

THE SHORELINES

JANUARY - APRIL, 2014

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.

~ Happy New Year ~

Activity Registration

Returning Student Registration Begins: Friday, January 3 at 9 a.m.

New this year, members who were enrolled in the previous session of any class will receive priority registration for the same class. Returning students who register by January 6 are guaranteed a spot.

Member Registration Begins: Tuesday, January 7 at 9 a.m.

Open Registration Begins: Thursday, January 9 at 9 a.m.

Valentine's Day Luncheon & Concert

Highland Park Country Club
Friday, February 14
11:30 a.m. - 2 p.m.
Fee: \$25 / NM: \$35

Happy
Valentine's
Day

Valentine's Day is a time to share your love with family and friends! Gather the special people in your life for a delicious lunch featuring butternut squash soup, chicken breast stuffed with spinach, caramelized onions and fontina cheese, haricot vert, truffle infused polenta, and decadent chocolate ganache cake for dessert. Following lunch, enjoy a delightful musical concert featuring well-loved love songs from throughout the decades. "The Chairman's Board" represents the highest standard for classy entertainment and musical excellence ever known. Through the extraordinary talents of America's acclaimed pop standards sensation Peter Oprisko, (vocals) along with his keyboard and bass player, they can all be savored via this awesome concert presentation! Doors open 11:45 a.m. Vegetarian option available; please request at the time of registration.

Sponsored by Right at Home

SPECIAL ACTIVITIES

St. Patrick's Day Celebration

ManorCare of Highland Park

Monday, March 17

2 - 4:30 p.m.

Fee: \$5 / NM: \$10



Everyone is Irish on St. Patrick's Day! Join ManorCare of Highland Park for a green celebration featuring a dessert reception. Enjoy an assortment of warm festive drinks with optional Bailey's Irish Cream, a popcorn bar, green ice cream floats, and other delicious desserts. Try your luck at Irish Bingo for a chance to win a prize. Live musical entertainment provided by Voytek of Lucky Entertainment is sure to keep the party jumping. Those wearing "Kelly Green" will receive a free giveaway!

All registration fees will be generously donated to the Highland Park Senior Center.

Sponsored by ManorCare Health Services

Senior Citizen Prom

Highland Park High School

Saturday, April 12

5 - 8 p.m.

Fee: \$5 / NM: \$10

Put on your dancing shoes and gather with your friends for a night to remember! The Highland Park High School Class of 2017 invites you to join them for a fabulous night of dinner, dancing, and entertainment. Guests will enjoy a tasty catered dinner and a sweet table with home-baked goodies provided with love by the students. The HPHS DJ Club will provide music to dance the night away and some of the high school's most talented artists will perform throughout the evening. The student hosts will be all dressed up... ready to serve, ready to dance, and ready to entertain. The students look forward to seeing you there! Advanced registration required; please call the Senior Center at (847) 432-4110.

Sponsored by CJE SeniorLife, Weinberg Community

Passover Seder

Highland Park Nursing and Rehab

Thursday, April 10

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

Fee: \$5 / NM: \$10

Enjoy a traditional Passover Seder and lunch featuring many delicious favorites. Rabbi Matt Field will lead a condensed service following a specially designed Haggadah which he created for this event. After the service, enjoy a delicious holiday meal featuring chopped liver, matzo ball soup, gefilte fish, brisket, chicken, noodle kugel, tzimmes, green beans, and a variety of desserts. Members of all faiths are welcome to attend and will learn about the holiday's history and traditions.

All registration fees will be generously donated to the Highland Park Senior Center.

Sponsored by Highland Park Nursing and Rehab and Right at Home

Easter Brunch

Silverado Senior Living - Highland Park

Sunday, April 20

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

Fee: \$5 / NM: \$10



Take pleasure in this wonderful new tradition featuring a scrumptious buffet of brunch favorites and delightful music to enhance the experience. Brunch includes fresh fruits and juices, cheese blintzes with berry compote, vegetable frittata, a waffle bar, a pasta bar, lamb chops, brown sugar glazed ham, as well as an array of fresh salads, baked goods, and desserts. Silverado is happy to invite your immediate family and friends to join and share in the celebration.

All registration fees will be generously donated to the Highland Park Senior Center.

Sponsored by Silverado - Highland Park

SPECIAL ACTIVITIES

Humanities Series

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

January 29 **Hidden Memory: An American Story**

In 2006, local storyteller Anne Shimojima interviewed her 91-year-old aunt, who experienced the difficult days of World War II, living in an incarceration camp for Japanese-Americans. Anne performs the story of her family's history, beginning with their immigration from Japan, continuing through World War II as she describes the atmosphere in the country, the assembly centers, and life in the incarcerations camps.

February 12 **Women of Hull House**

Jane Addams and Ellen Gates Starr, founders of Hull House on the near west side of Chicago, played a significant role helping immigrants assimilate into America. These two dynamic women led fascinating lives and established this monumental settlement house in 1889. Sherry Engstrom presents this lecture based on her Master's thesis, which was recently accepted by Loyola University's Women in Leadership Archives.

March 12 **Vocalist Rosemary Clooney**

Rosemary Clooney, an immensely talented singer, conveyed stories and emotions through her vocal styling. From an impoverished childhood in Maysville, Kentucky, she rose to become Hollywood royalty; however, a nervous breakdown derailed her career and threatened her success. Susan Benjamin examines Rosemary's personal travails as well as her career rise, fall and ultimate triumph.

April 16 **General Charles Dawes**

Commemorating the 100th Anniversary of World War I, living history impersonator R.J. Lindsey will portray General Dawes. Speaking in detail with photos and maps about the politics and alliances of the world that then exploded into the maelstrom of WWI. He shares stories of the British, French, Lloyd George, Clemenceau, Kaiser Wilhelm, Czar Nicholas, and recounts American successes at the battles of Cantigny, 2nd Marne, Chateau Thierry, Belleau Wood and St. Miheil.

Sponsored by Silverado - Highland Park

Live on the Links Classic Concerts

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

March 13 **The Dave and Debbie Duo**
Debbie Miller Koziarz and Dave Massello turn the Highland Park Country Club into a cabaret for the afternoon. Debbie's silky voice and Dave's piano talent create a combination that moves the spirit. Their repertoire includes smooth jazz, Broadway, and a wide variety of nostalgic favorites.



April 3 **Fifth House Ensemble String Quartet**

The Pilgrim Chamber Players will present the Fifth House Ensemble String Quartet in a program including quartet music by Schubert and Haydn, and concluding with the famous violin/cello Duo by Handel-Halvorsen.

May 1 **HPHS Jazz Band**

Under the direction of Dr. Jim Hile, the Highland Park High School Jazz Band has won competitions both nationally and internationally. As Dr. Hile retires at the end of this school year, please enjoy his final Senior Center concert. Featuring an amazing pool of talented students, the band will perform a concert of

jazz standards, including music by Count Basie, Miles Davis, Duke Ellington, Stan Kenton, Glenn Miller, and more. Get those toes a tappin', fingers a snappin', and lips a hummin' to the sounds of the great big bands.



Sponsored by Highland Park Nursing and Rehab

SPECIAL ACTIVITIES

Barry Bradford Presents: Tonight Show Hosts

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.

February 7 Steve Allen

Steve Allen was the first host of the Tonight Show. He was, arguably, the funniest, the most intelligent and most talented host in the show's history. A gifted musician, a prolific author, an influential critic and a thoughtful philosopher, Steve Allen is one of the most unique figures in the history of American entertainment. Many of his signature routines were copied, adapted, and used by Johnny Carson, Jay Leno and David Letterman! Barry presents side splitting film clips, hilarious anecdotes and fascinating biographical information throughout this multimedia presentation!

March 7 Johnny Carson

Johnny Carson was the third host of the Tonight Show and truly created the Tonight Show as we think of it today. Among the people he mentored: Jay Leno and David Letterman! Barry Bradford takes a look at his unparalleled rise to the top of late night, his tremendous influence on American culture and his lasting legacy. This multimedia journey is sure to make you laugh out loud!

April 4 Jay Leno

Jay Leno has carefully cultivated an image of being the "nicest guy in show business." However, a closer look at his life and career reveals the fissures beneath the squeaky clean veneer. Barry Bradford explores Jay Leno; a hard-working comedian, a clever manipulator, an enormous influence on comedy and a late-night staple for 4 million people every evening. This fascinating multimedia presentation will give you a more rounded perspective and appreciation of one of America's most popular television stars.

Sponsored by Gentle Home Services

Monday at the Movies

Highland Park Police Station
Mondays, 1:30 p.m.
Free for members / NM: \$10

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: Theater in the Movies

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.

January 12 All about Eve (1950)

February 16 All that Jazz (1979)

March 9 Noises off (1992)

April 13 Shakespeare in Love (1998)

Sponsored by Right at Home

ACTIVITIES - FREE FOR MEMBERS / NM: \$10

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.

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.

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!



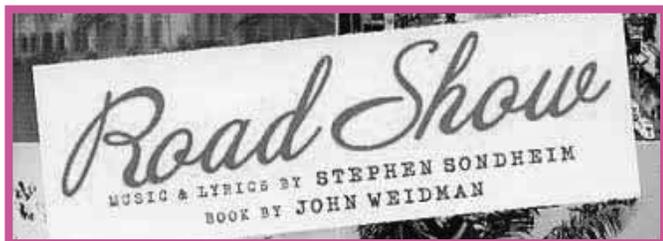
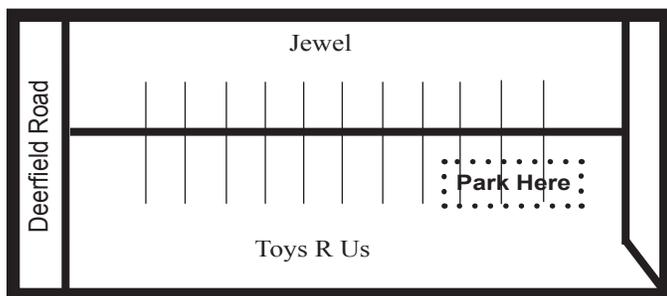
*Sponsored by First Bank
of Highland Park*

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



Shakespeare Theatre, Chicago
Wednesday, April 30

Museum of Science and Industry

Tuesday, March 18

Fee: \$50 / NM: \$70

Bus departs Toys R Us at 9 a.m.

Bus returns at approximately 5 p.m.

The Museum of Science and Industry is the largest science center in the Western Hemisphere, and is home to more than 35,000 artifacts and nearly 14 acres of hands-on experiences designed to spark scientific inquiry and creativity. This trip includes admission to the *Treasures of Walt Disney Archives*, admission to the Omnimax theatre's *The Last Reef: Cities Beneath the Sea*, as well as time to explore your favorite areas of the museum independently.

Treasures of the Walt Disney Archives celebrates Disney imagination, innovation and entertainment with nearly 300 artifacts, spanning nine decades. Explore clips of Walt Disney's earliest animated pre-Mickey works, as well as props, models and costumes from modern favorites. This special exhibition allows you to view the magic of Disney World behind the scenes.



The Last Reef takes you on a thrilling underwater journey to the world of coral reefs. Experience the beauty and mysteries of the world's reef ecosystems: a distant yet parallel world, with living cities undeniably connected to our own human communities.

Lunch is on your own; a wide variety of selections may be purchased in the Brain Food Court.

Steven Sondheim's Road Show

Shakespeare Theatre, Chicago

Wednesday, April 30

Fee: \$70 / NM: \$90

Bus departs Toys R Us at 11:15 a.m.

Bus returns at approximately 5:15 p.m.

This musical journey spans forty years, from the Alaskan Gold Rush to the Florida real estate boom in the 1930s. Two brothers, one a con and the other attempting a respectable life, stick together through a variety of get-rich-quick schemes. But experiences along the way change their lives in unexpected ways. Sondheim's musical genius and director Gary Griffin's insight into the human condition, make a fascinating, entertaining, and artistic team to explore the very real American issues of real estate, capitalism, and crooks.

DAY EXCURSIONS

Lifestyles of the Rich and Famous with My Kind of Town Tours

Chicago Neighborhoods

Wednesday, May 14

Fee: \$80 / NM: \$100



Bus departs Toys R Us at 9 a.m.

Bus returns at approximately 4 p.m.

Join historian Leah Axelrod on another of her amazing narrative tours throughout Chicago. **Gold Coast Historic District** and **Hyde Park** area - Drive through the neighborhoods that were home to the city's Who's Who; many which are still maintained as they were in the past. **Charles Dawes Mansion** - Built in Evanston along the Lake front, it is still decorated and furnished as it had been before becoming the home of the Evanston Historical Society. **Rockefeller Chapel** - See a 1932 interpretation of a Collegiate Gothic house of worship. On the University of Chicago campus, the splendid edifice is used for religious as well as secular functions. There will also be a surprise stop at one of Chicago's grand hotels. Lunch at **Lawry's** is included, and includes a presentation on the history of this lovely converted mansion off the Magnificent Mile.

Les Miserables & Lunch

Drury Lane, Oakbrook

Thursday, May 22

Fee: \$70 / NM: \$90

Bus departs Toys R Us at 11 a.m.

Bus returns at approximately 5 p.m.



Les Misérables

Drury Lane begins its 30th anniversary season with one of the world's most iconic musical classics - a sweeping tale of romance, passion, suspense and redemption. Based on Victor Hugo's novel, *Les Misérables* travels through three turbulent decades of 19th century France. Convict Jean Valjean is on the run, hunted relentlessly by Javert for breaking his parole. Valjean must leave his past behind and keep his vow to raise the young orphan Cosette. With revolution in the air and Javert closing in, Valjean has no choice but to fight for his life and sacrifice everything to protect the people he loves. *Les Misérables* is the recipient of over 50 international theater awards including 8 Tonys and is considered the world's longest running musical. Prior to the show, enjoy lunch featuring a seasonal fruit cup, your choice of entree, chef's choice of sides and dessert. When registering, please indicate your choice of salmon filet or roast strip loin.

Morton Arboretum

Lisle, Illinois

Thursday, June 5

Fee: \$45 / NM: \$65

Bus departs Toys R Us at 9 a.m.

Bus returns at approximately 4 p.m.

The Morton Arboretum is a unique place to explore, discover, escape, and connect with trees and nature. This arboretum experience begins with an open-air tram tour on The Acorn Express; an exciting journey through the ever-changing landscape of The Morton Arboretum. The one-hour narrated tour allows you to relax and enjoy the gentle breeze as you slowly wind your way through the stunning landscapes. Following, enjoy a Dutch treat lunch in Ginkgo Restaurant and dine overlooking their beautiful Meadow Lake. After lunch, participants have the opportunity to enjoy nature up close and personal with an optional 45-minute walking tour narrated by knowledgeable guides amidst the flourishing trees, shrubbery and perennials. If preferred, you may explore other areas of the arboretum on your own, including the Visitor Center, Plant Clinic, The Arboretum Store, four-acre Children's Garden, one-acre Maze Garden, and a paved walking trail around restored Meadow Lake. *Inclement weather date: Thursday, June 12.*

Lake Geneva Boat Cruise & Lunch

Lake Geneva, Wisconsin

Wednesday, June 18

Fee: \$85 / NM: \$105

Bus departs Toys R Us at 9 a.m.

Bus returns at approximately 5 p.m.

For the true Lake Geneva Experience, you have to get on the water! Beautiful estates, mansions and natural scenery that only be viewed from the lake unfold through a descriptive and insightful narrated tour. Participants will enjoy an up close perspective of the lake homes on this mail delivery cruise which carries on a tradition that began back in 1870. Loaded with 150 passengers, mail, a very brave and agile mailperson, and a steady handed Captain, the crew delivers mail to about 60 homes around the lake. The mailperson leaps off the bow of the boat onto the pier, places the mail into the box, grabs outgoing mail, and jumps back aboard...all while the boat is still in motion. After, enjoy an upscale lunch overlooking Lake Delavan at the recently renovated Lake Lawn Lodge.

MONDAY SPEAKER SERIES

Monday Speaker Series

Highland Park Police Department

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

Free for members / NM: \$10

*Sponsored by Whitehall of Deerfield
Healthcare Center*

Bagels: Whitehall of Deerfield will provide bagels, cream cheese, and coffee for lecture attendees, on January 6, February 3, and April 7 at 10 a.m.

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

January 6 Brazil and Argentina

Brazil and Argentina are two South American countries known for their beauty and history. Member Kay Thomas will discuss her time spent in both countries, beginning in Buenos Aires. You will see the Presidential Palace, the grave of Eva Peron, and many other aspects of the Argentinean culture. On the border of Argentina and Brazil are the mighty Iguassu Falls. In Rio de Janeiro, highlights include Sugar Loaf Mountain, the imposing statue of Christ the Redeemer, the beaches and Tijuca Forest National Park.

January 13 Tony Bennett:

Timeless Troubadour

After over 60 years as an entertainer, Tony Bennett's popularity continues to soar. Frank Sinatra called Tony "...the best singer in the business." With his storytelling ability through song, his consistently sunny performing persona sometimes masked private demons, such as difficult marriages and substance abuse. However, with sold-out concerts and platinum records, he embodies the lyrics of one of his frequently performed songs, "The Best is Yet to Come."

January 20 No program

Martin Luther King Day

January 27 Stroke Prevention

Strokes remain a major health concern for many. Dr. Ricardo Senno, a specialist in physical medicine and rehabilitation, provides an educational lecture on stroke prevention. He will discuss the etiology of stroke, how to recognize the symptoms, and what to do if it happens to you. Dr. Franklin is associated with the Rosalind Franklin University of Medicine and Science.

Feb. 3 Planning the Road Ahead: Estate Planning and Healthcare

Coordinated by Ashley Delaney of Whitehall of Deerfield, four important topics will be discussed in this presentation. Accompanying Ashley will be attorney Kathleen Dean to discuss crucial estate planning documents. Financial professional Wendy S. Baum will explore important power-of-attorney issues and how to centralize your financial, legal and personal information. Rebecca Bloomfield will reveal how the Affordable Care Act will change Medicare and how doctors and hospitals charge. Ashley Delaney will discuss what you really need to know about both short-term rehabilitation and long-term nursing care.

Feb. 10 Jule Styne: Let Him Entertain You

Jule Styne composed the scores for Gypsy, Bells are Ringing, Gentlemen Prefer Blondes, and Funny Girl, in addition to hundreds of other popular songs. All told, he wrote about 1400 melodies, many of which are still often heard today. However, his compulsive gambling compromised his personal life, as he ran from keyboard to the racetrack. Susan Benjamin will discuss why both Ethel Merman and Frank Sinatra requested Jule Styne to compose songs for them.

Feb. 17 Beverly Sills, A Life

Beverly Sills captured America's heart with her glorious artistry, engaging personality and salty intelligence. Roberta Randall brings to life this internationally acclaimed soprano, covering her remarkable life from child performer to co-director of the New York City Opera.

Feb. 24 The World of Tom Lehrer

An American song-writer, satirist, pianist and mathematician, Tom Lehrer became famous during the 1950s and early 1960s. His satirical song legacy lives on and has crossed generations. Many tunes are as fresh as when they were written. Bob Levi has developed a multimedia presentation highlighting Tom Lehrer’s life. The program showcases several of his delightful songs.

March 3 No Program

March 10 No Program

March 17 No Program

March 24 Personal Safety for Seniors

Do you feel safe when entering, leaving, and inside your home? While in your car? When getting in or out of your car? Highland Park Police Officer Eric Hernandez will share with you simple ways to maintain your safety both at home and in the community.

March 31 How to Guarantee Tax-Free Income for Family

Many people are considering gifting to their children or grandchildren but want to avoid the recipients paying income tax. Financial advisor Art Miller will discuss how annual gifting can reduce estate taxes; how gifting can guarantee funds for college education; the rewards of charitable giving; as well as how gifting can provide income tax deductions during your lifetime.

April 7 Debussy and Impressionism: The Parallel of Music and Art

“I love music passionately,” wrote Claude Debussy, “and because I love it I try to free it from barren traditions that stifle it. It is a free art, gushing forth – and open-air art, an art boundless as the elements, the wind, the sky, the sea! It must never be shut in and become an academic art.” Stephanie Ettelson will discuss how Debussy broke with the past and charted a new course on the road to modernism in the same way as the Impressionist painters.

April 14 No Program Happy Passover

April 21 Donald O’Connor: No Business like Show Business

Donald O’Connor was a quadruple threat: singer, dancer, actor and comedian. He made his show business debut at three days old, earned his first pay check at 13 months, and never looked back. His “Make ‘Em Laugh” song and dance number in Singin’ in the Rain demonstrates that he would do anything for a laugh. Susan Benjamin’s program intersperses moments from his personal life (not always so jolly) with examples of some of his finest work.

April 28 Poetry in Highland Park

Highland Park Poetry celebrates National Poetry Month, with its annual “Poetry On Parade,” featuring readings by talented local writers led by Jennifer Dotson. Senior Center members are encouraged to bring a poem to share as well, either an original composition or a favorite poem by a published author.

Welcome New Members

- | | |
|----------------------------|------------------------------|
| Jenee Adelman | Roslyn Kahn |
| David & Michelle Applebaum | Harvey & Judy Kaiser |
| Sanford Bernay | Lee Kaiserman |
| Helene Bossov | Rebekah Kaufman |
| Magdalena Castro | Gerry Keen |
| Philip Charleson | Marie Kniz |
| Robert Coe | Marvin Kuznitsky |
| Irving Cohn | Harold Lederman |
| Carolyn Cole | Mollie Levin |
| Marilyn Dann | Sharee Levinson |
| Eloy Devora | Lois Levy |
| Philip Dittmar | Robert Lippa |
| Eleanor Domash | Richard & Isabell Mann |
| Fred & Sharon Drazner | James & Roslyn Marks |
| Mary Franchini | Sharon Miller |
| Gary & Paula Frey | Morry Musicant |
| Adrienne Gallagher | Sulekha Mukherjee |
| Maxine Gan | Rhonda Narter |
| Robert & Helene Gerstein | Sally Ann Peddle |
| Marion Glicksberg | Barbara Perlmutter |
| Linda Goldstein | Marc & Ilana Platt |
| Margaret Gordon | Alexander & Barbara Polikoff |
| Olec & Vira Goryunov | Shoshana Shapira |
| Karen Greco | Selma Syrek |
| Stuart & Janine Green | Robert & Sheila Wolfson |
| Lora Hart | Dorothy T. Young |
| Jimmie & Barbra Hayes | Gerald & Brenda Zaidman |
| Lawrence Jacobson | Roslyn Zakson |

Registration and Refund Policies

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

Fitness Class Levels

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

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

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



Chair Stretching

Mondays, January 13 - February 24 (6 classes)

9:45 - 10:45 am

Fee: \$33 / NM: \$53

Mondays, March 10 - April 21 (7 classes)

9:45 - 10:45 a.m.

Fee: \$39 / NM: \$59

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

No class 1/20.

* Level 1

Tuesday Yoga

Tuesdays, January 14 - February 18 (6 classes)

10:30 - 11:30 a.m.

Fee: \$33 / NM: \$53

Tuesdays, March 11 - April 22 (7 classes)

10:30 - 11:30 a.m.

Fee: \$39 / NM: \$59

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

Total Body Fit

Tuesdays, January 14 - February 18 (6 classes)

1:30 - 2:30 p.m.

Fee: \$33 / NM: \$53

Tuesdays, March 11 - April 22 (7 classes)

1:30 - 2:30 p.m.

Fee: \$39 / NM: \$59

Carol King returns to teach this new class targeted to increase strength, flexibility and balance. This full body workout includes low impact standing cardio, muscle strengthening exercises using light weights and resistance tubing, plus standing exercises to improve stability.



* Level 2

Latin Dance Aerobics: Zumba Gold

Wednesdays, January 22 - February 19 (5 classes)

10:15 - 11:15 a.m.

Fee: \$28 / NM: \$53

Wednesdays, March 12 - April 23 (7 classes)

10:15 - 11:15 a.m.

Fee: \$39 / NM: \$59

Zumba Gold is a low impact, easier form of Zumba using Latin based music and easy to follow dance moves. Cha cha, salsa, merengue and more with certified Zumba instructor Ali Margolis. Improve your mood, memory and body while having fun!

* Level 2 / 3

Low Impact Dance Aerobics

Thursdays, January 16 - February 20 (6 classes)

9:45 - 10:45 a.m. Fee: \$33 / NM: \$53

Thursdays, March 13 - April 24 (7 classes)

9:45 - 10:45 a.m. Fee: \$39 / NM: \$59

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

* Level 2

Thursday Sit & Be Fit - Chair Exercise

Thursdays, January 16 - February 20 (6 classes)

1:30 - 2:30 p.m. Fee: \$33 / NM: \$53

Thursdays, March 13 - April 24 (7 classes)

1:30 - 2:30 p.m. Fee: \$39 / NM: \$59

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, January 17 - February 21 (6 classes)

10:30 - 11:30 a.m. Fee: \$33 / NM: \$53

Fridays, March 14 - April 25 (7 classes)

10:30 - 11:30 a.m. Fee: \$39 / NM: \$59

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, March 14 - April 25 (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

Class dates and times TBD; please call for details

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

Wednesdays, January 15 - February 19 (6 classes)

9:30 - 11:30 a.m. Fee: \$48 / NM: \$68

Wednesdays, March 12 - April 23 (7 classes)

9:30 - 11:30 a.m. Fee: \$56 / NM: \$76

This class, taught by a professional art instructor, is designed for experienced painters of all levels. Each class begins with a mini-lesson designed to teach students skill specific objectives. Following, participants 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. Please bring your own supplies.



Advanced Art

Thursdays, January 16 - February 20 (6 classes)

1 - 3 p.m. Fee: \$33 / NM: \$53

Thursdays, March 13 - April 24 (7 classes)

1 - 3 p.m. Fee: \$39 / NM: \$59

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.

CLASSES

The ACBL 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 to the point where they can confidently play in any bridge game.



~ Bidding Review & Supervised Play

Tuesdays, January 14 - February 18 (5 classes)

10 a.m. - 12 noon Fee: \$40 / NM: \$60

Designed for students with prior bridge experience, instructor Elaine Morrison will review basic concepts taught in the Bidding in the 21st Century (Club Series course). Class will focus on modern bidding (opening bids, responses, rebids, overcalls, takeout doubles and stayman) and elements of play and defense will be strengthened during the extensive supervised play portion of the class. Students will review the *ACBL Club Series book*. No class on 1/21.

~ Play of the Hand in the 21st Century (The Diamond Series)

Tuesdays, March 4 - April 22 (8 classes)

10 a.m. - 12 p.m. Fee: \$64 / NM: \$84

Elaine Morrison continues The ACBL Bridge Series with the Diamond Series course which concentrates on the play of the hand (making a plan, promoting winners, finessing, trumping losers, etc.). The initial bidding concepts are reviewed and new bidding concepts are also introduced (Jacoby transfers and slam bidding). Prerequisite Class: Bidding in the 21st Century (The Club Series), or previous bridge experience with the instructors consent. *Please bring your copy of the ACBL Diamond Series book to each class.*

Advanced Bridge Lessons

Thursdays, January 16 - February 20 (6 classes)

10 a.m. - 12 p.m. Fee: \$40 / NM: \$60

Thursdays, March 13 - April 24 (7 classes)

10 a.m. - 12 p.m. Fee: \$46 / NM: \$66

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.

Drop-In Poker

Wednesdays, 12:30 - 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, January 15 - February 26 (7 classes)

10 - 11:30 a.m. Fee: \$46 / NM: \$66

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

Wednesdays, March 12 - April 23 (7 classes)

10 - 11:30 a.m. Fee: \$46 / NM: \$66

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.



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, January 17 - February 21 (6 classes)

1 - 3 p.m.

Fee: \$90 / NM: \$110



The Apple iPad is the hottest senior friendly electronic gadget on the market. In this hands-on class, instructor Bill Marks provides students with an overview of iPad

fundamentals. Class will be taught at a slow pace, with plenty of time for review. iPad topics will include: basic operation, accessories use, Internet access, navigation of the app store, e-mail set up, basic camera functions, and more. If time allows, class will also include use of FaceTime®, so you can see and hear your loved ones around the globe.

Introduction to iPad (II)

Fridays, March 7 - April 11 (6 classes)

1 - 3 p.m.

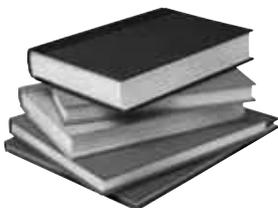
Fee: \$90 / NM: \$110

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.

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.



Conversational Spanish: Beyond the Basics

Fridays, January 17 - February 7 (4 classes)

10 - 11 a.m.

Fee: \$ 20 / NM: \$40

Fridays, March 7 - April 11 (6 classes)

10 - 11 a.m.

Fee: \$30 / NM: \$50

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.

Rules of the Road

Thursday, March 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.

AARP Smart Driving Course

Thursday & Friday, May 8 & 9

9 a.m. - 1 p.m.

Fee: \$20 / AARP members: \$15

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.



Featured Artists

Senior Center Advanced Art Class Students

January & February

Oil Paintings by Magdalena Castro

March & April

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

~ 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

*Fourth Thursday of each month (1/23, 2/27, 3/27, 4/24)
10 - 11 a.m. Free*

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*

*Hosted by Family Services of South Lake County
777 Central Avenue, HP*

Caregiving for a loved one can present tough challenges. This support group enables family caregivers to share their experiences and learn from others. Led by Stephanie Loda, LCSW, this group aims to provide strategies and support needed to maintain a positive outlook when caregiving for a relative or friend.

Reminiscence with Music

*Wednesdays, February 26, March 26, & April 23
10:30-11:30 a.m.*

Per class Fee: \$5 per class / NM: \$10

Music has the power to engage people experiencing memory loss. Hans Christian Anderson had the right idea; "When words fail, music speaks." Often a person can remember, engage, connect, and relate best through music. This group, led by Becky Froman, MA, MT-BC (board certified music therapist), will provide opportunities for those with dementia to interact with loved ones, caregivers, and each other, through music activities. Come explore how music helps those with dementia function at their very best.

**A loved one and/or caregiving partner are encouraged to participate at no additional charge.*

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.

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.

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.

January 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED Winter Holiday	2 1:00 Mah Jongg 10:00 Men's Only Group	3 9:00 Returning Student Registration 10:00 News & Views 12:30 Open Canasta 1:30 Laurel Larks
6 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	7 9:00 Member Registration 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	8 1:00 Poker 1:30 Yiddish	9 9:00 Open Registration 1:00 Mah Jongg	10 10:00 News & Views 12:30 Open Canasta 1:30 Laurel Larks Film Series Movie Highland Park Public Library Sunday, Jan. 12 th @ 2 pm
13 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	14 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Total Body Fit 1:30 Widow's Group	15 10:00 Mah Jongg Class 9:30 Supervised Art Studio 1:00 Poker 1:30 Yiddish	16 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	17 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 iPad I Class 1:30 Laurel Larks
20 CLOSED Martin Luther King Jr. Day	21 9:30 Knitwits 9:30 Open Bridge 10:30 Yoga 12:30 Senior Producers 1:30 Total Body Fit	22 10:00 Mah Jongg Class 9:30 Supervised Art Studio 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	23 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	24 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 iPad I Class 1:30 Laurel Larks
27 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	28 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:30 Total Body Fit 1:30 Widow's Group	29 10:00 Mah Jongg Class 9:30 Supervised Art Studio 10:15 Zumba Gold 10:30 Humanities Series 1:00 Poker 1:30 Yiddish	30 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	31 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 iPad I Class 1:30 Laurel Larks

February 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> 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	<p style="text-align: right;">4</p> 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Total Body Fit	<p style="text-align: right;">5</p> 10:00 Mah Jongg Class 9:30 Supervised Art Studio 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	<p style="text-align: right;">6</p> 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	<p style="text-align: right;">7</p> 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 Tonight Show Hosts 1:00 iPad I Class 1:30 Laurel Larks
<p style="text-align: right;">10</p> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<p style="text-align: right;">11</p> 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Total Body Fit 1:30 Widow's Group	<p style="text-align: right;">12</p> 10:00 Mah Jongg Class 9:30 Supervised Art Studio 10:15 Zumba Gold 10:30 Humanities Series 1:00 Poker 1:30 Yiddish	<p style="text-align: right;">13</p> 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	<p style="text-align: right;">14</p> 10:00 News & Views 10:30 Yoga 11:30 Valentine's Party 12:30 Open Canasta 1:00 iPad I Class 1:30 Laurel Larks Film Series Movie Highland Park Public Library Sunday, Feb. 16 th @ 2 pm
<p style="text-align: right;">17</p> 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	<p style="text-align: right;">18</p> 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Total Body Fit	<p style="text-align: right;">19</p> 10:00 Mah Jongg Class 9:30 Supervised Art Studio 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	<p style="text-align: right;">20</p> 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	<p style="text-align: right;">21</p> 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:00 iPad I Class 1:30 Laurel Larks
<p style="text-align: right;">24</p> 9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	<p style="text-align: right;">25</p> 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers 1:00 Investment Club 1:30 Widow's Group	<p style="text-align: right;">26</p> 10:00 Mah Jongg Class 10:30 Reminisce with Music 1:00 Poker 1:30 Yiddish	<p style="text-align: right;">27</p> 10:00 Support Group 1:00 Mah Jongg	<p style="text-align: right;">28</p> 10:00 News & Views 12:30 Open Canasta 1:30 Laurel Larks

March 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10:30 No Monday Speaker 12:30 Duplicate Bridge 1:30 No Monday Movie 1:30 Open Art Studio 6:00 Caregiver Support</p>	<p>4</p> <p>9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 12:30 Senior Producers</p>	<p>5</p> <p>1:00 Poker 1:30 Yiddish</p>	<p>6</p> <p>10:00 Men's Only Group 1:00 Mah Jongg</p>	<p>7</p> <p>10:00 News & Views 10:00 Spanish Class 12:30 Open Canasta 1:00 Tonight Show Hosts 1:00 iPad II Class 1:30 Laurel Larks</p> <p>Film Series Movie Highland Park Public Library Sunday, March 9th @ 2 pm</p>
<p>10</p> <p>9:45 Chair Stretching 10:30 No Monday Speaker 12:30 Duplicate Bridge 1:30 No Monday Movie 1:30 Open Art Studio</p>	<p>11</p> <p>9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Total Body Fit 1:30 Widow's Group</p>	<p>12</p> <p>10:00 Mah Jongg Class 9:30 Supervised Art Studio 10:15 Zumba Gold 10:30 Humanities Series 1:00 Poker 1:30 Yiddish</p>	<p>13</p> <p>9:30 Rules of the Road 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 Live on the Links: Debbie and Dave Duo</p>	<p>14</p> <p>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</p>
<p>17</p> <p>9:45 Chair Stretching 10:30 No Monday Speaker 12:30 Duplicate Bridge 1:30 No Monday Movie 1:30 Open Art Studio 2:00 St. Patrick's Day Party 6:00 Caregiver Support</p>	<p>18</p> <p>9:00 Trip: Museum of Science and Industry 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Total Body Fit</p>	<p>19</p> <p>10:00 Mah Jongg Class 9:30 Supervised Art Studio 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish</p>	<p>20</p> <p>9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit</p>	<p>21</p> <p>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</p>
<p>24</p> <p>9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>25</p> <p>9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Total Body Fit 1:00 Investment Club 1:30 Widow's Group</p>	<p>26</p> <p>10:00 Mah Jongg Class 9:30 Supervised Art Studio 10:15 Zumba Gold 10:30 Reminisce with Music 1:00 Poker 1:30 Yiddish</p>	<p>27</p> <p>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</p>	<p>28</p> <p>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</p>
<p>31</p> <p>9:45 Chair Stretching 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie</p>				

April 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Total Body Fit	2 10:00 Mah Jongg Class 9:30 Supervised Art Studio 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	3 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 1:30 Live on the Links	4 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 12:30 Open Canasta 1:00 iPad II Class 1:30 Laurel Larks 1:00 Tonight Show Hosts 1:30 Tai Chi
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	8 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Total Body Fit 1:30 Widow's Group	9 9:30 Supervised Art Studio 10:00 Mah Jongg Class 10:15 Zumba Gold 1:00 Poker 1:30 Yiddish	10 9:45 Low Impact Aerobics 10:00 Bridge Class 11:30 Passover Seder 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit Senior Citizen Prom Highland Park High School Saturday, April 12 th @ 5 pm	11 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 Film Series Movie Highland Park Public Library Sunday, April 13 th @ 2 pm
14 9:45 Chair Stretching 10:30 No Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 No Monday Movie	15 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Total Body Fit	16 9:30 Supervised Art Studio 10:00 Mah Jongg Class 10:15 Zumba Gold 10:30 Humanities Series 1:00 Poker 1:30 Yiddish	17 9:45 Low Impact Aerobics 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	18 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:30 Laurel Larks 1:30 Tai Chi Easter Brunch Silverado Senior Living Sun. April 20 th @ 11 am
21 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	22 9:30 Knitwits 9:30 Open Bridge 10:00 Bridge Class 10:30 Yoga 12:30 Senior Producers 1:30 Total Body Fit 1:00 Investment Club 1:30 Widow's Group	23 9:30 Supervised Art Studio 10:00 Mah Jongg Class 10:15 Zumba Gold 10:30 Reminisce with Music 1:00 Poker 1:30 Yiddish	24 9:45 Low Impact Aerobics 10:00 Support Group 10:00 Bridge Class 1:00 Mah Jongg 1:00 Art Class 1:30 Sit and Be Fit	25 10:00 News & Views 10:30 Yoga 12:30 Open Canasta 1:30 Laurel Larks 1:30 Tai Chi
28 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	29 9:30 Knitwits 9:30 Open Bridge 12:30 Senior Producers	30 11:15 Trip: Shakespeare Theatre 1:00 Poker 1:30 Yiddish		

Donations

Tree of Honor Donations

Acorn

In Memory of Mildred Johnson

From: The Estate of Mildred Johnson

Platinum Leaf

In Memory of Hella Stempel

From: Family and Friends

Gold Leaf

In Memory of Jane Mason

From: Family and Friends

In Memory of Dan Brusslan

From: Milton & Iona Levenfeld

In Memory of Harriet Soifer

From: Lou Frey
Dana Maresco

In Memory of Hella Stempel

From: Simon Agranov
Nancy Anderson & Donna Hill
Roz Brooks
Gladys Credi & Mary Ann Tolli
Nelli Dobrova
Richard & Marjorie Ettlinger
Lou Frey
James & Lilli Greenebaum, II
Ursula Hirsch
Tina Iacch
Frida Krivoruchko
Elizabeth Norman
Natan Shekhter & Yevgeniya Bogomolnaya
Al & Barbara Silvian
Leonid & Tamara Spevak
Ann Stout & Elizabeth Stout
Aleksandr Tkachenko & Larisa Tkachenko
Miles & Nancy Zimmerman
The Knitwits
Annette, Devi, Joe, Justin, Nadia, Rania,
Sally, Summer, & Wendy

In Memory of Jane Mason

From: Edward Freundlich, Rick, Susan Zimmerman
Lou Frey
The Gac Family
Lori Mihaly
Robin Mugford
Susan Schneider
Stephen & Anita Simes
Edye, Randy, Justin, & Jenn Sylvan
Marlene White

In Memory of Bill Pineless, Dr. Gary Pineless' Father

From: Lou Frey

In Memory of Phil Charleson

From: Maxine Levin

In Memory of Henry Hart

From: Edward Freundlich & Family

In Memory of John Harty

From: Wednesday Poker Group

In Memory of Cookie Naunton, Daughter of Lil Pritikin

From: Howard & June Berkowitz

In Memory of Roland Young

From: Maxine Levin

Best Wishes for a Speedy Recovery to Ludmilla Coven

From: Morry & Betty Robinson

In Honor of Marvin & Ilene Bernberg's Anniversary

From: Burt & Iona Dolgin

In Honor of Cecelia Frohman's 90th Birthday

From: Morry & Betty Robinson

Best Wishes for a Speedy Recovery to Ron Butler

From: Senior Center Duplicate Bridge Group

Best Wishes for a Speedy Recovery to Bob Burke

From: Robert Wolfson

Best Wishes for a Speedy Recovery to Dr. David Ingall

From: Maxine Levin

Best Wishes for a Speedy Recovery to Thelma Krause

From: Maxine Levin

Best Wishes for a Speedy Recovery to Linda Levy

From: Maxine Levin

Best Wishes for a Speedy Recovery to Laura Frey

From: Howard & June Berkowitz

Services for Seniors

From: Dorothy Ross
Dolores Hoffman
Ann Lawson & Marlin Abramson



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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.

Winter Holiday

December 25 - January 1

Martin Luther King Jr. Day

January 20