



Live Well, Age Well

Village of Arlington Heights

November/December 2021



1801 W. Central Road
Arlington Heights, IL 60005

Accredited by
nco
national council on aging

National Institute Of
Senior Centers



Mon/Wed 8:30 a.m.- 8:00 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

Senior Center Space Utilization, Modernization, and Program Plan Study Update

The Arlington Heights Senior Center continues to be an essential place for everyone to Live Well and Age Well. The Village of Arlington Heights has been working with the architectural firm BKV Group that is conducting the Senior Center Space Utilization, Modernization and Program Plan for the future of the Senior Center. The Senior Center, at its current location, was planned and then opened nearly 25 years ago. The objective of this project is to evaluate the space utilization and programming at the Senior Center and plan for adjustments that will be of benefit to our community's current senior residents to make the Senior Center relevant for upcoming senior generations or residents. BKV Group presented findings from the Survey and focus groups to the Village Board in September and will present further space needs for programs and services in the near future.

The Senior Center is owned and operated by the Village of Arlington Heights with partner/tenant agencies that provides services and programs (Arlington Heights Park District, Arlington Heights Memorial Library, Arlington Heights Nurses Club Lending Closet, Connections to Care, Catholic Charities Northwest Social Services and Nutrition Programs, and Northwest Community Healthcare). For more information on the study, please visit vah.com.

Highlights

Featured Programs.....	3
Clubs & Games.....	6
AH Memorial Library	7
Connections to Care.....	11
Lunch and More.....	12
NCH.....	13
AH Park District.....	16
Volunteer Opportunities.....	20
Social Services.....	25



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 Adelpia, MA,
Program Coordinator

Sharon Swanson,
Volunteer Coordinator

Helen Cooke,
Administrative Assistant

Linda Ratajczak,
Office Assistant

847.253.5532

seniorcenter@vah.com

www.vah.com

Newsletter link:
<http://bit.ly/2JQ1Yzn>

Hours:

Mon/Wed 8:30 am - 8 pm

Tues/Thurs/Fri
8:30 am - 4:30 pm

Sat. 8:30 am - 12:30 pm

Arlington Heights Park District

847.797.5341

www.aphd.org/

Park District Office &
Shop 1801 (Gift Store)

Hours:
Monday - Friday
8:30 am - 3:30 pm

Arlington Heights Nurses Club Lending Closet

847.797.5315

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

847.797.5354

www.catholiccharities.net

Hours:
Mon - Fri
8:30 am - 4:00 pm

Lunch served and
pickup available
between 12 pm -
1:15 pm. Please call
for information.

Catholic Charities Northwest Senior Services

847.253.5500

www.catholiccharities.net/ccnw

Hours:
Monday - Thursday
8:30 am - 4:30 pm

Friday
8:00 am - 4:00 pm

Connections to Care

Formerly Escorted
Transportation Service
Northwest

847.222.9227

www.connectionstocare.org

Hours:
Mon - Fri
8:30 am - 2:30 pm

Northwest Community Healthcare

847.618.1000

www.nch.org

Hours: Vary



FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

3

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.

Thanksgiving Celebration with George Holmes & Diva Montell

Monday, November 15
2:00 – 3:00 pm

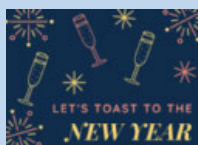
What are you grateful for? Let's celebrate the season with Diva and George as they serenade you! From Houston to Streisand to opera, Diva is one of the best sopranos you will ever hear. George is a baritone-tenor with the ability to perform a wide array of vocal styles such as; Sinatra, Bennett, Bublé, Martin, Cole, Diamond, Jones, Presley, Bocelli and the greatest tenor arias of all time. Your choice of apple or pumpkin pie will be taken to-go. Register with the Main Office by November 5th. This event is free, but attendees are required to bring one item for the local Township food pantry. Please check with Main Office regarding food pantry needs.



New Year's Eve "Eve" Party

Thursday, December 30
2:00 – 4:00 pm

Come dressed to impress and ring in the New Year with members from the *Reunion Jazz Orchestra*! Choose to dance the afternoon away, or enjoy visiting with friends. Practice your smile! Fun photo opportunities will be available. The registration fee is \$3 and will include party favors and sparkling grape juice. Please register at the Main Office by December 17th. 847-253-5532



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

Dates TBD

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 Beginners/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.

Virtual History of Italy with Tiffany DeLuca Ostia Antica: Ancient Rome's Bustling Port City

Wednesday, November 3
10:00 – 11:00 am

Fee: \$2

Sailing into the port of Ostia Antica during the height of the Roman Empire was a luxurious welcome to the Empire's capital. Here you would find opulent bath complexes to relax you after a long trip, dazzling grand temples and basilicas, delicious food in the many restaurants and the ancient



equivalent of 5-star hotels. Follow along on a tour of life in this important ancient city by witnessing the surprisingly intact ruins of Ostia Antica. Please visit the Main Office or call 847.253.5532 to register. *This will be shown in-person, with limited seating, and also conducted virtually. When registering please indicate your preference. If viewing from home, a Zoom link will be sent to you one day prior.

Evening Concert with Steve Justman: Pop! Goes the Country! Wednesday, November 3

5:30 – 6:30 PM

Fee: \$2

Steve Justman performs many pop favorites, old rock & roll, country, and folk favorites in a fun, unpredictable, interesting variety! This concert will feature favorite country "crossover" to pop hits made famous by the likes of Rosemary Clooney, Tony Bennett, Bing Crosby, Dean Martin, many more! Please visit the Main Office or call 847.253.5532 to register.

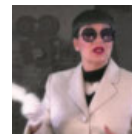


First Person Portrayal: Edith Head: The Woman who Dressed Hollywood

Monday, November 8
2:00 – 3:00 pm

Fee: \$2

An incredibly successful costume designer with eight Oscars to prove it, Edith Head's dazzling career continues to inspire new generations of designers. She dressed the biggest stars to shine over Hollywood. Adored by some, hated by others, Edith Head's highly competitive and secretive nature drove her career to a meteoric height. Join educational entertainer Martina Mathisen to discover why Edith Head was the most influential costume designer in Hollywood history. Please visit the Main Office or call 847.253.5532 to register.



Pizza & Movie: Minari

Wednesday, November 17

5:30 – 7:30 pm

Fee: \$2

Starring: Steven Yeun,

Ye-ri Han, Alan Kim

Nominated for six

Academy Awards! A Korean-American family moves to an Arkansas farm in search of their own American Dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they find the undeniable resilience of family and what really makes a home. *(from Netflix.com)* *Please note: this film is mostly in Korean with English subtitles.

Rated PG-13, run time 1h 55 min, 2020. Your fee includes pizza, soda/ water and popcorn. Please visit the Main Office or call 847.253.5532 to register by November 10th.



Forgotten U.S. Wars of the 19th Century

Friday, November 19

1:00 – 2:30 pm

Fee: \$2

One war was pointless and settled by treaty before its most famous battle was fought (and of course it did give us our National Anthem). One war was fought to realize “manifest destiny”, redefined our southern border and gave us the territory that would become all or parts of 7 future states. One war made us a colonial power and gave us control of two Caribbean islands. Join Professor Gary Midkiff to learn the implications of these 3 wars and unique roles played by Presidents Madison, Polk and McKinley. Please visit the Main Office or call 847.253.5532 to register.



Gingerbread House Decorating

Saturday, November 20

9:30 – 11:30 am

Fee: \$2

Decorate your own gingerbread house with dozens of candies and embellishments from which to choose. Give your final creation as a gift or keep it to decorate your home this holiday season! Houses come pre-constructed. Please visit the Main Office or call 847.253.5532 to register. Instructor: Emily Rose Davis.

Beyond the Blues Brothers VIRTUAL

Monday, November 22

2:00 – 3:00 pm

Fee: \$2

Celebrate the 1980 movie *The Blues Brothers* as we explore its backstories, mix of Hollywood genres, and impact on Chicago-based filmmaking. Presented by Kelli Marshall, owner of Chicago Movie Tours. Kelli is a public speaker, tour guide, and educator who helps visitors and residents discover Chicago through film. With hundreds of lectures, presentations, and invited talks under her belt, Kelli truly knows how to engage audiences. Her expertise—combined with memorable stories, humor, relaxed participation opportunities, and plenty of visual and aural aids—have earned Kelli several teaching awards and positive reviews. Please visit the Main Office or call 847.253.5532 to register. A zoom link will be emailed to you one day prior.



Drum Circle

IN-PERSON &

VIRTUAL

November 23

10:00 - 10:45 am

4th Tuesday of the month

*No meeting in December

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. You will learn about the music and rhythms from Africa, Brazil, India, Cuba and the U.S. through the basics of rhythm, coordination, drum history, tone, melody, and musical creativity. Attend in person or register for virtual by calling 847.253.5532. A Zoom link will be emailed at least one day prior.



Easy Reflexology For Your Hands

Wednesday,

December 1

2:00 – 3:00 pm

Fee: \$2

Relax and unwind with some easy hand reflexology techniques that can help ease anxiety, stress, and general aches and pains. This basic and useful class gives you skills and understandings to work comfortably on yourself or your loved ones. Reflexology has been in use for centuries as part of health care, and presently is on the menu in most spas. Please visit the Main Office or call 847.253.5532 to register.



Big Night

Friday, November 12

1:00 PM

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)



FREE FRIDAY MOVIES



White Christmas

Friday, December 10

1:00 PM

Directed by Michael Curtiz
Rated NR, run time 2h,
1954

Starring: Bing Crosby, Danny
Kaye, Rosemary Clooney, Vera-Ellen

Bing Crosby and Danny Kaye play war
buddies turned entertainers who fall
for two sisters. The boys follow the
girls to a resort owned by their former
commanding officer, and he's in dan-
ger of losing the place. (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 for drop-in. Please note there may be schedule changes listed.

Bingo

Wednesdays, 12:30 - 2:00 pm

Join us in the game room, 25 cent cards. Drop-in

Scrapbooking and More!

Fridays: 11/19 & 12/10

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! Drop-in

M2M (Memories to Memoirs)

Writers Club VIRTUAL

Tuesdays: 11/16 & 12/21

1:30 - 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: 11/23 & 12/28

1:00 - 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: 11/17 & 12/15

1:00 - 3:00 pm Drop-in

Chess Club

Tuesdays, 10:30 am -12:30 pm

Four chess sets provided or bring your own. Drop-in

Ping Pong

Mondays (except 11/15) 12:30 - 3:00 pm

Saturdays (except 11/27 & 12/25)

9:00 am - 12:00 pm Drop-in.

Billiards

Monday - Friday (except 11/11, 11/25, 11/26, 12/23, 12/24, 12/31)

8:30 am - 4:30 pm

Saturdays (except 11/27 & 12/25)

8:30 am - 12:00 pm Drop-in

Mah Jongg

Mondays, 12:00 - 4:00 pm

Thursdays (except 11/11, 11/25, 12/23, 12/30: 8:30 am - 3:30 pm

Game sets are provided on a first come first served basis. Drop-in

Wii Bowling

Tuesdays & Fridays (except 12/24 & 12/31) 12:15 - 2:30 pm Drop-in

Cribbage

Tuesdays, 10:00 am - 12:00 pm

Cribbage boards provided. Drop-in

Open Card Room Hours

Wednesdays & Fridays (except 11/26, 12/24 & 12/31) 8:30 am - 4:30 pm

Thursdays (except 11/25 & 12/23) 12:30 - 4:30 pm

Saturdays (except 11/27 & 12/25) 8:30 am - 12:00 pm

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

Duplicate Bridge

Wednesdays, 12:00 - 4:00 pm Drop-in

Italian Club NEW CLUB

1st & 3rd Wednesdays

(11/3, 11/17, 12/1, 12/15)

10:00 - 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. Join us today and lascia che la vita ti sorprenda (let life surprise you)!

Coloring Club

1st and 3rd Mondays

(11/1, 11/15, 12/6, 12/20)

11:00 am - 12:30 pm Drop-in

Card Making Club Seasonal Cards for Meals on Wheels Recipients

Fridays: 11/5 & 12/3

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

2nd & 4th Mondays (11/8, 11/22, 12/13, 12/27) 1:00 - 3:30 pm Drop-in

Pinochle

2nd & 4th Thursdays (12/9 only)

12:30 - 3:30 pm Drop-in

Bocce Ball

1st & 3rd Thursdays (12/9 only)

1:15 - 3:00 pm Drop-in

Poker/Hand & Foot: Let us know if you're interested in playing either. We may start a drop-in club depending on interest. Call the Main Office 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.

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, November 4, 18, and December 2, 9, 16, and 30 at 10 a.m. REGISTER

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

Computer Interest Group

Wednesday, November 10 and December 8, 1-2 p.m.

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

Travelogues

Enjoy documentaries and travel movies on

Fridays at 10 a.m., DROP IN.

Nov 5	India (55 min)
Nov 12	America's Most Scenic Drives from Maine to Key West (55 min)
Nov 19	The Real Story of Thanksgiving (45 min)
Dec 3	Hawaii (57 min)
Dec 10	Israel & Egypt (50 min)
Dec 17	Christmas Tech (43 min)
Dec 31	Times Square (45 min)

Book Discussions

Books are available in the Reading Room 4 weeks prior to discussion. There are no discussion in December. **REGISTER**

Popular Books



Wednesday, November 10, 10–11 a.m

Read and discuss this domestic suspense novel, *The Mother-in-Law*, by Sally Hepworth.

Modern Classics



Monday, November 22, 10-11 a.m.

Discuss the book that inspired the popular PBS series, *All Creatures Great and Small* by James Herriot.

Film Discussion Circle

A discussion led by library staff follows a free showing of the film. **DROP IN**

Tuesday, November 2, 1 p.m.



For November, Frances McDormand and Amy Adams star in *Miss Pettigrew Lives for a Day* (2008), 93 minutes, rated PG-13.

Tuesday, December 7, 1 p.m.



Join us to discuss December's film, *Dear Heart* (1964), 114 minutes, a winning but unconventional love story directed by Delbert Mann and featuring a stellar cast headed by Glenn Ford, Geraldine Page, and Angela Lansbury.



Classes feature small class size and hands-on instruction. All classes are held at the Senior Center. Registration for November and December classes opens November 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 text and internet.

Tuesdays, November 9 and 16, 9-11 a.m.

Wednesdays, November 10 and 17, 2-4 p.m.

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

iPad & iPhone Basics (two-day class)

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

Mondays, November 8 and 15, 9-11 a.m.

Tuesdays, November 23 and 30, 9-11 a.m.

Wednesdays, December 8 and 15, 2-4 p.m.

iPad & iPhone Settings 1

Use the Settings app to customize your iPad or iPhone.

Thursday, November 4, 9-11 a.m.

Monday, November 29, 9-11 a.m.

iPad & iPhone Settings 2

Learn more about your iPhone or iPad settings options.

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

Thursday, December 16, 9-11 a.m.

Windows Essentials (two-day class)

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

Fridays, November 12 and 19, 2-4 p.m.



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

9

Our patrons say:

"I feel blessed to use this wonderful facility."

"I enjoy the Arlington Heights Senior Center, everyone is helpful, polite and friendly. Glad we have a great place to go to attend programs that enrich my life."

Dear Arlington Heights Senior Center Patron,

The Holiday Season is upon us and most of us think of gifting only in relation to the holiday season or special occasions. Throughout 2021 the Senior Center has remained resilient and dedicated to providing quality services and programs. We hope that you would consider a donation to Arlington Heights Senior Center, Inc.

Arlington Heights Senior Center, Inc. is a non-profit charity that supports the programs of the Arlington Heights Senior Center. Arlington Heights Senior Center, Inc. sponsors the movies shown at the Senior Center, the printing of the bi-monthly newsletter, sponsoring entertainment, purchasing equipment and other activities that promote socialization, lifelong learning, and healthy aging to Live Well and Age Well.

Help us continue to make a difference! Any donation large or small (tax deductible) is greatly appreciated. Please visit www.arlingtonseniorsinc.com to donate online or mail/drop off a check payable to "Arlington Heights Senior Center, INC", 1801 W Central Road, Arlington Heights, IL 60005.

Thank you for your consideration.

Wishing you a Happy and Healthy Holiday Season,

The Arlington Heights Senior Center, Inc. Board Members.

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Arlington Heights Senior Center, Arlington Heights, IL

B 4C 01-1374

First Person Portrayal:

Amelia Earhart

Saturday, December 4

10:30 – 11:30 am

Fee: \$2

Amelia Earhart's courageous exploits and spirited personality made her an international celebrity in the early twentieth century. In this lively living-history program, meet Amelia and learn about her experiences as the first woman to cross the Atlantic by airplane (1928) and the first woman to fly solo across the Atlantic (1932). Presented by historian, Leslie Goddard. Please visit the Main Office or call 847.253.5532 to register.



The Temple Mount in Jerusalem: A 3,000 Year History

Part I: Wednesday, December 8

5:30 – 6:30 pm

Fee: \$2



Part II

Wednesday, December 15

5:30 – 6:30 pm

Fee: \$2

Sacred to three monotheistic religions, The Temple Mount, or the Haram Al-Sharif, as it is known today to the Muslims in Jerusalem, now dominated by the Dome of the Rock, is one of the most fiercely contested pieces of real estate in the world. This holy site is four times the size of the Acropolis of Athens! Presented by Art History Instructor, Ralph Burin. Please visit the Main Office or call 847.253.5532 to register for each program.

Manager Matters

Thursday, December 9

12:00 - 1:00 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. If virtual, please call 847.253.5532 to register. A Zoom link will be sent to you one day prior.

Afternoon Holiday Concert with

Andrew Blendermann

Tuesday, December 14

2:30 – 3:30 pm

Fee: \$2



Back by popular demand! Celebrate this Holiday Season with pianist, Andrew Blendermann. Holiday songs and requests are sure to bring you cheer and will get you singing along! 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. Please visit the Main Office or call 847.253.5532 to register.

Charles Dickens' A Christmas Carol: The Story Behind The Story VIRTUAL

Thursday, December 16

2:00 – 3:00 pm

Fee: \$2

It's one of the most beloved, celebrated, and truly original stories in human history, but not many people know the fascinating details, infuriating incidents, and jaw-dropping achievements that went into the making of Charles Dickens' masterpiece, *A Christmas Carol*. What was he doing the night he came up with the story, and what was the first image that came to him? Why was writing and publishing this book one of the biggest gambles of Charles Dickens' life? What did critics say about the book then? Learn many



amazing stories behind this great tale as we see how filmmakers have brought Scrooge and his many ghostly companions to the silver screen! Presented by Steven Frenzel. *This will be shown in-person, with limited seating, and also conducted virtually. When registering please indicate your preference. If viewing from home, a Zoom link will be sent to you one day prior. Please visit the Main Office or call 847.253.5532 to register.

VIRTUAL History of Italy with

Tiffany DeLuca

History of Christmas in Italy

Wednesday, December 22

10:00 – 11:00 am

Fee: \$2



Dive into the little known secrets and traditions of Christmas and New Year's in Italy.



From St. Nicholas to the New Years' Witch, join Tiffany and special guest Dario for some yuletide history and fun. Please visit the Main Office or call 847.253.5532 to register. *This will be shown in-person, with limited seating, and also conducted virtually. When registering please indicate your preference. If viewing from home, a Zoom link will be sent to you one day prior.

Do you have an interest in learning about the Periodic Table of Elements? Facilitated by Donald Schmidgal via 24, Great Courses DVD lectures followed by discussion. Participants must be able to attend three times per week for at least an hour over the course of a month. This series "delves in to the columns and rows that have come to define the field of Chemistry." We may schedule this program depending on interest. Please call the Main Office: 847.253.5532.



In September, we celebrated our 15th Anniversary. In those 15 years we have offered over 33,800 rides to older adults in our community who need assistance getting to/from their crucial medical appointments. Our amazing volunteers – both past and present – **are the heart and soul of our organization.** We appreciate everything they do!

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!



It's time to take advantage.

Irma Toro Elliott

Licensed Sales Agent

224-231-1410, TTY 711

irma_toroelliott@uhc.com

Sí, hablo su idioma

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. ©2021 United HealthCare Services, Inc. All rights reserved. Y0066_22SPRJ55189_C

Get one-on-one help with your Medicare questions.

I'm Irma Toro Elliott, a licensed agent in Chicagoland. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer questions and help you find a plan that fits your needs.

Take advantage of my knowledge and experience to:

- Take the confusion out of Medicare
- Receive one-on-one service
- Get help comparing plans
- Make enrolling in a plan easier

I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence.

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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

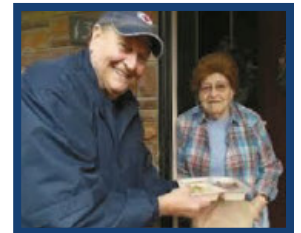
Asia Glazed Chicken

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
10:00 am - 1:00 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

Thursdays
November 4 & December 2
9:00 - 10:30 am



Bone Density Screenings

First Tuesdays
November 2 & December 7
9:00 - 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
12:00 - 1:00 pm
Led by NCH Physical Therapy Staff.

Registration required. Medical clearance required prior to attending class. Call NCH Health Connection 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 - 3:00 pm
Appointments required
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.

Your Holiday Eating Game Plan

Wednesday, November 10
11:00 am - 12:00 pm

The holiday season is approaching quickly! Join NCH Registered Dietitian Rosemary Weaver as she discusses "offensive and defensive" strategies for maintaining weight and enjoying eating through the holidays in this fun and informative presentation.



Presented by Registered Dietitian Rosemary Weaver MPH, RDN, LDN

Registration required.
Call 847-253-5532



Easy Creamy Pumpkin Soup

Tuesday, November 9
9:00 - 10:00 am

Registration Required.
847-253-5532



Can Fudgy Brownies be Tasty and Healthy?

Tuesday, December 14
9:00 - 10:00 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, November 9
10:30 am - 12:00 pm

Sweeteners

Registration required.

Call 847-253-5532

Tuesday, December 14

10:30 am - 12:00 pm

Plant Based and Keto Diets

Registration required.

Call 847-253-5532

Managing Your Diabetes 101

Led by NCH Diabetes Services Staff

Monday, November 8

1:00 - 2:00 pm

No class in December



Walkers' Club

Led by NCH Physical Therapy Staff

Fridays: November 12 &
December 10

10:00 - 11:00 am



Parkinson's Support Group

Led by NCH Physical Therapy Staff

Wednesdays: November 17 &
December 15

3:00 - 4:00 pm

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



No Coffee & Conversation Classes in November and December. See you next year!



Fall Risk Screening Clinic

Friday, December 17
10:00 am - 2:00 pm

Provided by NCH Physical Therapy Staff

Worried about falling? Are others worried about you falling? Sign up for a FREE 30 minute Fall Risk Screening that will teach you your risk of falling and what you can do to prevent falls.

Registration required.

Call NCH at 847-618-4968.



Having Trouble Hearing on the Phone?

Monday, December 20
11:00 am - 12:00 pm

Come learn about a program that provides FREE amplified phones and cell phone amplifiers to those that qualify with a hearing loss. There are no income restrictions. You must be a legal resident of Illinois, provide proof of a landline and/or cellular phone service. (Pre-paid cell phones ARE eligible)

Registration required.

Call 847-253-5532



SUGGESTION BOX

ARLINGTON HEIGHTS SENIOR CENTER

15

Suggestion Box

The suggestion box is located in the Senior Center lobby. Suggestions are reviewed by Senior Center Manager, Tracey Colagrossi and Advisory Council President, Bruce Cruz.

Q. We had a LOT of people ask about playing indoor/outdoor bocce ball. Sarah purchased an INDOOR/OUTDOOR set and scheduled them for a couple of Thursdays each month.

A. With the suggestions, a Bocce Ball Club has begun on the first and third Thursdays at 1:15 PM each month. This drop-in program is free and welcomes everyone.

Q. I am a member of the Tour Club and really enjoy your program. I do have one request thought; would it be possible to have name tags for everyone when we go on a tour. Just the stick-on kind where you can write your name. It would make conversations a little easier when you are talking to one of the other members. It's easy to forget someone's name and is somewhat embarrassing when you have to ask for their name again.

A. Name tags are a great idea. We will have them available at our front desk for anyone that would like to share their name. We will advise the Park District of your suggestion specifically for the Tour Club. Thank you.

Q. Perhaps make this (Senior Center) campus smoke free like Northwest Community Hospitals.

A. The Village of Arlington Heights' Senior Center is a Smoke Free workplace as well. We will post signage at each doorway and ensure that seating is 15 feet away from each doorway. Thank you for bringing this to our attention.

Q. Have a poster board when you first come into the Senior Center and list all the other agencies that are in this building. This Senior Center is a gold mine for Seniors.

A. We have a poster board outside the senior center listing the agencies, however, perhaps we can make something more visible. We will consider locations and content for our lobby area. Please keep a watch out for updates.



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 by appointment only on Tuesdays (after 10:15 am) and Thursdays (after 10:45 am).

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

AAC hours:

Monday — Friday

8:45 am — 2:45 pm

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

Fun & Fit Membership

Fun & Fit Classes

Bring your own water bottle

Monday: Aerobics, 9:00 - 9:45 am

Tuesday: Mat Class, 9:30 -10:15 am

Wednesday: Aerobics, 9:00 - 9:45 am

Thursday: Aerobics, 9:00 - 9:45 am and 10:00 - 10:45 am

Friday: Mat Class, 9:00 - 9:45 am
Aerobics, 10:00 - 10:45 am

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.**

FALL CLASSES HELD AT THE SENIOR CENTER

Fall II -- 7 weeks

BeMoved Dance

Fee: \$70 Contracted Class
Tuesdays: 11/2 - 12/14
12:45 -1:45 pm

Fee: \$60 Contracted Class
Thursdays, 10/28 - 12/16)
12:00 -1:00 pm

Zumba Gold

Fee: \$70 Contracted Class
Tuesdays: 11/2 - 12/14
6:00 - 7:00 pm

Belly Dancing /Fusion

Fee: \$70 Contracted Class
Wednesdays: 11/3 - 12/15
6:30 - 7:30 pm

Round Dance Advanced

Fee: \$70 Contracted Class

Mondays: 11/1 - 12/13

7:00 - 8:30 pm



Experiment with Charcoals & Pastels

Fee: \$85

Tuesdays: 11/9 - 12/14

9:30 am - Noon

Works of Art

Fee: \$85

Mondays: 11/8 - 12/13

1:15 - 3:15 pm

The Art of Acrylics

Fee: \$68

Thursdays: 11/18 - 12/16

9:30 am - Noon

50 Shades of Colored Pencils

Fee: \$64 (includes starter pencil set)

Fee: \$50 (student bring their own pencil set)

Fridays: 11/12 - 12/17

9:30 - 11:30 am

Figure Drawing

Fee: \$99

Tuesday: 11/2 - 12/14

1:00 - 3:00 pm

Crochet - Beginning

Fee: \$65

Mondays: 11/1 - 12/13

8:45 - 9:45 am

Crochet with Friends

Fee: \$56

Mondays: 11/1 - 12/13

11:10 am - 1:10 pm

Pieced Machine Quilting

Fee: \$63

Mondays: 11/1 - 12/13

6:15 - 8:15 pm

Bridge - Beginning

Fee: \$104

Mondays: 11/1 - 12/20

9:00 - 11:00 am

Bridge - Intermediate

Fee: \$104

Tuesdays: 11/2 - 12/21

10:00 am - Noon

Bridge - Advanced

Fee: \$104

Tuesdays: 11/2 - 12/21

1:00 - 3:00 pm

Best Bridge Ever (Int/Adv)

Fee: \$78

Thursdays: 10/28 - 12/16

1:00 - 3:00 pm

Fee: \$91

Wednesdays: 11/3 - 12/15

5:45 - 7:45 pm

Bridge Potpourri

Fee: \$104

Mondays: 11/1 - 12/20

4:00 - 6:00 pm

No class on 9/6

Bridge B's Drop-In

Saturdays: 9:30 - 11:30 am

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 ranking 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.

This drop-in is scheduled to start 11/6.

Tai Chi Moves

Fee: \$64

Tuesdays: 11/2 - 12/14

10:30 - 11:15 am

Tai Chi Advanced

Fee: \$64

Tuesdays: 11/2 - 12/14

11:30 am - 12:15 pm

Stretch & Balance

Fee: \$60 Contracted Class

Wednesdays: 11/3 - 12/15

2:00 - 3:00 pm

Movie it, Shake it, Lift it

Fee: \$70

Mondays: 11/1 - 12/13

1:00 - 2:00 pm

Yoga

Fee: \$90

Mondays: 11/1 - 12/13

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

Wednesdays: 11/3 - 12/15

11:30 am - 1:00 pm

Yogalaties

Fee: \$60 Contracted Class

Fridays: 11/5 - 12/17

12:10 - 1:10 pm

Chair Yoga

Fee: \$60

Mondays: 11/1 - 12/13

10:00 - 11:00 am -or-

Wednesdays: 11/3 - 12/15

10:00 - 11:00 am



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. Certification is required prior to purchasing Wood Shop visits. Equipment includes: SawStop table saw; 14" band saw, variable speed drill press; Dewalt 12" sliding compound miter saw; Grizzly 15" planer; belt sander; disc sander; 12" lathe, Delta 6" jointer; Dewalt variable speed 20" scroll saw; router; Rikon mini-lathe; Jet drum sander and more! Eight complete workstations available. Call 847.797.5341 with any questions. You must be at least 21 years old to run Wood Shop machinery.

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 for more information.

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

Carve On

Fee: \$35 (for experienced carvers)

Wednesdays, 1:00 - 3:00 pm

Wood Working Adv. Beg.

Fee: \$125 (Prerequisite: Completion of Wood Working Beginning Class)

Thursdays: 10/28 - 12/2

12:15 - 3:15 pm

Special Event

Holiday Cheer Luncheon

Friday, 12/10 Meridian Banquets
Fee: \$42

It's time to celebrate this special time of year with your friends from the Arlington Heights Park District. This luncheon will be held at the Meridian Banquets located at 1701 W. Algonquin Rd. in Rolling Meadows. Share your holiday cheer while enjoying a delicious lunch with an entrée choice of either Sirloin of Beef, Chicken Francaise, Salmon with Dill Sauce or Cheese Tortellini. Choice made at time of registration. A cash bar will be available. This year's entertainment will be Metro Star Orchestra. Each luncheon participant will receive a free raffle ticket for a chance to win a raffle prize of their choice. Raffle prizes will be on display in the Gift Store/Park District Office in the Senior Center. Tickets are six for \$5 or \$1 ticket. Winners will be picked after the entertainment. There is a limit of eight people per table due to social distancing. Sign up early as this traditional luncheon fills up quickly. Registration is not available day of tour. Doors open at 11:15a; luncheon begins at Noon. If you would like to reserve a table of eight; all registrations must be submitted at the same time with payment.



Shop 1801

November Sale:

2 Left Feet Printed Socks

Choose from a multiple of themes. Adult and Children sizes. 10% off regular price

December Sale:

Women's and Men's Knit Winter Gloves

10% off regular price

Shop 1801 is located in the Park District Office at the Senior Center. Whether you need a greeting card or a small gift item, we have it all. Great stocking stuffers for the upcoming holiday season.

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

1/31/21 – 12/31/2022

Membership has its benefits:

*Receive the bi-monthly tour schedule mailed to your home by first class mail

Shop
1801

*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)

\$25/Individual

\$35/Household (two people living at the same address)



LOOK IN THE TOUR FUTURE:

November 1

Paul Anka - Des Plaines Theater

November 4

Kevin James - Coronado Theater – Rockford

November 22

A Day at the Casino - TBA

December 2

Holiday Inn - Fireside Theater – Ft. Atkinson

December 8

Frozen, The Musical - Cadillac Theatre

December 18

Merry Merry Chicago - Symphony Center

Look in the Tour Future only represents some of the upcoming tours. Stop by the Park District Office in the Senior Center or call 847.797.5341 for updated tour info.

Park District Drop-In Groups

Line Dance Drop-in

with Dennis/Sharman Toomey

Do you want to move those feet? Instructor Sharman Toomey teaches beginner through intermediate line dances in this Thursday night program. Lessons are at 8:10 pm. Practice what you have learned while DJ Dennis Toomey plays your music requests. Meet new friends, learn new dances, exercise and have fun. Dennis and Sharman combine country, popular and alternative music with line dancing techniques.

\$8/person, payable at the door.

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 Rd. Dances begin with pre-rounds at 7:30p and squares from 8:00-10:00p. All experiences square and round dancers are welcome. For more information, please go to www.arlingtonsquares.com.

\$7/person payable at the door.

Bridge B's Drop-In

Saturdays 9:30 -11:30 am

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 ranking with the American Contract Bridge League and who have 50 points or less. This sanctioned game is \$7. Pay at the door for two hours of playing under the supervision of Patricia Braun, Bridge Gold Life Master. This drop-in is scheduled to start 11/6.

Info on Park District programs is subject to change. Contact the Park District Office in the Senior Center at 847.797.5341 for updated tour/class information.

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Volunteer Opportunities at the Arlington Heights Senior Center

Village of Arlington Heights Associate Receptionist – Assist with coverage of the Village of Arlington Heights Senior Center office to answer phones, transfer calls and register patrons for programs using Microsoft Excel spreadsheets and answer patron questions. Qualifications include excellent phone, clerical and organizational skills. Basic knowledge of Microsoft Excel and Word are required. Volunteers are needed Tuesday through Fridays, from 11:30 a.m. until 2:00 p.m. Please contact Sharon Swanson, 847-253-5532 if you are interested in this position.

Senior Center Tech Class Instructor – If you've had experience as a presenter, trainer or teacher and like sharing your knowledge of Android 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 847-222-9227, 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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The Lure and Lore of Spices:

Presentations by Chasity Marini

Join Chasity as we continue our monthly spice programs. November's program will be an in person cooking demonstration and December's class will be virtual. Each monthly program will have a limited capacity, so be sure to register early. Call the Senior Center at 847.253.5532 to register for one or both of these sessions.

Fall Soups

Thursday, November 4

1:00 - 2:00 pm

Fee: \$2

Chasity is going to prepare her healing chicken soup and a fall favorite, butternut squash soup!

Holiday Side Dishes

Friday, December 3

1:00 - 2:00 pm

Fee: \$2

This class will be virtual. Chasity will prepare various holiday side dishes, just in time for the holidays! The Zoom link will be e-mailed at least one day prior to the class.



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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Greetings! My name is Sarah Adelphia, your new Senior Center Program Coordinator. I've been with the Arlington Heights Senior Center since July, and have had the pleasure of meeting some of you since our reopening. I am looking forward to meeting many more of you as you continue to attend programs and events.



I grew up in Addison and later studied English Literature at Illinois State University. After graduation I found my way into the fine art field working for the Studio of Long Grove and Hilligoss Galleries on Michigan Avenue as Gallery Operations Manager. This piqued my interest in the art world, and I decided to return to school for a Masters in Art History and Museum Studies from Northern Illinois University. I was fortunate enough to study in Rome for a semester thus sparking my undying interest in travel! After an internship at the Art

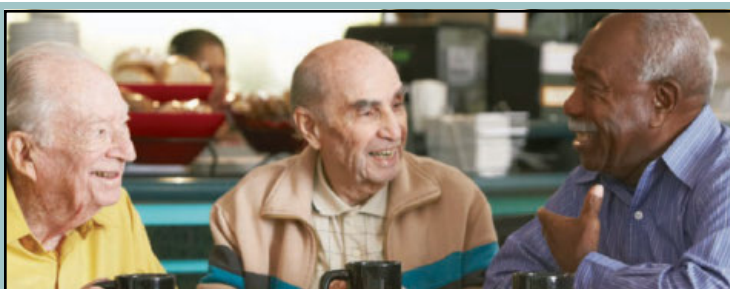
Institute of Chicago in the Department of Prints and Drawings and as a Sales Coordinator for Chase Art Companies, in 2010, I found I needed to make a shift as the economy took a turn for the worse. Since 2011, I've had the pleasure of serving older adults as Program Specialist at Hanover Township Senior Center. While there I found it rewarding to engage folks of all ages in activities that promote lifelong learning. I love being able to provide experiences both familiar and excitingly new. My background in art, history and culture has given me the gift of providing intriguing programs where I hope to share my passions with you!

I currently live in Woodstock and enjoy spending time with my husband Martin and young children Martin, Autumn and Golden Retriever, Ellie. I hope you find the program offerings of interest and I encourage you to reach out to me with any suggestions!



Everyone has a story!
Share your story
through the reciprocal
interview program

called Story Corps. We are looking for individuals to pair with students from John Hersey High School to participate in this unique experience. Since 2003, more than half a million people have recorded their stories which are now archived for perpetuity in Library of Congress. *"StoryCorps' mission is to preserve and share humanity's stories in order to build connections between people and create a more just and compassionate world. We do this to remind one another of our shared humanity, to strengthen and build the connections between people, to teach the value of listening, and to weave into the fabric of our culture the understanding that everyone's story matters. At the same time, we are creating an invaluable archive for future generations."* If you would like to be placed on the interest list, please call the Main Office, 847.253.5532.



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Medicare News

The SHIP office at the Senior Center wants to remind patrons 65 and older as well as people with disabilities enrolled in Medicare about Open Enrollment, the time to reexamine your drug coverage with your Part D plan as well as for those in Medicare Advantage plans for 2022, will be ending on

December 7. The Senior Center has 7 SHIP volunteers available in person or by phone on Tuesdays and Fridays during Open Enrollment from 9 am to noon to help you review your drug coverage. Please call 847-253-5532 to make an appointment.

Because of all the seasonal TV advertising many Medicare beneficiaries become confused over the 'advantages' in Medicare Advantage vs staying with or returning to original Medicare. Whether you have Original Medicare or a Medicare Advantage plan, normally you will be required to pay the Part B premium, which was \$148.50/month in 2021 for most beneficiaries. Beneficiaries on Original Medicare typically add a Medicare Supplement plan and a Medicare Drug plan (Part D) for an additional premium in order to fill in the gaps that Original Medicare doesn't cover. Original Medicare beneficiaries can go to any medical doctor/hospital that accepts Original Medicare insurance. Beneficiaries with a Medicare Advantage plan typically do not pay an additional premium for their plans; however, they pay co-pays for services and have a network of providers that they are required to use in order to get full coverage. They also often need a referral to see a specialist. For younger healthy beneficiaries MA

plans are very cost effective as most MA plans in our area are free or have very low premium and include drug coverage at no added premium, but for those with current doctors whom they want to keep, they have to check with the MA plan to see if their doctor(s) accept that MA plan.

It is important before making a change to an Advantage plan that you check if your providers accept the plan that you are considering, prior to making any changes. Visiting our SHIP volunteers can help you understand your options and find the best plan for you. Please call the Senior Center Main office to make your appointment 847-253-5532.

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 an appointment.

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



Caregiver Support Services

Caregiving can be difficult, but it is even harder in these challenging times. If you are providing care for a loved one and find yourself with questions or not being sure where to turn, please contact the Catholic Charities Northwest Senior Services Caregiver Resource Center at the phone number listed below. Our Caregiver Specialists can help you find resources, connect with other caregivers, and even set up respite services to provide a temporary time away from caregiving responsibilities, which can give you a break and a renewed ability to continue quality caregiving for your loved one.

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 educational programs during the year, including the Stress-Busting for Family Caregivers program, tailored to address caregiver stress while caring for someone with dementia, in addition to the Powerful Tools for Caregivers program, geared toward providing family caregivers with the skills needed to take care of themselves.

If you are interested in learning more about the Stress-Busting for Family Caregivers program, Powerful Tools for Caregivers program, virtual caregiver support group, respite, 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 you need.



Arlington Heights Memory Café Creating Connections VIRTUAL

Tuesdays: 11/9 & 12/7
10:00 - 11:00 am



The Memory Café is a free social gathering for persons living with dementia and a family member, friend, or care partner. We are currently meeting virtually on Zoom due to the COVID-19 pandemic, and activities offered throughout the year include singing, movement therapy, exotic animals, travelling stories, and chair yoga. Advance registration is required. If interested, please call the Senior Center at 847-253-5532.



Alzheimer's/Dementia Caregiver Support Group Mondays: 11/8 & 12/13 In Person 10:00 am - 12:00 pm

Facilitated by Jim Harbaugh, pictured above, this support group will teach coping skills while allowing you to meet others who face the many challenges caring for a loved one suffering from Alzheimer's/Dementia. Drop-in.



Korean American Parkinson's Support Group

Wednesdays: 11/10 & 12/8
10:00 - 12:00 pm



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, 11/10 at Senior Center &

12/8 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: 11/11, 11/25 - 27, 12/23 - 25, 12/31

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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.



AARP Smart Driver™ Course Canceled

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

Illinois Department on Aging SENIOR HELPLINE

1-800-252-8966

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**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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Name #2:	_____	Year of Birth :	_____
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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).