



November 2020

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

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 health and safety 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 be pre-registered for a program to be admitted into the Senior Center.
- All patrons must enter through the main doors of the Senior Center.
 - 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 is operational Monday through Friday, 8:30 AM to 4:30 PM.

The Library's Reading Room and Computer Room are open Monday, Wednesday and Friday, 9 AM to 1 PM. Capacity is limited, so please check in at the Senior Center front desk. Computer Room is one-hour use only. ALL MATERIAL RETURNS SHOULD BE MADE IN THE BOOK DROP OUTSIDE THE SENIOR CENTER to the west of the front entrance.

- *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.

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 "Data Page 2020" form. Please fill it 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 - National Council on Aging Senior Center Accreditation Update

The Arlington Heights Senior Center was one of thirteen Senior Centers across the United States to be approved to submit documents virtually for the National Council on Aging (NCOA) National Institute of Senior Centers (NISC) Accreditation. To advance Senior Centers nationwide, NISC developed the program with nine excellence standards for Senior Center operations. These standards serve as a guide for all Senior Centers to improve its operations today—and position themselves for the future. The Senior Center will have a peer reviewer evaluate the documents this fall.



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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.
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Featured Programs

Ode to Beethoven: The Man Behind the Music! - VIRTUAL Presentation by German Historian, Anette Isaacs

Wednesday, 11/4, 6:00p-7:00p

Music lovers all over the world are embracing the "Beethoven year" in 2020, which marks the legendary composer's 250th birthday. To this day, German-born Ludwig van Beethoven is the most listened-to creator of classical music.



Join German Historian Anette Isaacs for an intimate look at the life and times of this tragic genius who was as famous for his fiery personality as for his divine ability to turn his personal struggles into supreme and powerful melodies.

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 at least one day prior.

Great Decisions 2020 - VIRTUAL Foreign Policy Association Program

**Remaining Saturdays: 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.



First Friday Funny Film Talks - VIRTUAL Marquee Film Talks with Steven Frenzel

Join us on the first Friday of the month in November and December for the final, funny film talks of our 2020 series.

We Love Lucy

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

Laugh along with one of the funniest and bravest women in movie and television history. This program features many of the greatest "I Love Lucy" scenes ever! You'll see fascinating clips from Lucy's early movie career as she transforms from a nervous and timid Lucille Ball into the great and fearless Lucy!



A Jack Benny Extravaganza!

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



Bring on the laughs, courtesy of Jack Benny, one of comedy's most dazzling and groundbreaking funny men! This hilarious and informative presentation features a collection of rib-tickling

segments from Mr. Benny's radio and TV shows and movies, along with classic moments with Mary Livingstone, Rochester, Dennis Day and Phil Harris. You'll also look back to Benny's youth and hear stories about his rise to fame, and hear about how he invented an art form, the situational comedy.

To sign up for one or both 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 at least one day prior.



Program funded by
Arlington Heights Senior Center, Inc.

Featured Programs - Cont.



The Story of Smoky the War Dog - VIRTUAL

Presentation by Adrian Brigham

Tuesday, 11/10, 1:00p-2:15p

During WWII, one Veteran earned 8 Battle Stars, 2 Presidential Unit Citations, Medals of Honor from both the U.S. and Australia, was credited with 12 combat missions, 73 combat flight hours and...was named the #1 mascot of the South Pacific.



That's right, she was a dog! And not just any dog, but a tiny 4 lb. Yorkshire Terrier by the name of Smoky! Her story is both exciting and amazing, and guaranteed to warm the hearts of all who hear it. Presented by skilled story teller and professional public speaker, Adrian Brigham.

Join us for this wonderful (virtual) presentation the day before Veteran's Day! 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 at least one day prior.

The Peace to End All Peace - The Treaty of Versailles - VIRTUAL

Presentation by Professor Gary Midkiff

Monday, 11/16, 6:00p-7:00p

The Treaty of Versailles officially brought an end to WWI. It was supposed to make the "...world safe for democracy" (Woodrow Wilson) and introduce a new era in world diplomacy that would bring an end to secret treaties and make war obsolete. It failed to do any of these things and laid the groundwork for WWII as well as creating a Middle East that remains chaotic.



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 at least one day prior.

Overcoming Social Isolation - VIRTUAL Two-Part Series on the topic of "Surviving the Pandemic," Presented by Dr. Cesar Madrigal

Part I: Wednesday, 11/18, 10:00a-11:00a

Part 2: Wednesday, 12/16, 10:00a-11:00a

Discover and discuss ways of managing, healing and repairing oneself through the challenges of the new COVID era. Learn methods to cope with social isolation, find new meaning within the context of the shutdown, revitalize mental health and overcome challenges.

Join us for this two-part series. Note that you are still welcome to participate even if you are only available one of the dates. To sign up for one or both 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 at least one day prior.

Cesar Madrigal, PhD, LCSW, Therapist (pictured at right) has been in the field of social work for over 35 years and has served in many capacities and environments. Madrigal Consulting and Counseling, LLP is a group practice counseling agency that provides a variety of services and works with the Village of Arlington Heights Health and Human Services Department.



Introduction to Medicare

The Senior Center recently hosted a comprehensive (virtual) video presentation on Medicare. If you'd like to receive a PDF of the slides that accompanied the presentation, please contact the Senior Center at 847.253.5532 and we will email you a copy.

See p. 23 for more information on the Senior Health Insurance Program (SHIP) and how to sign up for a free, one-on-one phone appointment.

Caregiver Appreciation Month

November is recognized as National Caregiver Appreciation Month. See p. 24 for information and resources for caregivers, including a virtual presentation by Sandy Pastore, MSW, titled **Caregiving Concerns Complicated by the Pandemic.**





Tracey Colagrossi, MS, Senior Center Manager

Manager's Matters - VIRTUAL & IN-PERSON

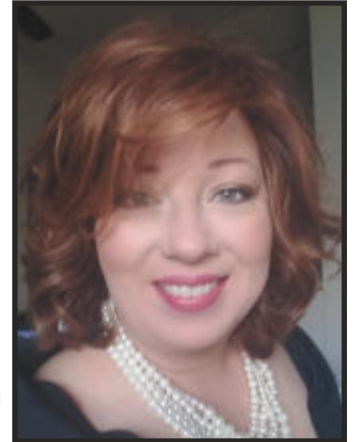
Discussion, Q&A with Senior Center Manager Tracey Colagrossi

Tuesday, November 17, 1:30p-2:30p

Meet with the Senior Center Manager for a monthly informal discussion. Learn about the latest happenings at the Senior Center, suggest program ideas, and provide feedback for improvement

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

This program will be held in-person with a limited capacity. The program will also be available virtually at the same time. Please call 847.253.5532 to register in advance and specify your preference of in-person or virtual registration. A Zoom link will be emailed at least one day prior for those participating virtually.



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, and the Advisory Council President, Bruce Cruz.



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Village of Arlington Heights Green Electric Aggregation Program

Electric Supply Price

The price is equal to ComEd's monthly published rate including the Purchased Electricity Charge, Transmission Service Charge and Purchased Electricity Adjustment for each applicable month.

The program will continue to the December 2023 meter read cycle date.

Contact mc²

For questions regarding the Electric Aggregation Program, please contact mc² first before contacting the Village.



where **energy** comes from

MC Squared Energy Services, LLC

175 West Jackson Blvd,
Suite 240
Chicago, IL 60604

Email:

ArlingtonHeights@mc2energyservices.com

Call:

833-748-0914

The Village of Arlington Heights has selected MC Squared Energy Services, LLC (mc²) to renew its **Green Electric Aggregation Program**. Please know that mc² is the sole supplier for the Village's program.

The selection of mc² ensures that the power supply cost for participating residential and small business customers will **not be greater than the ComEd monthly published rate** while providing the Village with electric supply and Renewable Energy Certificates at zero added cost to the residents and the Village.

Through the Green Electric Aggregation Program, the Village of Arlington Heights will continue to earn a designation as an EPA Green Power Community.

For more information on the program visit:

<https://www.vah.com>

What is electric aggregation?

On August 10, 2009, Governor Quinn signed into law Public Act 096-0176, which allows municipalities to arrange for the provision of electric to residential and small commercial retail customers by alternative electric suppliers (i.e. suppliers other than ComEd). Under this law, the municipality may seek bids for the provision of aggregate electric supply services to their residents and small businesses.

Will I receive a different bill for my electricity?

No, you will continue to receive one electric bill directly from ComEd. You will be charged exactly the ComEd rate. Also, the way you pay your bill will be unchanged, such as budget billing, direct debit to your bank account, etc. If you receive assistance via a program such as LIHEAP or PIPP, your eligibility will not be negatively impacted by the program.

Who is eligible to participate?

Eligible residential requirements: All residents located in the Village of Arlington Heights that are receiving electric supply service from ComEd are eligible to participate.

Eligible business requirements: All small businesses located in the Village of Arlington Heights that are receiving electric supply service from ComEd, with a ComEd designated annual usage of 15,000 kWh or less, are eligible to participate.



where energy comes from

Who is MC Squared Energy Services?

MC Squared Energy Services, LLC (mc²) is a certified, retail electric-service provider headquartered in Chicago. MC Squared Energy Services, LLC is a wholly owned subsidiary of Wolverine Holdings. For more information on the company, visit our website at www.mc2energyservices.com.

Summary of Benefits:

- Supports renewable generators
- Supports reduction of harmful emissions
- No rate risk; electric supply price is equal to ComEd published rates
- Village receives designation as an EPA Green Power Community
- Residents and small businesses may opt out at any time
- Achieves a strategic objective of the Metropolitan Mayors Caucus Greenest Region Compact



Can you explain how enrollment is handled?

Eligible residential or small business customers will receive a letter in the mail from the Village regarding the action required to participate in the program. There are two types of letters (letter type is specified in the top header of your notice):

- 1) **Green Electric Aggregation Notice** – Customers receiving this letter will be **enrolled automatically** to receive electric supply from mc² unless they choose to opt out by following the instructions in the letter.
- 2) **Informational Content Only or Opt In Notice** – These letters are informational only. If customers do want electric supply from mc², they may opt in by visiting www.mc2energyservices.com/special (enter the promo code **Arlington Heights**) or by calling 833-748-0909, Monday through Friday, 8 a.m. to 5 p.m.

What is the electric supply price for the program?

The price will equal to the ComEd's monthly published rate including the Published Purchased Electricity Charge, Transmission Service Charge and Purchased Electricity Adjustment charge. This price can change month to month. A historical price from the last 12 months can be found at www.mc2energyservices.com/IL/HistoricalPricingPTC/P.

What will change on my electric bill if I'm enrolled?

You will continue to receive a single bill from ComEd each month. "MC Squared Energy Services" will be designated as your supplier in the "Supply" section of your ComEd bill. ComEd will continue to bill you for distribution services and taxes. Payments should still be sent to ComEd at the address provided. There is no impact to ComEd services such as Budget Billing, Peak Time Savings and/or financial assistance.

Will I receive notification of the supplier change?

ComEd will always mail a confirmation letter indicating a service changes whether you switch to mc².

Is there an early termination fee?

There is no termination fee; you are only obligated to pay for services rendered under the contract until your service is terminated.

Will my electric service be disrupted when I switch?

No, there will be no disruption in service. You will continue to receive the same electric service through the same transmission and distribution system currently operated by ComEd. The switch to mc² is seamless.

What happens at the end of the program term?

At the end of the term, if the Village decides to end the program, all accounts served by mc² will be returned to ComEd service or the Village may select a different supply to administer the program. Ratepayers would receive notices if the program is renewed at that time.



From the desk of the Village Clerk

CAST YOUR VOTE!

To check your precinct location for Election Day, follow the progress of your Mail Ballot or see a sample ballot go to:

<https://www.cookcountyclerk.com/service/your-voter-information>.

Want to Early Vote?

Early Voting At Village Hall, 33 S. Arlington Heights Road

First week – October 19th-23th:

Monday-Friday: 8:30am-7:00pm

Saturday (10/24): 9:00am-5:00pm

Second week/final Monday – October 25th-Nov. 2nd

Monday-Friday: 8:30am-7:00pm

Saturday: 9:00am-5:00pm

Sunday(s): 9:00am-5:00pm

Final Monday (11/2): 8:30am-7:00pm

New Entrance

Enter on Sigwalt near the flag pole, the line will form outside in adherence the State Covid guidelines. Please maintain social distancing and wear a mask. You will not be allowed into the voting room until the machine has been sanitized and is ready for you.

Where to Park

Voters park across the street in the parking lot on Sigwalt, you will not be ticketed while voting.

Drop Box for Mail Ballots

A drop box for Mail Ballots will be located in the vestibule at the Sigwalt Entrance during Early Voting hours only. This box is monitored and emptied by the County Clerk's office each day.

Questions

Becky Hume-Village Clerk/847-368-5540 or rhume@vah.com

Village Blood Drive

COVID-19 has changed the way we operate, but with those changes the need for blood donation remains as critical as ever.

The Village of Arlington Heights is hosting its Fall Blood Drive on **Wednesday, November 4 from 8:00 a.m. – 1:30 p.m.** at the LifeSource/Vitalant facility located in the Annex of Arlington, 25 W. Rand Rd., Arlington Heights. Scheduling at their facility ensures all the necessary modifications and strict measures are in place to maintain the safety of donors in response to COVID-19.

NEW - Every blood donor will be tested for COVID-19 antibodies through a process called Convalescent Plasma. Blood donated by people who have recovered from COVID-19 have antibodies to the virus. The donated blood is processed to remove blood cells, leaving behind liquid (plasma) and antibodies. These can be given to people with COVID-19 to boost their ability to fight the virus. You must call LifeSource/Vitalant for your results, which may take up to 2 weeks.

To make an appointment, contact Melissa Jacobsen at: [mjacobson@vah.com](mailto:mjacobsen@vah.com) or 847.368.5760.

VILLAGE OF ARLINGTON HEIGHTS

Holiday Assistance

HELP A FAMILY IN NEED THIS HOLIDAY SEASON

BECOME A SPONSOR AND BE PAIRED WITH A LOCAL FAMILY TO MAKE THEIR SEASON BRIGHT. THIS YEAR ALL DONATIONS WILL BE PROVIDED VIA GIFT CARDS DUE TO COVID-19. GIFT CARDS WILL BE USED TO HELP FAMILIES WITH PRESENTS OR HOLIDAY MEALS. THE SUGGESTED DONATION AMOUNT IS \$50-75 PER PERSON.

To sign up to be a sponsor contact
Health and Human Services Department
33 S. Arlington Heights Road, Arlington Heights 60005
847-368-5791
nespinoza@vah.com



Making Music

Drum Circle IN-PERSON

Tuesday, 11/24, 10:00a-10:45a

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.* Please note there will be no session in December.

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!

This free program will be held in-person with a limited capacity of 10 participants.

The program will also be available virtually at the same time. Please call 847.253.5532 to register in advance and specify your preference of in-person or virtual registration. A Zoom link will be emailed at least one day prior for those participating virtually.



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.

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Lutheran Home hosts monthly educational opportunities. Consider joining us!
Visit lutheranhome.org/events to learn more.



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. **ALL MATERIAL RETURNS SHOULD BE MADE IN THE BOOK DROP OUTSIDE THE SENIOR CENTER** to the west of the front entrance.

For questions about 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 November. All programs require registration and will be held online on Zoom. Register online at 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 pick up at the library.

Popular Books



Wednesday, November 18, 10-11 a.m.

Read *The Lost Vintage* by Ann Mah. From an accomplished travel and food writer comes this gripping mystery and heartfelt love story that glides between modern day Burgundy and the terrors of Nazi-occupied France. Register.

Modern Classics



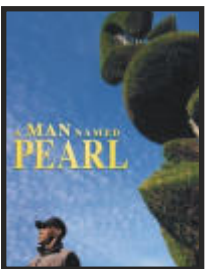
Monday, November 9, 10-11 a.m.

The November book is *This Tender Land* by William Kent Krueger. This epic adventure is one boy's coming-of-age story in Depression-blighted Minnesota of 1932. Register.

Virtual: Film Discussion Circle

Tuesday, November 3, 2:30-3:30 p.m.

Watch the film at your convenience, then join us on Zoom for a discussion. Arlington Heights cardholders can borrow and watch the films from our online **Hoopla** collection at <https://www.hoopladigital.com/title/11506133>.



Our November film is *A Man Named Pearl* (2008), 78 minutes, rated G, the inspiring true story of self-taught topiary artist, Pearl Fryar, who transformed his once-average yard into a wondrous garden. Register.

Virtual: Learn to Zoom

Fridays, November 6 and 20, 1-2 p.m.

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 or call the Senior Center at 847.253.5532.

NEW! Virtual: Host a Zoom Meeting

Friday, November 13, 1-2 p.m.

Take your knowledge of Zoom to a new level. Learn to schedule, monitor, host and keep your Zoom meeting safe.

Prerequisite: *Learn to Zoom* or Zoom experience. Participants should have the Zoom Meeting Client on their device and have a free Zoom account.

Register online at ahml.info/attend/events.

Virtual: Computer Interest Group

Wednesday, November 18, 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



ARLINGTON HEIGHTS
Senior Center, Inc.

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.

Just Mercy

Friday, 11/13 at 10:00a or 1:00p

A powerful and thought-provoking true story, *Just Mercy* follows young lawyer Bryan Stevenson (Jordan) and his history-making battle for justice.



Warner Bros.; 2019; Rated PG-13; 136 minutes; Directed by Destin Daniel Cretton; Starring Michael B. Jordan, Jamie Foxx, Brie Larson, O'Shea Jackson, Jr. and Rafe Spall

Last Christmas

Friday, 12/11 at 10:00a or 1:00p

A dysfunctional young woman meets a handsome and life-changing stranger during the Christmas season while working as Santa's elf at a year-round Christmas store.



Universal Pictures; 2019; Rated PG-13; 103 minutes; Directed by Paul Feig; Starring Emilia Clarke, Henry Golding and Emma Thompson

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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.

November Upcoming Tours

Farewell Luncheon at Lawry's Prime Rib

Arlington Classic Tours is in contact with Lawry's Prime Rib for reservations for a farewell luncheon before Lawry's closes its doors at the McCormick Mansion in Chicago. At time of print, the Park District is waiting for confirmation from Lawry's.

SAVE THE DATE:

Thursday, November 19 & Sunday, December 20

REMEMBER: Due to COVID19, bus groups are at a maximum of 25 people. Tour details will be in the next edition of the Arlington Classic Tour Schedule which will be mailed to Tour Club Members by the end of October. Not a member? After 10/30, call the Park District at 847.797.5341 for information on this or other upcoming tours.

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 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 talking 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/Thursday 9:00a-12:00p

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

Face masks are required. To make a reservation to work in the Wood Shop, please call the Park District Office in the Senior Center at 847.797.5341. Space is limited due to social distancing guidelines.



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 at 10:00 am Tuesday – Friday, by reservation only.

AAC Hours:

Monday - Friday, 9:00 am - 2:45 pm - - - Reservation Only

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 schedule 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 limit of 12 students/class. Face masks are required. Bring your own water bottle.

Monday - Fun & Fit Aerobic , 9:00-9:45 am

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

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

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 for registration information.

Tap Dance/Continuing

Thursdays, 10/29-12/17

Fee: \$66

1:15p-2:15p

Be Moved Dance

Tuesdays, 11/3-12/15

Thursdays, 11/5-12/17

Contracted

Contracted

Fee: \$69

12:45p-1:45p

Noon-1:00p

Art of Acrylics

Works of Art

50 Shades of Colored Pencils

Fundamentals of Drawing

Mixed Media Art

These classes will be offered in the Winter Session.

Crochet

Mondays, 11/2-12/14

Fee: \$54

11:10a-1:10p

Pieced Machine Quilting

Mondays, 11/2-12/14

Fee: \$49

6:15p-8:15p

Quilting Basics & Beyond

Wednesdays, 11/4-12/16

Tuesdays, 11/3-12/15

AM

PM

Fee: \$49

10:00a-Noon

6:00p-8:00p

Theater Dance

Thursdays, 10/29-12/17

Fee: \$66

2:15-3:15p



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, 11/3-12/15

Fee: \$64

Beginning
Intermediate
Advanced

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



Bridge/Beginning

Mondays, 11/2-12/14
Thursdays, 10/29-12/17

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

Bridge/Intermediate

Tuesdays, 11/3-12/15

Fee: \$74
10:00a-Noon

Bridge/Advanced

Tuesdays, 11/3-12/15

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

Best Bridge Ever Adv/Inter

Wednesdays, 10/28-12/16 5:45-7:45p
Thursdays, 10/29-12/17 1:00p-3:00p

Fee: \$74
Fee: \$74

Bridge Potpourri

Mondays, 11/2-12/14 4:00p-6:00p

Fee: \$74

Canasta

Monday, 11/2-11/30 8:45a-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, 11/2-12/14 2:00p-3:00p
Thursdays, 11/5-12/17 10:15a-11:15a
Fridays, 11/6-12/18 12:15p-1:15p

Fee: \$67
Fee: \$67
Fee: \$67

Gentle Yoga

Mondays, 11/2-12/14 12:15p-1:45p
Wednesdays, 11/3-12/16 11:15a-12:45p

Fee: \$92
Fee: \$92

Special Event

When “Downsizing” is “Rightsizing” After COVID

Saturday, 2/27/21

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, 2/27/21 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. Reserve your seat today. Call 847.797.5341 to register.

Gift Store

Located in the Park District Office at the Senior Center

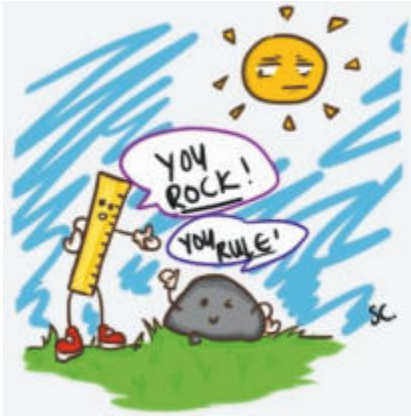
NOW AVAILABLE FOR PURCHASE

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Escorted Transportation Service, Northwest

Continued Thanks!



We want to thank the volunteers who drove our dialysis patients throughout the stay-at-home order: **Sandy, Jill, Falgun, Tracey, Bill, Amy, Patti, Joe and Allan.**

In addition, a big shout out to the volunteers who have taken rides since we restarted again on June 15th: **Jan, Angie, Pat, Jill, Lynda, John F., Bena, Mary, Tracey, Etta, Amy, Bill, Patti, Jean, Jane, Sheila, Tim, John S, Mary Ann, Joe, Jack, Hal, Tom, Greg, Kathy, Peggy and Allan.**

Finally, we want to thank the many, many volunteers who have, and continue to make friendly calls to our seniors. This has greatly helped ease their isolation during this difficult time.

Volunteers Needed

ETS continues to need additional volunteers to help seniors in need of rides get to their medical appointments. We have implemented strict protocols for both passenger and volunteer to minimize any risks. If you are interested in volunteering you can visit us at www.etsnw.org >How to Help>Volunteer for more information and to download the application. You can also give us a call (847-222-9227) or send an email (info@etsnw.org). We would love to have you join our amazing volunteer team.



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Activities, Cards, Clubs & Games



Bingo IN-PERSON

The Senior Center is offering Bingo **every Wednesday** (except 11/11), **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.
- Four cards per person will be provided for the duration of the one-hour of bingo play.
- No money will be exchanged. Bingo cards will be free and prizes will be in the form of snacks and other small items.

You may reserve a spot to play bingo for any of the remaining 2020 Wednesdays. 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. Masks must be worn at all times.

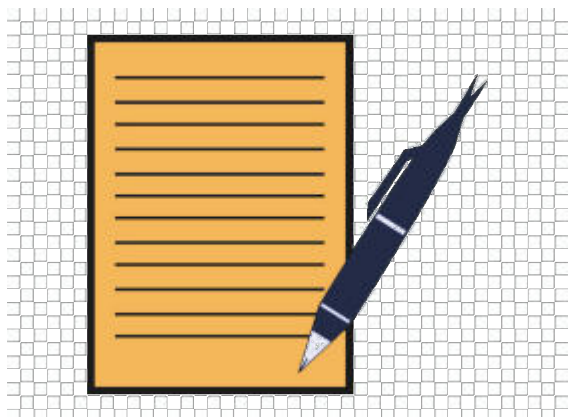


M2M (Memories to Memoirs) Writers Club IN-PERSON

Tuesdays, 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. Masks must be worn at all times.



Park Place Investment Club IN-PERSON

Tuesdays, 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. 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.

During the week of November 23rd, Thanksgiving week, Catholic Charities will distribute boxes which contain five meals on Thursday, November 24th.

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, (1) a Catholic Charities staff member will take your name, (2) drop your donation into the donation box, and (3) 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.

We deliver meals to homebound residents. Please call 847.797.5350 for more information.

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 or email: **847-776-9570** rjensen@nch.org



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

Tuesday, Nov. 10, 9 to 10 a.m.
Asian Cauliflower Stir Fry



Tuesday, Dec. 8, 9 to 10 a.m.
Easy and Healthy Date Paste;
Discover the health benefits of dates and how to replace sugar with this delicious and healthy recipe.



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.



3 to 4 p.m. **Please note the time change

Wednesday, Nov. 18: Open Discussion

Wednesday, Dec. 16: Open Discussion

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

Diabetes Education and Support

Led by NCH Diabetes Services staff

Tuesday, Nov. 10, 10:30 a.m. to 12 p.m.
Diabetes and The Benefits of Sleep

Tuesday, Dec. 8, 10:30 a.m. to 12 p.m.
Diabetes and Memory Loss

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



Managing Your Diabetes 101

No classes in November or December



Happy Holidays

**No Coffee & Conversation Classes
in November or December**

Happy Holidays



Bone Density Screenings

**Tuesdays, Nov 3, and Dec. 1,
9 to 10 a.m.** Before Ask the Nurse. You will be required to remove your sock and shoe for the screening.

Appointments required.
Call **847.776.9570**.

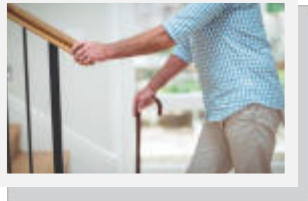


All Programs Require Registration

Fall Risk Screening Clinic

Friday, December 18, between 10 a.m. to 2 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 (when weather is conducive). Can't wait to get walking together soon!



Medicare Senior Health Insurance Program (SHIP)

Open Enrollment

October 15 – December 7

SHIP in-person appointments available at Northwest Community Hospital
Appointments required.

Call or email at **847.618.5575**, or 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.



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Financial Planning for Seniors

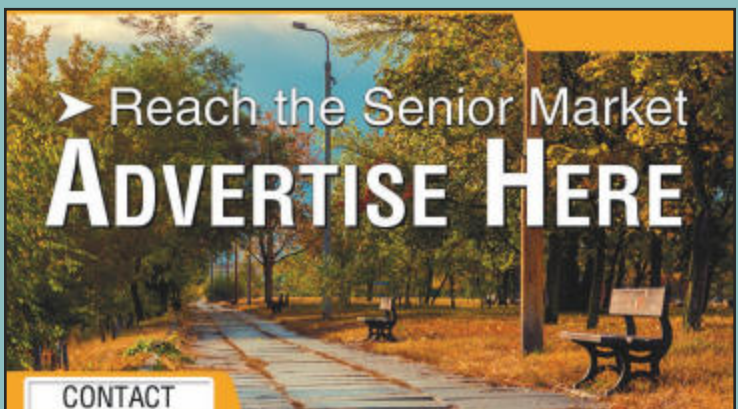
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Volunteer Opportunities



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 at 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 or visit 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 have any questions regarding any of these positions at 847.253.5532 ext. 302 or sswanson@vah.com.



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Arlington Heights Senior Center, Arlington Heights, IL

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Volunteer Appreciation

We are so grateful for our volunteers!
To express our gratitude, Arlington Heights Senior Center Volunteers
are cordially invited to a "Mini Musical Treat" on
Monday, November 16, 2020.

This special, 20-minute performance will feature
George Holmes, a professional singer and popular entertainer
here at the Arlington Heights Senior Center!



Due to social distancing, there will be eight performances
scheduled throughout the morning and early afternoon - on the hour and half hour.

Registration will be limited to a maximum of 20 people
at each session on a first-come, first-served basis.

Volunteers must register in advance for a specific time slot.

Please call the Senior Center at 847.253.5532 to register by Friday, November 6.

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Health, Wellness & Social Services



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 advance registration only. To register for a Monday morning blood pressure screening, please call the Senior Center Main Office at 847.253.5532.

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

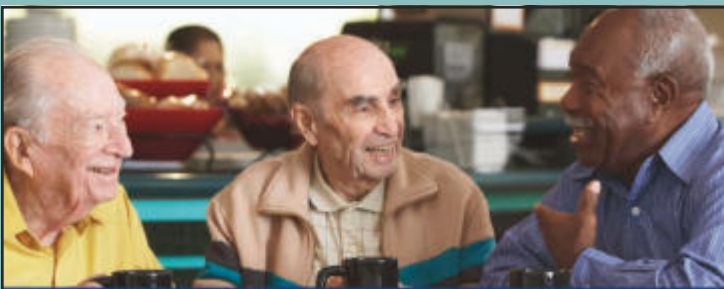
Village of Arlington Heights Health Services Department Cholesterol Screening Clinic at the Senior Center - BY APPOINTMENT ONLY

Tuesday morning, 11/10

Appointments will be conducted by advance registration only. To register, please call the Senior Center Main Office at 847.253.5532.

Cost: \$20 for Total, HDL & LDL. Medicare cannot be billed for these services, as the Village of Arlington Heights is not an approved provider. A 12-hour fast is required (only water; no coffee).

For information on additional Blood Pressure, Cholesterol and other Wellness Clinics offered through the Village of Arlington Heights Nursing Services at Village Hall, please call **847.368.5760**.



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Jo Segalla is an Elder Law attorney who provides compassionate guidance and advocacy, backed by years of experience, for senior citizens and their families.

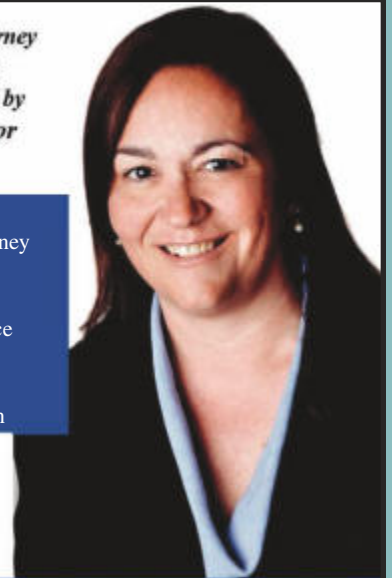
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Jo Segalla

jsegalla@dkmolaw.com

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



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:

Mondays	1:00 pm - 3:00 pm
Tuesdays	10:00 am - 12:00 pm
Wednesdays	10:00 am - 12:00 pm
Thursdays	10:00 am - 12:00 pm
Fridays	10:00 am - 12:00 pm

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) - BY TELEPHONE



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 is 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 phone 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

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.



Caregiving Concerns Complicated by the Pandemic - VIRTUAL

Thursday, 11/5, 11:00a-12:00p



Caregiving was stressful enough before the pandemic but it's even more so now. If you have been feeling extra stressed about caregiving due to COVID-19, you're not alone. In honor of Caregiver Appreciation Month, Catholic Charities Northwest Senior Services and the Arlington Heights Senior Center invite family caregivers to participate in this virtual program presented by Sandy Pastore, MSW. Free program. Advance registration is required. Please call Donna Newbold at 847.338.9750 or Jasmine Chorath at 847.338.7319. A Zoom link will be provided at least one day prior to the program.



Caregiver Support

Catholic Charities Northwest Senior Services Caregiver Support Resource Center's in-person support group meetings have been cancelled until further notice due to COVID-19. If you are interested in meeting virtually on the third Wednesday of the month from 7:00-8:30pm, please call Jasmine Chorath at 847-338-7319.

In the meantime, we'll share information from Caring.com about some caregiving podcasts that you may like to listen to:

Caregiver SOS (a weekly podcast presented by the WellMed Charitable Foundation that discusses a wide variety of caregiving issues, such as long-distance caregiving, new technologies, and end-of-life care)

People with Parents (a comedian uses humor, personal interviews, and casual storytelling to delve into ways to cope with the many challenges of caregiving)

Agewyz (a weekly podcast that features lively discussions on a number of caregiving issues, practical medical advice from experts, and personal stories to remind caregivers that they are not alone)

The Senior Caregiver Podcast (a podcast presented by Sunrise Senior Living that discusses caring for those displaying symptoms of Alzheimer's and other dementias to provide tips for memory care)

Transition Aging Parents (a podcast that delves into the intricacies of supporting aging parents with topics such as memory concerns, home care, financial concerns, and managing medications)

Let's Talk Dementia (an author shares her experiences of taking care of her mother and covers topics related to senior housing, anger, and dementia)



Alzheimer's/Dementia Caregiver Support Group IN-PERSON & VIRTUAL

Mondays, 11/9 & 12/14

In-person*: 10:30a-12:00p

Virtual*: 12:30p-2:00p

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



*Advance registration is required. In-person sessions are limited to 10 participants. Call the Senior Center at 847.253.5532 to reserve a spot for an in-person or virtual session.

Arlington Heights Memory Cafe Creating Connections - VIRTUAL

Tuesday, 11/10, 10:00a-11:00a

Memory Café is currently an online social gathering for persons living with dementia and a family member, friend, or care partner. Due to the pandemic, Memory Café is meeting virtually. While the Arlington Heights Memory Café does have a waiting list for in-person gatherings, there is room for more participants on our virtual platforms. Advance registration is required. If interested, please call the Senior Center at 847.253.5532.

Memory Café partners: AgeOptions, Catholic Charities NW Senior Services, Arlington Heights Memorial Library, Arlington Heights Park District, and the Village of Arlington Heights Senior Center.





Driver Services

AARP Smart DriverTEK™ Workshops - VIRTUAL



Driver Safety

Thursday, 11/19, 10:00a-11:30a

Wednesday, 12/2, 1:00p-2:30p

Understanding how the newest car technology works can make driving safer and more enjoyable. Register for a fun, FREE, 90-minute Smart DriverTEK workshop to learn the benefits of the smartest safety features - backup cameras, blind spot warnings and more!

To register for one of these Zoom workshops, 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 at least one day prior.

AARP Smart Driver™ Course Canceled

AARP has canceled its in-person Smart Driver™ courses through December 2020. For information regarding online classes, go to aarpdriversafety.org.

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 virtual class, 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.

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed
to you at www.ourseniorcenter.com



Arlington Heights Senior Center, Inc.



Dear Senior Center Patron,

Most of us think of gifting only in relation to the holiday season or special occasions, like birthdays and anniversaries. But gifting can be beneficial in another way: It removes assets from your estate that may be taxed far more heavily after your death than during your lifetime.

Better still, the gifting rules are relatively liberal. Single individuals may give up to \$15,000 to as many beneficiaries as they desire each year. For married couples, the annual limit is \$30,000 per beneficiary. A larger gift to may even be partially tax deductible.

2020 has been especially challenging to non-profit agencies like the Arlington Heights Senior Center, INC. Your gift helps ensure that AHSC can continue providing programs and services that you enjoy and benefit the community.

You may have designated similar bequests in your will. But gifting to Arlington Heights Senior Center, INC. during your lifetime has the potential to reduce the overall cost of transfer taxation, allowing your loved ones to receive more of your assets.

Local residents can potentially reduce their estate taxes through gifting. If you'd like to explore this option, please complete the envelope enclosed in this newsletter with your gift to worthy cause in the community. Make sure your beneficiaries – not estate taxes – derive the fullest possible benefit from your life's work.

Sincerely,

Arlington Heights Senior Center, Inc.

A 501(c)3 Charity




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Pictured above: Park District Gift Store at the Senior Center

To become a subscriber, please tear out this full page and submit it along with the \$15.00 payment to the Main Office at the Arlington Heights Senior Center - or mail to the above address. The confidentiality of all patrons is a trust we take seriously.

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November/December 2020 Holiday Closures

Wednesday, November 11 - Veterans Day
Thursday & Friday, November 26 & 27 - Thanksgiving
Thursday & Friday, December 24 & 25 - Christmas

Arlington Heights Senior Center Mission Statement

Owned and operated by the Village, the Arlington Heights Senior Center presents a welcoming environment that promotes the independence, creates community, and lifelong learning for older adults. Through an innovative "one-stop" approach that places a myriad of programs, services, amenities, and information together. The Senior Center provides meaningful, timely and cost-effective services. The Arlington Heights Senior Center serves as the community focal point for older adults, caregivers, and students.

Our Guiding Principles

- ▷ The whole of the Arlington Heights Senior Center is greater than the sum of its parts.
- ▷ Our "one stop" model creates ease in senior citizens accessibility.
- ▷ This collocation of senior services fosters an extensive network of information, referral and assistance.
- ▷ This synergistic environment produces outreach best practices.
- ▷ Through our wide variety of services and programs, we offer viable opportunities to mentor students of various disciplines in geriatric professions as well as in the field of aging.

STATEMENT OF NONDISCRIMINATION

The Village of Arlington Heights Senior Center does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act: the U.S. Civil Rights Act: Section 504 of the Rehabilitation Act: the Age Discrimination Act in Employment Act and the U.S. and Illinois Constitutions. If you believe that you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information call 1-800-252-8966 (Voice & TDD).