



The Shorelines

May - June 2024

Highland Park Senior Center

Temporary Address: 770 Deerfield Road

NEWSLETTER

Monday - Thursday, 9 AM – 4 PM

Friday, 9 AM – 1 PM

Activity Registration

All registration opens at 9 am

Returning Student Priority Registration:

Through Tuesday, April 23

Member Activity Registration Begins:

Wednesday, April 24 - Monday, April 29

Open Registration Begins:

Tuesday, April 30

Registration is required for all activities

Holiday Schedule

The Senior Center will be closed:

Memorial Day

Monday, May 27

Transition Break

Monday, June 24 - Friday, July 5

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Dear Members,

As spring settles in, the sun shines, birds sing, and flowers bloom anew. The City of Highland Park Senior Center offers many opportunities to reset and renew, including a wide variety of activities, such as movement classes, humanities courses, cards and games programs, special events and day excursions to many of the hottest shows and exhibits in the area.

Renovations of the Senior Center at 1201 Park Avenue West are underway, and will continue through October. The current lease at COHPS runs through the end of June, and staff is currently reviewing temporary location options through the end of October. To that end, this issue of the Shorelines newsletter includes classes and activities through the end of June, and a new issue with future activities will follow.

City staff are excited about the renovation plans which include a new Senior Center east entrance with designated senior parking, multiple classrooms and meetings spaces, updated furnishings, fixtures and finishes, a full redesign and replacement of the parking lot, and more.

New for May, the Senior Center is partnering with the Highland Park Police Department to offer a new program entitled *Grounds for Discussion*, designed to increase your understanding of police operations, get to know the men and women of the HPPD, and gain confidence in relation to personal safety. *Please see page 5 for full details.*

Earlier this week, I came across this poem, which reminds us to look at life through a positive lens.

Today shall not be a duty, but an honor.

Today shall not be a challenge, but a chance.

Today shall not be a burden, but a gift!

Laura Frey, Manager of Senior Services



Day Excursions

Registration Required

Day Excursions depart from and return to the NORTH EAST corner of the
1201 Park Avenue West parking lot.

Midsummer Night's Dream Ballet

Joffrey Ballet, Civic Opera House

Sunday, May 5, 2024

Bus departs HPSC at 12:15 PM

Bus returns at approximately 5:15 PM

Fee: \$215 / NM: \$235

This excursion is currently filled; please call to add your name to the wait list.

Judgement Day & Dinner

A new comedy starring Jason Alexander

The Yard at Chicago Shakespeare

Wednesday, May 22

Bus departs HPSC at 11:30 AM

Bus returns at approximately 6:30 PM

Fee: \$175 / NM: \$195

This excursion is currently filled; please call to add your name to the wait list.

Milwaukee Landmarks & Lunch

Pabst Mansion and Mitchell Park Domes

Milwaukee, Wisconsin

Wednesday, June 12

Bus departs HPSC at 9:15 AM

Bus returns at approximately 5 PM

Fee: \$110 / NM: \$130

Registration deadline: 5/13/24

Explore two popular Milwaukee landmarks, the historical Pabst Mansion and the exquisite gardens of the Mitchell Park Domes. Docent-led tours will take you through each of these distinguished sites, delving into architecture, history and horticulture. Lunch at a delicious local restaurant included.

Teatro ZinZanni Lunch Theater

The Spiegeltent in the Cambria Hotel, Chicago

Thursday, June 20

Bus departs HPSC at 10:15 AM

Bus returns at approximately 4:15 PM

Center Ring Seating Fee: \$165 / NM: \$185

Inner Ring Seating Fee*: \$180 / NM: \$200

Registration deadline: 5/20/24

Teatro ZinZanni is an original form of entertainment combining a unique fusion of cirque, comedy, cabaret, spectacle, and live music all the while serving up a multi-course feast. A spectacle of unforgettable performances, sumptuous cuisine, and premium entertainment await you within the velvet walls of the Spiegeltent ZaZou in the heart of the Loop. Fee includes lunch, performance, transportation, and trip leader. **Inner Ring seating is located in the front row, and guests may be chosen for audience participation.*

Choir of Man & Dinner

Apollo Theater & Public House

Thursday, July 18

Bus departs HPSC at 12:45 AM

Bus returns at approximately 6:45 PM

Fee: \$155 / NM: \$175

Registration deadline: 6/17/24

The Choir of Man is a one of a kind musical chock-filled with 90 minutes of uplifting, joyous fun. Set in a typical British pub "The Jungle", nine men have a foot stomping good time as they jam through popular songs and ballads by artists such as Katie Perry, Sia, and Guns & Roses to name a few. Throughout the show, these men form a sense of community and friendship in their local pub and take the audience on a roller coaster of emotion through their comradery and love for one another.

Day Excursions

Registration Required

The Choir of Man (continued)

Following, and in keeping with the theme of the show, enjoy an early dinner at O'Shaughnessy's Public House dining establishment. Lunch includes salad, your choice of entree (corned beef press, shepard's pie, fish-n-chips, bangers & mash, chipotle lime chicken sandwich, or vegetable curry), infused citrus dessert, and your choice of soft beverage.



Ain't Misbehavin' & Lunch

The Fats Waller Story

Drury Lane, Oak Brook

Thursday, August 8

Bus departs HPSC at 10:15 AM

Bus returns at approximately 5:15 PM

Fee: \$125 / NM: \$145

Registration Deadline: 7/9/24

Stride along with the toe-tapping, finger-snapping revue that journeys through the Harlem Renaissance with the music of legend Fats Waller. Brimming with the energetic charm of jazz classics such as *Honeysuckle Rose* and *I Can't Give You Anything But Love*, the crooners of Ain't Misbehavin' bring soulful melodies to life, capturing the essence of an era where the joint was always jumpin'. Lunch on-site features mixed green salad, your choice of entree (fresh filet of salmon or bistro steak au poivre), chef's choice of sides, sorbet and choice of soft beverage. Fee includes lunch, show, transportation, and trip leader.

Brookfield Zoo - Intergenerational

Brookfield, IL

Friday, August 16

Rain Date: Friday, August 23

Bus departs HPSC at 9 AM

Bus returns at approximately 5 PM

Fee: \$80 / NM: \$100

Registration Deadline: 7/29/24

Explore more than 450 species in this amazing zoological park, housed in special exhibits including Habitat Africa, Great Bear Wilderness, Desert's Edge, Tropic World, and more. Together, the group will enjoy the Seven Seas dolphin show, and a tram ride around the park, with stops and time to visit some of the most popular exhibits. You'll also have time on your own to tour areas where your interests lie. Fee includes zoo admission, dolphin show, tram ride, transportation, and trip leader; lunch is on your own. **Family members of all ages are welcome, and may pay the \$80 member fee.*

Ain't Too Proud:

The Life and Time of the Temptations

CIBC Theatre

Wednesday, September 25

Bus departs HPSC at 11:30 AM

Bus returns at approximately 5 PM

Fee: \$200 / NM: \$220

Registration Deadline: 8/26/24

Sneak Peek:

The Neil Diamond Musical:

A Beautiful Noise

Cadillac Palace Theatre

Wednesday, November 20

Trip details and registration information will be available in the next issue of the Shorelines



Special Activities

Registration Required

The Golden Gala Senior Prom

Highland Park High School

Saturday, May 11

5 - 7:30 PM

Fee: \$10, open to all seniors

Registration Deadline: Friday, April 28

Sponsored by Arbor Terrace Highland Park

The Highland Park High School Class of 2026 invites you to join them for a night at the Prom! Enjoy a fabulous evening of dinner, dancing, and entertainment. Guests will enjoy a buffet dinner and a sweet table with home-baked goodies. The HPHS DJ Club will provide music, and some of the high school's most talented artists will perform throughout the evening. The student hosts are planning an enchanting evening of glitter and gold, and they will be dressed up... ready to serve, ready to dance, and ready to entertain!

Memorial Day Indoor BBQ

Sunrise Senior Living

Monday, May 27

12 - 2 PM

Fee: \$5 / NM: \$15

Registration Deadline: Monday, May 20

Sponsored by Sunrise Senior Living

Kick-off the start of summer with this indoor celebration featuring many of your BBQ favorites, including hamburgers, hot dogs, grilled chicken, potato salad, coleslaw, corn on the cob, and more. Following lunch, enjoy dazzling entertainment by Greg Woods, performing music by Cole Porter, the Gershwins, Rogers & Hammerstein, Frank Sinatra and other legends of that era. Community tours will be available upon request.

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

Mix and Mingle Restaurant Outing

Enjoy this opportunity to meet new people alongside a delicious dining experience. Come solo or with a small group of friends and you will be matched with others.

Ordo Restaurant

1855 Deerfield Road - Highland Park

Wednesday, June 5

4:30 - 6 PM

Fee: \$30 / NM: \$50

You are invited to an incredible culinary journey at Ordo Restaurant, a new restaurant featuring Central Asian and Eastern European cuisine. Enjoy an exceptional variety of flavors, impeccable service, and an atmosphere of high hospitality.

Dinner includes a sampler plate of appetizers, your choice of entree served with mixed vegetables and rice, honey cake for dessert, and your choice of soft beverage. Cash bar will be available.

When registering, please indicate your choice of salmon and pineapple kabob, beef shashlik skewers, shrimp jarovanya, or mushroom risotto.



Special Activities

Registration Required

Barry Bradford Presents

Time Capsule

Zoom; Registration Required

Fridays, 1:30 – 3 PM

Free for members / NM: \$10

Sponsored by Sunrise Senior Living

The Highland Park Senior Center welcomes back internationally recognized, award-winning public speaker and historian Barry Bradford! Using video clips, little-known anecdotes, and intriguing insights, Barry's multimedia presentations are sure to captivate and entertain.

This popular series will explore the top news stories of the year, top movies and shows, famous births and deaths, what things cost and so much more!

May 24 **100 Years Ago - 1924**

June 28 **75 Years Ago - 1949**

July 26 **50 Years Ago - 1974**

Book Club

Zoom; Registration Required

Mondays, 1 – 2:15 PM

Fee: \$20 / NM: \$40

Led by Stephanie Hofman & Pamela Kramer

Sponsored by Assured Healthcare Staffing

May 20 ***Shark Heart*** by Emily Habeck

June 17 ***Crow Mary*** by Kathleen Grissom*

July 29 ***The Bird Hotel*** by Joyce Maynard

August 26 ***The Endless Vessel*** by Charles Soule

**Grissom will be joining the group discussion on 6/17*

Grounds for Discussion

Highland Park Senior Center at COHPS

Mondays, May 6 and June 3

1 – 2 PM

Free and open to the community at large

Presented by the Highland Park Police Department

Sponsored by Arbor Terrace Highland Park

In an effort to strengthen community partnerships and personalize public safety efforts, the Highland Park Police Department introduces *Grounds for Discussion*. Each month, representatives from the Police Department will meet with local seniors to inform and educate on the latest crime prevention issues. Participants will increase their understanding of police operations, get to know the men and women of the HPPD, and gain confidence in relation to personal safety. Topics include Police Department policies and procedures, domestic violence and elder abuse, diversionary thefts (cons and scams), legal issues, fire prevention, personal safety procedures, and more. Coffee and sweet treats will be provided!



B - I - N - G - O

Aliya Care - Highwood

May 13 & June 10

1 – 2 PM

Free for members / NM: \$10

Sponsored by Aliya Care

Calling all Bingo lovers! Enjoy an afternoon of fun with the chance to win local gift certificates. Staff from Aliya Care, will call six games, with the final round of the day being a cover-the-card game. Light refreshments will be served.



Registration Information

Online Membership and Registration Portal

The Senior Center has a user-friendly online portal, where community members are able to purchase and renew memberships, register for Senior Center activities, and view the interactive, up-to-date calendar. An online account has been created for all current members as well as individuals in the Senior Center's database; please check to see if you have an active account prior to creating one.

Please call the Senior Center for assistance in accessing your online account or navigating the online portal.

To access the Senior Center's online portal, please visit: www.cityhpil.com/seniorcenter

Registration and Cancellation

- Classes and activities will be offered either virtually or in-person, and may transition from virtual to in-person, and vice-versa, at any time.
- Participants must register prior to the start of classes, trips and special activities; payment is due upon registration.
- To register online, please visit www.cityhpil.com/seniorcenter or call 847.432.4110. If there is no staff available, please continue to call until you reach a live person. Phone messages will not constitute registration.
- Trips and special activities will have a posted registration deadline. Late registrations will be accommodated when possible and will be charged a \$5 administrative fee.
- If you must cancel, a CREDIT will be issued ONLY if registration fills and a replacement can be found. CREDITS (minus a \$5 processing fee) will be processed after the activity is complete.
- Links for virtual activities will be emailed to registrants only, prior to the start of the program.

Fitness Class Levels

Level 1 - Designed for those with limited physical fitness ability. These classes are slower paced and may be done while seated.

Level 2 - Designed for those with moderate physical fitness ability. These classes include some aerobic activity and participants must have good balance.

Level 3 - Designed for those with strong physical fitness ability. These classes include aerobic activity and are fast paced. Those including floor work will be noted.

** For exercise classes with openings, members may try one class for a \$10 drop-in fee before committing to the full session. If you like the class and decide to register for the full session on the same day, the \$10 drop-in fee will be discounted from the full cost of the class.*

Activities - General

Registration Required

News & Views

(Virtual)

Join others for an intimate, intellectual and respectful discussion on local and worldwide current events. Share your thoughts and opinions with this wonderful group, where all opinions are welcome and open for discussion. Program moderator: Skip Jacobs. *No meeting 6/26.*

Day: Wednesdays, weekly
Time: 10 – 11:30 AM
Fee: Free, for members only



Conversational Spanish

Hola Amigos! Certified Spanish teacher Leslie Fenster teaches students the fundamentals of Spanish in a fun and supportive environment.

Times: **Intermediate:**
9:30 – 10:30 AM
Advanced:
11 AM – 12 PM
Day / Dates: Thursdays, 5/9 – 6/20 (7)
Fee: \$49 / NM: \$69
Times: **Beginning (continued):**
9:30 – 10:30 AM
Day / Dates: Fridays, 5/10 – 6/21 (7)
Fee: \$49 / NM: \$69



Knit & Crochet Club

Share good conversation and great company while knitting or crocheting items for local charities, or working on your own projects. Participants work on hats, scarves, mittens, blankets, and other items, and often share new techniques. Club host, Meg Sibbersen, will give lessons to beginners. Supplies for charitable items will be provided. *No meeting 6/26.*

Day: Tuesdays
Time: 10:45 AM – 12:15 PM
Fee: Free, for members only



AARP Smart Driver Course

This driver safety course covers current rules of the road, defensive driving techniques, and how to operate a vehicle more safely in today's challenging driving environment. Participants must attend both dates of the course. Please bring IL Drivers license, AARP membership card (if applicable), and a pen or pencil. *Held at HPPD.*

Day: Wednesday, July 10
& Thursday, July 11
Time: 9 AM – 1 PM
Fee: AARP Members - \$20
Non Members - \$25

Rules of the Road: Drivers Test Prep

Designed to give drivers the knowledge and confidence needed to renew or obtain a driver's license. This review course combines an explanation of the driving exam with a practice written exam.

* *The Senior Center is not offering this class in person this summer. Please find more information at: <https://www.ilsos.gov/publications/seniorspub>.*



Activities - Movement

Registration Required

Better Balance

Level 2

Taught by Judy Samuelson and Ida Greenfield, this program includes discussion, chair exercises, and standing poses. Using small hand weights and balls, students will increase their strength and flexibility while improving posture and balance. *No class 5/27.*

Day / Dates: Mondays, 5/6 – 6/17 (6)

Time: 11:15 AM – 12:15 PM

Fee: \$42 / NM: \$62

Day / Dates: Tuesdays, 5/7 – 6/18 (7)

Time: 11:15 AM – 12:15 PM

Fee: \$49 / NM: \$69

Day / Dates: Wed, 5/8 – 6/19 (7)

Time: 11:15 AM – 12:15 PM

Fee: \$49 / NM: \$69

Day / Dates: Thursdays, 5/9 – 6/20 (7)

Time: 11:15 AM – 12:15 PM

Fee: \$49 / NM: \$69

Sit & Be Fit

Level 1

Join Carol King for a fun workout done while seated. Exercises to increase range of motion, mobility, and strength will be performed to well-loved music, utilizing light weights and resistance tubes.

Day / Dates: Tuesdays, 5/7 – 6/18 (7)

Time: 1:30 – 2:30 PM

Fee: \$49 / NM: \$69

Day / Dates: Thursdays, 5/9 – 6/20 (7)

Time: 1:30 – 2:30 PM

Fee: \$49 / NM: \$69

Tai Chi

Level 2

Tai Chi is a martial art that improves balance and body awareness. Its relaxed, slow, and precise body movements enhance body strength and mind clarity. Ken Ning will guide you to nurture the Qi (life force) within, to flow smoothly and powerfully throughout the body to help concentration, energy, stress relief and harmony.

Day / Dates: Tuesdays, 5/7 – 6/18 (7)

Time: 6:30 – 7:30 PM

Fee: \$49 / NM: \$69



Zumba Gold

Level 3

Sue Hock introduces easy-to-follow Latin Dance Fitness choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance and is designed to be approachable by all populations, regardless of fitness level. It is FUN – exercise in disguise!

Day / Dates: Wed, 5/8 – 6/5 (5)

Time: 10 – 11 AM

Fee: \$35 / NM: \$55



Activities - Movement

Registration Required

Triple Fit

Level 3

Carol King brings three fitness elements together in this exciting new class: standing cardio (low impact), strength training using weights or resistance bands, and balance for a total body work out! Participants should be able to get on the floor for additional training exercises.

Day / Dates: Fridays, 5/10 – 6/21 (7)

Time: 9 – 10 AM

Fee: \$49 / NM: \$69



Yoga with Mat Work

Level 3

Taught in standing, chair, and floor positions, instructor Andy Amend leads this class through gentle movements to increase flexibility, strength, and well-being. Students are led through stretches, yoga postures, breathing practices, and then guided into deep relaxation. Students should bring a yoga mat to class each week.

Day / Dates: Fridays, 5/10 – 6/21 (7)

Time: 10:15 – 11:15 AM

Fee: \$49 / NM: \$69



City Summer Events

Memorial Day Observance

Highland Park High School Auditorium

Monday, May 27 at 11 AM

Join the Mayor, City Poet Laureate, and local veterans groups for the Memorial Day Observance. The Highland Park High School Band will perform. Park in the school lots.

The Lot 2024 Season

An exciting third season of special events and festivals is coming to The Lot in Downtown Highland Park! From headlining music performances to unique dining, family friendly entertainment, weekend concerts and food fests, there's something for everyone this season at The Lot.

French Market

Sundays, June 9 - September 29

Taste of Highland Park

Friday, June 21 & Saturday, June 22

Bitter Jester Music Festival Finale Concert

Saturday, June 29

Independence Day Events

The City and the Park District have planned a schedule of events for Independence Day to balance the diverse needs within the community, by providing space for remembrance as well as familiar traditions.

Activities include a remembrance at 10 AM, a parade at 1 PM along a new route in Downtown Highland Park, and the return of the family friendly Fourth Fest starting at 1:30 PM.

Planners have undertaken a trauma-informed approach to planning these events, with guidance from the Department of Justice – Office of Victims of Crime and community-based mental health clinicians serving clients in Highland Park.



Activities - Cards & Games

Registration Required

The ACBL Bridge Lesson Series

This series consists of a progression of five courses, each focusing on a different aspect of the game and bringing students from absolute beginners through to the point where they can confidently play in any bridge game. Courses include 1) *Club Series: 21st Century Bidding*, 2) *Diamond Series: 21st Century Play of the Hand*, 3) *Heart Series: Defense*, 4) *Spade Series: Commonly Used Conventions*, 5) *Notrump Series: More Commonly Used Conventions*. All levels instructed by volunteer instructor, David Nehmadi, a certified Best Practices teacher through the ACBL.

- Course books are available for sale at the Senior Center.

Diamond Series Continued: Play of the Hand

This series concentrates on the play of the hand (making a plan, promoting winners, finessing, trumping losers, etc.). The initial bidding concepts are reviewed and a few new concepts are introduced (Jacoby transfers and slam bidding). Class includes some review of the Club Series: Bidding. *No class 5/27.*

Day / Dates: Mondays, 5/6 – 6/17 (6)

Time: 9:30 – 11:30 AM

Fee: \$20 / NM: \$40

Notrump Series Continued: More Commonly Used Conventions

Students delve deeper into more commonly used conventions such as negative doubles, the Unusual notrump, Michaels cue bids, slam bidding, leads and signals, and 2/1. Class includes some review of the Spade Series: Commonly Used Conventions.

Day / Dates: Tuesdays, 5/7 – 6/18 (7)

Time: 9:30 – 11:30 AM

Fee: \$20 / NM: \$40

Beginning Canasta

Canasta has had a resurgence of popularity amongst both men and women. Instructor Terri Argentar teaches canasta in a learn-as-you-play game, supplemented by various handouts. Participants MUST attend the first class.



Day / Dates: Wednesdays, May 15 – June 19 (6)

Time: 1:30 – 3:30 PM

Fee: \$72 / NM \$92

Basics of Mah Jongg

Mah Jongg is an ancient Chinese game which is gaining popularity in the U.S. Join other beginners and learn the basics needed to play the game. Instructor Dale Solow is excited to share her knowledge and love of the game. Participants MUST attend the first class. A current Mah Jongg card is included in fee.

Day / Dates: Tuesdays, May 7 – June 18 (7)

Time: 1:30 – 3:30 PM

Fee: \$99 / NM: \$119



The following activities will be offered again when full operations resume.

Senior Center Concerts

Brunch and Learn

Continuing Canasta: Strategic Play

Activities - Cards & Games

Registration Required

Intro to Chess

Designed for absolute beginners to the game of chess, participants will learn the basic concepts of the game and how pieces move. Perfect for those who know nothing about chess but may be interested in learning the game.

Day / Date: Wednesdays, 5/8 – 5/29 (4)

Time: 10 AM – 11 AM

Fee: \$28 / NM: \$48

Beginning Chess Instruction

Designed for participants who know how to move the pieces. Participants will learn basic openings and checkmating strategies.

Day / Date: Wednesdays, 6/5 – 6/19 (3)

Time: 10 AM – 12 PM

Fee: \$36 / NM: \$56

Advanced Chess Supervised Play

Instructor Steve Kaufman will be supervising games while reiterating rules, techniques and offering tips to participants. This class is appropriate for players who have completed the previous chess courses (Intro through Strategic), or those with previous experience and advanced understanding and skill.

Day / Date: Thursdays, 5/9 – 6/ 20 (7)

Time: 1:30 – 3:30 PM

Fee: \$49 / NM: \$69



Duplicate Bridge Open Play

The card room will be open for non-sanctioned Duplicate Bridge. Volunteer David Nehmadi will manage the game and help determine the appropriate level of play. If you are looking for a partner, please inquire.

Day: Mondays, *no game 5/27*

Time: 12:30 – 3:30 PM

Fee: Free for members / NM: \$10

Mah Jongg Open Play

Day: Tuesdays

Time: 1 – 3:30 PM

Fee: Free for members / NM: \$10

Canasta Open Play

Day: Wednesdays

Time: 1 – 3:30 PM

Fee: Free for members / NM: \$10

Poker Open Play

Day: Thursdays

Time: 1 – 3:30 PM

Fee: \$2 / NM: \$4



Chess Open Play

Day: Wednesdays

Time: 10 AM - 12 PM

Fee: Free for members / NM: \$10



Activities - Humanities

Registration Required

Art Classes at The Art Center HP

Sponsored by Endeavor Health

The Senior Center is excited to collaborate with the Art Center of Highland Park to offer Senior Center art classes at their state of the art facility, utilizing their amazing instructors.

Art classes are not eligible for priority registration.

Sketching for Beginners

Sketching is the first step to a more detailed drawing, often used to create drafts, practice techniques, or work out ideas on paper. Through drawing exercises, line-work, and deconstructing objects (breaking down complex objects into simpler shapes); you will have a better 'base' for your drawings and greater confidence in your drawing abilities.

Day / Dates: Wednesdays, 5/8 – 6/12 (6)
Time: 1– 3 PM
Fee: \$72 (HPSC members only)

Mosaics

For students new to the contemporary mosaic art form. Learn the basic aspects of mosaic, work with traditional mosaic tools of the hammer and hardie. Explore different varieties of traditional and modern materials.

Day / Dates: Fridays, 5/10 – 6/21 (7)
Time: 9:15 – 11:45 AM
Fee: \$120 (HPSC members only)



Classical Kaleidoscope

Please join Beethoven, Mozart, Chopin, Schubert and your host Sandy Fishman for a weekly hour of entertainment and education. Learn how to listen to and understand classical music during this interactive Music Appreciation class. *No class 5/27.*

Day / Dates: Mondays, 5/6 – 6/17 (6)
Time: 2:30 – 3:30 PM
Fee: \$20 / NM: \$40

Shakespeare Close Reading Group

Explore the words of Shakespeare every week with this stimulating close reading group. Join in to read the plays out loud, or just to listen and discuss. The group will make its way through the pages of William Shakespeare's plays (currently reading *King Lear*), discussing meaning, symbolism, the humours, and more! Participants are asked to bring their own copy of the current play being discussed. Please call the office for details.

Day / Dates: Wednesdays, 5/8 - 6/19 (7)
Time: 1:30 - 3 PM
Fee: \$20 / NM: \$40

Creative Writing Club

Everybody has a story. What's yours? In this class we will explore a variety of writing styles and genres through both in-class and weekly outside of class writing exercises; close readings; and discussions about elements of narratives and what makes good writing. This class is for you if you want to experiment and play with your writing, hone your craft, share your work and the works of others and learn how to give and receive constructive feedback.

Day / Dates: Tuesdays, 7/9 – 8/27 (8)
Time: 9 – 10:30 AM
Fee: \$20 / NM: \$40

Social Services

Social Services Specialist

Social Services Specialist, Rachel Trabaris, LSW, CT, 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 individual and family counseling, support groups, and information and referrals including:

- Information and referrals for caregiving agencies, alternative living facilities, transportation options, medical alert systems and mobile meals assistance.
- Appointments with a SHIP (Senior Health Insurance Program) volunteer.
- Volunteer snow shoveling and grass cutting services for low income senior or disabled residents.
- Telephone Reassurance Program for senior adults living alone.
- Counseling for individuals experiencing loss, life changes, or seeking personal support.

For further information on these services or to schedule an appointment, please contact Rachel at rtrabaris@cityhpil.com or 847.926.1868.

Counseling Services

For individuals and couples experiencing loss, life changes, or seeking personal support, Rachel Trabaris, LSW, CT can provide short term counseling. Develop coping and calming skills, identify and process your emotions, discuss and brainstorm solutions to challenging circumstances. Please contact Rachel to set up a personal appointment.

Rachel Trabaris is expecting...

The City of Highland Park Senior Center's Social Services Specialist, Rachel Trabaris, along with her husband Will and their daughter Juniper, are excited to welcome a new baby boy to their family. Rachel will be on parental leave from early June through August.

During Rachel's absence, Senior Center staff will be happy to assist with information and referrals, along with other programs noted below, while Social Workers from other city departments will be on hand to assist with more complex needs. Please continue to reach out the Senior Center for social services as needed.

Beginning June 3, please contact Laura Frey, Manager of Senior Services, for appropriate staff referrals.

Senior Center Scholarship

Individuals and couples who qualify for the Benefit Access Program will also qualify for the Senior Center Scholarship program. Benefits include free membership and a discount on Senior Center activities. Please call Rachel Trabaris and schedule an appointment to determine eligibility.

Reduced Rates for City Services

Resident households who qualify under the federal HUD low-income rates are eligible for reduced rates for garbage, sewer, and diseased elm tree removal services. Please call Highland Park City Hall at 847.432.0800 for further information.

Senior Benefit Access Program

Help from the State of Illinois may be available for Illinois residents who are age 65 and older, or age 16 and older and totally disabled. Benefits include: seniors ride free transit benefit, persons with disabilities free transit ride, and Secretary of State license plate discount. Applications must be submitted at: www.illinois.gov/aging.



Social Services

Memory Café

In Partnership with the Highland Park Library

A Memory Café is a safe space and social gathering place for individuals who live with memory loss, mild cognitive impairment, early Alzheimers, or other dementias - as well as their loved ones or caregivers. Each month's activities will focus on a unique topic and will include a snack!

Location: Highland Park Public Library
Day: Monday, May 13, 3:30 - 4:30 PM
Thursday, June 20, 1:30-2:30 PM
Fee: Free; please register in advance



Premise Alert and Voluntary Identification for Individuals with Disabilities

The Highland Park Police Department requests that residents with non-visible disabilities complete the Premise Alert Enrollment Form online. All information is confidential and used solely to provide emergency responders quick access to critical information about a registered individual. Additionally, in an effort to provide an enhanced level of safety to the community's most vulnerable residents, the Police Department offers free, voluntary identification bracelets or shoe tags for residents with non-visible disabilities which allows emergency personnel to more quickly learn about a person's diagnosis and how to best interact. For more information, please visit the city's website on the Premise Alert Program, or contact Police Department at 847.432.7730

Family Caregiver Support Services

The Barrington Area Council on Aging (BACOA) is the new Lake County provider of Family Caregiver Support Services. BACOA provides services to family caregivers of older adults (60+), family caregivers of individuals with dementia (any age), or Grandparents (55+) serving as the primary caregiver for a child. Services include in-home, facility, or adult day programs, support groups, utility assistance, emergency services, home renovation, legal services, caregiver training/education, counseling, and a stressbusters course. For details and screening to qualify, please call 847.381.5030.

State Health Insurance Assistance Program (SHIP)

State trained 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 Medicare Prescription Drug Plan. Trained volunteers are available to assist in navigating the enrollment process in a personal appointment either in-person, over the phone, or virtually via Zoom. Please contact Rachel to schedule an appointment.

Advanced Care Planning Packet

In order to help ensure your wishes are known and honored, the Senior Center has created an Advanced Care Planning Packet which includes; Five Wishes workbook, Advanced Care Planning Tips and Getting Your Affairs in Order booklets from the National Institute on Aging, and more. Please stop by the Senior Center to pick up a copy of this important packet.



Social Services

Senior Center Loan Closet

HPCC - 1201 Park Avenue West

Mondays & Thursdays; 2 - 3 PM

Senior Center members & Highland Park residents may borrow medical equipment for an unlimited amount of time, free of charge. A liability waiver must be signed by the individual who will be using the equipment. Please contact the Senior Center for further details.

Blood Pressure Screenings

The Highland Park Fire Department is available to help residents monitor their blood pressures. Please stop in any fire station Monday - Friday from 7 AM until 12 PM and 2 PM until 4 PM and a member of their team will be happy to assist you.

Heart Saver CPR / AED

1130 Central Avenue - HP Fire Department

Led by the Highland Park Fire Department, this three-hour course teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children, and infants. This course teaches skills with the American Heart Association's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills. This class is hands on, and participants will need to be able to perform quality CPR for 3-5 minutes to receive a completion card. Cards are electronic and delivered via email. To register for one of the following dates, *please call the HP Fire Department at 847.433.3110.*

Day/Date: Thursday, May 16

Tuesday, June 18

Time: 9 AM – 12 PM

Fee: \$50

Senior Transportation Opportunities

Highland Park Connector Bus Service

For details, please call 847.432.4110.

www.cityhpil.com/seniorcenter

Ride Lake County

For details, please call 800.201.6446.

www.lakecountyil.gov/transportation

Moraine Township Door-to-Door Paratransit Van

For details, please call 847.432.3000.

www.morainetownship.org

ElderCARE Transportation

For medical appointments

For details, please call 847.406.4683.

www.eldercarelakecounty.org/services



United Way of Lake County 2-1-1

211 is a free, confidential, 24-hour information and referral help line connecting individuals in need with access to available health and human services. Lake County residents can connect to a wide range of services and an expert navigator will guide them regardless of the time of day, the language they speak or where they live. Call 211 or visit 211lakecounty.org.

2024

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	01	02	03
		10:00 News & Views (Z) 10:00 Open Chess 1:00 Open Canasta	1:00 Open Poker	<i>Sunday, May 5</i> 12:15 PM - Trip: Ballet
06	07	08	09	10
9:30 Bridge: Diamond 11:15 Better Balance 12:30 Duplicate Bridge 1:00 Grounds for Discussion 2:30 Classical Kaleidoscope	9:30 Bridge: Notrump 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:00 Intro to Chess 10:00 Open Chess 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Group	9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Advanced Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:15 Yoga <i>Saturday, May 11</i> 5:00 PM - Golden Gala
13	14	15	16	17
9:30 Bridge: Diamond 11:15 Better Balance 12:30 Duplicate Bridge 1:00 Bingo 2:30 Classical Kaleidoscope 3:30 Memory Café	9:30 Bridge: Notrump 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:00 Intro to Chess 10:00 Open Chess 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Beginning Canasta 1:30 Shakespeare Group	9:00 Heart Saver CPR/AED 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Advanced Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:15 Yoga
20	21	22	23	24
9:30 Bridge: Diamond 11:15 Better Balance 12:30 Duplicate Bridge 1:00 Book Club 2:30 Classical Kaleidoscope	9:30 Bridge: Notrump 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:00 Intro to Chess 10:00 Open Chess 10:00 Zumba Gold 11:15 Better Balance 11:30 Trip: Judgement Day 1:00 Sketching 1:00 Open Canasta 1:30 Beginning Canasta 1:30 Shakespeare Group	9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Advanced Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:15 Yoga 1:30 Barry Bradford (Z)
27	28	29	30	31
CLOSED Memorial Day 11 AM - Memorial Day Ceremony 12 PM - Indoor BBQ	9:30 Bridge: Notrump 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:00 Intro to Chess 10:00 Open Chess 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Beginning Canasta 1:30 Shakespeare Group	9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Advanced Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:15 Yoga

2024

JUNE

Monday

Tuesday

Wednesday

Thursday

Friday

03	04	05	06	07
9:30 Bridge: Diamond 11:15 Better Balance 12:30 Duplicate Bridge 1:00 Grounds for Discussion 2:30 Classical Kaleidoscope	9:30 Bridge: Notrump 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:00 Beginning Chess 10:00 Open Chess 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Beginning Canasta 1:30 Shakespeare Group 4:30 Dinner at Ordo	9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Advanced Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:15 Yoga
10 9:30 Bridge: Diamond 11:15 Better Balance 12:30 Duplicate Bridge 1:00 Bingo 2:30 Classical Kaleidoscope	11 9:30 Bridge: Notrump 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	12 9:15 Trip: Milwaukee 10:00 News & Views (Z) 10:00 Beginning Chess 10:00 Open Chess 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Beginning Canasta 1:30 Shakespeare Group	13 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Advanced Chess 1:30 Sit & Be Fit	14 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:15 Yoga
17 9:30 Bridge: Diamond 11:15 Better Balance 12:30 Duplicate Bridge 1:00 Book Club 2:30 Classical Kaleidoscope	18 9:00 Heart Saver CPR/AED 9:30 Bridge: Notrump 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Basics of Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	19 10:00 News & Views (Z) 10:00 Beginning Chess 10:00 Open Chess 11:15 Better Balance 1:00 Open Canasta 1:30 Beginning Canasta 1:30 Shakespeare Group	20 9:30 Int. Spanish 10:15 Trip: Teatro Zinzanni 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:30 Advanced Chess 1:30 Sit & Be Fit 1:30 Memory Café	21 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:15 Yoga
24	25	26	27	28 1:30 Barry Bradford (Z)
CLOSED for Relocation				



Highland Park Senior Center

Temporary Location
770 Deerfield Road
Highland Park, IL 60035
847.432.4110
www.cityhpil.com

Senior Center Staff

Laura Frey, CPRP
Manager of Senior Services

Christina Earle, CPRP
Program Coordinator

Rachel Trabaris, LSW, CT
Social Services Specialist

Miguel Rangel-Martinez
Support Staff

Michele Wilson
Customer Service Specialist

Mayor

Nancy Rotering

City Council

Anthony E. Blumberg
Jeff Hoobler
Annette Lidawer
Yumi Ross
Kim Stone
Andrés Tapia

City Manager

Ghida S. Neukirch

Donations

In loving memory of Toby Moses

From: Abby and Larry Block
Laura and Jay Cantor
Sharona and Dale Hoffman
J Randall and Jennifer Richards
Fran and Bob Rosenblatt
Sue Sharken
Carla and Jim Sirkis
Melanie Tarica

In loving memory of Lawrence Seres

From: Mayer Stiebel

Wishing David Nehmadi a speedy recovery

From: Penny Berman
Diane Brown
Rita Kanne
Rhoda Levine
Bonnie Miller
Elizabeth Stein
Mayer Stiebel

In appreciation of Senior Services & Staff

From: The Estate of Michael and
Joan Weinberg