!**

Senior Center member Bob Levy will discuss Russian classical music in pop culture. His presentation will include music written by five famous Russian composers: Rimsky-Korsakov, Borodin, Prokofiev, Rachmaninoff, and Tchaikovsky. These 19th century composers represent Russia's contribution to the Romantic Era of classical music. The program highlights where this wonderful music can be found in pop culture.

**November 11      Closed - Veterans Day**

**November 18      Al Jolson**

Al Jolson changed the entertainment world through his boisterous singing, dancing and comedy routines and through his starring role in the first, full-length "talkie," *The Jazz Singer*. This complicated, driven man led a life that in many ways paralleled the plot of that film. Susan Benjamin will explore what motivated Jolson in both personal and professional arenas. It also highlights his great moments with video clips of Jolson performing as well as clips from the two movie biographies about his life.

**November 25      Economic Development in Highland Park**

Carolyn Hersch, the City of Highland Park Economic Development Coordinator, will share efforts being made to attract new businesses to Highland Park, as well as what is being done to retain current ones. She will also discuss the many benefits of shopping locally. Ms. Hersch is very interested to know what seniors experience while doing business in Highland Park and will welcome all feedback.

**December 2      Berlioz' Fantastic Symphony**

Classical violinist Stephanie Ettelson will discuss Hector Berlioz' first major work written in 1830 before his graduation from the Paris Conservatory. This symphony established Berlioz as one of the boldest innovators of the 19th Century. He dares to write a narrative symphony (autobiographical at that), more than doubles the size of the orchestra and mixes the colors and sonorities of instruments with such originality that they become hardly recognizable as themselves. And all this just three years after the death of Beethoven. He single-handedly created the modern orchestra and legitimized subjectivity in a new genre of the symphony.

**December 9      Irving Berlin**

A look (and listen) to the music of Irving Berlin, performed through the chronology of his life. In addition to sharing his personal story, Susan Benjamin will explore how his music affected national feeling.

**December 16      Are You Protected?**

What are the most important ways to protect yourself and family members from infections such as Shingles, Pneumonia, Influenza, Tetanus, and Whooping Cough? Jewel Osco Pharmacist, Emily Nufer, will provide up-to-date information on vaccinations. Learn about the benefits of these vaccines, how often you should be immunized, and which immunizations are covered through Medicare or private insurance plans.

**December 23      Holiday Music in the Movies**

Not a creature was stirring, except Jack Benny, Judy Garland, Red Skelton, and many more of your favorite stars, here to ring in the holiday season in this wonderfully wintery presentation. Enjoy moments from Jack Benny's hilarious holiday special, and watch clips from classic films including *Holiday Inn*, *Meet Me in St. Louis* and many more. Steven Frenzel, of Marquee Movie Presentations, returns to share this 90 minute program.



*This presentation will run from 10:30 a.m. - 12 noon.*

## 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, September 16 - November 25 (10 classes)*

9:45 - 10:45 am

Fee: \$55 / NM: \$75

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 11/11.

\* Level 1

## Tuesday Yoga

*Tuesday, September 17 - November 19 (10 classes)*

10:30 - 11:30 a.m.

Fee: \$55 / NM: \$75

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



## Latin Dance Aerobics: Zumba Gold

*Wednesdays, September 18 - November 20 (10 classes)*

10:15 - 11:15 a.m.

Fee: \$55 / NM: \$75

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

## Low Impact Dance Aerobics

*Thursdays, September 19 - November 21 (10 classes)*

9:45 - 10:45 a.m.

Fee: \$55 / NM: \$75

You will love exercising to music with instructor Kris Larsen. This fabulous low impact aerobics class, taught by Alison Margolis, 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, September 19 - November 21 (10 classes)  
1:30 - 2:30 p.m. Fee: \$55/NM: \$75

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. The class utilizes light weights and resistance tubes to build and tone muscle and strength.

\* Level 1



## Friday Yoga

Fridays, September 20 - November 22 (10 classes)  
10:30 - 11:30 a.m. Fee: \$55 / NM: \$75

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, September 20 - November 1 (7 classes)  
1:30 - 2:30 p.m. Fee: \$39 / NM: \$59

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

## Introduction to Drawing and Painting

10 classes, beginning the week of September 16  
Day/Time: TBA Fee: \$80 / NM: \$100

Everyone has the innate ability to become an artist in their own rite! Designed to bring out the creativity within, this new course will offer detailed instruction in drawing and painting. Students will follow a course syllabus designed to teach skills including composition, proportion, values, perspective, and more. Supply list will be distributed at the first class.



## Supervised Art Studio

10 classes, beginning the week of September 16  
Day/Time: TBA Fee: \$80 / NM: \$100

This class, taught by a professional art instructor, is designed for experienced painters of all levels. Participants working in oils or acrylics will receive individualized instruction to help them learn new techniques and improve their work. This opportunity allows artists to work independently, while receiving professional guidance.



## Advanced Art

Thursdays, September 19 - November 21 (10 classes)  
1 - 3 p.m. Fee: \$55/ NM: \$75

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. Please bring your own supplies.

## Music for Well-Being

Tuesday, October 1 - November 19 (7 classes)  
1:30 - 2:30 p.m. Fee: \$39 / NM: \$59

There has been a lot of buzz in the media about the benefits of music in one's life. However, your doctor probably has not told you "Take two Mozarts and call me in the morning". Discover how music helps the mind, body, and spirit. Experimenting with a variety of musical instruments and music styles, you will explore different ways that music can enhance your general health. Join board-certified music therapist Becky Froman for this fun and upbeat class. No class 10/22



## Featured Artists

### Watercolors by Kay Thomas

September & October

### Oil Paintings by Sharon Kogan

November & December

Please feel free to stop in and view the featured artist's exhibits, which change every two months.

# CLASSES

## Beginners Bridge (From the Very Beginning)

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.



## Club Series: Modern Bidding

*Tuesday, September 17 - November 19 (10 classes)*

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

*Fee: \$80 / NM: \$100*

If you have always wanted to learn to play bridge, this class is for you! Designed for students with no prior bridge experience, instructor Bob Burke will start from the very beginning and will introduce students to the basic concepts of the game including game objectives, dealing and organizing the hand, counting points, and bidding, playing, and scoring. 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 within a few weeks. *Please purchase the ACBL Club Series book, prior to the first class.*

## Advanced Bridge Lessons

*Thursdays, September 19 - November 21 (10 classes)*

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

*Fee: \$65 / NM: \$85*

This class is designed to give advanced players the opportunity to improve their game in the areas of bidding, playing and defending. 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.

*Priority registration will be given to Center members returning from the previous session.*

**Bob Burke** is a Life Master in the American Contract Bridge League (ACBL) and has been teaching bridge in the Chicago area since 1977. He has built a strong following of students at the Highland Park Senior Center since he began teaching here in 2006. Additionally Bob has had the pleasure of working as the bridge director on over 100 cruises. When Bob is not teaching or playing bridge, he can often be found on the dance floor either ballroom dancing or doing the jitterbug.

## 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.

## Mah Jongg Lessons - Beginning

*Wednesdays, September 18 - November 20 (10 classes)*

*10 - 11:30 a.m.*

*Fee: \$65 / NM: \$85*

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.

## Mah Jongg Lessons - Continuing

*Thursdays, September 19 - October 10 (4 classes)*

*10 - 11:30 a.m.*

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

Designed for students who have previously taken Mah Jongg class, this course will allow students to fine tune their skills. Students will also enjoy supervised play, with Ilene Bernberg, which allows for questions and assistance while playing the game.

## Beginning Canasta Lessons

*Fridays, September 20 - October 18 (5 classes)*

*1 - 3 p.m.*

*Fee: \$35 / NM: \$55*

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.



## Technology Classes

Computer Training & Support Services was founded in 1990 by Bill Marks, and has paved a road for students to learn technology skills. Their qualified instructors are patient and provide handouts for reference.

### Introduction to iPad (I)

*Fridays, October 4 - 18 (3 classes)*

*1 - 3 p.m.*

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

This hands-on class will teach you iPad fundamentals. Instructor Bill Marks provides an overview of the items that came with your iPad, and then covers basic operation, use of contacts, use of eMail, accessing the Internet, navigation of the app store which includes how to set up a free apple password, which then allows you to download both free and paid apps. Bill will also discuss how to backup your iPad to your computer, as well as use of the camera.

### Introduction to iPad (II)

*Fridays, November 1 - 15 (3 classes)*

*1 - 3 p.m.*

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

Review lessons from the introduction class then move on to new applications, including the use of cut, copy and paste functions, editing text (for use with eMail and notes,) use of voice dictation for simpler composition of messages and notes, organization of icons on the iPad which includes folder organization, taking photos and videos and then sharing them. Also covered is use of live video conferencing using both Apple FaceTime© and Sykpe©,

## Conversational Spanish: Beyond the Basics

*Fridays, September 20 - November 22 (10 classes)*

*10 - 11 a.m.*

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

Hola Amigos! Certified Spanish teacher, Leslie Fenster, teaches students the 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.

## AARP Driver Safety

*Thursday & Friday, October 3 & 4*

*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, October 10 and December 12*

*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.



## Prescription Drug Plan Assistance

Open enrollment for the Medicare Prescription Drug Plan extends from October 15 – December 7, 2013. During this period, you may change from your current drug plan, or enroll for the first time. Everyone is encouraged to re-evaluate their insurance coverage due to changes in the drug plans or changes in your own prescriptions. Senior Center volunteers are available to assist you in navigating the Medicare Part D enrollment process in a one-on-one appointment at the Senior Center. Please call Jennifer at (847) 926-1865 to schedule a personal appointment.

## ~ Social Services ~

Social Services Coordinator, Jennifer Aiello, LPC, 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

*Due to holiday closings, group will meet:*

9/26, 10/24, 11/21, & 12/19

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, LPC.

## 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, LPC, participants discuss thoughts and ideas about moving forward.

## 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, LPC, 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.

# September 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CLOSED  Labor Day	9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	1:00 Poker 1:30 Yiddish	1:00 Mah Jongg	10:00 News & Views 12:30 Open Canasta
9	10	11	12	13
10:00 Blood Pressure 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:30 Widow's Group	8:00 Trip: Starved Rock 1:00 Poker 1:30 Yiddish	1:00 Mah Jongg 10:00 <b>Men's Only Group</b>	10:00 News & Views 12:30 Open Canasta  Film Series Movie Highland Park Public Library Sunday, Sept. 15 <sup>th</sup> @ 2 pm
16	17	18	19	20
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	10:00 Mah Jongg Class 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 10:00 Mah Jongg Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit 1:30 <b>Live on the Links</b>	10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:00 Dine Around the World 12:30 Open Canasta 1:00 Canasta Class 1:30 Tai Chi 1:30 Laurel Larks
23	24	25	26	27
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	8:30 Trip: Milwaukee Zoo 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	10:00 Mah Jongg 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 Support Group 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:00 Spanish Class 10:00 Brunch and Learn 10:30 Yoga 12:30 Open Canasta 1:00 Canasta Class 1:00 <b>Screen Teams</b> 1:30 Tai Chi 1:30 Laurel Larks
30				
9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie				

# October 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Music for Well Being	10:00 Mah Jongg Class 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	9:00 AARP Driver Safety 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 5:00 Dine Around the World	9:00 AARP Driver Safety 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 iPad I Class 1:00 Canasta Class 1:30 Tai Chi 1:30 Laurel Larks
7	8	9	10	11
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 Music for Well Being 1:30 Widow's Group	10:00 Mah Jongg Class 10:15 Zumba Gold 10:30 <b>Humanities Series</b> 1:00 Poker 1:30 Yiddish	9:30 Rules of the Road 9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Mah Jongg Class 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 10:30 Trip: Lyric Opera 12:30 Open Canasta 1:00 iPad I Class 1:00 Canasta Class 1:30 Tai Chi/ Laurel Larks Film Series Movie-HP Library Sunday, Oct. 13 <sup>th</sup> @ 2 pm
14	15	16	17	18
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 Music for Well Being	10:00 Mah Jongg Class 10:15 Zumba Gold 10:30 <b>Humanities Series</b> 1:00 Poker 1:30 Yiddish 5:30 <b>Fall Dinner Dance</b>	9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	10:00 News & Views 10:00 Brunch and Learn 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 iPad I Class 1:00 Canasta Class 1:00 <b>Screen Teams</b> 1:30 Tai Chi 1:30 Laurel Larks
21	22	23	24	25
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 1:00 Investment Club 1:30 Widow's Group	10:00 Mah Jongg Class 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Support Group 11:00 Trip: Hello Dolly 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 Laurel Larks
28	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 12:30 Senior Producers 1:30 Music for Well Being	10:00 Mah Jongg Class 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	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 <b>Live on the Links</b>	

# November 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 iPad II Class 1:30 Laurel Larks 1:30 Tai Chi
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 6:00 Caregiver Support	5 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Music for Well Being	6 10:00 Mah Jongg Class 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	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	8 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 iPad II Class 1:30 Laurel Larks
11  CLOSED  Veterans Day	12 9:00 Trip: Casino 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Music for Well Being 1:30 Widow's Group	13 10:00 Mah Jongg Class 10:15 Zumba Gold 10:30 <b>Humanities Series</b> 1:00 Poker 1:30 Yiddish	14 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 <b>Live on the Links</b>	15 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 iPad II 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 6:00 Caregiver Support	19 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Music for Well Being	20 10:00 Mah Jongg Class 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	21 9:45 Low Impact Aerobics 10:00 Bridge Class 10:00 Support Group 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	22 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:30 Thanksgiving Feast 12:30 Open Canasta 1:30 Laurel Larks  Film Series Movie Highland Park Public Library Sunday, Nov. 24 <sup>th</sup> @ 2 pm
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 12:30 Senior Producers 1:00 Investment Club 1:30 Widow's Group	27 1:00 Poker 1:30 Yiddish	28  CLOSED  Happy Thanksgiving  Happy Hanukkah	29  CLOSED  Happy Thanksgiving

# December 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	4 10:30 <b>Humanities Series</b> 1:00 Poker 1:30 Yiddish	5 10:00 Men's Only Group 1:00 Mah Jongg	6 10:00 News & Views 12:30 Open Canasta 1:30 Laurel Larks
9 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	10 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:30 Widow's Group	11 10:30 Trip: State Street 1:00 Poker 1:30 Yiddish	12 1:00 Mah Jongg	13 10:00 News & Views 12:30 Open Canasta 1:30 Laurel Larks  Film Series Movie Highland Park Public Library Sunday, Dec. 15 <sup>th</sup> @ 2 pm
16 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie 6:00 Caregiver Support	17 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	18 1:00 Poker 1:30 Yiddish	19 10:00 Support Group 1:00 Mah Jongg	20 10:00 News & Views 12:00 <b>Winter Celebration</b> 12:30 Open Canasta 1:30 Laurel Larks
23 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	24 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Investment Club 1:30 Widow's Group	25 CLOSED  Merry Christmas	26 CLOSED  Winter Holiday	27 CLOSED  Winter Holiday
30 CLOSED  Winter Holiday	31 CLOSED  Winter Holiday			

# NOTEWORTHY

## Welcome New Members

Joyce Arlington Leonard & Marjorie Birnbaum	Milton & Sandra Paige Robert Parr
Dan & Carol Brusslan	Errol & Fran Pearlman
Joan Chase	Donna Picchiatti
Burt Chorpash	Hubert Rance
Burt & Evette Chudacoff	Marilyn Rosdahl
Leonard Cohen	Erwin & Penny Rosenblum
Donald & Jackie Dann	Melanie Rubin
Kenneth Denberg	Martin & Yolanda Schachter
Bennett & Zena Fishbain	Bernard Silbert
Naomi Frankel	Sandra Schur & Anita Speiler
David Gans	Helen Siegel
Donna Glickman	Jacqueline Siegel
Adele Gutman	Martin Snitzer
Joan Halper	Hymen Speck
William & Nan Harris	Don & Iris Statland
Herbert & Karen Hill	Michael & Sharon Stein
Zita Holden	Morris Steinberg
Jean Kaplan	Stuart & Marianne Taussig
Hannerose Keller	Phyllis Thaler
Rochelle Kessler	Mary Thompson
Judy Kotzin	Elise Varon
Michael & Delayne Landsman	Phyllis Warsaw
Atara & Lanny Levin	Barbara Weiner
Stephen & Phyllis Libbin	Lynn Weitz
Elaine Lowenstein	Helen Wilens
W. Kurt & Jean Meier	Jane Woldenberg
Theresa Mussio	
Burt & Becky Ofsaiof	

## 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:

<b>Gold Leaf:</b>	<b>\$200 - \$499</b>
<b>Platinum Leaf:</b>	<b>\$500 +</b>

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

## Donations

### In Honor of Alice Berube's 107th Birthday

From: Roberta Kutunow  
Kris Larson's Monday Exercise Class

### In Honor of the 60th Wedding Anniversary of Richard & Shirley Blair

From: Phillip & Eunice Klein

### In Honor of Cecelia Frohman

From: Ronnie Rich

### In Honor of Jennifer Aiello on earning her LPC Certification

From: Lou Frey

### In Memory of Joan Freedman

From: Annette Feller  
Norm Lubarsky  
Morry & Betty Robinson  
Fred & Betty Ruben  
Marilyn Schiller  
Sam Prainito  
Sondra Mount

### In Memory of Helen Rothman

From: Marilyn Risdon

### In Memory of Suzie Schuster's Mother

From: Lou Frey

### In Memory of Irving Tross

From: Lou Frey

### Best Wishes for a Speedy Recovery to Jean Flax

From: Maxine Levin

### Best Wishes for a Speedy Recovery to David Krakauer

From: Maxine Levin

## Tree of Honor Donations

Acorn: In Appreciation of the  
Highland Park Senior Center

From: John B. &  
Celeste W. Chamberlin



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(847) 432-4110  
WWW.CITYHPIL.COM

MAYOR:  
NANCY R. ROTERING

CITY COUNCIL:  
ANTHONY BLUMBERG      ALYSSA KNOBEL  
PAUL FRANK              DAVID NAFTZGER  
DANIEL A. KAUFMAN      KIM STONE

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, M.S., LPC,**  
*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. Parking permits are issued by Center staff.

## Holiday Closings

The Senior Center will be closed and the Senior Connector will be out of service for the following dates.  
Happy Holidays.

<b>Labor Day</b>	<b>September 2</b>
<b>Veteran's Day</b>	<b>November 11</b>
<b>Thanksgiving Holiday</b>	<b>November 28 - 29</b>
<b>Winter Solstice Party</b>	<b>December 20 (11 a.m. - 3 p.m.)</b>
<b>Winter Holiday</b>	<b>December 25 - January 1</b>