

THE SHORELINES

JANUARY - APRIL, 2016

THE HIGHLAND PARK SENIOR CENTER
54 LAUREL AVENUE (847) 432-4110
CITY WEBSITE: WWW.CITYHPIL.COM

HOURS: MONDAY - FRIDAY
8 A.M. - 5 P.M.

Activity Registration

Returning Student Registration Begins: Tuesday, January 5 at 9 a.m.

Member Registration Begins: Friday January 8 at 9 a.m.

Open Registration Begins: Thursday, January 14 at 9 a.m.



New Year's Eve Luncheon

Ruth's Chris Steakhouse
Thursday, December 31
11:45 a.m. - 1:45 p.m.
Fee: \$33 / NM: \$43

Sponsored by Freedom Home Care

New Year's Eve is a great time to celebrate with friends - both old and new! Join others for a champagne countdown to 12 o'clock (noon), complete with festive party favors! Enjoy a delicious lunch at Ruth's Chris Steakhouse, which provides guests with a warm, comfortable fireplace lit atmosphere, genuine hospitality, and the best food on the North Shore. Live background music will enhance your holiday experience. When registering, please indicate your entree choice of petite fillet, or salmon, as well as any friendship requests for seating. Doors open at 11:30 a.m. *Registration for this event began December 8; please call (847) 432-4110 to inquire about openings.*

Valentine's Day Luncheon and Concert

Highland Park Country Club
Friday, February 12
12 - 2:30 p.m.
Fee: \$25 / NM: \$35

Sponsored by Brookdale Senior Living Solutions



Celebrate Valentine's Day with those you love, whether it's family or friends, you are sure to enjoy this wonderful party. Lunch features tomato basil soup, your choice of entree, duchess potatoes, grilled vegetables and white chocolate mousse cake for dessert. Following lunch, you'll enjoy a delightful concert featuring many of your favorite love songs. When registering, please indicate your entree choice of broiled whitefish or stuffed chicken breast, as well as any friendship requests for seating. Doors open at 11:45 a.m. Discount deadline is 2/5/15.

SPECIAL ACTIVITIES

St. Patrick's Day Celebration



Whitehall of Deerfield

Thursday, March 17

12 - 2:30 p.m.

Fee: \$5 / NM: \$10

Discount deadline: March 10

Everyone is Irish on St. Patrick's Day! Whitehall of Deerfield invites you to join them for a St. Patrick's Day celebration! Feast on a delicious lunch featuring corned beef and cabbage along with other traditional Irish favorites. Following, enjoy live entertainment that will have you dancing in your seats and singing along. Facility tours of this beautiful facility will be available, and each participant will receive a special goody bag to take home.

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

Sponsored by Whitehall of Deerfield

Passover Seder

Aperion Care - Highwood

Thursday, April 21

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

Fee: \$5 / NM: \$10

Discount deadline: April 14

Enjoy a traditional Passover Seder and lunch featuring many delicious favorites. Participate in a condensed service led by Rabbi Isaac Serotta from Lakeside Congregation in Highland Park. After the service, enjoy a delicious holiday meal featuring chopped liver, matzo ball soup, gefilte fish, brisket, chicken, noodle kugel, tzimmiss, 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 Aperion Care

Senior Citizen Prom Seniors in the Sun

Highland Park High School

Saturday, April 16

5 - 8 p.m.

Fee: \$5 / NM: \$10

Discount deadline: April 8

"Hele mei hoohiwahiwa" – come celebrate with us! The Highland Park High School Class of 2019 invites you to join them for a fabulous night of Hawaiian-style 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 (847) 432-4110.

*Sponsored by CJE Weinberg Community
for Senior Living*

Memorial Day Ice Cream Social

Silverado Communities - Highland Park

Monday, May 30

2 - 3:30 p.m.

Fee: \$5 / NM: \$10

Discount deadline: May 18



Take pleasure in this wonderful new tradition featuring an old fashioned ice cream social. Their ice cream bar features a variety of delicious ice creams with an extensive array of toppings to tickle your taste buds including chocolate, strawberries, marshmallow, caramel, butterscotch, nuts, cherries, whipped cream and more. Delightful music will enhance the experience. Silverado is happy to invite your immediate family and friends to share in the celebration.

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

Sponsored by Silverado Communities - Highland Park

SPECIAL ACTIVITIES

Barry Bradford Presents: Women Who Make Us Laugh

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

Sponsored by BrightStar Care

Join Barry as he lightens things up for a while, with presentations that are sure to make you feel good. Revered historian and storyteller Barry Bradford returns with three absolutely riveting presentations!

February 19 Mary Tyler Moore

Not only did Mary Tyler Moore “turn the world on with her smile,” as her show’s theme song declared, she also influenced a generation of women to become more independent and to pursue successful and fulfilling careers. Moore’s own 50-plus-year career has spanned award-winning films and Broadway shows, as well as two beloved television series that broke ground and continue to entertain viewers.



March 18 Kristin Chenoweth

Kristin Chenoweth has won numerous Tony awards, Emmy awards and is considered one of the greatest singers of our generation. Her charming and vibrant life, almost unbelievable talent and versatility, and compassionate charity create an uplifting and joyful presentation.

April 8 Carol Burnett

Carol Burnett’s television series was not only one of the most popular in history; it is one of the most influential and revered comedy programs of all time. Her talents leap off the screen – but they are not limited to television. She is an author, a Broadway star, made several delightful movies, and is a humanitarian whose charity has influenced many. You will be amazed at her life story – how much she had to overcome to reach stardom and how much she has given back. The film clips, biographical anecdotes and insights into her personality will create an unforgettable portrait of a great performer.

Live on the Links Classic Concerts

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

Sponsored by Aperion Care

January 14 HPHS Jazz Ensemble

The Highland Park High School Jazz Band has won competitions both nationally and internationally, and is a favorite among Senior Center members. 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. Under the direction of Josh Chodoroff, you’ll enjoy the music of the great big bands.

March 10 Guitar Trio

Enjoy an afternoon concert with the Kithara Project performers including guitarist Adam Levin, well-known to the Highland Park Senior Center, with guitarists Mathew Rohde and Scott Borg. They will entertain you with a varied program performing music by Albeniz to music by Sergio Assad, featuring music from 19th century Spain to contemporary composers. These 3 young men have performed all over the world from Spain to Mexico. The full sound of a guitar trio is sure to bring you great joy and pleasure. **Start time at 2 p.m.**



April 28 A Cabaret Concert

Vocalist Kaylee Durow sparkles as she performs up-beat arrangements delivered with a heartfelt, bluesy and sensual style all of her own. Kaylee’s repertoire includes a variety of songs and styles spanning 60 years, and includes artists and composers such as Norah Jones, the Beatles, Natalie Merchant, Andrew Lloyd Weber and Rodgers and Hammerstein among others. Joined by accompanist and co-arranger John Hopkins, the show is a wonderful mixture of classics, contemporary, and pop music woven together with stories and conversation.

SPECIAL ACTIVITIES

Humanities Series

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

Co-presented with the Highland Park Library

Sponsored by Silverado - Highland Park

January 20 **The Best and Worst Films of 2015**

From *Spotlight* to *Pan*, Chicago Tribune film critic Michael Phillips spreads the wealth and shares the pain of 2015's best and worst movies.

February 17 **Michelle Obama: A Life**

Peter Slevin, author, associate professor at Northwestern University, and former national correspondent for The Washington Post, discusses his book, *Michelle Obama: A Life*. The book follows Michelle to the White House from her childhood on Chicago's largely segregated South Side and illuminates the dilemmas she faced in Chicago while building a high-powered career, raising a family and helping a young community organizer named Barack Obama become president of the United States. Books will be for sale and the event will conclude with a book signing.



March 16 **Film Screening: The Age of Love**

This documentary follows the humorous and poignant adventures of 30 seniors in Rochester, New York, who sign up for a first-of-its-kind speed dating event exclusively for 70 to 90-year-olds. From anxious anticipation through the dates that follow, it's an unexpected tale of seniors who lay their hearts on the line, and discover how dreams and desires change - or don't change - from first love to the far reaches of life. This program will run until 12 noon.



April 20 **Foreign Policy and the 2016 Presidential Election**

Terrorism, trade, climate change, and bilateral relations between the United States and China, Russia, and Iran top the list of major foreign policy concerns. Democrats and Republicans are deeply divided on these issues, as well as the general direction the country ought to take in world affairs. Jim Marquardt, associate professor of politics, reviews the foreign policy positions of the major party candidates. He also underscores the a deeply-divided electorate on America's the foreign policy positions of the major negative effects of both partisanship and success abroad.



SPECIAL ACTIVITIES

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.



Film Showing and Discussion

Screwball Comedies

Highland Park Public Library
Sundays, 2 p.m.
Free and open to all

Sponsored by Warren Barr North Shore

Join film instructor Bob Coscarelli for an introduction, screening, and discussion of wonderful, classic films. Presented in conjunction with the HPPL.

January 31 Lady Eve

A trio of classy card sharks targets the socially awkward heir to brewery millions for his money, till one of them falls in love with him.

February 21 Palm Beach Story

An inventor needs cash to develop his big idea. His wife, who loves him, decides to raise it for him by divorcing him and marrying a millionaire.

March 20 My Man Godfrey

A scatterbrained socialite hires a vagrant as a family butler...but there's more to Godfrey than meets the eye.

April 24 What's Up Doc

The accidental mix-up of four identical plaid over-night bags leads to a series of increasingly wild and wacky situations.

Pilgrim Chamber Players

From Schubert to Jazz

Highland Park Community House
Sunday, January 24
3 p.m.
\$10 for HPSC members

Ole! Guitar Trios and More

Highland Park Community House
Sunday, March 13
3 p.m.
\$10 for HPSC members

Stars of Tomorrow

Highland Park Community House
Sunday, April 17
3 p.m.
Free

For tickets, call (847) 433-0992
www.pilgrimplayers.org

Highland Park Strings

Annual Benefit Concert: Operatic Highlights

Bennet-Gordon Hall at Ravinia
Sunday, February 14
3 p.m.
\$20 for HPSC members

For tickets, call (847) 831-3622

Senior Center

Featured Artists

Jehan Kavooosi

January and February

Janet Poppe

March and April

Beautiful artwork, created by Center members, adorns the Senior Center walls. Please stop by and enjoy the bi-monthly art exhibits on display.

Registration and Refunds

Participants must register prior to the start of classes, trips, or special events; payment is due when registering.

Regular registration fees will apply on or before the discount deadline date. For trips and special activities, discount deadline dates are 1 week prior, unless identified in the newsletter copy; for classes, discount deadline dates are three days prior to the start of the class.

When possible, late registration will be accepted; however, a late fee of \$5 will be charged to help defray extra costs necessary to effect the late registration.

Please advise staff if you require any reasonable, special accommodations regarding dietary or other special needs.

If you must cancel, refunds will be issued ONLY if registration fills and a replacement can be found.

Refunds (minus a \$5 processing fee) will be processed after the activity is completed, and may take several weeks.

Dressing Downton & High Tea

Driehaus Museum, Chicago

Wednesday, March 23

Fee: \$99 / NM: \$129

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

Bus returns at approximately 4 p.m.

Discount deadline: March 2

Dressing Downton: Changing Fashion for Changing Times features more than 35 costumes from the popular British television series *Downton Abbey*. Many of the costumes use original fabrics and embellishments from the early 20th century, while others are re-created from old photographs, paintings, patterns, and magazine pictures. The exhibition offers a new perspective on the show's most memorable characters, while chronicling the great changes taking place in Britain during the tumultuous early 20th century. Following your self-guided tour of the exhibit, you'll escape and relax in the inviting garden-inspired setting in The Murphy Auditorium adjacent to the Museum.



(Dressing Downton & High Tea continued)

Your tea includes seasonal scones and cake breads, tea sandwiches and a variety of sweets catered exclusively by Parties & Special Events by Lettuce Entertain You® as well as a selection of two specialty teas locally sourced from Chicago's own Rare Tea Cellars.

Hazel - A Musical Maid in America

Drury Lane, Oakbrook

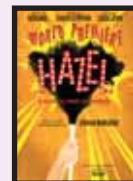
Thursday, April 14

Fee: \$88 / NM: \$108

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

Bus returns at approximately 4:30 p.m.

Discount deadline: March 17



The world premiere musical comedy, "Hazel," based on the character created by Ted Key and the hit television series, kicks off the 2016-2017 season. It's the 1960s, a time of great change for America, but not all of the Baxter family is on board. What George Baxter finds not so funny about his wife joining the work force and his maid taking over his household and his life--is a laugh riot. Directed and choreographed by Emmy Award winner Joshua Bergasse, "Hazel" asks the question: can a simple maid debone a turkey, save a marriage, uncover a matter of national security and lead a conga line? She can if she's Hazel! Prior to the show, you'll enjoy lunch at one of the wonderful local restaurants.

Hershey Felder as Irving Berlin

Royal George Theatre, Chicago

Thursday, May 19

Fee: \$70 / NM: \$90

Bus departs Toys R Us at 12:45 p.m.

Bus returns at approximately 5 p.m.

Discount deadline: April 19

Hershey Felder returns to Chicago in this hit production of *Hershey Felder as Irving Berlin* at Royal George Theatre. Heralded as the greatest composer on earth, Felder brings to life the remarkable story of Irving Berlin and his American classics such as *White Christmas*, *God Bless America*, *Always*, *Puttin' on the Ritz*, and more. Hershey Felder's masterful creation of character and music performance will make this wonderful afternoon and an unforgettable journey.



Coming Soon:

June: Milwaukee Ethnic Tasting Tour

July: *War Paint* at the Goodman Theatre

ACTIVITIES - FREE FOR MEMBERS / NM: \$10

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.

This duplicate bridge game allows experienced players the opportunity to play with their partner in a casual and beautiful environment.

- All players must have a partner.
- Game begins promptly at 12:30 p.m.
- Players must be available through 3:30 p.m.
- Bidding boxes are used.
- New players must register in advance, and will receive a game orientation prior to playing.

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.

Knitwits

Tuesdays, 9:30 - 11:30 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.

Senior TV Production Team

Tuesdays, 12:30 - 3:30 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 exciting positions available include camera, sound, directing, and TV host.

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.

Yiddish Conversation & Culture

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

Join facilitator Ludmilla Coven for a fun and lively Yiddish group. Learn basic Yiddish phrases, sing songs and watch movies in Yiddish. *No class in January.*

"For Men Only" Discussion Group

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

Whether the topic is sports, politics, health, the best restaurants around, or whatever is making the headlines, join this men's group for stimulating conversation and camaraderie. Facilitated by Dr. Albert Miller. *Due to conflict on 1/7, group will meet on 1/14.*

News & Views Current Events

Fridays, 10 - 11:30 a.m.

Ralph Bernstein facilitates an intellectual discussion on worldwide current events. Share your thoughts and opinions with a wonderful group.

Laurel Larks Singing Group

Peers Building, 400 Central Avenue

Fridays, 1:30 - 3 p.m. (Beginning February 19)

This lively group of singers rehearse popular and upbeat songs to prepare for concert performances held at local senior living facilities. Join other members who love singing and bringing joy to others! No experience necessary; just a love for music and a love for fun! Senior Center membership and advanced registration are required. *No practice 4/22.*

Sponsored by First Bank of Highland Park

Open Game Play

For the love of the game! Gather some friends and join other members for an afternoon of fun and games. Basic game supplies will be provided, while player supplies are the responsibility of the individual. Please call ahead and add your name to the list of the game(s) you would like to play. *If you have another game you would like to play, please let staff know.*

GAME	DAY	TIME
Scrabble	Tuesdays	1 - 3 p.m.
Poker	Wednesdays	12:30 - 3 p.m.
Mah Jongg	Thursdays	1 - 3 p.m.
Rummikub	Fridays	1 - 3 p.m.



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 11, and February 1.

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 11 Vivaldi's Winter Concerto

Start the New Year on a passionate and expressive note! Jim Kendros, music composer, researcher, and lecturer, returns to offer us the Winter Concerto by Antonio Vivaldi! Included in Vivaldi's immortal Four Seasons, the Winter Concerto is a feast of melodic wonderment. Enjoy Jim's uplifting commentary as he enthusiastically explains the background of the Four Seasons and the descriptive poetry Vivaldi supplied with the music. Whether a calming January thaw, a comforting serenade by a warm fire or restless winds bringing a winter wonderland, you'll experience all this and more in Vivaldi's Winter Concerto with Jim Kendros!

January 18 Closed – Martin Luther King Jr. Day

January 25 Musical Moments in Comedy – 1930s

As vaudeville declined prior to and during the 1930s, several comedians easily made the transition to radio and talking movies. Highlighted in this program are Eddie Cantor, Fannie Brice, Laurel & Hardy, the Marx Bros. and Burns & Allen. Bob Levi's multimedia presentation shows examples of these stars' musical talents beyond their great comedic persona.

February 1 Discrimination & Segregation

Senior Center member Steve Isaacson will describe several events involving racial segregation and discrimination in America, in both the north and south. You'll hear stories about Dr. Martin Luther King Jr., Rosa Parks, Medgar Evers and "Bull" Connor. Steve has a wonderful way with words and is an artful storyteller, so you are sure to enjoy this presentation.

February 8 Eddie Cantor: Oh, What a Man!

Presented by Susan Benjamin, at one time Eddie Cantor was a multi-media superstar and the "biggest" entertainer in the country. He rose a long way from the depths of poverty, yet was truly a great humanitarian. In addition to clips of some of his best work, this program features stories of his show business stature as well as his place in history as a philanthropist and role model.



February 15 Photography: Intimacy with Strangers in a Strange Land

Warren Guthrie shoots cultural portraits in developing countries. His photos juxtapose cultural difference and universal emotion resulting in surprising intimacy. Warren will share his photos which remind us that all humans are fundamentally connected. In his work, Warren must establish a trusting relationship that may last less than a minute, without the benefit of language. Yet his remarkable images reveal the humanity of strangers as they also touch our humanity.

February 22 Civil War: Homefront to Frontline

Drawn from letters, diaries and photographs in the museum's collections, this presentation by the Lake County Forest Preserves senior programming services, discusses the personal stories of Lake Countians on the battlefield as well as the home front.

February 29 No Program – Early Voting

March 7 **No Program – Early Voting**

March 14 **No Program – Early Voting**

March 21 **Congressional Update**

To extend constituent services, U.S. Congressman Bob Dold, will brief members on what's happening in Washington D.C. and address the many questions received at his legislative offices on Social Security, Medicare, health and long term care programs, as well as resources of interest to seniors. He will also talk on other issues that are important to him, and what progress is being made on those issues. Congressman Bob Dold is currently in his second term serving the people of Illinois' 10th Congressional District. A native of northern Illinois, Bob was born at Evanston Hospital, and graduated from New Trier High School.

March 28 **Dick Powell and June Allyson**

Dick Powell's charm, charisma and strong singing voice helped lead to the success of Warner Brothers musicals in the 1930s and 1940s. June Allyson, an ingénue with a low, hoarse voice, had a crush on Dick Powell for years before they met, and after his divorce from Joan Blondell, married. Eventually her musical career eclipsed his. Susan Benjamin will describe how their relationship survived most of Hollywood's pressures as she evolved into a musical star, and he evolved into a media mogul.



April 4 **No Program – Schedule Conflict**

April 11 **Women in Renaissance Houses**

If the Domestic sphere is considered feminine today, this was certainly the case in the Renaissance. Using examples from Renaissance Europe, especially Italy, the Netherlands and England, this presentation will consider how specific rooms in Renaissance Houses functioned, and which activities and rituals were performed in them. Join Ann Roberts, Lake Forest College Professor of Art History, who will also look at objects made for women to use in the Renaissance House.

April 18 **Julie Andrews: Dauntless Diva**

Dame Julie Andrews began her show business career when she was a young child as she toured around England with her mother and stepfather. However, her true stardom began in New York as Americans embraced Julie and her great talent. Julie's performing career and personal life have intertwined as she transformed herself from a vocalist to actor to author. This presentation by Susan Benjamin provides examples of her Broadway, television and movie triumphs.



April 25 **Cambodia & Vietnam: Riverboat Tour**

Traveling on a riverboat on the Mekong River, meeting the wonderful people of Cambodia and Vietnam, eating strange foods and visiting the fantastic ruins in Angkor are just a few of the memories that Fred Gold will share in a photographic compilation.



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.



Registration and Refunds

Participants must register prior to the start of classes, trips, or special events; payment is due when registering.

Regular registration fees will apply on or before the discount deadline date. For trips and special activities, discount deadline dates are 1 week prior, unless identified in the newsletter copy; for classes, discount deadline dates are three days prior to the start of the class.

When possible, late registration will be accepted; however, a late fee of \$5 will be charged to help defray extra costs necessary to effect the late registration.

Please advise staff if you require any reasonable, special accommodations regarding dietary or other special needs.

If you must cancel, refunds will be issued ONLY if registration fills and a replacement can be found.

Refunds (minus a \$5 processing fee) will be processed after the activity is completed, and may take several weeks.

Fitness Class Levels

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

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

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



Tuesday Gentle Yoga

Tuesdays, January 19 - February 23 (6 classes)

10:30 - 11:30 a.m.

Fee: \$36 / NM: \$56

Tuesdays, March 8 - April 26 (8 classes)

10:30 - 11:30 a.m.

Fee: \$48 / NM: \$68

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, breathing practices, and then guided into deep relaxation.

** Level 1 / 2*

Tuesday Sit & Be Fit

Tuesdays, January 19 - February 23 (6 classes)

1:30 - 2:30 a.m.

Fee: \$36 / NM: \$56

Tuesdays, March 8 - April 26 (8 classes)

1:30 - 2:30 a.m.

Fee: \$48 / NM: \$68

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 strength and tone muscle.

** Level 1*

Low Impact Dance Aerobics

Wednesdays, January 20 - February 24 (6 classes)

9:45 - 10:45 a.m.

Fee: \$36 / NM: \$56

Wednesdays, March 9 - April 27 (8 classes)

9:45 - 10:45 a.m.

Fee: \$48 / NM: \$68

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

Thursdays, January 21 - February 25 (6 classes)

1:30 - 2:30 p.m.

Fee: \$36 / NM: \$56

Thursdays, March 10 - April 28 (8 classes)

1:30 - 2:30 p.m.

Fee: \$48 / NM: \$68

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 strength and tone muscle.

** Level 1*

Friday Gentle Yoga

Fridays, January 22 - February 26 (6 classes)
10:30 - 11:30 a.m. Fee: \$36 / NM: \$56
Fridays, March 11 - April 29 (8 classes)
10:30 - 11:30 a.m. Fee: \$48 / NM: \$68

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



Senior Adult Travel Golf League

Wednesday Mornings, May - September
Tee off between 7 - 9 a.m.

Fee: \$40 / NM: \$60

Returning registration begins: March 8

Resident registration begins: March 15

Open registration begins: March 22

This innovative 9-hole, coed travel golf league matches individuals and pairs weekly, with other golfers. Rotating between Sunset Valley Golf Course, Highland Park Country Club, Sportsman Country Club, and Deerfield Golf Club, this league is perfect for golfers looking to meet other players. Greens/cart fees are additional, and are payable weekly at each course. Please call (847) 432-4110 for details or to register.



Rules of the Road

Thursday, March 10

9:30 - 11:30 a.m.

Free

The Rules of the Road Review Course is designed to give senior drivers the knowledge and confidence needed to renew or obtain a driver's license. Offered by the Illinois Secretary of State, the review course combines an explanation of the driving exam with a practice written exam.



Conversational Spanish

Fridays, January 15 - February 19 (6 classes)

Advanced: 10 - 11 a.m. Fee: \$36 / NM: \$56

Continuing: 11 a.m. - 12 noon Fee: \$36 / NM: \$56

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.

Supervised Bridge for Intermediate Players

Tuesdays, January 26 - February 23 (5 classes)

10 a.m. - 12 p.m. Fee: \$50 / NM: \$70

Tuesdays, March 8 - April 26 (8 classes)

10 a.m. - 12 p.m. Fee: \$80 / NM: \$100

Instructor Elaine Morrison returns to teach intermediate players in this updated format. Each class begins with



a mini-lesson, and is followed by supervised play. Elaine will be available to answer questions, and review how each hand was played.

Advanced Bridge Lessons

Thursdays, January 28 - February 25 (5 classes)

10 a.m. - 12 noon Fee: \$50 / NM: \$70

Thursdays, March 10 - April 28 (8 classes)

10 a.m. - 12 noon Fee: \$80 / NM: \$100

This class is designed to give advanced players the opportunity to improve their game in the areas of bidding, playing and defending. Each lesson will begin with a mini-lecture, followed by play of pre-set hands related to the presented topic.

Beginning Canasta Lessons

Fridays, March 11 - April 15 (6 classes)

1 - 3 p.m.

Fee: \$60 / NM: \$80

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



Coloring Book Club

Wednesdays

10 - 11:30 a.m.

Free

Adult coloring book clubs are one of the hottest new trends across the nation. Under the guidance of leader Marlene White, join other Senior Center members for a good, old fashioned, morning of fun and relaxing coloring. You may bring your own supplies, or purchase a \$10 starter kit at the Center, which includes an adult coloring book, a box set of 24 colored pencils, and a convenient carrying bag. *No meeting on 1/20, 2/17, 3/16 & 4/20.*

Research has shown that through the use of art therapy, the human brain can physically change, grow, and rejuvenate, and that relaxation can improve your overall health.



Advanced Painting Studio

Thursdays, January 21 - February 25 (6 classes)

1 - 3 p.m.

Fee: \$48 / NM: \$68

Thursdays, March 10 - April 28 (8 classes)

1 - 3 p.m.

Fee: \$64 / NM: \$84

Experienced students are guided toward improving their drawing and painting skills while working individually on their personal paintings. The instructor will offer support in developing use of color, composition, perspective, and more.

Beginning iPhone Class

Wednesdays, April 6 & 13

10 a.m. -12 noon

Fee: \$45 / NM: \$65

This class provides students hands-on instruction on the following functions and features of the iPhone: overview and functions, internet use, e-mail use, and standard application use (texting, maps & calendar).

Continuing iPhone Class

Wednesdays, April 20 & 27

10 a.m. -12 noon

Fee: \$45 / NM: \$65

Following the beginning iPhone class, this hands-on class provides students with additional knowledge of the iPhone which include: photos and videos, understanding and accessing SIRI, downloading and using new apps from the Apple app store, as well as Face Time and Skype.

~ 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 including:

- Information and referrals for caregiving agencies, alternative living facilities, transportation options, medical alert systems, and mobile meal assistance
- Counseling for individuals experiencing loss, life changes, or seeking personal support
- Grief Group for those experiencing recent loss within the past year
- Appointments with a SHIP (Senior Health Insurance Program) volunteer
- Telephone Reassurance Program for senior adults living alone

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

Notary Public - At Your Service!

Looking for a legal witness to sign important documents? Search no further and schedule an appointment with Jennifer Aiello, Notary Public, who can provide notary assistance.



Well-Being Checks for Seniors

The Highland Park Police Department offers a courtesy service of well-being checks to seniors during periods of extreme weather and temperatures. Volunteer members of the Community Emergency Response Team (CERT) and Police Department personnel will periodically perform the check-ins personally or by phone, depending on the weather conditions. For anyone interested in the program, please contact Detective Eric Hernandez at (847) 926-1123.



Grief Group

Thursdays, May 12 - June 16 (6 weeks)

1:30 - 3 p.m.

Free

Please register by Monday, May 9

For individuals who are experiencing grief due to the death of a loved one within the past year, this 6-week interactive group will address the process of mourning, provide coping skills, and offer the support of others facing a similar loss. Facilitated by Jennifer Aiello, LPC; each participant must attend the initial meeting in order to participate.

Living Alone Today - Support Group

Second & Fourth Tuesday of each month

1:30 - 3 p.m.

Free

Looking to share some laughs, discuss an interesting topic or for someone to lend a compassionate ear? This group welcomes those who are living alone and are seeking to spend some time in the company of others in a safe and supportive atmosphere. Guided by Jennifer Aiello, LPC, participants are encouraged to share delights, plights or ways to help handle life's transitions.

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.

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.

Telephone Reassurance –“R.U.OK?”

The Lake County Sheriff's Office "Are You OK?" program offers a personal wellness check by making phone calls to those who are homebound and living alone. Those interested in participating in the program can request an application by contacting the Lake County community services team at (847) 377-4211.

Care and Concern

As Senior Center members experience illness, loss or transitions in life, sometimes a note of support or a caring phone call can bring great comfort. Please contact Jennifer if you are aware of a member who might appreciate a kind gesture.

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.

CASH DASH - Find your unclaimed money!

The state of Illinois currently has \$2.1 billion dollars in cash, plus contents from Illinois bank safe deposit boxes, which need to be returned to Illinois residents. Most assets are transferred to the state after they've been inactive for at least five years. Senior Center members may schedule an appointment with a volunteer who will do a quick search through the Department of Treasury to determine if you have unclaimed property. If yes, you will be assisted in the process of claiming your money or property.

Family Caregiver Support Group

First & Third Monday of each month

6 - 7:30 p.m.

Free

Held at Family Services, 777 Central Avenue

Caregiving for an aging parent, spouse or close friend can present tough challenges. Other caregivers may have already solved problems like those you now face. This support group enables caregivers to share their experiences and learn from others. Offered by Stephanie Loda, LCSW, of Family Service of Lake County, this group aims to provide support needed to maintain a positive outlook when caregiving for a loved one. For further information please call Stephanie at (847) 432-4981.

Welcome New Members

Iris Agran	Danna Meyer
L. Kean & Judith Block	Judith Miller
Inessa Borisova	Connie Powell
Seymour Brandin	Teresa Riesche
Mia Bronson	Peggy Romirowsky
Arthur Bross	Irving Sandack &
Geraldine Cohn	Judith Sloan
Ronald Davis	Judith Schwartz
Karen Duewel	Roberta Silbar
Irwin Dorfman	Anne Simpson
Rita Echt	Howard & Ferne Stone
Debra Ellis	Richard Stone
Donna Glickman	Dagmar Taitz
Kenneth Goldberg	Susan Taylor
Joel & Kim Goldman	Anne Violanti
Pam Hoxsey	Terry Vismantas
David & Carol Ingall	Marvin Weiss
Florence Kind	Loretta Wexler
Cathy Lalich	Vanda Wilkins
Norman Lynn	Barbara Yeager
David & Lois Marks	Jeff Zun
Eugene & Evelyn Meyer	

~ A Gift For Any Occasion ~

Senior Center Gift Certificates

Senior Center Gift Certificates are the perfect gift for any Senior Center member.

Gift Certificates may be purchased for any amount and may be used toward membership dues, trips, classes, and special events.

Please call Sue at (847) 432-4110 for details.



Donations

In Memory of Harold Freberg

From: Howard & June Berkowitz

In Memory of Marvin Kuznitsky

From: Irving & Toby Moses

In Memory of Andrew Schwartz

From: Lou Frey

In Memory of Mimi Mills

From: Lou Frey

In Memory of Marilyn Adler's Birthday

From: Leonard Adler

In Memory of Arthur Frohman's Birthday

From: Leonard Adler

In Honor of Shelly Fairman's Recovery

From: Lou Frey

Best Wishes for a Speedy Recovery to Dana Maresco

From: Lou Frey

Best wishes for a Speedy Recovery to Alice Deimel

From: Michael & Joan Weinberg

Best wishes for a Speedy Recovery to Joan Harris

From: Michael & Joan Weinberg

In Honor of Eugene Miller's 90th Birthday

From: Maxine Levin

In Honor of Jerry Reinhart's Birthday

From: Leonard Adler

In Honor of Cookie Wax's Special Birthday

From: Ceil Masler

In Appreciation of SHIP Services

From: Michael & Joan Weinberg

In Appreciation of Services for Seniors

From: Seymour & Betty Podber
Gert & Harold Savitz
Wayne & Marla Schachtel
Marilyn Risdon

January 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 28 CLOSED Winter Holiday	December 29 CLOSED Winter Holiday	December 30 CLOSED Winter Holiday	December 31 CLOSED Winter Holiday	1 CLOSED Winter Holiday
4 12:30 Duplicate Bridge 1:30 Open Art Studio	5 9:30 Knitwits 12:30 Senior Producers 1:00 Open Scrabble	6 10:00 Coloring Book Club 12:30 Poker	7 Center closed from 8:45-11:15 a.m. 1:00 Open Mah Jongg	8 10:00 News & Views 11:00 Spanish Class 1:00 Open Rummikub
11 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	12 9:30 Knitwits 12:30 Senior Producers 1:00 Open Scrabble 1:30 Living Alone	13 10:00 Coloring Book Club 12:30 Poker	14 10:00 Men's Only Group 1:00 Open Mah Jongg 1:30 Live on the Links	15 10:00 Spanish Class 10:00 News & Views 11:00 Spanish Class 1:00 Open Rummikub
18 CLOSED Martin Luther King Jr. Day	19 9:30 Knitwits 10:30 Yoga 12:30 Senior Producers 1:00 Open Scrabble 1:30 Sit & Be Fit	20 9:45 Low Impact Aerobics 10:30 Humanities Series 12:30 Poker	21 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	22 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 1:00 Open Rummikub
25 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	26 9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Open Scrabble 1:00 Investment Club 1:30 Sit & Be Fit 1:30 Living Alone	27 9:45 Low Impact Aerobics 10:00 Coloring Book Club 12:30 Poker	28 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	29 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 1:00 Open Rummikub Film Series - HP Library Sun. Jan 31 @ 2pm

February 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Blood Pressure 10:00 Bagels 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	2 9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Open Scrabble 1:30 Sit & Be Fit	3 9:45 Low Impact Aerobics 10:00 Coloring Book Club 12:30 Poker 1:30 Yiddish	4 10:00 Advanced Bridge 10:00 Men's Only Group 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	5 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 1:00 Open Rummikub 1:30 Laurel Larks
8 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	9 9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Open Scrabble 1:30 Sit & Be Fit 1:30 Living Alone	10 9:45 Low Impact Aerobics 10:00 Coloring Book Club 12:30 Poker 1:30 Yiddish	11 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	12 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 12:00 Valentine's Day Luncheon 1:00 Open Rummikub 1:30 Laurel Larks
15 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	16 9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Open Scrabble 1:30 Sit & Be Fit	17 9:45 Low Impact Aerobics 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	18 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	19 10:00 News & Views 10:00 Spanish Class 10:30 Yoga 11:00 Spanish Class 1:00 Open Rummikub 1:00 Barry Bradford 1:30 Laurel Larks Film Series - HP Library Sun. Feb 21 @ 2pm
22 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	23 9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:00 Open Scrabble 1:30 Sit & Be Fit 1:30 Living Alone	24 9:45 Low Impact Aerobics 10:00 Coloring Book Club 12:30 Poker 1:30 Yiddish	25 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	26 10:00 News & Views 10:30 Yoga 1:00 Open Rummikub 1:30 Laurel Larks
29 12:30 Duplicate Bridge 1:30 Open Art Studio				

March 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>9:30 Knitwits 12:30 Senior Producers 1:00 Open Scrabble</p>	<p>2</p> <p>10:00 Coloring Book Club 12:30 Poker 1:30 Yiddish</p>	<p>3</p> <p>10:00 Men's Only Group 1:00 Open Mah Jongg</p>	<p>4</p> <p>10:00 News & Views 1:00 Open Rummikub 1:30 Laurel Larks</p>
<p>7</p> <p>12:30 Duplicate Bridge 1:30 Open Art Studio</p>	<p>8</p> <p>9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Open Scrabble 1:30 Living Alone 1:30 Sit & Be Fit</p>	<p>9</p> <p>9:45 Low Impact Aerobics 10:00 Coloring Book Club 12:30 Poker 1:30 Yiddish</p>	<p>10</p> <p>9:30 Rules of the Road 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit 1:30 Live on the Links</p>	<p>11</p> <p>10:00 News & Views 10:30 Yoga 1:00 Open Rummikub 1:30 Laurel Larks</p>
<p>14</p> <p>12:30 Duplicate Bridge 1:30 Open Art Studio</p>	<p>15</p> <p>9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Open Scrabble 1:30 Sit & Be Fit</p>	<p>16</p> <p>9:45 Low Impact Aerobics 10:30 Humanities Series 12:30 Poker 1:30 Yiddish</p>	<p>17</p> <p>10:00 Advanced Bridge 12:00 St. Patrick's Day Luncheon 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit</p>	<p>18</p> <p>10:00 News & Views 10:30 Yoga 1:00 Open Rummikub 1:00 Barry Bradford 1:00 Beginning Canasta 1:30 Laurel Larks</p> <p>Film Series - HP Library Sun. March 20 @ 2pm</p>
<p>21</p> <p>10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>22</p> <p>9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Investment Club 1:00 Open Scrabble 1:30 Living Alone 1:30 Sit & Be Fit</p>	<p>23</p> <p>9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:30 Trip: Dressing Downton & Tea 12:30 Poker 1:30 Yiddish</p>	<p>24</p> <p>10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit</p>	<p>25</p> <p>10:00 News & Views 10:30 Yoga 1:00 Open Rummikub 1:00 Beginning Canasta 1:30 Laurel Larks</p>
<p>28</p> <p>10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie</p>	<p>29</p> <p>9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Open Scrabble 1:30 Sit & Be Fit</p>	<p>30</p> <p>9:45 Low Impact Aerobics 10:00 Coloring Book Club 12:30 Poker 1:30 Yiddish</p>	<p>31</p> <p>10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit</p>	

April 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 News & Views 10:30 Yoga 1:00 Open Rummikub 1:30 Laurel Larks
4 12:30 Duplicate Bridge 1:30 Open Art Studio	5 9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Open Scrabble 1:30 Sit & Be Fit	6 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:00 iPad Class 12:30 Poker 1:30 Yiddish	7 10:00 Men's Only Group 10:00 Advanced Bridge 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	8 10:00 News & Views 10:30 Yoga 1:00 Open Rummikub 1:00 Beginning Canasta 1:00 Barry Bradford 1:30 Laurel Larks
11 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	12 9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Open Scrabble 1:30 Sit & Be Fit 1:30 Living Alone	13 9:45 Low Impact Aerobics 10:00 Coloring Book Club 10:00 iPad Class 12:30 Poker 1:30 Yiddish	14 10:00 Advanced Bridge 10:30 Trip: Hazel 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	15 10:00 News & Views 10:30 Yoga 1:00 Open Rummikub 1:00 Beginning Canasta 1:30 Laurel Larks Senior Prom Sat. April 16 @ 5pm
18 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	19 9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Open Scrabble 1:30 Sit & Be Fit	20 9:45 Low Impact Aerobics 10:00 iPad Class 10:30 Humanities Series 12:30 Poker 1:30 Yiddish	21 10:00 Advanced Bridge 11:00 Passover Seder 1:00 Advanced Painting 1:00 Open Mah Jongg 1:30 Sit and Be Fit	22 10:00 News & Views 10:30 Yoga 1:00 Open Rummikub 1:00 Beginning Canasta 1:30 Laurel Larks Film Series - HP Library Sun. April 24 @ 2pm
25 10:30 Monday Speaker 12:30 Duplicate Bridge 1:30 Open Art Studio 1:30 Monday Movie	26 9:30 Knitwits 10:00 Supervised Bridge 10:30 Yoga 12:30 Senior Producers 1:00 Open Scrabble 1:00 Investment Club 1:30 Living Alone 1:30 Sit & Be Fit	27 9:45 Low Impact Aerobics 10:00 iPad Class 10:00 Coloring Book Club 12:30 Poker 1:30 Yiddish	28 10:00 Advanced Bridge 1:00 Open Mah Jongg 1:00 Advanced Painting 1:30 Sit and Be Fit 1:30 Live on the Links	29 10:00 News & Views 10:30 Yoga 1:00 Open Rummikub 1:00 Beginning Canasta 1:30 Laurel Larks

City of Highland Park

Highland Park Senior Center Membership Registration

54 Laurel Avenue

Highland Park, IL 60035

Phone: (847) 432-4110; FAX: (847) 432-4531



Please return this completed form by mail or in person to the Senior Center.

Highland Park: Single \$30 _____ / Couple \$50 _____; Non-resident: Single \$50 _____ / Couple \$90 _____

Name _____ Birthdate _____ / _____ / _____

Name _____ Birthdate _____ / _____ / _____

Address _____ City _____ Zip _____

Phone _____ Cell _____ E-Mail _____

Current Member _____ New Member _____ Former Member _____ Check: \$ _____

Credit (VISA, MC, Disc.) # _____ Exp. _____ Signature: _____

Please list two people we could contact if necessary:

1. Name _____ Relationship _____

Address _____ City _____ Cell _____

2. Name _____ Relationship _____

Address _____ City _____ Cell _____

Doctor's name _____ Phone _____

Participant Liability Waiver and Hold Harmless Agreement

Please read this form carefully and be aware that by registering for and/or participating in programs sponsored by the Highland Park Senior Center, you will be waiving your rights to all claims for injuries you might sustain arising out of participation, and you will be required to indemnify, hold harmless and defend The City of Highland Park for any claims arising out of participation in Senior Center activities.

Risk of Injury: "As a participant in Senior Center activities, I recognize and acknowledge that there are certain risks of physical injury, including but not limited to death, and I agree to assume the full risk of injuries, including death, damages, or loss which I may sustain as a result of participating in any and all activities associated with participation.

Waiver of Injury Claims: "I agree to waive and relinquish any and all claims I may have arising out of, connected with, or in any way associated with the activities of the Senior Center.

Release from Liability: "I do hereby fully release and discharge the City of Highland Park and its officers, agents, and employees from any and all claims from injuries, including death, damage or loss which I may have or which may occur on account of participation in Senior Center activities."

Indemnity and Defense: "I further agree to indemnify, hold harmless and defend the City of Highland Park and its officers, agents, and employees from any and all claims from injuries, including death, damages and losses sustained by me and arising out of, connected with, or in any way associated with the activities of the Senior Center."

I have read and fully understand and agree to the above stated conditions of Highland Park Senior Center membership.

In the event of any emergency, I authorize the City of Highland Park to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed reasonable and necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered to me.

I have read and fully understand and agree to the above stated conditions of membership to the City of Highland Park Senior Center.

Signature _____ Signature _____

Date _____ / _____ / _____ Date _____ / _____ / _____



PRESORTED STANDARD
U.S. POSTAGE PAID
HIGHLAND PARK,
ILLINOIS
PERMIT NO. 97

City of Highland Park

Mayor:

Nancy R. Rotering

City Council:

Anthony E. Blumberg

Paul Frank

Daniel A. Kaufman

Alyssa Knobel

Kim Stone

Michelle L. Holleman

City Manager:

Ghida S. Neukirch

Senior Center

Laura Frey, CPRP

Manager of Youth and Senior Services

Susan Mosky,

Records Administrator

Jennifer Aiello, M.S., LPC,

Social Services Coordinator

Center Parking Guidelines

New Shuttle Service Information: *In order to increase efficiency of the shuttle service, to and from the parking lot, shuttle service will be available on the hour and every 15 minutes after, upon request. Request for service in between those time will be honored at the following 1/4 hour.*

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 individuals engaging in Center business for 10 minutes or less. Please park to the far right of the driveway.

Holiday Schedule

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

Winter Holiday	Thursday, December 24 - Friday, January 1
City Staff Meeting	Thursday, January 7 (closed 8:45 - 11:15 a.m.)
Martin Luther King Jr. Day	Monday, January, 18