



The Shorelines

January - April 2024

Highland Park Senior Center

NEWSLETTER

1201 Park Avenue West

Monday - Thursday, 9 AM – 4 PM

Friday, 9 AM – 1 PM

Annual Membership Rates

Resident Individual:	\$30
Resident Couple:	\$50
Non-Resident Individual:	\$50
Non-Resident Couple:	\$90

Activity Registration

All registration opens at 9 am

Returning Student Priority Registration:

Wednesday, January 3 - Friday, January 5

Member Activity Registration Begins:

Monday, January 8

Open Registration Begins:

Friday, January 12

Registration is required for all activities.

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Happy New Year!

As 2024 begins, the City of Highland Park Senior Center is excited to embark on renovation of our current facility (1201 Park Avenue West). Both the upper and lower levels will be fully updated with refreshed interior finishes and furnishings. Plans include revised layout elements, such as a new, single level entrance to the east of the building that will be closer to new designated parking for Senior Center guests. Architectural plans, along with design boards will be available for viewing in the coming weeks.

Once demolition begins in February, Senior Center operations, including activities and administrative services, will be relocated to a temporary home, for approximately six months. The HP Connector Bus will provide service to the temporary location. The loan closet and trip departures will remain at 1201 Park Avenue West. Once plans are finalized, staff will share information on our temporary facility and relocation plans via email and the Highlander.

We appreciate your continued patience and support during this transitional time.

From our staff to you and your loved ones, we wish you a year filled with health, peace and joy!

Sincerely,

Laura Frey, Manager of Senior Services



Day Excursions

Registration Required

Day Excursions depart from and return to the NORTH EAST corner of the Highland Park Senior Center parking lot.

Aida

Lyric Opera, Civic Opera House

Wednesday, March 13, 2024

Bus departs HPSC at 12:15 PM

Bus returns at approximately 6:15 PM

Fee: \$200 / NM: \$220

Registration deadline: 2/12/24

Experience opera at its grandest with Verdi's visually stunning and musically captivating *Aida*. Featuring intimate arias, dramatic duets, and thrilling Verdi choruses, a riveting love triangle unfolds in an alluring Egyptian setting. Fee includes premium main floor seating, transportation, and trip leader.

Transportation for this trip is provided with a grant from The Trillium Foundation.

Sondheim Tribute Review & Dinner

Theo Ubique Cabaret Theatre & Prairie Moon

Thursday, April 18

Bus departs HPSC at 12:15 PM

Bus returns at approximately 6:30 PM

Fee: \$120 / NM: \$140

Registration deadline: 3/18/24

Stephen Sondheim is widely acknowledged as the most innovative, most influential, and most important composer and lyricist in modern Broadway history. For more than 50 years, he set an unsurpassed standard of brilliance and artistic integrity in musical theatre. In the tradition of Theo's acclaimed cabaret revues, and with special permission from Music Theatre International, Artistic Director Fred Anzevino will helm a one-of-a-kind tribute afternoon in a lovely, intimate space. Following the performance, enjoy dinner at Prairie Moon Restaurant.

(Sondheim Tribute Review & Dinner continued)

Dinner includes house salad, your choice of entrée, chef choice of sides, dessert, and soft beverages. When registering, please indicate your entrée choice of chimichurri steak, pine nut and sage encrusted trout, brick chicken, or cider-brined pork chop.

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: \$210 / NM: \$230

Registration deadline: 4/1/24

Far from a Shakespearean tale, Ekman's *Midsummer Night's Dream* is a mind-bending trip to a surreal realm of unearthly delights. Ekman's picturesque fusion of classical and contemporary ballet blurs the line between the real and the imagined and makes us wonder, is it all a dream? Fee includes center front orchestra seating (rows D - L), transportation, and trip leader.

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: \$170 / NM: \$190

Registration Deadline: 4/22/24

Fee includes main floor seating, dinner, transportation, and trip leader.

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 agent. 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.*



Special Activities

Registration Required

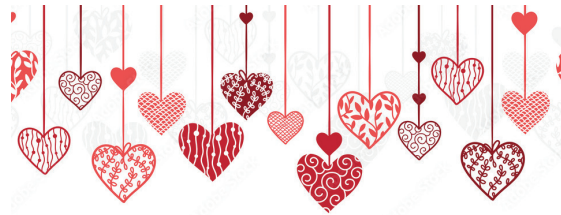
Valentine's Luncheon

Pixca - Highland Park
Wednesday, February 14
12 - 2 PM
Fee: \$35 / \$55
Registration Deadline: Wednesday, January 31

Sponsored by Freedom Home Care

Celebrate Valentine's Day with friends and loved ones at this fun-for-all event! This special restaurant is excited to share a delicious menu including soup, your choice of entree with chef selected sides, dessert, and soft beverages. Following lunch, enjoy live music featuring well-known and well-loved love songs!!

Individuals, couples and groups are all welcome. When registering, please indicate your entree choice of chicken, fish, or pasta, and seating requests.



St. Patrick's Day Luncheon

Brookdale Senior Living - Vernon Hills
Friday, March 15
12 - 2 PM
Fee: \$5 / NM: \$15



Sponsored by Brookdale Senior Living

Everyone is Irish on St. Patrick's Day! Enjoy a delicious lunch featuring corned beef and cabbage along with other Irish fare, followed by festive holiday entertainment. Wear your most festive St. Patrick's Day gear for a chance to win a "Pot of Gold." Tours of this beautiful senior living community will be available, and each participant will receive a gift to take home.

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

Easter Brunch

Everleigh Vernon Hills
Saturday, March 30
11 AM - 1 PM
Fee: \$5 / NM: \$15



Sponsored by Everleigh Living

Everleigh Vernon Hills welcomes you to celebrate spring! Enjoy a delicious brunch featuring many traditional Easter favorites as well as mimosas. Following brunch, enjoy musical entertainment that will put a spring in your step! Members of all faiths are welcome to attend. Tours of this beautiful 55+ Active Adult community are available upon request.

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

Special Activities

Registration Required

Passover Seder

Aperion Care - Highwood

Friday, April 19

12 - 2 PM

Fee: \$5 / NM: \$15



Sponsored by Aperion Care

Enjoy a traditional Passover Seder and lunch featuring many delicious favorites. Participate in a condensed service, followed by a scrumptious holiday meal featuring chopped liver, matzo ball soup, gefilte fish, brisket, chicken, noodle kugel, tzimmes, green beans, and a variety of desserts. Members of all faiths are welcome to attend and will learn about the holiday's traditions.

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

B-I-N-G-O

Aperion Care - Highwood

March 11 & April 8

1:30 – 2:30 PM

Free for members / NM: \$10

Sponsored by Aperion Care

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



Barry Bradford Presents

Highland Park Public Library

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.

Best of American Movies

February 23 Best Movies Filmed in Chicago

From great dramas like *The Fugitive* to fabulous romantic comedies like *My Best Friend's Wedding*, the Chicago area has long been a magnet for filmmakers! Film historian Barry Bradford will show clips and tell amazing stories from ten of the greatest movies filmed in Chicago.

March 8 Best Movies about Politics

Campaigns and elections have been the backdrop for some of Hollywood's finest films. Dramas like *Mr. Smith Goes to Washington*, comedies like *Dave* and romantic dramedys like *The American President* are representative of the wide range and extraordinary insights to be gained from these terrific movies.

April 26 Best American Movies Filmed in Italy

The spectacular beauty of Italy - the canals of Venice, the romance of Rome, the magnificent vistas of Tuscany - has served as the backdrop for many great American movies. Join Barry for intriguing insights and wonderful stories about the background of ten magnificent movies.



Activities - General

Registration Required

Book Club

Zoom; Registration Required

Mondays, 1 – 2:15 PM

Fee: \$20 / NM: \$40

Sponsored by Assured Healthcare Staffing

January 29 *The Heaven and Earth Grocery Store* by James McBride

In 1972, workers in Pottstown, PA were digging the foundations for a new development and found a skeleton at the bottom of a well. Who the skeleton was and how it got there were two of the long-held secrets kept by the residents of the dilapidated neighborhood where immigrant Jews and African Americans lived side by side and shared ambitions and sorrows.

February 26 *Honor* by Thrity Umrigar

The story of two couples and the sometimes dangerous and heartbreaking challenges of love across a cultural divide. Umrigar shows two courageous women trying to navigate how to be true to their homelands and themselves at the same time.

March 25 *Greenwood* by Michael Christie

A shining, intricate clockwork of a novel; a rain-soaked and sun-dappled story of the bonds and breaking points of money and love, wood and blood—and the hopeful, impossible task of growing toward the light.

April 29 *The River We Remember* by William Kent Krueger

In 1958, a small Minnesota town is rocked by the murder of its most powerful citizen, pouring fresh fuel on old grievances. An unflinching look at the wounds left by the wars fought abroad and at home, a moving exploration of the ways in which humans seek to heal, and a testament to the enduring power of the stories told about the places called home.

Heart Saver CPR / AED

1130 Central Avenue - HP Fire Department

Led by the Highland Park Fire Department, this 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. *Please call the HP Fire Department to register: 847.433.3110.*

Day / Date: Tuesday, March 5

Time: 9 AM – 12 PM

Fee: \$50

Stop the Bleed

1130 Central Avenue - HP Fire Department

Through this STOP THE BLEED® course, gain the ability to recognize life-threatening bleeding and intervene effectively. The person next to a bleeding victim may be the one who’s most likely to save him or her. Become empowered to make a life or death difference when a bleeding emergency occurs.

The course will be instructed by a certified Firefighter/Paramedic live - in person, using training materials specially developed to teach bleeding control techniques. They will not only instruct, they will be available to check movements as participants practice three different bleeding control actions. They will keep working with participants until the correct skills are demonstrated to STOP THE BLEED® and save a life. *Please call the HP Fire Department to register: 847.433.3110.*

Day / Date: Tuesday, March 5

Time: 1 – 2:30 PM

Fee: Free

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 1/3 & 1/10.*

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.

No class 4/11 & 4/12.

Times: **Intermediate:**
9:30 – 10:30 AM
Advanced:
11 AM – 12 PM

Day / Dates: Thursdays, 1/4 – 2/29 (9)
Fee: \$63 / NM: \$83
Day / Dates: Thursday, 3/7 – 4/25 (7)
Fee: \$49 / NM: \$69

Times: **Beginning (continued):**
9:30 – 10:30 AM

Day / Dates: Fridays, 1/5 – 3/1 (9)
Fee: \$63 / NM: \$83
Day / Dates: Fridays, 3/8 – 4/26 (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.

Winter sessions begins 1/16.

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



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 winter. Please find more information at: <https://www.ilsos.gov/publications/seniorspub.html>*

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.

** The Senior Center is not offering this course in person this winter. If you would like to take this course online, please find more information and register at: www.aarpdriversafety.org.*

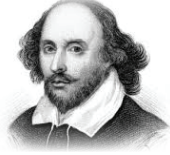


Activities - Humanities

Registration Required

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. Facilitated by Jeffrey Less, the group will make its way through the pages of William Shakespeare's plays, discussing meaning, symbolism, the humours, and more! Participants are asked to bring their own copy of the current play being discussed, and will begin reading *A Midsummer Night's Dream* on 1/17.



Day / Dates: Wednesdays, weekly
Time: 1:30 - 3 PM
Fee: \$10 / NM: \$30

Creative Writing Club

Everyone has a story. What's yours? This writers' workshop offers a supportive, non-judgemental environment to stretch your writing muscles. Sessions will include writing warm-up exercises, prompts to help spark inspiration, sharing and responding to each others' pieces and discussion about the writing process. This workshop is designed for anyone who has a story to tell; anyone who is looking for a creative outlet; anyone who likes to write and/or likes to read; anyone who has a work in progress or is looking to get started. In short, it is designed for anyone. Come and find out what you have to say - you may be surprised!

Day / Dates: Tuesdays, 2/13 – 3/26 (7)
Time: 9 – 10:30 AM
Fee: \$10 / NM: \$30



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.

Day / Dates: Mondays, 1/22 – 2/26 (6)
Time: 2:30 – 3:30 PM
Fee: \$20 / NM: \$40
Day / Date: Mondays, 3/4 – 4/22 (8)
Time: 2:30 – 3:30 PM
Fee: \$20 / NM: \$40



Songs, Seniors & Stories Podcast

Join HPHS student Emma Pasternak for a discussion about music & memories. Emma is launching a new podcast called *Songs, Seniors, and Stories*, featuring discussions with seniors about music and memories in an effort to uncover ordinary human connections forged through lyrics and sounds. Through this podcast, Emma will interview members and listen to their favorite music while discussing songs and memories from their lives. Each episode will reveal a wonderful personal journey that can then be shared with loved ones as an audio keepsake. Please call the Senior Center to schedule your interview with Emma.

Day / Dates: By appointment
Time: Interview appointments available weekday afternoons
Fee: Free

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. *No class 3/27.*

Day / Dates: Wednesdays, 1/17 – 2/28 (7)

Time: 1– 3 PM

Fee: \$84 (HPSC members only)

Day / Dates: Wednesdays, 3/6 – 4/24 (7)

Time: 1– 3 PM

Fee: \$84 (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. *No class 3/29.*

Day / Dates: Fridays, 1/12 – 2/23 (7)

Time: 9:15 – 11:45 AM

Fee: \$120 (HPSC members only)

Day / Dates: Fridays, 3/8 – 4/26 (7)

Time: 9:15 – 11:45 AM

Fee: \$120 (HPSC members only)

Art Around the World (Virtual)

Each session, new museums from around the world will be visited virtually, to learn about the masterpieces housed within. Instructor Paige Brevick will discuss multiple art movements, artists, and historical periods, followed by time for discussion and questions. *No class 2/16 & 3/29.*

Day / Dates: Fridays, 1/12 – 2/23 (6)

Time: 10 – 11 AM

Fee: \$42 (HPSC members only)

Day / Dates: Fridays, 3/8 – 4/26 (7)

Time: 10 – 11 AM

Fee: \$49 (HPSC members only)

At the Movies at Arbor Terrace Highland Park

Saturdays at 2 PM

Enjoy screenings of movies covering a wide range of genres along with light refreshments. Seating is limited; to register for each specific movie, please call Arbor Terrace at 847.320.0668, Monday - Friday between 9 AM - 4 PM the week of the each movie. Movies will begin 2/3/24.



Activities - Exercise

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.

Day / Dates: Mondays, 1/22 – 4/22 (14)

Time: 11:15 AM – 12:15 PM

Fee: \$98 / NM: \$118

Day / Dates: Tuesdays, 1/16 – 4/23 (15)

Time: 11:15 AM – 12:15 PM

Fee: \$105 / NM: \$125

Day / Dates: Wed, 1/17 – 4/24 (15)

Time: 11:15 AM – 12:15 PM

Fee: \$105 / NM: \$125

Day / Dates: Thursdays, 1/18 – 4/25 (15)

Time: 11:15 AM – 12:15 PM

Fee: \$105 / NM: \$125

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, 1/16 – 4/23 (15)

Time: 1:30 – 2:30 PM

Fee: \$105 / NM: \$125

Day / Dates: Thursdays, 1/18 – 4/25 (15)

Time: 1:30 – 2:30 PM

Fee: \$105 / NM: \$125

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. *No class 2/13 & 3/26.*

Day / Dates: Tuesdays, 1/16 – 2/27 (6)

Time: 6:30 – 7:30 PM

Fee: \$42 / NM: \$62

Day / Dates: Tuesdays, 3/5 – 4/23 (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: Wednesdays, 1/17 – 2/28 (7)

Time: 10 – 11 AM

Fee: \$49 / NM: \$69

Day / Dates: Wednesdays, 3/6 – 4/24 (8)

Time: 10 – 11 AM

Fee: \$56 / NM: \$76

Activities - Exercise

Registration Required

City Events

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, 1/19 – 2/23 (6)

Time: 9 – 10 AM

Fee: \$42 / NM: \$62

Day / Dates: Fridays, 3/1 – 4/26 (9)

Time: 9 – 10 AM

Fee: \$63 / NM: \$83

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, 1/19 – 2/23 (6)

Time: 10:15 – 11:15 AM

Fee: \$42 / NM: \$62

Day / Dates: Fridays, 3/1 – 4/26 (9)

Time: 10:15 – 11:15 AM

Fee: \$63 / NM: \$83



Martin Luther King Day of Service

Recreation Center of Highland Park

Monday, January 15

Drive Through Donations: 9 - 10:30 AM

In-Person Event: 10 AM - 12:30 PM

Free, for the community at large

Hosted by the City of Highland Park, the Human Relations Advisory Group, and the Park District of Highland Park

Celebrate Dr. King's legacy and make a difference in the community by participating in a variety of meaningful, impactful, and fun service projects with family, friends, or independently. Listen to a keynote address on Health Equity by Brandon Buchanan, FACHE, Systems Assistant VP with Endeavor Health, and enjoy a performance by Ravinia's Reach, Teach, and Play.

A Drive-Through Donation Event is held between 9 - 10:30 AM in the Recreation Center parking lot. Visit cityhpil.com for a list of donation items needed.



Arbor Day Celebration

Ravinia Festival - West Gate Entrance

Saturday, April 27 (tentative)

9 - 11 AM (tentative)

Free, for the community at large

Join the community for a variety of exhibits, demos, and giveaways to brighten up your home and garden this Spring. Visit www.cityhpil.com.



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: 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.

Day / Dates: Mondays, 1/22 – 4/22 (14)

Time: 9:30 – 11:30 AM

Fee: \$20 / NM: \$40

Notrump Series: 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, 1/23 – 4/23 (14)

Time: 9:30 – 11:30 AM

Fee: \$20 / NM: \$40

Strategic Chess I

Participants should know one or two openings and be comfortable checkmating with King and Castle. Participants will learn the fun, the beauty, and the pathos inherent in opening gambits and other strategic chess sacrifices.

Day / Dates: Thursdays, 2/1 – 2/22 (4)

Time: 2:45 – 3:45 PM

Fee: \$28 / NM: \$48

Strategic Chess II: Tactical Mastery

"When you find a good move, look for a better one." - Emmanuel Lasker, Chess champion

Participants will dive deeper into chess tactics, learning how to navigate the important, yet often vague, transitions from the beginning to the middle game and from the middle game to the endgame

Day / Dates: Thursdays, 3/7 – 4/11 (6)

Time: 2:45 – 3:45 PM

Fee: \$42 / NM: \$62



Activities - Cards & Games

Registration Required

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 1/1, 1/8 & 1/15*

Time: 12:30 – 3:30 PM

Fee: Free for members / NM: \$10

Mah Jongg Open Play

Day: Tuesdays, *no game 1/2 & 1/9*

Time: 1 – 3:30 PM

Fee: Free for members / NM: \$10

Canasta Open Play

Day: Wednesdays, *no game 1/3, 1/10*

Time: 1 – 3:30 PM

Fee: Free for members / NM: \$10

Poker Open Play

Day: Thursdays, *no game 1/4 & 1/11*

Time: 1 – 3:30 PM

Fee: \$2 / NM: \$4

Chess Open Play

Day: Thursdays, *no game 1/4 & 1/11*

Time: 1 – 3 PM

Fee: Free for members / NM: \$10

The following activities listed below will be offered in the next newsletter.

Senior Center Concerts

Enjoy live concerts each month featuring a variety of talented musicians playing a wide variety of genres.

Brunch and Learn

Enjoy a full buffet brunch, followed by a thought provoking presentation.

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.

Continuing Canasta: Strategic Play

Terri Argentar continues this series and teaches canasta strategy - taking skills to the next level. Class includes supervised play and time for question and answers.

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.

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.

Beginning Chess Instruction

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



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.

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.

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.

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.

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.

Social Services

Grief Group

If you have had a loss and are experiencing grief, you may be feeling confused, overwhelmed, and isolated, and wondering when - or if - you'll ever feel like yourself again. This group offers space to process the questions that have come as a result of these changes, and will help find unique ways to honor what you've lost while discovering what a meaningful, hopeful future can look like. Please call Rachel to register.

Location: Highland Park Public Library
Day/Dates: Fridays, January 19 - February 23
Time: 1:30 - 2:30 PM
Fee: Free

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!

February's meeting will feature a support group for caregivers of individuals attending the Memory Café.

Location: Highland Park Public Library
Day: Thursdays
Dates: January 18, February 22,
March 21 & April 18
Time: 1:30 - 2:30 PM
Fee: Free; please register in advance



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

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 contact Rachel Trabaris to schedule an appointment to review or pick up a packet.

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



January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
01 CLOSED New Year's Day	02	03 9:00 Priority Registration	04 9:30 Int. Spanish (Z) 11:00 Adv. Spanish (Z)	05 9:30 Beg. Spanish (Z)
08	09	10 9:00 Member Registration	11 9:30 Int. Spanish (Z) 11:00 Adv. Spanish (Z)	12 9:00 Open Registration 9:15 Mosaics 9:30 Beg. Spanish (Z) 10:00 Art Around the World
15 CLOSED MLK Day	16 9:30 Duplicate Bridge 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	17 10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	18 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 1:30 Sit & Be Fit 1:30 Memory Café (HPPL)	19 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Art Around the World 10:15 Yoga 1:30 Grief Group (HPPL)
22 9:30 Bridge: Diamond Series 11:15 Better Balance 12:30 Duplicate Bridge 2:30 Classical Kaleidoscope	23 9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	24 10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	25 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 1:30 Sit & Be Fit	26 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Art Around the World 10:15 Yoga 1:30 Grief Group (HPPL)
29 9:30 Bridge: Diamond Series 11:15 Better Balance 1:00 Book Club 12:30 Duplicate Bridge 2:30 Classical Kaleidoscope	30 9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	31 10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	01	02

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	01	02
			9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 2:45 Strategic Chess I 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Art Around the World 10:15 Yoga 1:30 Grief Group (HPPL)
05	06	07	08	09
9:30 Bridge: Diamond Series 11:15 Better Balance 12:30 Duplicate Bridge 2:30 Classical Kaleidoscope	9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 2:45 Strategic Chess I 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Art Around the World 10:15 Yoga 1:30 Grief Group (HPPL)
12	13	14	15	16
9:30 Bridge: Diamond Series 11:15 Better Balance 12:30 Duplicate Bridge 2:30 Classical Kaleidoscope	9:00 Creative Writing Club 9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit	10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 12:00 Valentine's Luncheon 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 2:45 Strategic Chess I 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:15 Yoga 1:30 Grief Group (HPPL)
19	20	21	22	23
9:30 Bridge: Diamond Series 11:15 Better Balance 12:30 Duplicate Bridge 2:30 Classical Kaleidoscope	9:00 Creative Writing Club 9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 2:45 Strategic Chess I 1:30 Sit & Be Fit 1:30 Memory Café (HPPL)	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Art Around the World 10:15 Yoga 1:30 Barry Bradford 1:30 Grief Group (HPPL)
26	27	28	29	01
9:30 Bridge: Diamond Series 11:15 Better Balance 1:00 Book Club 12:30 Duplicate Bridge 2:30 Classical Kaleidoscope	9:00 Creative Writing Club 9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 1:30 Sit & Be Fit	



March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	01 9:00 Triple Fit 9:30 Beg. Spanish 10:15 Yoga
04 9:30 Bridge: Diamond Series 11:15 Better Balance 12:30 Duplicate Bridge 2:30 Classical Kaleidoscope	05 9:00 Heart Saver CPR/AED 9:00 Creative Writing Club 9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Stop the Bleed 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	06 10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	07 9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 2:45 Strategic Chess II 1:30 Sit & Be Fit	08 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Art Around the World 10:15 Yoga 1:30 Barry Bradford
11 9:30 Bridge: Diamond Series 11:15 Better Balance 12:30 Duplicate Bridge 1:30 Bingo 2:30 Classical Kaleidoscope	12 9:00 Creative Writing Club 9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	13 10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 12:15 TRIP: Aida 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	14 9:30 Int. Spanish (Z) 11:00 Adv. Spanish (Z) 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 2:45 Strategic Chess II 1:30 Sit & Be Fit	15 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish (Z) 10:00 Art Around the World 10:15 Yoga 12:00 St. Patrick's Day Luncheon
18 9:30 Bridge: Diamond Series 11:15 Better Balance 12:30 Duplicate Bridge 2:30 Classical Kaleidoscope	19 9:00 Creative Writing Club 9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	20 10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	21 9:30 Int. Spanish (Z) 11:00 Adv. Spanish (Z) 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 2:45 Strategic Chess II 1:30 Sit & Be Fit 1:30 Memory Café (HPPL)	22 9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish (Z) 10:00 Art Around the World 10:15 Yoga
25 9:30 Bridge: Diamond Series 11:15 Better Balance 1:00 Book Club 12:30 Duplicate Bridge 2:30 Classical Kaleidoscope	26 9:00 Creative Writing Club 9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit	27 10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 1:00 Open Canasta 1:30 Shakespeare Reading Group	28 9:30 Int. Spanish (Z) 11:00 Adv. Spanish (Z) 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 2:45 Strategic Chess II 1:30 Sit & Be Fit	29 9:00 Triple Fit 9:30 Beg. Spanish (Z) 10:15 Yoga Saturday, March 30 11:00 – Easter Brunch

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
01	02	03	04	05
9:30 Bridge: Diamond Series 11:15 Better Balance 12:30 Duplicate Bridge 2:30 Classical Kaleidoscope	9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 2:45 Strategic Chess II 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Art Around the World 10:15 Yoga
08	09	10	11	12
9:30 Bridge: Diamond Series 11:15 Better Balance 12:30 Duplicate Bridge 1:30 Bingo 2:30 Classical Kaleidoscope	9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 2:45 Strategic Chess II 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 10:00 Art Around the World 10:15 Yoga
15	16	17	18	19
9:30 Bridge: Diamond Series 11:15 Better Balance 12:30 Duplicate Bridge 2:30 Classical Kaleidoscope	9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 12:15 Trip: Sondheim & Lunch 1:00 Open Poker 1:00 Open Chess 1:30 Sit & Be Fit 1:30 Memory Café (HPPL)	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Art Around the World 10:15 Yoga 12:00 Passover Seder
22	23	24	25	26
9:30 Bridge: Diamond Series 11:15 Better Balance 12:30 Duplicate Bridge 2:30 Classical Kaleidoscope	9:30 Bridge: Notrump Series 10:45 Knit & Crochet Club 11:15 Better Balance 1:00 Open Mah Jongg 1:30 Sit & Be Fit 6:30 Tai Chi	10:00 News & Views (Z) 10:00 Zumba Gold 11:15 Better Balance 1:00 Sketching 1:00 Open Canasta 1:30 Shakespeare Reading Group	9:30 Int. Spanish 11:00 Adv. Spanish 11:15 Better Balance 1:00 Open Poker 1:00 Open Chess 1:30 Sit & Be Fit	9:00 Triple Fit 9:15 Mosaics 9:30 Beg. Spanish 10:00 Art Around the World 10:15 Yoga 1:30 Barry Bradford
29	30	01	02	03
1:00 Book Club 12:30 Duplicate Bridge	10:45 Knit & Crochet Club 1:00 Open Mah Jongg			

Highland Park Senior Center

1201 Park Avenue West
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

Holiday Schedule

The Senior Center will be closed:

Martin Luther King Jr. Day
Monday, January 15

SENIOR CENTER GIFT CERTIFICATES

A Wonderful Gift for Any Occasion

Senior Center Gift Certificates are the perfect gift for the Senior Center member who has everything. Gift certificates may be purchased for any amount (minimum of \$10) and may be used towards membership dues, trips, classes, and special events. Gift certificates can be loaded into the member's Virtual Wallet for easy use and tracking.

Please call the Senior Center at 847.432.4110 for further details.

