



Live Well, Age Well

Village of Arlington Heights

September/October 2021



1801 W. Central Road

Arlington Heights, IL 60005

Hours: Monday through Friday



8:30 AM to 4:30 PM

After Labor Day

Mon/Wed 8:30 a.m.-8 p.m.

Tues/Thurs/Fri 8:30 a.m.-4:30 p.m.

Saturday 8:30 a.m.-12:30 p.m.



(847) 253-5532



seniorcenter@vah.com



www.vah.com

Accredited by



National Institute Of
Senior Centers

Celebrating National Senior Center Month!

The Arlington Heights Senior Center is an essential place for all residents to Live Well and Age Well. The Village of Arlington Heights is working with the architectural firm BKV who is conducting the Senior Center Space Utilization, Modernization, and Program Plan for the Senior Center. The project encompasses interviews, focus groups and community survey that will result in three plans to present to the Board of Trustees in January 2022.

The Senior Center is owned and operated by the Village of Arlington Heights with tenant agencies that provides services and programs (Arlington Heights Park District, Arlington Heights Memorial Library, Arlington Heights Nurses Club, Connections to Care, Catholic Charities Northwest Social Services and Nutrition Programs, and Northwest Community Healthcare). The center has been in this location since 1997.

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Halloween “Fang-tastic” Activities

Friday, October 29

11 am to 3 pm

Who says only kids get to have all the fun! Celebrate Halloween this year by visiting us on **Friday, October 29th** between 11 am and 3 pm and have your photo taken in our lobby in front of a festive backdrop. Costumes are encouraged as there will be a contest to determine “most creative” and “spookiest” contestants. Winners will receive a gift card to a local restaurant at a later date. While you’re here, trick-or-treat at each of our agency offices and get reacquainted with our staff and services. We hope to see you all here!





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.

Arlington Heights Senior Center 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.

Center Tours

The Arlington Heights Senior Center is open to persons age 55 and better from any community. No membership required.

Tours are Wednesdays at 10 a.m. Please contact the Senior Center for more information.

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).

AGENCIES LOCATED INSIDE THE SENIOR CENTER

Village of Arlington Heights Senior Center - Main Office

Tracey Colagrossi, MS,
Senior Center Manager

Sarah Adelphia,
Program Coordinator

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

After Labor Day:

Mon/Wed 8:30 am to 8 pm

Tues/Thurs/Fri 8:30 am to 12:30 pm

Sat. 8:30 am. to 12:30 pm

Arlington Heights Memorial Library

Phone: 847.870.3712

Email: seniorservices@ahml.info

Web: www.ahml.info/services/senior_center

Reading Room M-F,
9 am-2 pm
Computer Lab, M/W/F
9 am -2 pm

Arlington Heights Park District

Phone: 847-797-5341

Web: www.aphd.org/

Park District Office &
Shop 1801 (Gift Store)

Hours: Tues/Thurs/Fri
8:30 am to 3:30 pm

Mon/Wed
8:30 am to 8:00 pm

Arlington Heights Nurses Club

Phone: 847.797.5315

Lending Closet Hours -

Mon: 1:00 pm - 3:00 pm

Tues: 10:00 am - 12:00 pm

Wed: 10:00 am - 12:00 pm
6:00 pm-8:00 pm

Thurs: 10:00 am - 12:00 pm

Fri: 10:00 am - 12:00 pm

Sat: 10:00 am-12:00 pm

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 and pickup available between 12 pm to 1:15 pm. Please call for information.

Catholic Charities Northwest Senior Services

Phone: 847.253.5500

Web: www.catholiccharities.net/ccnw

Hours: By appointment

Connections to Care

Formerly Escorted Transportation Service Northwest

Phone: 847.222.9227

Web: www.connectiontonstocare.org

Hours: Mon - Fri:

8:30 am - 2:30 pm

Northwest Community Healthcare

Phone: 847.618.1000

Web: www.nch.org

Hours: Vary



FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

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Advisory Council Events

The following programs are hosted by the Arlington Heights Senior Center Advisory Council. Funding for the entertainment is provided by Arlington Heights Senior Center, Inc.

Oktoberfest Brat Cookout with Die Musikmeisters Band Wednesday, September 15

1:00 – 3:00 pm

Enjoy a festive afternoon featuring grilled brats with all the fixings and German entertainment by Die Musikmeisters! Sing along with this traditional German Oompah band as they delight you with polkas, waltzes, marches, folk music and more! The price of your ticket will include a grilled brat, your choice of condiments, chips, German chocolate cake and water or diet/regular root beer. Please purchase your \$5 ticket at the Main Office by September 3rd and indicate if you prefer a traditional, kosher beef or vegetarian brat upon registering.



Fall Harvest Festival with Jackson & Shades of Country Duo Wednesday, October 27

2:00 – 4:00 pm

Celebrate the beauty of Fall with a heel kickin' good time! Brad Jackson & Shades of Country Duo will entertain you with traditional country, line dancing songs and requests. The price of your ticket will include cider donuts and apple cider. Country/Western themed costumes are optional. Feeling creative? Compete for a prize in the pumpkin decorating contest. Please purchase your \$3 ticket at the Main Office by October 11th.

Spanish Language Class (Advanced Beginner/Intermediate) VIRTUAL Wednesdays:

September 1 - October 20

9:30 – 11:00 am

Fee: \$40 per session



Whether you want to learn Spanish to travel abroad, converse with Spanish speaking people, or simply to learn Spanish for pleasure, this class is for you. It is an Advanced Beginner/Intermediate class and is for those who already know the basics of Spanish grammar. The class will provide you with an opportunity to read stories, listen with comprehension, learn pronunciation, functional vocabulary related to everyday life, cultural information and grammatical structures. Grammar will be learned in context. It is designed to give the students the ability to carry on a simple conversation. This class is facilitated virtually. The Instructor Ana Trbojevich – holds a Masters in Science in Organization Development from Loyola University Chicago. Ana is a native of Argentina. She has conducted training and development classes in Latin America and is currently teaching ESL and Spanish classes to adults. ZOOM CLASS. Please visit the Main Office or call 847.253.5532 to register.

Essential Italian Language Class Fridays: September 3 - December 17 (No class 11/26, 12/24, 12/31)

10:30 am – 12:00 pm

Fee: \$15 per session

Did you know that learning a new language is not only fun, but has many cognitive benefits? Those who speak more than one language enjoy improved problem-solving and critical-thinking skills, enhanced memory, better concentration, ability to multitask, and improved listening skills. This beginner 15-

week class will be led by local Italian-speaking Italian Club members. Learn common phrases, greetings, proper pronunciation, sing songs and more in this fun and relaxed class. Soon you'll be able to order a meal on your next trip to Rome (or the closest Italian restaurant!). Fee of \$15 will include an Italian phrasebook and blank notebook. Please visit the Main Office or call 847.253.5532 to register.

Art Evening Events

Join Senior Center Manager, Tracey Colagrossi for fun and creative art event.

Autumn Impasto Painting Monday, September 13

5:30 pm - 8 pm



Impasto is heavily applied paint to create texture and depth for an interesting fall painting. Class are limited to 15 students, in person. This fun one-session Class is instructed by Senior Center Manager, Tracey Colagrossi

Fall Candle Mod Podge Monday, October 11 at 6 pm - 7:30 pm



Join us to create your choice of a Pumpkin or Fall Leaf lantern. We will use canning jars and Mod Podge glue. This is a FUN, one session class instructed by Senior Center Manager, Tracey Colagrossi

Manager Matters Tuesday, October 21

12 - 1 pm -Virtual & In-Person

Join Senior Center Manager, Tracey Colagrossi to discuss the latest happenings at the Arlington Heights Senior Center. Please bring your questions and suggestions! The session will be held in person and virtual.



4 FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER



Evening Concert with Andrew Blendermann Wednesday, September 8 6:00 – 7:00 pm

With over 2000 songs in his repertoire, Andrew Blendermann is not your average pianist. From Frank Sinatra to Neil Diamond, Doo-Wop to Disco, Andrew's performance is sure to get you singing along! Come with requests. Starting with a classical background from Baldwin-Wallace Conservatory of Music, Andrew has been performing professionally in and around Chicagoland for more than 20 years. His wide-ranging career includes piano bars (Davenport's, Howl at the Moon, The Signature Room), musical theatre (Marriott Lincolnshire, Drury Lane), and *a cappella* (Navy Pier Players, Harmony Sweepstakes) Please visit the Main Office or call 847.253.5532 to register.



The Lure and Lore of Spices: Italian Cooking Demo

Thursday, September 9
1:00-2:30 pm

Join us for an in-person presentation by Chasity Marini, consultant for The Spice House in Evanston, Illinois. In this class Chasity will demonstrate how to make traditional Ragu (also called sauce, gravy or Bolognese and homemade meatballs. She will also talk about the difference in dried herbs vs. fresh herbs, and when to use each of them, and garlic;

the quality of in store garlic compared to fresh grown garlic.

Call the Senior Center at 847-253-5532 to register. This class has a limited capacity, so be sure to register early. *Then, on Friday, September 10th, please join us at 1:00 pm for the Friday movie "Big Night", in which two immigrant brothers try to save their Italian restaurant from going into bankruptcy!*



Great Decisions: Foreign Policy Association VIRTUAL

Saturday, September 11
9:30 – 11:00 am

Last in the 2021 Series



Call the Senior Center at 847.253.5532 to sign up for this free discussion group with Professor Gary Midkiff. You will be sent a link to the Zoom session at least one day prior to each of the dates. 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.

Comiskey Park's Last World Series: A History of the 1959 Chicago White Sox Wednesday, September 22

1:00 – 2:00 pm

Baseball author and historian Charles Billington discusses one of Chicago's most beloved teams, the 1959 White Sox. The team ended a 40 year pennant drought on the South Side with a team that stole more bases than it hit home runs. Billington will discuss the economic history, legal conflicts, and cultural sig-

nificance of this team's success, along with the on-field exploits of Billy Pierce, Nellie Fox, Luis Aparicio, Sherman Lollar, and Jungle Jim Rivera. Please visit the Main Office or call 847.253.5532 to register.

Planning and Launching Your Retirement

Saturday, September 25
10:00 – 11:00 am

As you approach retirement, you will receive many offers for financial and health insurance planning. In this presentation, Gene Flynn focuses on how you might best live your life in the early years of retirement and semi-retirement to promote physical and mental health as well as strong social engagement. He will also explore many options for encore careers, gig and volunteer work, and lifelong learning. Retirement is a major life change, and some early planning can go a long way. Please visit the Main Office or call 847.253.5532 to register.



Lunch 'n Learn with Village Manager, Randy Recklaus Wednesday, September 29

12:00 – 1:00 pm

Join Arlington Heights Village Manager, Randy Recklaus for his quarterly update on projects of interest in the Village. Complimentary cheese pizza lunch is included. Register with the Main Office or call 847.253.5532 by September 22nd to reserve a seat and a lunch.



FEATURED PROGRAMS 5

ARLINGTON HEIGHTS SENIOR CENTER

Free Friday Movies

Free Movie: Big Night
Friday, September 10
1:00 PM



Sony Pictures

Directed by Campbell Scott and Stanley Tucci

Rated R, run time 1h 49 min, 1996

Starring: Stanley Tucci, Tony Shalhoub, Ian Holm, Isabella Rossellini and Minnie Driver

Despite its superb cuisine, an Italian restaurant run by immigrant brothers verges on bankruptcy. But the siblings risk it all to save their bistro when they get the chance to cook up a feast for bandleader Louis Prima. (from Netflix.com)

Be sure to register for *The Lure and Lore of Spices: Italian Cooking Demo* on September 9th, 1:00–2:30 PM where you'll learn how to make a traditional Ragu and homemade meatballs.

Free Movie: Young Frankenstein
Friday, October 8
1:00 PM



20th Century Studios

Directed by Mel Brooks

Rated PG, run time 1h 46 min, 1974

An all-star cast! Gene Wilder, Peter Boyle, Marty Feldman, Madeline Kahn, Cloris Leachman and Teri Garr. A laugh riot from beginning to end, this

classic parody from director Mel Brooks stars Gene Wilder as Frederick Frankenstein, who detests his family history but ultimately can't resist the temptation to follow in his infamous grandfather's footsteps. Adding to the fun is a brilliant supporting cast that includes Marty Feldman as bug-eyed assistant Igor, Madeline Kahn as Frankenstein's frosty fiancée and Peter Boyle as the zipper-necked monster. (from Netflix.com)

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6 CLUBS & GAMES

ARLINGTON HEIGHTS SENIOR CENTER



Clubs & Games

The Senior Center has daily scheduled clubs/games. No registration needed. Please note there may be schedule changes listed

Bingo

Wednesdays, 12:30-2:00 pm

(No Bingo on 9/15 & 10/27)

Join us in the game room, 25 cent cards.

Scrapbooking and More!

Fridays: 9/24 & 10/8

8:30 am – 3:00 pm

Work on your own album or card making projects. Bring your own supplies, a variety of tools are available for your use. All crafters are welcome!

M2M (Memories to Memoirs)

Writers Club - VIRTUAL

Tuesdays, 9/21 & 10/19,

1:30 pm -3:30 pm



Share the unique memories of your life. 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. Advance registration is required 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.

Park Place Investment Club

Tuesdays, 9/28 & 10/26

1:00 pm – 3:00pm

Would you like to learn how to evaluate stocks for your investment portfolio? Park Place Investment Club reviews the performance of stocks owned by the club and works to identify new stocks to purchase. People interested in the club can attend two monthly 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.

Portfolio Investment Club

Wednesdays, 9/22 & 10/27,

1:00 pm-3:00 pm

Chess Club

Tuesdays, 10:30 am-12:30 pm

Join us on Tuesdays to play Chess. This is a drop in, first come, first served basis. Four chess sets provided or bring your own.

Ping Pong

Mondays (Except 9/6) 12:30-3:00 pm

Saturdays (Except 9/4) 9:00 am-12:00 pm

Free. Drop-in. No reservations.

Billiards

Monday-Friday; (Except 9/6)

8:30 am-4:30 pm

Saturdays (Except 9/4)

8:30 am-12:00 pm

Mah Jongg

Mondays (Except 9/6) 12:00-4:00 pm

Thursdays, 8:30 am-3:30 pm

Game sets are provided on a first come first served basis.

Wii Bowling

Tuesdays, Fridays at 12:15 pm

Drop-In Cribbage

Tuesdays, 10:00 am-12:00 pm

Cribbage boards provided.

Open Card Room Hours

Wednesdays & Fridays, 8:30 am-4:30 pm

Thursday, 12:30-4:30 pm

Saturdays (Except 9/4) 8:30 am-12 pm

The Card Room (Program Room 2) is available first come, first served basis.

Duplicate Bridge

Wednesdays (Except 9/15)

12:00 pm-4:00 pm

Italian Club NEW CLUB



1st & 3rd Wednesdays

September 1, 15 & October 6, 20

10:00 am – 11:30 am

This drop-in club offers a unique opportunity for those interested in Italian and Italian-American culture to get together and share their passion for all things Italian! Discuss Italian traditions, history, food, art, music and more. Also, on occasion during this meeting time special Italian-themed programs will be scheduled throughout the year and can be attended through registration (see Featured Programs). These may include virtual or in-person presentations by Italian tour guides, art history lectures, cooking demonstrations and more! Join us today and lascia che la vita ti sorprenda (let life surprise you)! No registration needed.

Coloring Club

1st and 3rd Mondays

September 20 & October 4, 18

11:00 am – 12:30 pm

Card Making Club Seasonal Cards for Meals on Wheels Recipients

Fridays: September 3 & October 1

8:30 am – 1:00 pm

Create beautiful seasonal cards to be distributed to local Meals on Wheels recipients. For more information on how to become a part of this highly valued service please call 847.253.5532.

Rummikub

Interested in playing Rummikub? In this game, players take turns placing numbered tiles in runs or groups. We may start a club depending on interest. Call the Senior Center, 847.253.5532.

LIBRARY PROGRAMS AND SERVICES

The library's Reading Room branch at the Senior Center is open for browsing and materials checkout from 9 a.m. - 4:30 p.m., Monday – Friday and Saturdays from 8:30 a.m. — 12:30 p.m. Register your library card from any Illinois library for checkout privileges.

Computer Room

Windows PC's are available with use limited to one hour on Monday, Wednesday and Friday from 9 a.m. – 2 p.m. ; Tuesday and Thursday from 11 a.m. – 2 p.m. Saturdays 9 a.m. –12 p.m.

For questions regarding library services and programs at the Senior Center, please contact seniorservices@ahml.info or call us at 847-870-3712.

Program Registration

Unless otherwise noted, register online at ahml.info/attend/events or call 847.392.0100

Current Events Discussions

Thursdays, September 2, 9, 16, 23, 30 and October 7, 14, 21, and 28 at 10 a.m. REGISTER.

Space is limited so register for all the September/October sessions by calling the Senior Center at 847-253-5532.

Computer Interest Group

Wednesday, September 8 and October 13, 1-2 p.m., DROP IN.

Novice and experienced users discuss current technology, exchange tips, and offer advice for solving problems on PCs, tablets, and smartphones.

Travelogues

Fridays at 10 a.m., DROP IN.

September 3	Rocky Mountain Retreats (46 min)
September 10	Dumfries House (Scotland) (58 min)
September 17	Switzerland (50 min)
September 24	Forgotten Ellis Island (57 min)
October 1	Prague and Czech Republic & Beyond Prague (50 min)
October 8	Wonders Sacred & Mysterious (56 min)
October 15	Inveraray Castle (58 min)
October 22	Travel Skills & The Making Of Rick Steves (50 Min)
October 29	Wonders of Man's Creation (53 min)

Book Discussions

Books are available in the Reading Room 4 weeks prior to discussion.

Modern Classics

Mondays, September 27 and October 25, 10-11 a.m. DROP IN.

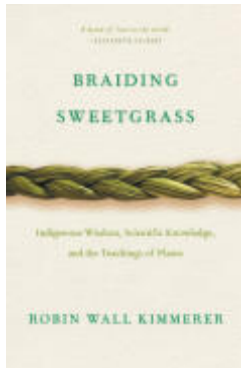
September's book is *Hamnet* by Maggie O'Farrell and for October, *The Bean Trees* by Barbara Kingsolver.

Popular Books

Wednesday, September 8 and October 13, 10–11 a.m. DROP IN.

Discuss *The Exiles* by Christina Baker Kline and in October, *The Mother-in-Law* by Sally Hepworth.





One Book One Village Book Discussion

Wednesday, September 29, 1:30 p.m. REGISTER

Join us for a special One Book discussion at the Senior Center of ***Braiding Sweetgrass*** by Robin Will Kimmerrer.

The discussion will focus on three selected essays from the book: Skywoman Falling, Witch Hazel and The Three Sisters. Copies of the book or audiobook will be available for checkout in the Reading Room.

Film Discussion Circle

Tuesdays, September 7 and October 5, 1 p.m., DROP IN.

September's film is *Bend It Like Beckham* (2003), 112 minutes, rated PG-13; October's movie is *Midnight Run* (1988), 126 minutes, rated R, a comedy starring Robert De Niro and Charles Grodin. A discussion led by library staff follows a free showing of the film.



Classes feature small class size and hands-on instruction. All classes are held at the Senior Center. Register for September classes beginning August 23. October registration opens October 1. Register online at ahml.info/attend/events or call 847.392.0100.

Android Phone Basics (two-day class)

Get hands on experience using an android-based phone with tips for emails, texts and internet.

Wednesdays, September 1 and 8, 2-4 p.m.

Wednesdays, September 15 and 22, 2-4 p.m.

Thursdays, September 23 and 30, 2-4 p.m.

Tuesdays, October 5 and 12, 9-11 a.m.

Thursdays, October 21 and 28, 2-4 p.m.

iPad & iPhone Basics (two-day class)

This hands-on class helps you master using an iPad or iPhone. Get tips for texting, internet and email.

Fridays, September 3 and 10, 2-4 p.m.

Tuesdays, September 7 and 14, 9-11 a.m.

Tuesdays, September 21 and 28, 9-11 a.m.

Thursdays, October 7 and 14, 9-11 a.m.

Mondays, October 18 and 25, 2-4 p.m.

iPad & iPhone Settings

Use the Settings app to customize your iPad or iPhone.

Thursday, September 9, 9-11 a.m.

Wednesday, September 29, 2-4 p.m.

Windows 10 Essentials (two-day class)

Learn to customize your desktop and find, copy, download and organize files.

Fridays, September 17 and 24, 2-4 p.m.

Tuesdays, October 19 and 26, 9-11 a.m.

ARLINGTON HEIGHTS SENIOR CENTER, INC. A 501C-3, FOUNDATION

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LIVE WELL, AGE WELL EXPO



On June 23, 2021 the Board organized an onsite “Live Well, Age Well” Expo. It was the first time the Senior Center opened its door for a public education event since the pandemic lockdowns in March 2020. The focus of the event was to give our local seniors a chance to connect with businesses that specialize in services and products designed to help them “Live Well and Age Well” – mission accomplished! The EXPO was sponsored by over 25 vendors from a variety of local businesses that support seniors including Independent living communities, residential care facilities, home care and home health. The Village of Arlington Heights Nurses gave free blood pressure screenings, another vendor performed blood sugar tests. In addition, 9 non-profit and local government agencies were present distributing educational materials and resources offered to seniors. It was very well attended, with over 200

people filling the halls and speaking with our sponsors. The big hit of the day was the Toasty Cheese Food Truck. Their delicious and large sandwiches made to order kept the crowd happy and well-fed! The Board wishes to thank the Staff at the Senior Center who helped organized the event and were instrumental keeping things flowing for the entire event. Also many thanks to our local businesses for their sponsorship. The financial support of the sponsors is essential to keep our Senior Center a glamorous and well-maintained community resource.

The Board Welcomes New Board Member

Paul LoBue recently joined the Board and looks forward to helping raise funds that support the Senior Center. Paul grew up in Arlington Hts. He attended Thomas Middle School and graduated from Hersey High School. Now Paul and Renata live in Palatine. They have 6 grown children including an Arlington Hts. Police officer. Paul saw firsthand the joy that his dad experienced playing pinochle & billiards at the Senior Center years ago. Paul has recently retired from a successful technology consulting career.



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Arlington Heights Senior Center, Arlington Heights, IL

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FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

One Hundred and Sixty Minutes:

The Race to Save the RMS Titanic

Thursday, September 30

2:00 – 3:00 pm

One hundred and sixty minutes. That is all the time rescuers would have before the largest ship in the world slipped beneath the icy Atlantic. There was amazing heroism and astounding incompetence against the backdrop of the most advanced ship in history sinking by inches with luminaries from all over the world. Presented by William Hazelgrove. Please visit the Main Office or call 847.253.5532 to register.

Pizza & Movie:

Nomadland

Wednesday, October 20

5:30 – 7:30 pm

\$2 per Person

Starring: Frances McDormand, David Strathairn. Following the closure of a gypsum mine in the rural Nevada town she calls home, Fern packs her van and sets off on the road. Exploring life outside conventional society as a modern-day nomad, Fern soon discovers a resilience and resourcefulness that present her with experiences unlike any she's known before. (from Netflix.com) Please visit the Main Office or call 847.253.5532 to register by October 13th.



Grandma Goes to Antarctica

Saturday, October 2

10:00 – 11:00 pm

Jeanne Roppolo is a Chicago-born grandmother, who traveled 22,000 miles to clean floors in Antarctica for the National Science Foundation. When asked, "WHY?" she went to the coldest, driest, windiest, and most barren place on earth; Jeanne always responds, "Why not?" This is the true story of a 57



-year-old grandmother who was stationed in Antarctica for five months as a contract worker for the National Science Foundation (NSF). Learn about her partnership with the scientists and support personnel at McMurdo Station, the largest research station on the continent of Antarctica. Please visit the Main Office or call 847.253.5532 to register.

CRESCENDO CHORUS

Mondays; 6:30-7:30 pm

October-December

\$90 per student



Calling all singers! Make music and build friendships in Metropolis School of the Performing Arts' chorus exclusively for adults ages 55 and better. Students will learn choral singing fundamentals and grow as singers in a choir while socializing with peers. There will be a short performance at the end of the session. All experience levels welcome! This program is planning to be in person (subject to change based on COVID guidelines). TO LEARN MORE AND REGISTER, contact Metropolis at avombrack@metropolisarts.com or 847-577-5982 x244 or the Arlington Heights Senior Center at 847-253-5532

ACTING THROUGH LIFE

Tuesdays; 1:30-3 pm

October-December

\$90 per student



Release your inner actor! Join Metropolis School of the Performing Arts' acting class, created specifically for adults ages 55 and better. Students will grow through acting warm-ups, games, discussions, activities and connecting with their peers. This class was created and is led by Metropolis Performing Arts Centre's casting director, Robin Hughes. All experience levels welcome! Acting

Through Life is the proud recipient of the Association of Illinois Senior Centers' "Visionary Program Award." This program is planning to be in person (subject to change based on COVID guidelines). TO LEARN MORE AND REGISTER, contact Metropolis at avombrack@metropolisarts.com.

His Way: Sinatra on Film

Virtual

Wednesday, October 6

10:30 – 11:30 am

Frank Sinatra— celebrate the most popular singer of our time with this swoon-worthy program. We'll see young Frank make hearts melt in the musicals that the world fell in love with; experience a more mature Sinatra in the movies that capitalized on his legendary cool, and hear many hilarious Sinatra stories as we enjoy the greatest cinematic moments of the "Chairman of the Board." Presented by Steven Frenzel. Please visit the Main Office or call 847.253.5532 to register.



The History of Fashion in Art

Wednesday, October 6

4:00 – 5:30 pm

Art can provide insight into the daily life of cultures that are long past. What we know about how they dressed is documented in the paintings, tapestries, jewelry, and sculptures that remain. Join Art History Instructor/Artist, Denise Laurin-Donatelle for a discussion of fashion through time as documented in key works of art. Please visit the Main Office or call 847.253.5532 to register. Max 30



Connections to Care (formerly Escorted Transportation Service) is celebrating our **15th anniversary** in September. What started at a kitchen table at the founder's home in 2006, has grown into a thriving organization that has provided almost 34,000 rides. We couldn't have gotten here without amazing volunteers – both past and present! You are truly the heart and soul of Connections to Care. Thank you for everything you do for the older adults in our community. We also want to thank our funders, grantors, supporters and local communities who have supported us through the years. None of our success would be possible without all of us working together.

Our service has always been more than a ride to a medical or dental appointment. It has been, and will continue to be, about creating connections. About showing compassion and offering companionship. About helping older adults in our

community remain independent and healthy. To the next 15 years of service ...

JOIN US!

Looking for a flexible volunteer opportunity? Become a volunteer for Connections to Care. Connections to Care is a non-profit organization that provides seniors in our community with rides to their routine (non-urgent) medical appointments. This volunteer opportunity is completely flexible - We work with your schedule and you may drive as often as you like. If you would like to join us serving your neighbors, we would be delighted to hear from you.

Please call us at 847-222-9227, email us at info@connectionstocare.org or visit www.connectionstocare.org for details on how to sign up to serve seniors in this significant way. Thank you!



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HOT MEALS ARE BACK!

LUNCH PROGRAM

**Daily Meals are available for in person
Monday through Friday**

**Serving 12:00 pm to 1:15 pm
inside the Senior Center.**

Dine-In or take the meal To Go.

Catholic Charities provides daily meals to any person over the age of 60. A patron can come to our office in the rear of the Senior Center to obtain one (1) hot meal. The hot meal will also have a cold pack with assorted items and milk. A patron can eat in our dining area. Seating is limited to only those diners who are free of Covid symptoms. Per IDOA rules, we will ask of your health status, require masks when not eating, and seating at designated spots for social distancing. The dining area is sanitized every day.

Meals are available to all eligible patrons between 12:00 pm and 1:15 pm. We will have the office door open, and a representative will meet you at the door. 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.

If you have not registered for the Catholic Charities' meal program, we will provide an AgeOptions form to complete. Call 847-797-5354 with any questions.

Suggested donation: For ages 60+ \$4.00 per meal.
All others: \$7.00.

No individual aged 60 and over will be denied meals due to their inability to donate.

Some of the meals offered:

Roasted Turkey Breast

Herb Baked Chicken

Veal Parmesan

Lasagna with Meat Sauce

French Dip

Slow Roasted Beef

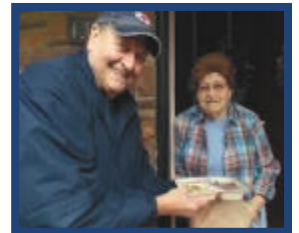
Asia Glazed Chicken

BLT Chicken Salad



Home Delivered Meals

Catholic Charities provides meals Monday through Friday to home bound seniors in Maine and Wheeling Townships.



Volunteer with Us!

Home Delivery Volunteer Drivers are essential to ensure our seniors can remain at home. Please consider being a part of Home Delivery Meal Volunteer Team.

Meals are ready to be picked up at the rear of the Arlington Heights Senior Center at 10:00 am. Each route has between 10 and 18 clients and takes no more than 2 hours to complete. A commitment of one day each week is greatly appreciated.

Please call 847-797-5350 for more details on becoming a Volunteer Driver. We look forward to hearing from you!



Funds in whole or in part were provided through an award from AgeOptions under Title III of the Older Americans Act as administered through the Illinois Department on Aging and the Federal Administration Aging.



Ask the Nurse

Tuesdays

10 am - 1 pm

NCH Community Nurse
Rose Jensen, MSM, MSN,
RN is available to answer
your healthcare questions and
concerns, free of charge.



Animal-Assisted Therapy Visits

Thursday

September 2 & October 7;

9 am -10:30 am



Bone Density Screenings

First Tuesdays

September 7 & October 5

9:00 am -10:00 am

Appointments required.

Call 847-618-5575

Provided by NCH Community Nurse
Rose Jensen, MSM, MSN, RN.

You will be required to remove your
sock and shoe for the screening.



Parkinson's Exercise Class

Tuesdays

12 pm - 1 pm

Led by NCH Physical Therapy Staff.

Registration required. Medical clear-
ance and screening required prior to
participation. Call NCH Health Con-
nection at 847-618-4968

\$4.00/class payable on the day of
class to the class instructor.



Medicare Senior Health Insurance Program (SHIP)

Mondays, 8:30 am - 3 pm

Appointments required during Open
Enrollment. Call 847-618-5575, or
email mcenteno@nch.org

NCH Senior Services Specialist and
SHIP (Medicare) Counselor Maureen
Centeno is available during Open
Enrollment to help you review your
options for next year. Open
enrollment dates are October 15
through December 7, 2021;
effective for January 1, 2022.



Medicare Advantage Plan vs.

Original Medicare

Monday

September 13

11 am - noon

Registration required. Call 847-253-
5532.

Presented by NCH Senior Services
Specialist and SHIP (Medicare)
Counselor Maureen Centeno.
Discover your Medicare options to
help uncover what is best for you.



Got Back Pain

Monday, October 11

11 am - noon

Registration required. Call 847-253-
5532

*Presented by Diane Ryzner RN APRN
CNS BC OCNS-C, Clinical Nurse
Specialist*

Back pain can make it difficult to live
an active lifestyle. The causes,
symptoms, treatment and
prevention of back pain will be
discussed. We will also review the
various tests available in order to
diagnose your pain and your
treatment options.



Air Fryer Recipes: Are They Worth the Health Hype?

Tuesday, September 14

9 am -10 am

Registration required. Call 847-253-5532

Chicken Kale Soup: Full of Flavor and Great Health Benefits

Tuesday, October 12

9 am - 10 am

Registration required. Call 847-253-5532

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



Diabetes Education and Support

Led by NCH Diabetes Services Staff

Tuesday, September 14

10:30 am - 12 pm

Nutrition Interventions for Heart Health. Registration required. Call 847-253-5532

Tuesday, October 12

10:30 am - 12 pm

Diabetes and Memory loss
Registration required. Call 847-253-5532

Managing Your Diabetes 101, Led
by NCH Diabetes Services Staff

Wednesday, Sept. 8

10 am -11:30 am

Wednesday, October 13

10 am - 11:30 am



Walkers' Club

Led by NCH Physical Therapy Staff

**Fridays, September 10 & 24 and
October 8**

10 am - 11 am

Walkers' Club Celebration

Friday, October 22

10 am -11 am

All are welcome. We will celebrate and discuss the benefits of exercise and your mental health.



Do You Have Trouble Hearing on Your Phone or Cell Phone?

Monday, September 20

9 am -12 pm

The Illinois Telecommunications Access Corporation (ITAC) offers free amplified phones and cell phone amplifiers for qualified Illinois residents with a certified hearing loss. Schaumburg Township Disability Services is a center to test the phones. Testing will be at the Arlington Heights Senior Center for those in-

terested in testing the free ITAC phones. Appointments required. Please call Schaumburg Township Disability Services for your appointment at 847-285- 4541. Sponsored by Northwest Community Healthcare, Township of Schaumburg, and ITAC.



Parkinson's Support Group, Led
by NCH Physical Therapy Staff

No class in September

Wednesday, October 20

3 pm -4 pm

For individuals with Parkinson's disease as well as their families, friends and caregivers.



What is a Circadian Rhythm and How Does it Affect Your Sleep and Overall Health

Tuesday, September 28

9 am - 10 am

**Your Immune System: What it is
Designed to do and How to
Strengthen it**

Tuesday, October 26

9 am -10 am

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



Flu Clinic

When: Wednesday, October 13

8:30 am to 11:30 am

Where: Arlington Heights Senior Center 1801 W. Central Road

Walk-ins Welcome,

Appointments Encouraged

To keep yourself healthy and immune you need to get a new flu shot annually. The High-Dose Senior flu

shot will be available to those 65 and over. NCH is offering both the High Dose and Quadrivalent seasonal flu vaccine at the Arlington Heights Senior Center. There are no residency restrictions. Free with Medicare B as your primary insurance. Without Medicare the cost for the Quadrivalent dose vaccine will be \$29 and \$65 for the High-Dose vaccine. For questions please call 847-618-5575.



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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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.

Annual Membership \$178
Six-Month Membership \$118

AAC hours:

Monday — Friday

8:45 am – 2:45 pm

Reservations 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.

Fun & Fit Membership

Fun & Fit Classes --

Monday - Fun & Fit Aerobics

9:00 am-9:45 am

Tuesday – Mat Class

9:30 am -10:15 am

Thursday - Fun & Fit Aerobics 9:00-

9:45 am and 10:00-10:45 am

Friday – Mat Class

9:00-9:45 am

Fun & Fit Aerobics

10:00 am—10:45 am

Members may call 847.797.5341 or stop by the Park District Office in the Senior Center to make reservations for up to three classes/week.

Fun & Fit Fees:

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

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

Punch card = \$75 for 14 classes

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.**

If members are fully vaccinated, face coverings are not required. If members are not vaccinated, face coverings are required. This may be subject to changed based upon IDPA guidance.

FALL CLASSES HELD AT THE SENIOR CENTER

Fall registration begins on Tuesday, 8/3 after 10:00 am.

Fall I -- 7 weeks

BeMoved Dance

Fee: \$70 Contracted Class
Tuesdays, 9/7-10/19

12:45 pm -1:45 pm -or-
Thursdays, 9/9-10/21
Noon-1:00 pm

Zumba Gold

Fee: \$70 Contracted Class
Fridays, 9/10-10/22
11:00 am—Noon

Tap Dance/Continuing

Fee: \$78
Thursday, 9/9-10/21
2:15 pm -3:25 pm

Theatre Dance

Fee: \$76
Thursdays, 9/9-10/21
2:15 pm- 3:25 pm

Belly Dancing/Fusion

Fee: \$70 Contracted Class
Wednesday, 9/8-10/20
6:30 pm-7:30 pm

Round Dance-Advanced

Fee: \$70 Contracted Class
Monday, 9/13-10/25
7:00 pm-8:30pm

Experiment with Charcoals & Pastels

Fee: \$99
Tuesdays, 8/31-10/12
9:30 am -Noon

Works of Art

Fee: \$99
Mondays, 8/30-10/18
12:45 pm—3:00 pm
No class on 9/6



The Art of Acrylics

Fee: \$99

Thursdays, 9/2-10/14

9:30 am -Noon

50 Shades of Colored Pencils

Fee: \$90

(includes starter pencil set)

Fee: \$76

(student brings their own pencil set)

Fridays, 9/3-10/15

9:30 am -11:30 am

Figure Drawing

Fee: \$99

Tuesday, 8/31-10/12

9:30 am -12 pm

Crochet

Fee: \$55

Mondays, 8/30-10/18

11:00 am-1:00 pm

No class on 9/6

Pieced Machine Quilting

Fee: \$63

Mondays, 8/30-10/18

6:15 pm-8:15 pm

No class on 9/6

Quilting Basics and Beyond

Fee: \$63

Tuesdays, 9/7-10/19

6:00 pm -8:00 pm -or-

Wednesdays, 9/8-10/20

10:00 am-Noon

Bridge - Beginning

Fee: \$91

Mondays, 8/30-10/18

9:00 am-11:00 am

No class on 9/6

Bridge - Intermediate

Fee: \$91

Tuesdays, 9/7-10/19

10:00 am-Noon

Bridge - Advanced

Fee: \$91

Tuesdays, 9/7-10/19

1:00 pm -3:00 pm

Best Bridge Ever (Int/Adv)

Fee: \$91

Wednesdays, 9/8-10/20

5:45 pm – 7:45 pm -or-

Thursdays, 9/9-10/21

1:00 pm -3:00 pm

Bridge Potpourri

Fee: \$91

Mondays, 8/30-10/18

4:00 pm -6:00 pm

No class on 9/6

Bridge B's Drop-In

Saturdays, 9:30 am-11:30 am

(No class on 9/4)

Are you a novice Bridge player who would like to earn credit towards becoming a Bridge Life Master? This game is designed for novice players who want to establish ranting with the American Contract Bridge League and who have 50 points or less. The sanctioned game is \$7. Pay at the door for 2 hours of playing under the supervision of Patricia Braun, Bridge Gold Life Master.

Tai Chi Moves

Fee: \$64

Tuesdays, 9/7-10/19

10:30 am -11:15 am

Tai Chi Advanced

Fee: \$64

Tuesdays, 9/7-10/19

11:30 am-12:14 pm

Stretch & Balance

Fee: \$70 Contracted Class

Wednesdays, 9/8-10/20

2:00 pm -3:00 pm

Movie it, Shake it, Life it

Fee: \$70

Monday, 8/30-10/18

No class 9/6

1 pm -2 pm

Yoga

Fee: \$91

Mondays, 8/30-10/18

No class on 9/6

11:15 am -12:45 pm -or-

Wednesdays, 9/8-10/20

11:30 am-1:00 pm

Yogalaties

Fee: \$70 Contracted Class

Fridays, 9/10-10/22

12:10 pm-1:10 pm

Chair Yoga

Fee: \$68

Mondays, 8/30-10/18,

10:00 am-11:00 am

No class on 9/6 -or-

Wednesdays, 9/8-10/20

10:00 am -11:00 am



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. Certification is required prior to purchasing Wood Shop visits. Eight complete workstations typically available. Call 847.797.5341 with any questions or to make reservations for certification or a Wood Shop visit.

Hours of Operation:

**Mondays/Tuesdays/Wednesdays/
Thursdays 9:00 am -Noon**

Annual Wood Shop Safety Training Certification is required prior to becoming a member and purchasing punch passes for shop visits. Call the Park District office/Gift Shop Store at 847.797.5341.

Punch pass options: \$80 for 10 visits; \$48 for 8 visits; \$14 daily use.

Learn the Lathe

Fee: \$46

Thursday, 9/30-10/21;
12:30 pm - 3 pm

Carve On

Fee: \$35 (for experienced carvers)

Wednesday, 9/8-10/20;
1:00 pm - 3:00 pm



Essential Oils Workshop

Wednesday, 8/25

Fee: \$8

1:00 pm -2:00 pm

Essential oils can lift your mood and make you feel good with just a whiff of their fragrance. For some people they may even help alleviate the symptoms of various medical conditions, including pain management, enhanced immune system and sleep disorders. Learn how to use oils that are gifts from the earth properly and which oils would be best suited for you. Samples included. The presenter is certified in yoga and will give information on taking a holistic approach to your well being.

An Evening of Euchre

Fee: \$5

Thursday, 10/14,
6:30 pm-8:30 pm

Euchre is one of the popular trick-taking card games similar to Spades & Hearts. It is widely played in the U.S. where it is also known as "Bacon". This game is played with 4 players (2-per team) and the deck in play consists of 9's, 10s, Jacks, Queens, Kings, and Aces. Our instructor has been playing Euchre for over 35 years and has taught many to be proficient players! Supplies are included. Spend an evening and learn how to play this popular and fun game. Refreshments included.

Shop
1801

Shop 1801

Stop by the Park District's newly named gift store – SHOP 1801, located in the Park District Office at the Senior Center.

September Sale:

Krums Stainless Steel Drinking Straws-eco-friendly solution to plastic straws. Set of 4 includes cleaning brush. SAVE \$1 OFF THE REGULAR PRICE IN SEPTEMBER.

October Sale:

By one Fravessi Greeting Card, Get One free. Cards for all occasions. Look for the "blue arrow" section in the Gift Store.



Arlington Classic Tours

Do you like to go out to see musicals, theaters, museum exhibits, concerts, casino 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 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 (pandemic 2021 membership) runs from 5/1 – 12/31/2021.

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 (excluding postage stamps)

(Membership Continued)

\$12/Individual

\$18/Household (two people living at the same address)



Line Dance Drop-in with Dennis/Sharman Toomey

Instructor Sharman Toomey teaches beginner through intermediate line dances. Practice what you learned when DJ Dennis Toomey plays your music requests. Contact the Park District Office at the center for more information. 847.797.5341.

Western Style Square Dance

This group offers Western Style Square Dances at the mainstream and plus levels on the **second, fourth and fifth Fridays of the month from September through May**. Dances are held in the Fitness/Dance Room in the Senior Center located at 1801 W Central Road. Dances begin with pre-rounds at 7:30p and squares from 8:00p-10:00p. All experienced square and round dancers are welcome. **For more information, please go to www.arlingtonsquares.com. \$7 per person payable at the door.**

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20

VOLUNTEERING @ THE SENIOR CENTER



Looking for a change now that summer is over? Fall in Love with Volunteering! The agencies at the Arlington Heights Senior Center are looking for volunteers!

Zoom Program Host – Assist the Arlington Heights Senior Center staff with their virtual programs via Zoom. The volunteer will serve as the “facilitator” of the program. The time commitment varies because programs are offered at various times during the week. The volunteer may choose which programs to host. Basic computer skills and Zoom experience is necessary. Please contact Sharon Swanson, 847-253-5532 if you are interested.

Senior Center Tech Class Instructor – If

you’ve had experience as a presenter, trainer or teacher and like sharing your knowledge of technology with friends and family, consider volunteering as an instructor for our Senior Center tech classes. Volunteer coaches and instructors lead small, hands on classes using standard materials developed by library staff. Since class schedules are determined far in advance, volunteers have the flexibility to tailor their assignments to the dates and times that work best with their schedule. Please contact Sharon Swanson, 847-253-5532 if you are interested in this position.

Connections to Care 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

9227, visit www.connectionstocare.org >How to Help Volunteer or email: info@connectionstocare.org

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.



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Arlington Heights Senior Center, Arlington Heights, IL

F 4C 01-1374

Beginning

Recorder Class

Thursdays:

1:00 pm -1:50 pm

Session 1: September 2-October 7

Session 2: October 14-November 18

(No class November 11)

Fee: \$25 per session

Would you like to make music with others? Are you interested in keeping your cognitive skills fit? Perhaps you played an instrument as a child and now miss the joy of making music, or perhaps you've never played an instrument and now you finally have the time and desire. The recorder is an ideal instrument for a first or second time musical experience. Come be part of a fun and relaxed



atmosphere. No musical experience necessary. Fee includes recorder and book. Instructor: Vonnie Mrozinski. Please visit the Main Office or call 847.253.5532 to register.



Music and the Healthy Brain

Fridays: 9:00 am – 9:50 am

Session 1: September 3 - October 8

Session 2: October 15 – November 19

Fee: \$25 per session

Research in recent years has shown that studying music is good for keeping the brain healthy. Just a few of the benefits

include strengthening memory and reading skills, ability to process multiple things at once, and increases the brain's executive function. This class will introduce the basics of music through a variety of activities using rhythm, singing, and playing the recorder. It will be a fun and relaxed atmosphere. No previous musical experience is necessary. The class includes a recorder and book. Please visit the Main Office or call 847.253.5532 to register.

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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Drum Circle

IN-PERSON & VIRTUAL

4th Tuesday of the month
throughout 2021

9/28, 10/26, 11/23

10:00 am -10:45 am

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. In addition, Chris then explores the world where you will learn about the music and rhythms from Africa, Brazil, India, and Cuba! The series then gets into exploring styles of music from the United States. Don't miss these interactive and informative classes that are full of energy and enthusiasm. Please call 847.253.5532 to register for the virtual registration. A Zoom link will be emailed at least one day prior.



Senior Center Musical Group -

Fridays,

1:00 pm-2:30 pm

Also known as the "Senior Band," this group plays assorted Broadway, movie and patriotic tunes as well as other music. The musical group is returning to the Senior Center on Fridays.



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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.

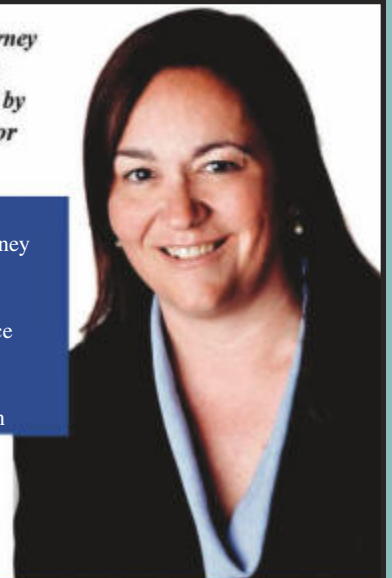
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Medicare News for October, 2021:

October 15th begins the 2021 open season until December 7th in Medicare Part D the prescription drug program normally reserved for those in Original Medicare which 60% of Medicare beneficiaries have (those who already have enrolled in Part A and Part B with or without a 'Medicare Supplement Plan' such as a G plan or N plan, from a licensed insurer to cover gaps). These beneficiaries can change/enroll in a Part D prescription drug plan from any licensed Part D insurer, for which there is a separate premium (which can be waived for low income persons in the 'Extra Help' program). For details on 'Extra Help' contact SHIP or Catholic Charities at the Senior Center. Appointments with SHIP counselors at the Senior Center can be made for Tuesdays and Fridays during the Open Season from 9 am to noon, in person or by phone, to help decide if you want to keep your existing prescription drug plan or switch to another.

There is also an open season from October 15 to December 7 for those enrolled or are considering enrollment in a Medicare Advantage (MA), also known as Part C plan, which about 40% of Medicare beneficiaries have. These are the heavily advertised, such as by Joe Namath, comprehensive plans that include Part A, Part B, and a Part D coverage all combined into one private, but Medicare-licensed and approved plan. Some of these MA plans partially cover dental, vision services, and hearing aids. Some

offer health club membership. Most of these MA plans are HMO or PPO type plans requiring enrollee use network doctors with some exceptions, and in the metro Chicago area most have no monthly premium even for prescription drug coverage, beyond the Medicare Part B premium (now \$148.50 per month) most Medicare Part B beneficiaries pay. In MA there are copays. In Medicare Advantage you aren't allowed to just go to any Medicare doctor/provider and you normally have to go to a network primary care doctor for a referral to a specialist who accepts the Medicare Advantage plan you have. In MA plans your doctor or provider bills the plan, not Medicare, as would be the case with 'Original Medicare' enrollees.

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 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.



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. Free, 1-quart containers are available at the Senior Center.

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.



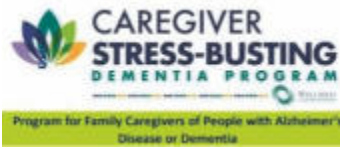
Every month, AgeOptions hosts a free online Zoom event for LGBT+ older adults, caregivers, and service providers. This event is open to the public. We host an informational presentation and discussion on a different topic each month. For more information, visit <https://www.thrivingwithpride.org/> or call 847.253.5532



Caregivers are Resilient

As we begin reentering the community a little more, one day at a time, caregivers may be feeling anxious with the new challenges this brings while continuing to protect loved ones. Throughout the pandemic, caregivers have built strength by acquiring new problem-solving skills and coping strategies. So, how might these new strengths be used in the face of adversity to remain resilient caregivers? Here are a few tips:

- 1.) Solve the right problems and focus on what you can do. There is more than one way to solve a problem. If your first solution isn't working, don't give up—just try something else.
- 2.) Find meaningful activities. It is vital to carve out time to do something you love, something that gives you energy and recharges your battery.
- 3.) Get connected. Resilient people tend to be connected to others and reach out for help when needed. Asking for help is not a sign of weakness, but instead a sign of wisdom and strength.
- 4.) Remain hopeful. You can't change what has happened, but you can look positively toward the future. Set goals to focus on—both long-term and everyday goals.
- 5.) Learn from experience. Reflect back on how you faced hardships in the past. Steer clear of tactics that didn't work and build on the strategies that were successful. When you do make a mistake—like losing your temper—don't dwell on it.



Caregiver Support Services

While we are unable to meet in-person for the time-being due to COVID-19, our virtual caregiver support group will continue to take place via Zoom on the third Wednesday of the month at 7:00pm. We will also be facilitating the Stress-Busting for Family Caregivers program, tailored to address caregiver stress while caring for someone with dementia.

If you are interested in learning more about the Stress-Busting for Family Caregivers program, virtual caregiver support group, or other caregiver support services, please call Erin Mercado (Ext. 328) or Jasmine Chorath (Ext. 383) at 847-253-5500 for more information. We will work with you to connect to the support and resources you need.

Arlington Heights Memory Café Creating Connections - VIRTUAL

Tuesdays, 9/14 & 10/12
10:00 am-11:00 am



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.



Alzheimer's/Dementia Caregiver Support Group

Mondays, 9/13 & 10/11,
In Person
10:00 am - 12:00 pm

Facilitated by Jim Harbaugh, pictured above, 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.

Call the Senior Center at 847.253.5532 to reserve a spot for the virtual session.

Korean American Parkinson's Support Group -

Wednesdays, 9/8 & 10/13,
10:00 am-11:30 am





HEALTH, WELLNESS, SOCIAL SERVICES

ARLINGTON HEIGHTS SENIOR CENTER

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Village of Arlington Heights Health Services Department

Blood Pressure Clinics at the Senior Center

Blood Pressure Screening - **Mondays, 8:30 am -10:00 am**

No appointment necessary. Cost: Free

Diabetic/Blood Sugar Screening - **Mondays, 8:30 am -10:00 am**

No appointment necessary. Cost: \$3.00.
The best way to obtain a blood sugar is to fast. You can also test three hours after you eat.

Cholesterol Screening - Wednesday **mornings, 9/15-at Senior Center &**

10/13-at Village Hall. Screenings conducted by appointment only. To schedule an appointment at the Senior Center or Village Hall clinic, stop by the Main Office or call 847.253.5532.

Cost: \$20 for total, HDL and LDL (12-hour fast required). NOTE: Medicare cannot be billed for these services, as the Village of Arlington Heights is not an approved provider. Clients needing injections or anticoagulant testing must receive these services at the Village Hall clinics.

Arlington Heights Nurses Club Lending Closet

This is a FREE service for Arlington Heights residents of any age. Please call if you have items to donate.

Note the hours listed below for walk in check out of durable medical equipment. Returns of equipment are conducted during the same hours, however, curbside outside by our bike rack. Please call 847.797.5315 for more information.

Mondays	1:00 pm - 3:00 pm
Tuesdays	10:00 am - 12:00 pm
Wednesdays	10:00 am - 12:00 pm 6:00 pm-8:00 pm
Thursdays	10:00 am - 12:00 pm
Fridays	10:00 am - 12:00 pm
Saturdays	10:00 am-12:00 pm
Closed Sat. 9/4 & Mon. 9/6	

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Arlington Heights Senior Center, Arlington Heights, IL

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AARP Smart Driver™ Course Canceled

AARP has canceled its in-person Smart Driver™ courses through September 2021. For information regarding online classes, go to aarpdriversafety.org.

Secretary of State – Super Senior Day

Thursday, September 9

10:00 am – 2:00 pm

This is a convenient and voluntary program for driver's license renewal, which includes Rules of the Road classroom instruction, and a vision-screening exam. The Rules of the Road Review Course also includes a review of safe driving techniques and Illinois driving laws. A

Secretary of State Mobile Driver Services Unit will be available for participants to renew their driver's licenses. Drivers age 75 and older are required to take a driving test to renew their driver's licenses; therefore, they must visit a Driver Services Facility. Registration required for the Rules of the Road class, which is held 10:00-11:30, please call 847.253.5532 or visit the Main Office. For specific questions or further information about renewing your driver's license, please call the Secretary of State at 312.814.3676.

***Please note: Due to a recent increase in COVID-19 cases, the Illinois Secretary of State will resume the requirement that all employees, and members of the public receiving services from our office at SOS Facili-**

ties or via our Mobile Services, wear a mask/face covering in order to receive services

Illinois Secretary of State Rules of the Road Review Course Thursday, November 4; 10 am -12 pm

The Rules of the Road Review Course is designed to give drivers - especially senior citizens and persons with disabilities - the knowledge and confidence to renew or obtain a driver's license. This free course combines an explanation of the driving exam with a practice written exam. Advance registration required. Call the Senior Center at 847.253.5532 to make a reservation. For more information, call 312.814.3676 or go to: www.cyberdriveillinois.com.

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NEWSLETTER SUBSCRIPTION

ARLINGTON HEIGHTS SENIOR CENTER

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- Available to persons age 55 and over.
- Due to funding requirements, some Senior Center agencies may have eligibility requirements of 60 years or over.
- One spouse, partner or relative in your household may enroll with your subscription (fill in "Name #2" below).
- The cost is \$15.00 per year, per household. If paying by check, make payable to Arlington Heights Senior Center, Inc.

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- Bi-monthly publication through first-class, U.S. mail
- One-time 10% discount in the Arlington Heights Park District Gift Shop at the Senior Center*
- One free trial day in the Arlington Athletic Club - club orientation required prior to the free trial*
- One free Wood Shop trial - must attend free safety training prior to trial*

**to take advantage of these one-time/free trial subscription benefits, you must notify the Senior Center Main Office*

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 1801 W Central Road, Arlington Heights, IL 60005. The confidentiality of all patrons is a trust we take seriously. 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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1801 W. Central Rd., Arlington Heights, IL 60005



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 collaboration 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).