



# September / October 2020

1801 W. Central Road, Arlington Heights, IL 60005  
Phone: 847.253.5532

## Arlington Heights Senior Center Celebrates National Senior Center Month

The Arlington Heights Senior Center delivers vital connections for older adults to age well. Today's Senior Centers are delivering vital connections during the pandemic. Senior Centers are typically vibrant, action-packed combination of Virtual Programs such as Great Decisions, exercise classes such as BeMoved, and visits to the Arlington Heights Memorial Library Reading Room. Because of the health crisis, the Senior Center and the tenant agencies have pivoted to provide service through curbside pick-up of meals (Catholic Charities Lunch and More), lending closet curbside pick-up and drop off (Nurses Club Lending Closet), and virtual appointments with Catholic Charities Northwest Senior Services. Now, the senior center mission to engage older adults is more important than ever. During National Senior Center Month, the Arlington Heights Senior Center is celebrating these shared experiences that deliver vital connections to aging well for older adults. This year's national theme, Senior Centers: Delivering Vital Connections, emphasizes the tremendous potential that senior centers deliver in their communities, including programming that empowers older adults to holistically age well and strengthen mind, body, spirit and community connections.



### Stay Connected with Us!

Would you like to be "in the know" of all that is going on inside the Arlington Heights Senior Center? Inside this issue of the newsletter, you will find a "Connect with Us" form. Please fill out and drop it off at our outside Mail Drop Box, In Person, or ONLINE at <https://arlingtonil.seamlessdocs.com/f/SeniorCenterData>. The Arlington Heights Senior Center is creating a database of our patrons to communicate about events and information monthly or for any changes and updates. Please note that your information is confidential and will not be shared with any other entity. We hope you connect with us!

## Arlington Heights Senior Center - What to Expect When You Visit:

The Village of Arlington Heights along with our tenant agencies at the Senior Center have continued to offer programs and services with the health and safety is of the upmost importance for our patrons, volunteers, and staff. Our plan for modified services began in early July, with guidance and approval from the Illinois Department of Public Health and the Village of Arlington Heights. Program offerings may be subject to change due to public health concerns. Please check in with us for confirmation.

The Arlington Heights Senior Center is open under the following guidelines:

- The Senior Center is not open for congregating of any kind, including dining, drop-in clubs, games, or common area socialization.
- Patrons must have a scheduled appointment, or pre-registered for a program to be admitted into the Senior Center.
- All patrons must enter the main doors of the Senior Center.
  - A staff person will conduct a temperature check and health questionnaire.
  - All patrons must wear a mask that covers the nose and mouth during the entirety of your visit. If you do not have a mask, one will be provided for you.
  - Hand sanitizer and wipes are located throughout the building.
  - Please follow blue directional signs for safe social distancing
- Report to your registered program and leave at the conclusion.
- Bring your own filled water bottle. Vending machines and café are not in service.
- Senior Center operational Monday through Friday 8:30 AM to 4:30 PM
- The Reading Room is open Monday, Wednesday and Friday 9 AM to 1 PM.

***If you do not feel well or experience new symptoms, please do not come to the Senior Center.***

*Symptoms include but are not limited to cough, fever, chills, shortness of breath, or flu like symptoms.*

*Please contact the Senior Center Manager, Tracey Colagrossi if you have further questions.*



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# Senior Center Agency Contact Information



**Arlington Heights Senior Center, 1801 W. Central Road, Arlington Heights, IL 60005**

## Village of Arlington Heights Senior Center - Main Office

Tracey Colagrossi, MS, Senior Center Manager  
 Karie Van Grinsven, Program Coordinator / Newsletter Editor  
 Sharon Swanson, Volunteer Coordinator  
 Helen Cooke, Administrative Assistant  
 Linda Ratajczak, Office Assistant

Phone: 847.253.5532  
 Email: seniorcenter@vah.com  
 Web: www.vah.com  
 Newsletter link: <http://bit.ly/2JQ1Yzn>  
 Hours: Mon - Fri: 8:30 am - 4:30 pm  
 NOTE: Evening and weekend hours temporarily discontinued

## Arlington Heights Memorial Library

Phone: 847.392.0100  
 Email: seniorservices@ahml.info  
 Web: www.ahml.info/services/senior\_center  
 Reading & Computer Lab Hours:  
 Mon/Wed/Fri: 9:00 a.m. - 1:00 p.m.

## Arlington Heights Park District

Phone: 847.797.5341  
 Web: www.ahpd.org/50plus  
 Park District Office & Gift Store Hours:  
 Mon - Fri: 8:30 a.m. - 3:30 p.m.

## Arlington Heights Nurses Club

Phone: 847.797.5315  
 Lending Closet Hours - by appointment only:  
 Mon: 1:00 pm - 3:00 pm  
 Tues: 10:00 am - 12:00 pm  
 Wed: 10:00 am - 12:00 pm  
 Thurs: 10:00 am - 12:00 pm  
 Fri: 10:00 am - 12:00 pm  
 NOTE: Evening and weekend hours temporarily discontinued

## Catholic Charities Community Development & Outreach Services

Phone: 847.797.5354  
 Web: www.catholiccharities.net  
 Hours: Mon - Fri: 8:30 am - 4:00 pm  
 Lunch Served: Curbside Pickup available. Please call for more information

## Catholic Charities Northwest Senior Services

Phone: 847.253.5500  
 Web: www.catholiccharities.net/ccnw  
 Hours: By appointment

## Escorted Transportation Service, Northwest

Phone: 847.222.9227  
 Web: www.etsnw.org  
 Hours: Mon - Fri: 8:30 am - 2:30 pm

## Northwest Community Healthcare

Phone: 847.618.1000  
 Web: www.nch.org  
 Hours: vary

## **Senior Center Tours Wednesdays at 10:00 am**

The Arlington Heights Senior Center is open to persons age 55 and over from any community. No membership required.  
 Tours of the Senior Center are offered  
**every Wednesday at 10:00 am - by appointment only.**

## **\*Disability Accommodation**

Persons with disabilities requiring auxiliary aids or services, such as an American Sign Language interpreter or written materials in accessible formats, should contact David Robb, Disability Services Coordinator at 33 S. Arlington Heights Road, Arlington Heights, Illinois 60005, (847) 368-5763 (Voice), (847) 368-5980 (Fax) or drobb@vah.com (Email).



The Arlington Heights Senior Center Newsletter is a publication of *Arlington Heights Senior Center, Inc.*, a not-for-profit organization that raises funds for the Arlington Heights Senior Center.  
 For more information, visit: [www.arlingtonseniorsinc.com](http://www.arlingtonseniorsinc.com). *Arlington Heights Senior Center, Inc.* does not endorse any of the products or services advertised in this publication. For advertising rates and information, contact Alex Nicholas, Liturgical Publications, Inc. at 1.800.950.9952.



## Featured Programs

### Voting Options

Informational Presentation by Village Clerk,  
Becky Hume - **VIRTUAL & IN-PERSON**

**Wednesday, 9/2, 1:00p or Thursday, 9/10, 10:00a**

Confused about the Voting options for the Presidential Election? Things are changing every day! Voter Registration, Early Voting, Vote by Mail and Election Day information will be shared.



To sign up for this free program, call the Senior Center at 847.253.5532, and register with your name, email address and phone number. You will be emailed a link to the program one day prior. For those who wish to attend in-person, please register in advance; no walk-ins permitted. Registered participants may arrive no more than 10 minutes early to get temperature check and health questionnaire outside.

### First Friday Funny Filmtalks - **VIRTUAL** Monthly Marquee Filmtalks by Steven Frenzel

Join us on the first Friday of the month throughout the rest of 2020 for a fun look at films featuring a different comedian:

**Bob Hope: American Smart Aleck**

**Friday, 9/4, 1:00p-2:00p**

**Here's Johnny: Carson the Magnificent!**

**Friday, 10/2, 1:00p-2:00p**

**We Love Lucy**

**Friday, 11/6, 1:00p-2:00p**

**A Jack Benny Extravaganza!**

**Friday, 12/4, 1:00p-2:00p**

To register for any or all of these FREE Zoom programs, call the Senior Center at 847.253.5532 and register with your name, email address and phone number. You will be emailed a link to the program one day prior.



### Great Decisions 2020 - **VIRTUAL** Foreign Policy Association Program

**Remaining Saturdays: 9/12, 10/3, 11/7, 12/5 & 1/9/21,  
9:30a-11:00a**

Register for this FREE discussion group with **Professor Gary Midkiff** by calling 847.253.5532. Once registered, you will be sent a link to the Zoom session at least one day prior. Participants are responsible for securing their own book, available in hard copy from <https://www.fpa.org/> or in E-book format from other sources.



Program funded by :  
**Arlington Heights Senior Center, Inc.**

### 1945 - The Year that Shaped the New Germany - **VIRTUAL**

Presentation by German Historian, Anette Isaacs

**Wednesday, 9/16, 6:00p-7:00p**



This year's 75th anniversary of the end of World War II presents us with a valuable opportunity to look back at the events that took place in 1945, a year that proved to be pivotal for the transformation of Germany from a brutal, belligerent dictatorship to a flourishing and pacifist democracy.

To register for this FREE Zoom program, call the Senior Center at 847.253.5532 and register with your name, email address and phone number. You will be emailed a link to the program one day prior.

## Featured Programs - Cont.



### Sing-Along with Rita & John - VIRTUAL

**Friday, 9/25, 1:00p-1:30p**

Join Rita and John in hearing some of your favorites, and sing along in the comfort of your own home!

A singer all her life, Rita McConville has grown into her own as an expressive, soulful performer of jazz and standards. Her musicality, infused with her heart, makes her a compelling performer. John Paluch, former Music Director of the Reunion Jazz Orchestra, and Rita have performed together for the past six years, in the RJO, in smaller groups and as a duo. Their musical relationship is as symbiotic as their banter is playful. Strong musicians in their own right, they are a joy to hear together.



To register for this FREE Zoom program, call the Senior Center at 847.253.5532 and register with your name, email address and phone number. You will be emailed a link to the program one day prior.

### Medicare and You - VIRTUAL Informational Presentation

**Monday, 9/28, 10:00a or 1:00p or 6:00p**



Join us at one of the morning, afternoon or evening (identical) presentations to learn about Medicare and the options available to you.

Whether you are new to Medicare or need to make changes during Open Enrollment, listen in on this

important presentation conducted by trained Senior Health Insurance Program (SHIP) counselors.

To sign up for one of these FREE Zoom presentations, call the Senior Center at 847.253.5532 and register with your name, email address and phone number. You will be emailed a link to the program one day prior.

For individual questions, one-on-one appointments are available through the Senior Center all throughout the year, with additional days offered during Open Enrollment. For more details on scheduling your free, individualized appointment with a Senior Health Insurance Program counselor, see p. 23 and call the Senior Center Main Office at 847.253.5532.

### Dust Bowl - VIRTUAL

**Presentation by Professor Gary Midkiff**

**Tuesday, 9/29, 1:00p-2:00p**

Winds from the fertile midsection of the United States took good soil that had been punished by drought and improperly protected and blew it into the air where it formed huge roiling clouds that stalked eastward all the way to the Atlantic Ocean. Thousands of farmers watched their farms vanish and headed west in the hope of a new start, but they were met with viciousness and told to go back where they came from. Join Professor Gary Midkiff for an investigation of this period of economic and social upheaval.



To register for this FREE Zoom program, call the Senior Center at 847.253.5532 and register with your name, email address and phone number. You will be emailed a link to the program one day prior.

### Using Mindfulness to Reduce Stress in Anxious Times - VIRTUAL Informational Presentation & Discussion

**Monday, 10/12, 10:00a-10:45a**

Anxiety is high as the world negotiates this hopefully temporary new normal. As we become aware of stress rising in ourselves, it is good to engage in the practice of mindfulness which can work to help slow the breathing, regain a sense of being grounded and foster a positive outlook. Learn different techniques to try to help alleviate some of the stress that has come with these uncertain times.

**Presented by Sandra Pastore, MSW**

**President, Mindful Innovations Consulting, LLC**

To register for this FREE Zoom program, call the Senior Center at 847.253.5532 and register with your name, email address and phone number. You will be emailed a link to the program one day prior.



### Village Quarterly Update - VIRTUAL

**Wednesday, 10/21, 12:00p-1:00p**



Join us over lunch (from your own home) while we hear from Arlington Heights Village Manager, Randy Recklaus as he highlights and reviews ongoing projects of interest in the Village.

Call 847.253.5532 to sign up. Registered participants will be sent a link to the Zoom session at least one day prior.



## Tracey Colagrossi, MS, Senior Center Manager

### Manager's Matters - VIRTUAL & IN-PERSON

Discussion, Q&A with Senior Center Manager Tracey Colagrossi

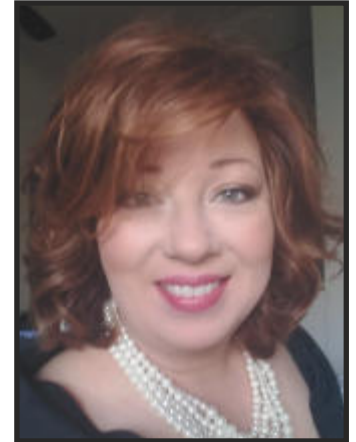
Wednesday, September 9 at Noon and Monday, October 26 at 1 PM

Meet the new Senior Center Manager, Tracey Colagrossi for a monthly informal discussion:

- Learn about the latest happenings at the Senior Center
- Suggest program ideas
- Provide feedback for improvement

Tracey has been with the Senior Center since May 18, when longtime Manager Karen Hansen retired. Tracey has over 20 years' experience working with older adults and Senior Centers. She looks forward to lively discussions and learning more about you!

To sign up for this free program, call the Senior Center at 847.253.5532, and register with your name, email address and phone number. You will be emailed a link to the program one day prior. For those who wish to attend in-person, please register in advance; no walk-ins permitted. Registered participants may arrive no more than 10 minutes early to get temperature check and health questionnaire outside.



The Illinois Department on Aging Director Paula Basta will visit the Senior Center on Friday, September 11, 2020 to learn about our services and programs. The Village of Arlington Heights also proclaimed September as National Senior Center Month. The Senior Center and the tenant agencies have much to be proud of in its services to older adults. Watch for news on the National Council on Aging Accreditation Updates!



#### Financial Planning for Seniors

Keith C. Piscitello, CFP® CRPC®  
(847) 917-0076 cell

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Arlington Heights Senior Center, Arlington Heights, IL A 4C 01-1374



# METROPOLIS

*School* OF THE PERFORMING ARTS

## Erescendo Chorus

**SING THROUGH THE DECADES**  
*Stay safe and stay singing with our virtual chorus!*

*Sing hits from the 1950s-1990s, develop your vocal skills,  
 and meet new friends!*

ALL  
EXPERIENCE  
LEVELS  
WELCOME

**Zoom Rehearsals:**  
 Mondays, October 12 - December 14 @ 6:30-7:30pm  
 The session will culminate with a  
 digital choral performance!

### Program Fee:

\$90 per person

*\*Program fee required for participation.  
 No refunds or proration.*

**REGISTRATION ENDS  
 OCTOBER 5**

Call Metropolis at 847-577-5982 x244  
 or the Arlington Heights Senior Center  
 at 847-253-5532 to register today!

*New to Zoom and want assistance? Call Metropolis for information!*



## Metropolis School of the Performing Arts - Acting

# METROPOLIS

*School* OF THE PERFORMING ARTS

## ACTING THROUGH LIFE

Stay safe and stay active with our  
virtual acting class!

## OLD TIME RADIO HOUR

*Learn acting skills as you perform skits,  
1920s commercials, and foley-style sound effects!*

## ZOOM CLASSES

Tuesdays, October 13 - December 15 @ 1:30-3pm

No class November 24

Session will culminate with a digital performance,  
date TBD

## PROGRAM FEE: \$90

Program fee required for participation.  
No refunds or proration given.

## REGISTRATION ENDS OCTOBER 6

Metropolis 847.577.5982 x244 • Arlington Heights Senior Center 847.253.5532

*New to Zoom and want assistance? Call Metropolis for information!*

**ARLINGTON HEIGHTS SENIOR CENTER • 847 253 5532 • 1801 W. CENTRAL ROAD**



Nicholas Pecora  
Chief of Police

## ARLINGTON HEIGHTS POLICE DEPARTMENT COMMUNITY ALERT

200 E. Sigwalt Street, Arlington Heights, Illinois 60005 (847) 368-5300



Village of  
Arlington Heights

# B U L L E T I N

July 15, 2020

## FRAUD ALERT

The Arlington Heights Police Department has taken multiple reports of residents receiving unrequested debit cards from the Illinois Department of Employment Security (IDES). The IDES is the department of state government that administers state sanctioned unemployment benefits. Officials from IDES have received an influx of reports related to the mailing of unrequested debit cards. For these debit cards to be mailed, a claim was filed with the state for the collection of unemployment benefits. Presumably, the residents who received these cards have had their personal information compromised and used for the future collection of unemployment benefits.

If you or a family member have received an unrequested letter and debit card from the IDES, please call 911 to contact the Arlington Heights Police Department so a report can be generated and the information can be forwarded to the Illinois Department of Employment Security fraud department investigators.

As a reminder, do not provide any personal information, such as: Social Security Numbers, banking information, or credit card information in response to receipt of this unrequested debit card.

### SAMPLE LETTER and DEBIT CARD

KEYBANK CARD OPS  
PO BOX 6459  
CLEVELAND, OH 44101-0459

Here is your new Illinois Department of Employment Security (IDES) prepaid debit card issued by KeyBank.

Please verify your address or spelling of your name on your card.

\* For address correction, visit [www.ides.il.gov](http://www.ides.il.gov) or call 1-800-294-2944

\* For name card, call 1-800-294-2944

**Convenient access to your funds.**

Get started today with three easy steps.

To ensure you receive all the advantages of your new card:

1. **Activate** your card by calling 1-866-295-2955.
2. **Establish** your 4 digit PIN for making ATM withdrawals and retail purchases.
3. **Sign** the back of your card.

For questions, call 1-866-295-2955, or go to [Key2Benefits.com](http://Key2Benefits.com).

**How to access and manage your funds without fees.**

<b>Purchases:</b> <ul style="list-style-type: none"> <li>* Unlimited transactions at no charge or reward, minus the 2.5% fee.</li> <li>* LEARN more about how to charge.</li> </ul>	<b>Access to Cash:</b> <ul style="list-style-type: none"> <li>* Tell us about withdrawal at KeyBank and Merchant member bank branches.</li> <li>* ATM withdrawal at KeyBank and partner ATM.</li> <li>* Load back to your bank account.</li> </ul>	<b>24/7 Customer Service:</b> <ul style="list-style-type: none"> <li>* Account <a href="http://Key2Benefits.com">Key2Benefits.com</a> new topics, 24/7, 24/7, 24/7.</li> <li>* Access a live agent at 1-866-295-2955.</li> </ul>
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Authority: Nicholas A. Pecora, Jr. – Chief of Police



## Making Music

### Drum Circle Returns IN-PERSON

Are you looking for something fun, engaging, therapeutic, educational, rhythmic, and experiential all in one? Check out Drum Circle Therapy, led by Chris Lavidas of *Breaking Grounds in Drumming, Inc.*

Chris has created a curriculum of a number of building block classes that instruct the basics of rhythm, coordination, drum history, tone, melody, and musical creativity to name a few. Don't miss these interactive and informative classes that are full of energy and enthusiasm. Absolutely no music experience is necessary!

**Remaining 2020 dates: Tuesdays, 9/22, 10/27 and 11/24, 10:00a-10:45a.**  
Please note there will be no session in December.

**This free program will be held in-person starting in September, with a limited capacity of 10 participants.** Please call 847.253.5532 to register in advance.



### Senior Center Musical Group - POSTPONED

Also known as the "Senior Band," this group plays assorted Broadway, movie and patriotic tunes as well as other music. The musical group is not currently meeting at this time. Watch for updates in future newsletter issues.

# MyRehab

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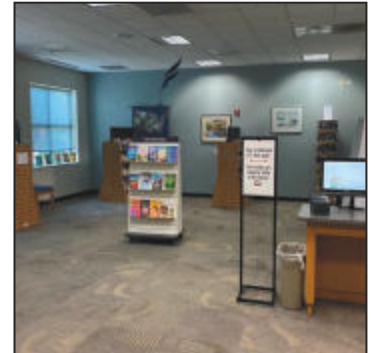
# Library Programs

**CALL 847.870.3712 FOR MORE INFORMATION ABOUT LIBRARY PROGRAMS AT THE SENIOR CENTER**

## Senior Center Reading Room

As of this newsletter printing, the library's Reading Room branch at the Senior Center is open, with limited capacity, to browse and check out materials, 9 a.m. to 1 p.m. on Mondays, Wednesdays and Fridays. Screened visitors for the Reading Room will be admitted as space becomes available. A reduced number of computers are available with use limited to one-hour.

The library's collection has been arranged to support social distancing. Self-checkout is encouraged. Reading areas, newspapers and hold pickups are not currently available in the Reading Room. Returns of Arlington Heights library materials, including Reading Room items, can be made in the outside book drop to the west of the Senior Center entrance. The library is not currently accepting donations.



For questions regarding library services and programs at the Senior Center, contact seniorservices@ahml.info or call us at 847.870.3712.

**There will be no in-person library programs at the Senior Center in September and October. All programs require registration and will be held online on Zoom. Register online at [ahml.info/attend/events](http://ahml.info/attend/events) or call us at 847.870.3712 unless otherwise directed in the program description. You will receive a link to join by email one day prior to your program.**

## Virtual Book Discussions

Register to join with other readers in lively discussions of our book selections held on Zoom. After you register, pick up a copy of the books in the Senior Center Reading Room or call Senior Services at 847.870.3712 to arrange a pickup at the library.

### Popular Books

**Wednesdays, September 9 and October 14, 10 a.m.**

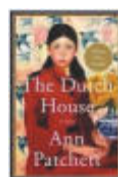


In September, read *Olive, Again* by Elizabeth Strout and for October, *The Vanishing Half* by Brit Bennett. Register.



### Modern Classics

**Mondays, September 14 and October 12, 10 a.m.**



The September book is *The Dutch House* by Ann Patchett. In October, discuss *The Splendid and the Vile* by Erik Larson. Register.



## Virtual: Film Discussion Circle

**Tuesdays, September 1 and October 6, 2:30-3:30 p.m.**



Watch the films at your convenience, then join us on Zoom for a discussion. Arlington Heights cardholders can borrow and watch the films from the library's online **Hoopla** collection. September's film is the documentary, *A Small Act* (2010), 88 minutes, NR. In October, discuss *The Well-digger's Daughter*, French with subtitles (2011), 105 minutes, NR. Register.

## Virtual: Learn to Zoom

**Fridays, September 4, 18, October 9 or 23, 1-2 p.m.**

Zoom is a free video conferencing application that organizations and individuals use to host programs, classes, meetings and get-togethers with friends and family.

In these 1-hour Zoom practice sessions, the Arlington Heights library staff will help you to troubleshoot issues and provide tips and best practices so you can ZOOM, too. You need a PC, Mac, iPad or iPhone, or another brand of smartphone to use Zoom with video.

**Register** online at [ahml.info/attend/events](http://ahml.info/attend/events) or call the Senior Center at 847.253.5532.

## Virtual: Computer Interest Group

**Wednesdays, September 9 and October 14, 1-2 p.m.**

Novice and experienced computer users discuss current technology, exchange tips and offer advice for solving problems on PCs, tablets, and smartphone on Zoom. Register.



## Movies



Free Friday movies are funded by Arlington Heights Senior Center, Inc.

Movies have closed captioning and are available at time of print; subject to change without notice.

**ADVANCE REGISTRATION REQUIRED. Reduced/limited seating capacity for each showing.**

Call 847.253.5532 to register for the 10:00a or 1:00p movie time. Sorry, no walk-ins permitted. No refreshments served.

### Hope Gap

Friday, September 11 at 10:00a or 1:00p

A couple's visit with their son takes a dramatic turn when the father tells him he plans on leaving his mother.

Screen Media Films; 2019; Rated PG-13;  
110 minutes; Directed by William  
Nicholson; Starring Annette Bening,  
Bill Nighy, Josh O'Connor,



### The Call of the Wild

Friday, October 9 at 10:00a or 1:00p

A sled dog struggles for survival in the wilds of the Yukon.

Walt Disney Studios Motion Pictures; 2020;  
Rated PG; 100 minutes; Directed by Chris  
Sanders; Starring Harrison Ford, Omar Sy,  
Cara Gee,



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(800) 950-9952 x2538



# Park District Programs



## Arlington Classic Tours

Do you like to go out to see musicals, museum exhibits, concerts, casinos and other recreational destinations, but most importantly, like to have fun? Arlington Classic Tours is the tour club for you! Let the Park District do all the planning — you just have to register for the tour, check-in on the day of the tour, sit back and relax in a luxury motor coach while we do the driving and enjoy all the activities that tour has to offer.

### Arlington Classic Tours Membership has its benefits:

- Receive the bi-monthly tour schedule mailed to your home by first class mail
- Priority registration for members
- Members pay \$15 less than non-members on each one-day tour
- Members receive 10% discounts on Gift Store purchases

Membership is \$25/single or \$35/household (two people living at the same address). Membership typically runs from January - December; however if you go on at least two tours within that time period, the membership discount pays for your membership.

Arlington Classic Tours has come back! Staff is working on offering fun tours that fit into the restriction of social distancing.

Due to COVID-19, the Park District is trying to protect our Tour Club members and will take all necessary precautions needed to provide a safe environment for our participants. Check-in will be handled on the coach; face masks are required; latex free gloves are available upon request. Call 847.797.5341 for more details or concerns.

## The Park District Misses You!

We hope you and your family are safe and corona free. The Park District will continually monitor best practices and will make program adjustments as necessary. With a new normal, the Park District Staff is striving to offer quality programming with strict minimums to comply with social distancing.

All class/program printed information is subject to change.

Thank you for your patience and understanding as the Arlington Heights Park District adapts to these unprecedented times.

## Pop Up Virtual Classes

Not comfortable coming into the Senior Center for in-person classes just yet?

Check out the Senior Program webpage at [ahpd.org](http://ahpd.org) for any new pop up virtual zoom classes.

## Fork & Cork Dining Experience

This new dining group will be going to a variety of restaurants, somewhere new every month. If you love to eat, come join us. If you are looking for company to go out to eat with and have good conversation, come join us. If you want to go to restaurants a little farther away and do not want to drive, come join us.

The fee includes meal, gratuities and motor coach transportation.

The launch of the Fork & Cork Program has been postponed due to the COVID-19 Pandemic. Details will be announced at a later date.

## It's Tool Time at the Wood Shop

Do you enjoy working on wood working projects or talk to fellow wood workers who share your passion? Stop by the Wood Shop located in the Senior Center and see all it has to offer. Equipment includes: SawStop table saw; 14" band saw; variable speed drill press; Dewalt 12" sliding compound miter saw; Grizzly 15" planer; belt sander; disk sander; 12" lathe, Delta 6" jointer, Dewalt variable speed 20" scroll saw; router; Rikon mini-lathe; Jet drum sander and more! Eight complete workstations are available.

### Hours of Operation:

Monday/Tuesday/Wednesday, 9:00a-12:00p  
Thursday, 12:30p-3:00p

Annual Wood Shop Safety Training/Certification is required prior to becoming a member and purchasing punch passes for shop visits.

### Punch Pass Fee Options:

\$80 - good for 10 visits; \$48 - good for 6 visits; \$14 daily use fee

Welcome back to the Wood Shop! Dust off that wood project you started back in March and join us once again. Face masks are required. Please call 847.797.5341 to make a reservation to use the Wood Shop as space is limited due to social distancing.

## Wood Working Classes

**Beginning**                      **Fridays 9/11—10/2**      **Fee: \$99**  
Learn how to use Wood Shop equipment correctly and safely while making a beautiful wood project. No experience necessary. Supplies/wood included.

**Intermediate**                      **Fridays 10/9—11/6**      **Fee: \$150**  
Now that you know how to use the Wood Shop equipment correctly, this class project is more complex than the beginning class project. Prerequisite: Completion of Beginning Wood Working Class.

## Arlington Athletic Club

Join the Arlington Athletic Club located in the Senior Center where it is always dry and temperature-controlled. The Park District offers a multi-direction Cybex weight station, recumbent bikes, Star Trac and Precor treadmills, NuStep recumbent steppers, Rowing Machines and Elliptical Machines along with free weights. AAC Tours and Certifications are given by appointment only.

AAC hours:

**Monday - Friday, 9:00 am – 2:30 pm**

The club is closed on days the Senior Center is closed. Call 847.797.5341 or stop by the Park District Office/Gift Store for registration info.

**NOTE: Due to COVID-19 and social distancing, usage of the Arlington Athletic Club will be by reservation only. Only four people may use the club at one time. Call 847.797.5341 to reserve your weekly reservation. Face masks are required. Bring your own water bottle.**

## Fun & Fit Membership

**Fun & Fit Classes have resumed on a limited basis due to COVID-19 and social distancing. There is a limited of 12 students/class. Face masks are required. Bring your own water bottle.**

Monday - Fun & Fit Aerobic 9:00-9:45a

Thursday - Fun & Fit Aerobic 9:00-9:45a and 10:00-10:45a

Friday - Fun & Fit Aerobic 9:00-9:45a and 10:00-10:45a

**Please call 847.797.5341 to make your weekly reservations.**

### Fun & Fit Fees:

Annual pass = \$215 (\$205 renewal fee)

Six-month pass = \$144 (\$134 renewal fee)

Punch card = \$75 for 14 classes

### Six Month Rate:

Interested in joining the Club but don't want to invest in a full annual membership? A six month Play Pass is available.

## Combo Membership: Arlington Athletic Club PLUS Fun & Fit

### Combo Pass includes:

Unlimited visits to the Arlington Athletic Club PLUS unlimited attendance to all Fun & Fit classes.

### Combo Pass Fees:

Annual pass = \$335 (\$310 renewal fee)

Six-month pass = \$187 (\$175 renewal fee)

*\*\*All six-month memberships must be consecutive.*

Prior to purchasing your membership, you will need to be certified by one of our fitness instructors, by appointment only.

## Arlington Heights Park District Classes Held at the Senior Center

**Note: Due to COVID-19, class information may change. Call 847.797.5341 for updated info or go to [ahpd.org](http://ahpd.org) for registration information.**

### Tap Dance/Continuing

Thursdays, 9/3-10/15

Fee: \$66

1:15-2:15p

### Theater Dance

Thursdays, 9/3-10/15

Fee: \$66

2:15-3:15p

### Be Moved Dance

Tuesdays, 9/1-10/13

Contracted

Fee: \$69

12:45-1:45p

Thursdays, 9/3 - 10/13

Contracted

Noon-1:00p

### Works of Art

Mondays, 9/14-10/19

Fee: \$84

2:00-4:30p

### Art of Acrylics

Thursdays, 9/10-10/15

Fee: \$84

9:30a-Noon

### 50 Shades of Colored Pencils

Fridays, 9/11-10/16

Fee: \$88

9:30-11:30a

### Fundamentals of Drawing

Tuesdays, 9/8-9/29

Fee: \$60

9:30-11:30a

### Crochet

Mondays, 8/31-10/19

Fee: \$54

11:10-1:10p

### Quilting Basics & Beyond

Wednesdays, 9/2-10/14

AM

Fee: \$49

10:00a-Noon

Tuesdays, 9/1-10/13

PM

6:00-8:00p

### Pieced Machine Quilting

Mondays, 8/31-10/19

Fee: \$49

6:15-8:15p

**Sign up for Park District classes early.  
Decisions for classes to be held are made  
one week prior to the start date.**

## Tai Chi

Tuesdays, 9/1-10-13

Fee: \$64

Beginning  
Intermediate  
Advanced

10:00-11:00a  
11:15a-12:15p  
11:15a-12:15p



## Bridge/Beginning

Mondays, 8/31-10/19  
Thursdays, 9/3-10/15

Fee: \$74  
9:30-11:30a  
6:30-8:30p

## Bridge/Intermediate

Tuesdays, 9/1-10/13

Fee: \$74  
10:00a-Noon

## Bridge/Advanced

Tuesdays, 9/1-10/13

Fee: \$74  
1:00-3:00p

## Best Bridge Ever Adv/Inter

Wednesdays, 9/2-10/14 5:45-7:45p Fee: \$74  
Thursdays, 9/3-10/15 1:00-3:00p Fee: \$74

## Bridge Potpourri

Mondays, 8/31-10/19 4:00-6:00p Fee: \$74

## Canasta

Monday, 9/14-10/12 8:45-10:45a Fee: \$55

## MOVING FROM COVID-19 RESPONSE TO RECOVERY, AND RETURNING TO FUN!

We are all learning how to have fun during this pandemic while staying safe. Please be patient. Park District class information listed is subject to change.

## Chair Yoga

Mondays, 8/31-10/19	2:00-3:00p	Fee: \$67
Thursdays, 9/3-10/15	10:15-11:15a	Fee: \$67
Fridays, 9/4-10/16	12:15p-1:15p	Fee: \$67

## VIRTUAL CLASS

Wednesdays, 9/9-10/7	10:00-10:45a	Fee: \$50
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## Gentle Yoga

Mondays, 8/31-10/19	12:15-1:45p	Fee: \$92
Mondays, 8/31-10/19	3:15-4:45p	Fee: \$92
Wednesdays, 9/2-10/14	11:15a-12:45p	Fee: \$92

## Special Event: When "Downsizing" is "Rightsizing"

Saturday, 9/26

Are you an Empty-Nester? Are you tired of cleaning and paying for the upkeep of a home where most of the rooms are just collecting dust? Do you desire to move but want to know what to do with all your "stuff" and how, in this time of COVID, to do it safely?

This complimentary workshop, conducted by an area Real Estate Broker, will give you a road map for taking this next step. Learn how to decide what possessions to keep; the positives/negatives of living in smaller houses/townhomes/condos; staging your home for sale; how to stay safe during the process and more...

This presentation will be held on Saturday, 9/26 at the Arlington Lakes Golf Course, located at 1211 S. New Wilke Rd. (two blocks south of the Senior Center) from 10:00 — 11:30 am. Call the Park District Office in the Senior Center at 847.797.5341 to register. Walk-ins not allowed.

Due to COVID-19 social distancing restrictions, space is limited. Only registered participants will be allowed in the building. Call 847-797-5341 to register.

## Gift Store

Located in the Park District Office at the Senior Center

### "Name the Gift Store"

The Park District Gift Store needs a name.  
Submit clever or creative names to the  
Park District Office for a chance to  
win \$15 in free merchandise.  
Entries need to be submitted before 9/30.



## 2020 Census Operational Adjustments Due to COVID-19

The U.S. Census Bureau is adapting or delaying some of its operations to protect the health and safety of its staff and the public and make sure they get the same population counted another way.

In light of the COVID-19 outbreak, the U.S. Census Bureau is continually adjusting 2020 Census operations in order to:

- Protect the health and safety of the American public and Census Bureau employees.
- Implement guidance from Federal, State, and local authorities regarding COVID-19.
- Ensure a complete and accurate count of all communities.

The Census Bureau is working toward the plan to complete field data collection by October 31, 2020.

## Census Takers Are Following Up with Nonresponding Households

Census takers have begun interviewing households that have yet to respond to the 2020 Census. All offices will conclude work no later than October 31.

Information provided by Catholic Charities Northwest Senior Services. For questions, please call 847.253.5500.



### Find An Apartment Home That Fits Your Lifestyle

Find your ideal one-bedroom apartment home at The Moorings of Arlington Heights, a Life Plan Retirement Community, and experience all that the community has to offer right outside your door. The apartments have been thoughtfully designed to provide you with a comfortable and convenient living environment. Enjoy our warm and welcoming community full of possibilities.

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[themooringsofaronlineheights.org/apartment-homes.html](http://themooringsofaronlineheights.org/apartment-homes.html)



# Activities, Cards, Clubs & Games



## Bingo Resumes Meeting IN-PERSON

The Senior Center is happy to bring back a *modified version* of the Bingo program **starting Wednesday, 9/16, 1:00p-2:00p** with the following modifications:

- Players must register in advance by calling the Senior Center to reserve a seat. No drop-ins permitted.
- Limited to 10 participants. One person per table. Masks must be worn at all times.
- One card per person will be provided for the duration of the one-hour of bingo play (please note new time above).
- No money will be exchanged. Bingo card will be free and prizes will be in the form of snacks and other small items.



You may reserve a spot to play bingo up to one week in advance. First-come, first-served. Call the Senior Center at 847.253.5532 to sign up. Registered participants may arrive no more than 10 minutes early on game day to get temperature check and health questionnaire outside. Masks must be worn at all times.

## M2M (Memories to Memoirs) Writers Club Resumes Meeting IN-PERSON

**Tuesdays, 10/20, 11/17 & 12/15, 1:30p-3:30p**

Share the unique memories of your life with your children, grandchildren, and beyond. Your written memories will be treasured by your family and you will enjoy the support from fellow M2M Writers Club members in a non-critical atmosphere.

The M2M Writers Club will resume meeting in-person once a month starting in October. Advance registration is required. No drop-ins permitted. Limited to 10 participants. Registered participants may arrive no more than 10 minutes early to get temperature check and health questionnaire outside. Masks must be worn at all times.



## Park Place Investment Club Resumes Meeting IN-PERSON

**Tuesdays, 9/22, 10/27, 11/24 & 12/22, 1:00p-2:30p**

In-person meetings at the Senior Center resume in September. Advance registration is required. Participation is limited to 10. No drop-ins permitted. Registered participants may arrive no more than 10 minutes early on meeting dates to get temperature check and health questionnaire outside. Masks must be worn at all times. **For more information or to register to attend a meeting, please call Jim Nauheimer at 847.577.1392.**

### Let Park Place Help You Learn Enough to Get to Boardwalk!

Would you like to learn how to evaluate stocks for your investment portfolio? Come and join the monthly meetings of the Park Place Investment Club as



we review the performance of stocks owned by the club and work to identify new stocks to purchase. Our focus is determining when to buy and when to sell these securities for maximum gain.

People interested in the club can attend two meetings before deciding to participate as club members. Those who join the club are required to pay monthly dues of \$25.00 which is used to fund new stock investments. Advance registration required to attend meetings. Call Jim Nauheimer at 847.577.1392. to sign up.

## Postponed Programs at Senior Center

The following Senior Center activities, cards, clubs and games are postponed or discontinued until further notice:

- Billiards
- Cards/Card Room
- Chess Club
- Coloring Club
- Cribbage
- Laughter Club
- Mah Jongg
- Meditation Sessions
- Northwest Suburban Genealogy Society
- Ping Pong
- Portfolio Investment Club (meeting virtually)
- Scrapbooking Club
- Sudoku Club
- Wii Bowling

## Luncheon Program

Catholic Charities Lunch N' More Catering Enterprises - No Senior Goes Hungry!



## Senior Meal Program

Meals are available for pick-up on Tuesday and Thursday from 11:30 am - 12:30 pm

Catholic Charities provides three meals on Tuesday and two meals on Thursday to any person over the age of 60 for pick-up at the Senior Center.

The pick-up location is in the service drive at the rear of the Senior Center. A senior must access the service drive from Weber Road which is west of the strip mall where the Senior Center is located. Everyone should proceed in a single file in an easterly direction to the loading dock at the rear of the Senior Center. Once at the location, (a) a Catholic Charities staff member will take your name, (b) drop your donation into the donation box, and (c) provide you with the meals. You will not get out of your car. If you have not registered for the Catholic Charities meal program, we will provide you with the AgeOptions form to complete.

***Suggested donation is \$4 per meal. No Senior will be denied meals due to their inability to donate.***

### Catholic Charities Home Delivered Meals

Catholic Charities provides meals Monday thru Friday to Home Bound Seniors in Wheeling and Maine Township. We are looking for a few good people to safely deliver meals and help to ensure our seniors can remain at home. A commitment of one day each week is greatly appreciated.

**Can you help?** Please call Jim Tobin at 847.797.5350 and he can fill you in on the details.

# Northwest Community Healthcare

All Programs Require Registration



NCH Community Nurse Rose Jensen, MSM, MSN, RN is available to answer your healthcare questions or concerns, free of charge, in-person at the Senior Center.



## Appointments required.

Tuesdays between 10 a.m. and 1:00 p.m., call **847.776.9570**.

If you are unable to meet with Rose in-person, she can be reached for healthcare questions by phone: **847.776.9570** or email: [rjensen@nch.org](mailto:rjensen@nch.org).



Classes are led by NCH Community Nurse Rose Jensen, MSM, MSN, RN

**Tuesday, Sept. 8, 9 to 10 a.m.**  
Tasty & Healthy Paleo Banana Bread Muffins



**Tuesday, Oct. 13, 9 to 10 a.m.**  
Health Benefits of Parsnips



**Registration required.**  
Call **847.253.5532** to make your reservation.

## Parkinson's Support Group

This group is for individuals with Parkinson's Disease as well as their families, friends and caregivers.



**2:30 to 3:30 p.m. \*\*Please note the time change**

**Wednesday, Sept. 16:** Open Discussion  
**Wednesday, Oct. 21:** Open Discussion

**Registration required. Call 847.253.5532.**

## Diabetes Education and Support

Led by NCH Diabetes Services staff

**Tuesday, Sept. 8, 10:30 a.m. to 12 p.m.**  
Know Your Medicare Benefits

**Tuesday, Oct. 13, 10:30 a.m. to 12 p.m.**  
Diabetes and Foot Care

**Registration required, call 847.253.5532.**



## Managing Your Diabetes 101

For people who have pre-diabetes, diabetes, or family members of people with diabetes.

**Wednesday, Sept. 9, 10 to 11:30 a.m.**  
**Wednesday, Oct. 14, 10 to 11:30 a.m.**

**Registration required, call 847.253.5532.**

## Bone Density Screenings

**Tuesdays, September 1 and October 6, 9-10 a.m.**  
Before Ask the Nurse. You will be required to remove your sock and shoe for the screening.

**Appointments required.**  
Call **847.618-5575**.



**Registration required.**  
Call **847.253.5532**  
to make your reservation.

Join us for group discussion with NCH Community Nurse Rose Jensen, MSM, MSN, RN

**Tuesday, Sept. 22, 9 to 10 a.m.**  
What Are FODMAPs and How Do They Affect Our Digestive System?



**Tuesday, Oct. 27, 9 to 10 a.m.**  
7 Lifestyle Changes to Help Achieve Ideal Cardiovascular Health

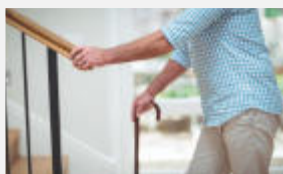


## Fall Risk Screening Clinic

Friday, September 18, between 10 a.m. to 2:00 p.m.

Worried about falling? Are others worried about you falling? Sign up for a FREE 30-minute Fall Risk Screening conducted by NCH Physical Therapists. You will learn your risk of falling and what you can do to prevent falls.

Registration is required.  
Call NCH at 847.618.4968 to register. Limited appointments available.



The Walkers Club remains on hold at this time. We miss you and encourage you to walk outside. Can't wait to get walking together soon!

## Medicare Senior Health Insurance Program (SHIP)



**Open Enrollment Appointments Conducted by NCH Senior Services Specialist and SHIP Counselor In-Person at Senior Center**  
Mondays 8:30 a.m. to Noon. Appointment required.

Open enrollment runs October 15 - December 7. Call 847.618.5575 or email [mcenteno@nch.org](mailto:mcenteno@nch.org) to make your appointment, no walk-ins allowed. This is the time to review your Medicare options and the opportunity to make changes for 2021.



Maureen Centeno, NCH Senior Services Specialist and SHIP (Medicare) Counselor is available to answer your Medicare questions. For more information, call or email Maureen at 847.618.5575 or [mcenteno@nch.org](mailto:mcenteno@nch.org).

## NEVER MISS A NEWSLETTER !

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[www.ourseniorcenter.com](http://www.ourseniorcenter.com)



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[www.4LPi.com/careers](http://www.4LPi.com/careers)

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# Volunteer Information



## Volunteer Buzz ...From The Hive

Sharon Swanson,  
Volunteer Coordinator



Greetings! Although we were not able to celebrate your volunteer efforts together, the Arlington Heights Senior Center would like to give you a token of our appreciation. If you received an invitation to the luncheon this past spring, you will also receive a post-card this month inviting you to come pick up your appreciation gift. The date to pick up your gift is Wednesday, September 9, 1:00-3:00 p.m. Our Senior Center staff looks forward to greeting you to express our gratitude!

We realize that our volunteer opportunities may seem limited right now. Your health and safety is our number one priority. We are working on creating new opportunities for you to volunteer your time and efforts.

Thank you to **Alex Burkhardt** and **Cyndi Monroe** for making it possible for the Arlington Heights Senior Center to have a garden this year! For Alex's Eagle Scout project last year, he constructed three raised planter beds for our patio. This year, he graciously donated the soil and plants for our garden. Cyndi Monroe, master gardener, planted all of the plants in our planter beds. We plan to donate the fruits (& vegetables) of their labor to local food pantries.



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Arlington Heights Senior Center, Arlington Heights, IL

F 4C 01-1374



Are you looking for a way to give back to the community? The agencies at the Arlington Heights Senior Center are looking for volunteers! There are many different opportunities – one is sure to fit your interest and experience! **JOIN US** and help your community!

**The Arlington Heights Nurses Club** - The Arlington Heights Nurses Club is looking for volunteers to work in the Lending Closet. The Lending Closet offers durable medical equipment to Arlington Heights residents of all ages. Volunteers staff the closet five days a week, Monday thru Friday, for a two-hour shift. We are looking for a volunteer on Wednesdays from 10:00 a.m. – noon. Retired nurses are especially welcome, but no experience is necessary. Some computer knowledge is helpful and light lifting is required. Please contact Sharon Swanson, 847.253.5532 if interested.

**Escorted Transportation Service** - Older adults in the NW suburbs need your help! Assist senior citizens in your community get to their routine (non-urgent) medical check-ups by becoming a volunteer driver. This volunteer opportunity is completely FLEXIBLE. **You** set your schedule based on your availability. No weekly commitment required. For more information, call 847.222.9227, email: [info@etsnw.org](mailto:info@etsnw.org) or visit [www.etsnw.org](http://www.etsnw.org) >How to Help > Volunteer.

**Catholic Charities, Northwest Senior Services** - Volunteer opportunities are on hold due to the pandemic, but contact Debbie Bohli-Mitchell in the Catholic Charities Northwest Senior Services office, if interested in volunteering in the future, at 847.253.5500.

**Catholic Charities, Senior Nutrition Program** - Drivers are needed to deliver meals to homebound residents in the surrounding area one day a week - or more if you choose. The time commitment is approximately 2 hours per route. For more details, call Jim Tobin at 847.797.5350.

Please contact Sharon Swanson, Volunteer Coordinator, if you are interested in volunteering for any of these positions: 847.253.5532 ext. 302 or [sswanson@vah.com](mailto:sswanson@vah.com).



Addolorata Villa residents no longer have to shovel snow, rake leaves, mow the lawn, paint walls, fix faucets or clean gutters. Instead they can enjoy spending time with their friends and family members.



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# Suggestion Box



- S) Please repair the cue sticks. Several have broken tips (one is smashed), plus one stick is missing the rubber bumper on the end.
- R) Thank you for alerting us to the condition of the billiards cut sticks. The Senior Center staff will take inventory of the cues and determine if repair or replacement is needed. Billiards is still on hold until Phase 5 is implemented of the *Restore Illinois* plan.
- S) Wintertime cold draft solution. Put a delay control on the front doors so that only one door is open at a time. A door only opens automatically if the other door is closed.
- R) Thank you for the solution suggestion for the front doors of the Senior Center. The Senior Center Manager will discuss with the Department of Public Works to see if the timing of the doors opening can be changed in the settings. We will keep you posted on our progress.

**HAVE A SUGGESTION TO MAKE? We continue to welcome your suggestions and comments.**  
**You may drop off your suggestions in the secure drop box located outside the Senior Center front doors 24/7 or mail them in to the attention of the Senior Center Manager.**  
**All suggestions are responded to by the Senior Center Manager, Tracey Colagrossi, MS and the Advisory Council President, Bruce Cruz.**



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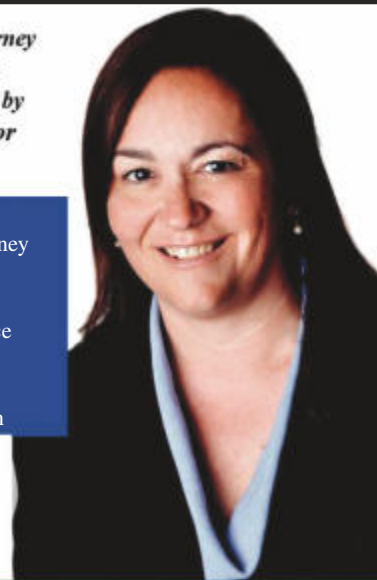
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Arlington Heights Senior Center, Arlington Heights, IL H 4C 01-1374



# Health, Wellness & Social Services

## Arlington Heights Nurses Club Lending Closet - CURBSIDE, BY APPT. ONLY

Please call **847.797.5315** for information and details on scheduling curbside check-out and return of equipment.

Once you have made your appointment for curbside check-out or return, please be sure to follow the hours listed below:

<b>Mondays</b>	<b>1:00 pm - 3:00 pm</b>
<b>Tuesdays</b>	<b>10:00 am - 12:00 pm</b>
<b>Wednesdays</b>	<b>10:00 am - 12:00 pm</b>
<b>Thursdays</b>	<b>10:00 am - 12:00 pm</b>
<b>Fridays</b>	<b>10:00 am - 12:00 pm</b>

This is a **FREE** service for Arlington Heights residents of any age. Please note that the Lending Closet is **not** able to accept any donations at this time.



## Medication Disposal at Police Dept.

Residents may properly dispose of unwanted or expired medication at the Arlington Heights Police Department. A collection box is located in the public lobby which is open 24 hours/day.

The take back program accepts prescription or over-the-counter drugs in an enclosed container or original packaging. Not accepted are liquids or sharps (syringe, lancet, etc.). This service is not available to retailers or manufacturers with excess or expired inventory. Visitors to the Police Station should inquire with a Public Service Officer at the Front Desk for direction on how to access the collection box. The Arlington Heights Police Department is located at 200 E. Sigwalt St., next to Village Hall.

## Sharps Disposal

Sponsored by SWANCC (Solid Waste Agency of Northern Cook County), sharps/needles disposal (including EpiPens) will be available inside the lobby of the Senior Center. Visitors will need to get temperature check and health questionnaire outside before entering the building. Free, 1-quart containers are available at the Senior Center.

## Senior Health Insurance Program (SHIP)



SHIP is a free counseling service provided by the Illinois Dept. on Aging. SHIP does not sell or solicit insurance and is not an insurance plan. SHIP trains volunteers to provide one-on-one help with your insurance.

SHIP counselors can answer questions about: Medicare; Medicare Supplemental Insurance; Medicare Advantage Plans - HMOs, PPOs, PFFS; Prescription Drug Coverage through Medicare and other sources; Long-Term Care Insurance; Medicare Claims and Appeals; Medicare Beneficiary Rights and Guarantees. Call the Senior Center Main Office at 847.253.5532 to schedule a Friday morning phone appointment with a SHIP counselor.

### IMPORTANT NOTE:

Part D Annual Enrollment will be held October 15 to December 7. Every year, prices change for Medicare and Part D plans. Are you paying too much? Let the SHIP volunteer experts help you find the best Medicare Part D plan that fits the needs of the prescriptions that you take. Appointments will be conducted on Tuesday and Friday mornings during open enrollment. Call the Senior Center at 847.253.5532 to schedule your appointment and specific details will be provided as to how it will be conducted to best serve you.

## Thrive with Pride Cafes A New Group for Older Adults & Caregivers of All Stripes



AgeOptions, the Area Agency on Aging for suburban Cook County, is piloting a new program to provide safe and affirming spaces for all older adults.

Thrive with Pride aims to connect LGBT+ older adults and caregivers in Suburban Cook County to resources, information and benefits to help them thrive as they age.

For more information, go to:  
[www.ageoptions.org/gallery/thrivewithpride](http://www.ageoptions.org/gallery/thrivewithpride)

Need to connect with LGBT+ resources near you? Call AgeOptions at 800.699.9043 (Monday-Friday, 8:45am - 4:45pm).

## Korean American Parkinson's Support Group - POSTPONED

The Saturday Korean American Parkinson's Support Group meetings at the Senior Center are postponed until further notice.



## Caregiver Support

Catholic Charities Northwest Senior Services Caregiver Support Group's in-person support group meetings have been cancelled until further notice due to COVID-19. If you are interested in meeting virtually, please call Jasmine Chorath at 847-253-5500 x328 and leave a message.

In the meantime, we'll share some helpful information for those caring for someone with dementia. According to the CDC, in addition to standard symptoms of COVID-19 (such as coughing, difficulty breathing, fever, chills, muscle pain, headache, sore throat, loss of taste or smell, etc.), people with dementia may also present with increased agitation, increased confusion, and sudden sadness.

For all caregivers, it's important to take care of yourself especially during this time of added caregiving stress. The CDC recommends:

- Eat a healthy diet, avoid using drugs and alcohol, and get plenty of sleep and regular exercise to help reduce stress and anxiety. Activities as simple as taking a walk, stretching, and deep breathing can help relieve stress.
- Establish and maintain a routine. Try to eat meals at regular times, and put yourself on a sleep schedule to ensure you get enough rest. Include a positive or fun activity in your schedule that you can look forward to each day or week. If possible, schedule exercise into your daily routine.
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Make time to unwind. Try to do activities you enjoy.
- Connect with others. Reach out to family and friends. Talking to someone you trust about your concerns and feelings can help.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- Have a backup caregiver. In case you become sick with COVID-19, a backup caregiver will ensure that your loved one continues to receive care. You can focus on caring for yourself.



## Alzheimer's/Dementia Caregiver Support Group - VIRTUAL

Meetings are held the **2nd Monday of the month, 12:30p-2:00p**. Join us for the remaining 2020 dates: **9/14, 10/12, 11/9 and 12/14**.

Facilitated by **Jim Harbaugh**, this support group will allow you to meet others who face similar challenges in caring for a loved one with Alzheimer's/Dementia.

This FREE program will be held via Zoom (video or phone-in) until further notice. To receive the Zoom meeting information, please call 847.253.5532 to register with your name, phone number and email address and a link will be sent to you at least one day prior.



Please note that at the time of print, discussions had begun regarding in-person meetings for those who were interested in returning to the Senior Center. Virtual/Zoom discussions would still take place as well. Please contact the Senior Center for further details after September 1st.

## Village of Arlington Heights Health Services Department Blood Pressure Clinics at the Senior Center - BY APPOINTMENT ONLY

### Mondays, 8:30a-10:00a

Appointments will be conducted in 15-minute increments, by appointment only. To register in advance for a Monday morning blood pressure screening, please call the Senior Center Main Office at 847.253.5532.

For information on Wellness Clinics offered through the Village of Arlington Heights Nursing Services at *Village Hall*, please call 847.368.5760.

## Be Informed, Stay Informed

### Cook County Department of Public Health

<https://www.cookcountypublichealth.org>

### Illinois Department of Public Health

<http://www.dph.illinois.gov>

### Center for Disease Control

[cdc.gov](https://www.cdc.gov)



## Driver Services

### AARP Smart Driver™ Course Canceled



### Driver Safety

AARP has canceled its in-person AARP Smart Driver™ courses through December 2020. For information regarding online classes, go to [aarpdriversafety.org](http://aarpdriversafety.org). AARP will continue to offer a special 25% off discount through 12/31/20. The promo code for the 25% off discount is: DRIVINGSKILLS.

NOTE: AARP has also canceled its Smart DriverTEK & CarFit Events through December 2020. If you are interested in taking a Smart DriverTEK workshop online, go to: [aarp.org/SDTEKonline](http://aarp.org/SDTEKonline).

### Rules of the Road Review Course - VIRTUAL

Thursday, 12/10, 10:00a-12:00p

This free course is conducted by the Office of the Illinois Secretary of State and is designed to give drivers the knowledge and confidence needed to renew or obtain a driver's license. The review course combines an explanation of the driving exam with a practice written exam.

To sign up for the next virtual class, scheduled for 12/10, call the Senior Center at 847.253.5532 and provide your name, email address, complete mailing address and phone number. You will then be contacted prior to the course date with further details, including classroom materials as well as a Zoom link to attend the online class. Advance registration is required.

For specific questions or further information about your driver's license, please call the Secretary of State at 312.814.3676.

Please note that the deadline for the Real ID has been postponed to October 2021.

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Sign up to have our newsletter emailed  
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# Escorted Transportation Service, Northwest



## A HUGE Thank You



We want to take a moment to send a huge **THANK YOU** to the volunteers who have returned to driving our seniors to their crucial medical appointments. Your dedication and commitment is truly inspiring and so very much appreciated.

### Need a Ride?

ETS is again accepting ride requests to crucial medical appointments. We do have a limited number of volunteers at this time. Because of that, we are prioritizing rides for those that are most critical (macular degeneration eye shots, INR blood level tests, checkups with oncologists, cardiologists and other specialties, etc.). We are not yet accepting rides for non-urgent care such as teeth-cleaning, eye exams (for glasses) and nail checks at the podiatrist. We hope that as additional volunteers return to driving, we will be able to expand our service to include all medical rides as before.

We have implemented additional guidelines for both our passengers and volunteers. The additional guidelines were developed using the recommendations of the CDC and IDPH and include required face masks, screening questions, etc.

### Contact Us

Do not hesitate to contact us if we can be of help. We are here for you. Give us a call at 847.222.9227 or email us at [info@etsnw.org](mailto:info@etsnw.org).




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*Pictured above: Park District Gift Store at the Senior Center*

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We will not release your name, address, telephone number or any other information that you provide us without your explicit consent.

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