



Live Well, Age Well

Village of Arlington Heights

July/August 2022

Accredited by



National Institute Of Senior Centers



1801 W. Central Road
Arlington Heights, IL 60005



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

We often have folks ask these questions and thought they would be helpful for our readers:

What is the Membership Fee?

There is no membership fee at the Arlington Heights Senior Center. The Arlington Heights Senior Center is owned and operated by seven other partner agencies by the Village of Arlington Heights. In addition, the Arlington Heights Park District has memberships for their Athletic Club and Tour Group. We welcome everyone to get a MySeniorCenter Key Tag at our front desk. The Key Tag helps us with future grants and programming decisions.

Do I need to reside in Arlington Heights to come to the Center?

No, the Senior Center welcomes everyone regardless of where they live in the area.

How old do I need to be to use the Senior Center?

The Senior Center welcomes people ages fifty-five years and better. The Senior Center is a facility for active independent adults to learn, grow, and be social. Our partner agency Catholic Charities, Northwest Senior Social Services, can provide referrals for adult daycare and nursing home facilities.

I still work. Are there things to do at night and on weekends?

Of course, and we are expanding all of the time. The Senior Center is open Monday and Wednesday evenings until 8 PM and Saturdays from 8:30 AM to 12:30 PM.

How do I find out about what is happening each day?

The Live Well Age Well Newsletter is a two-month publication that provides information, services, and programs. You can access the newsletter by picking it up at the Arlington Heights Senior Center. Online at www.vah.com, or have it mailed directly to your home with a \$15 annual subscription for six issues.

When does the next issue of the newsletter come out?

The newsletter is released two weeks before the issue month. For example, the January February issue would be available on December 17; Bi-monthly issues are January/February; March/April; May/June; July/August; September/October; November/December. In addition, drop-in schedules are available the same month, both online and in person.

Can I register for classes online?

Some partner agencies offer online registration, such as the Park District and Library. In addition, the Village's Feature Programs will be available for online registration in Fall 2022.

Am I interested in volunteering?

The Arlington Heights Senior Center and partner agencies have many opportunities, from volunteer drivers for meals and medical appointments to serving on advisory councils to administrative help. To learn more, please get in touch with Sharon Swanson. 847-797-5302 or sswanson@vah.com.

Do you offer a meal at the Center?

Catholic Charities Lunch Program provides a hot, nutritionally complete meal Monday through Friday from 12 PM to 1:15 PM. Patrons must fill out a form to qualify for a subsidy reduced-fee meal. There are also vending machines and coffee services each day.

I no longer drive; how can I get to the Senior Center?

The Arlington Heights Senior Center does not have a bus but can refer you to either Wheeling Township Dial a Ride or Elk Grove Township bus programs for service.

Highlights

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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 Rosangela Maldonado, 33 S. Arlington Heights Road, Arlington Heights, Illinois 60005, rmaldonado@vah.com or (847) 368-5791.

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 - 8:00 pm

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

Sat. 8:30 am - 12:30 pm

Arlington Heights Memorial Library

847.870.3712

seniorservices@ahml.info

www.ahml.info/services/senior_center

Reading Room
Mon - Fri
9:00 am - 4:30 pm
Saturdays
8:30 am - 12:30 pm

Computer Lab
M/W/F 9:00 am - 2:00 pm
T/Th 11 am - 2 pm
Sat. 9 am - 12:00 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:
Monday - Friday
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:
Monday - Friday
8:30 am - 2:30 pm

Northwest Community Healthcare

847.618.1000

www.nch.org

Hours: Vary

Holiday Closing Dates:

July 2 & 4
(Independence Day)

Please visit the Main Office or call 847.253.5532 to register. *Programs are in-person unless otherwise noted.

FEATURED PROGRAMS 3 ARLINGTON HEIGHTS SENIOR CENTER

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.

Ice Cream Social Thursday, August 18 1:30 - 3:00 pm

Fee: \$3

Cool off with soft serve ice cream and a variety of toppings at our annual Ice Cream Social. While enjoying your ice cream, performers from the Barefoot Hawaiian will entertain with authentic Hawaiian music and dance. The event will be held indoors in the case of inclement weather. Please register with the Main Office by August 9th.



NEW DROP-IN CLUB!

**Meditation Sessions
BEGINNING JUNE 20TH
1ST & 3RD Mondays
(except 7/4)
10:30 - 11:30 am**



Meditation allows ourselves to experience what is happening inside and all around us moment by moment by tuning into our awareness. Monastic, Bhante Amitha from The Blue Lotus Temple in Woodstock offers Guided Meditation Sessions that focus on Mindfulness and Lovingkindness. The Guided Meditation Sessions are one hour long and include Meditation, followed by chanting as a way to collectively appreciate the wisdom which is beyond comprehension and concludes with a wisdom talk (Dhamma) teaching about the application of Buddhist principles in our everyday personal practice.



i love meditation

Great Decisions: Foreign Policy Association

**Saturdays: 8/6, 9/10, 10/1, 11/5
9:30 - 11:00 am**

Fee: FREE

The 2022 program series began in February, but new participants are welcome to join any or all meeting 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.**



Evening Concert with Andrew Blendermann Wednesday, July 6 6:00 - 7:00 pm

Fee: \$2

Back by popular demand, pianist, Andrew Blendermann performs an all-request sing-along piano show! With over 2000 songs in his repertoire, Andrew 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.



Alzheimer's/Dementia Caregiver Support Group

**Mondays * In-Person
July 11 & August 8
10:00 am - 12:00 pm**

**Mondays *Virtual
July 25 & August 22
12:30 - 2:00 pm**



Facilitated by Jim Harbaugh, pictured above, this group focuses *on you, the Caregiver*, by teaching you coping skills



and allowing you to meet other caregivers who face the same challenges caring for their loved ones suffering from Alzheimer's/Dementia. Two options are now available: in-person "drop-in" meetings scheduled 2nd Monday of each month and Zoom meetings are scheduled for the 4th Monday of each month. Attend either meeting once a month or attend both meetings every month. Please register for the Zoom meeting by calling the Main Office: 847-253-5532. An email address is required. The Zoom link will be emailed to you at least one day prior. *All meetings are free of charge*

The Lost Anastasias Tuesday, July 12 11:00 am - 12:00 pm Fee: \$2

Grand Duchess Anastasia was the youngest daughter of Tsar Nicholas II. Her playfulness and beauty were legendary, and her life ended tragically in 1918 when the Bolsheviks executed the Royal family. Within two years, however, young women in Europe began claiming they were Anastasia and they had survived the attack. Supporters stepped forward with sympathy, money, and gifts. Dr. Emilie Le Beau Lucchesi introduces two Anastasia imposters who swindled people in Germany and Chicago into thinking they were the long-lost duchess. This lecture explores why people wanted to believe their lies, and how DNA evidence finally set the record straight.



FEATURED PROGRAMS REGISTRATION DATES

Newsletter subscribers priority registration: through June 22
Non-subscribers: starting June 23

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FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

Please visit the Main Office or call 847.253.5532 to register. *Programs are in-person unless otherwise noted.



The Amarna Period: A Revolution in Egyptian Art Wednesday, July 13 5:30 - 6:30 pm

Fee: \$2

This talk focuses on the brief 17-year period in which art broke with the conventions that had been in place for over two millennia. Akhenaten, his iconic wife, Nefertiti, and Akhenaten's son, Tutankhamun will be discussed. Presented by artist/art historian, Denise Laurin-Donatelle.



Artful Saturday: Leaf Painting Saturday, July 16 9:00 - 10:30 am

Fee: \$2

Using real leaves found in your backyard or favorite hiking spot, we will create an artfully arranged colorful painting! Layers, colors and textures will be used to make an effective collage of leaves. Instructed by Senior Center Manager, Tracey Colagrossi. Please register, class space is limited.



If Statues Could Talk, What Stories Would They Tell? Part I IN-PERSON/VIRTUAL Thursday, July 21 11:00 am - 12:00 pm

Fee: \$2

Listen to some of the city's finest statues and sculptures tell their own stories, as voiced by Chicago actors. Discover unique details about the city's history and hear from some of Chicago's most iconic figures. Presented virtually by Beth Sair, a passionate historian, retired educator, a volunteer at the Chicago Architecture Center and a member of the Chicago Tour-Guide Professionals Association. *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.



Age Friendly Town Hall Talks: Shared Housing Resources IN-PERSON/VIRTUAL Monday, July 25 9:00 - 10:30 am

Fee: FREE

The Village of Arlington Heights Senior Citizens Commission continues the Age-Friendly Initiative by presenting more housing options for older adults to age well in community. The answer for some is shared housing. There are organizations that help match, vet and maintain roommates for home-based settings. Learned more about this innovative and growing trend. *Virtual and In-Person available, please note when registering.



Drum Circle Therapy IN-PERSON/VIRTUAL Tuesdays, July 26 & August 23 10:00 - 10:45 am

Fee: FREE

Check out Drum Circle Therapy, led by Chris Lavidas of Breaking Grounds in Drumming, Inc. We will be embarking on music appreciation, featuring styles of music that developed and influenced the U.S. beginning with New Orleans Jazz! Drop-in, in person or register for virtual by calling 847.253.5532. A Zoom link will be emailed at least one day prior.



Our Lady of the Angels School Fire Saturday, July 30 10:00 - 11:00 am

Fee: \$2

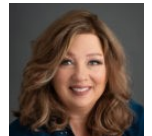
Historian Jim Gibbons offers a presentation on the 1958 tragedy in which 92 children and three nuns perished in the fire at Our Lady of the Angels school in Chicago. Inspired by reading the book, "To Sleep with the Angels: The Story of A Fire," Jim learned that the Queen of Heaven cemetery in Hillside, Illinois had 25 graves where children of the fire were interned. His parents were interned there as well and he went to the memorial to pay his respects. He began researching the fire in depth and got into contact with some of the survivors.



Manager Matters Thursday, August 4 12:00 - 1:00 pm

Fee: FREE

Join Senior Center Manager, Tracey Colagrossi to discuss the latest happenings at the Arlington Heights Senior Center. Please bring your questions and suggestions. *This will be held 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 one day prior.



Pizza & Movie: *Death on the Nile* Wednesday, July 27 5:00 - 7:00 pm Fee: \$2

Starring: Tom Bateman, Annette Bening, Kenneth Branagh

Based on Agatha Christie's novel, Belgian sleuth Hercule Poirot's spectacular Egyptian vacation aboard a river boat becomes a terrifying search for a murderer after a picture-perfect couple's honeymoon is cut tragically short. *(from Netflix.com)* Directed by Kenneth Branagh. Rated PG-13, run time 2h 7 min, 2022. Please register by July 22nd.



Cooking with Chasity

Preserving Summer's Bounty Thursday, August 4 1:00 - 2:00 pm

Fee: \$2

Chasity will demonstrate a hot bath canning procedure using tomatoes, and she will make a tomato jam and refrigerator pickles.





FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

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Where'd You Go Bernadette

Friday, July 8

1:00 PM

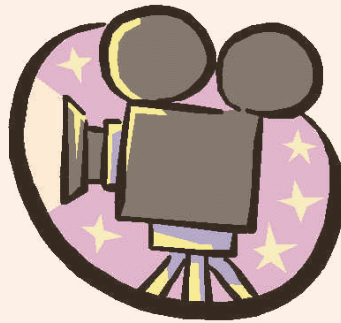
Starring: Cate Blanchett, Kristen Wiig
Directed by: Richard Linklater

Rated PG-13, run time 1h 49m min,
2019.

A loving mom becomes compelled to reconnect with her creative passions after years of sacrificing herself for her family. Her leap of faith takes her on an epic adventure that jump-starts her life and leads to her triumphant rediscovery. *(from Netflix.com)*



FREE FRIDAY MOVIES



Mary Me

Friday, August 12

1:00 PM

Starring: Jennifer Lopez, Owen Wilson
Directed by: Kat Coiro

Rated PG-13, run time 1h, 52m, 2022

A betrayed pop star, slated to marry her pop star fiancé on stage, instead marries a stranger from the audience - a high school math teacher. Against the odds, their sham relationship develops into something real...but can their love survive the limelight? *(from Netflix.com)*



6 CLUBS & GAMES

ARLINGTON HEIGHTS SENIOR CENTER



Drop-in unless otherwise noted

Baggo (bean bag toss game)

2nd & 4th Saturdays: 10:00 am - 12:00 pm

Billiards (except 7/2, 7/4)

Monday - Friday: 8:30 am - 4:30 pm

Saturdays: 8:30 am - 12:00 pm

Bingo Wednesdays: 12:30 - 2:00 pm

25 cent cards

Bocce Ball

1st & 3rd Thursdays: 1:15 - 3:00 pm

Canasta (Aces & 7's)

1st & 3rd Fridays: 1:00 - 4:00 PM

Card Making Club *Seasonal Cards for Meals on Wheels Recipients*

Fridays: 7/1 & 8/5 *during regular crop

8:30 am - 1:00 pm

Chess Club

Tuesdays: 10:30 am - 12:30 pm

Four chess sets provided

Cribbage

Tuesdays: 10:00 am - 12:00 pm

Cribbage boards provided.

Duplicate Bridge

Wednesdays: 12:00 - 4:00 pm

"La Famiglia" Italian Social Club

1st and 3rd Fridays

beginning June 17th

10:00 am - 12:00 pm

This drop-in club is back in a

new way! In *La Famiglia*

experience the Italian language, culture, history, touring and cooking. Fun for all and no Italian background required! *Vivi la vita al massimo!* (Live life to the fullest!)



Mah Jongg

Mondays: 12:00 - 4:00 pm (except 7/4)

Thursdays: 8:30 am - 3:30 pm

(8/18 ends @ 11:30 am)

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

New Drop-in Club!

Meditation Sessions

BEGINNING JUNE 20TH

1st & 3rd Mondays (except 7/4)

10:30 - 11:30 am



Meditation allows ourselves to experience what is happening inside and all around us moment by moment by tuning into our awareness. Monastic, Bhante Amitha from The Blue Lotus Temple in Woodstock offers Guided Meditation Sessions that focus on Mindfulness and Lovingkindness. The Guided Meditation Sessions are one hour long and include Meditation, followed by chanting as a way to collectively appreciate the wisdom which is beyond comprehension and concludes with a wisdom talk (Dhamma) teaching about the application of Buddhist principles in our everyday personal practice.

Open Card Room Hours

*Wed./Fri.: 8:30 am - 4:30 pm

*Bridge players needed! 9:30 AM - 12:00 PM

Thur.: 12:30 - 4:30 pm

Sat.: 8:30 am - 12:00 pm (except 7/2)

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

Park Place Investment Club

4th Tuesdays: 7/26 & 8/23

1:00 - 3:00pm

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 - call Jim Nauheimer at 847.577.1392 to sign up.

Ping Pong

Mondays (except 7/4, 7/11, 7/18 & 8/8)

12:30 - 3:00 pm

Saturdays (except 7/2, 7/9, 7/16, 7/30, 8/13 & 8/20): 9:00 am - 12:00 pm

Pinochle

2nd & 4th Thursdays: 12:30 - 3:30 pm

Podcast Connection

2nd Mondays: 7/11 & 8/18

2:30 - 3:30 pm

Connect with other podcast enthusiasts each month. Learn

ways to maximize your satisfaction with this exciting audio resource. Expand your own podcast library. Get acquainted with others who share your interests. Hosted by Ed & Becky Booth.



Poker

1st & 3rd Tuesdays: 1:00 - 4:00 pm

Portfolio Investment Club

7/27 & 8/24 · 1:00 - 3:00 pm

This club utilizes the principles of Value Investing. In 2021 the club handily outperformed its principal benchmark, the S&P 500 Index. We use the highly regarded Finviz Stock Screener to manage our portfolio of stocks, which are allocated to one of 10 separate sectors. Members must have personal computer skills and knowledge of Excel spreadsheets.

Rummikub

2nd & 4th Mondays

1:00 - 3:30 pm Sets provided

Scrapbooking and More!

Fridays: 7/1, 7/15 & 8/5

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 paper crafters are welcome!

All Day Crop: 7/18

8:30 am - 7:00 pm

Virtual Scrapbooking: 7/28 & 8/25

10:00 am - 3:00 pm *call for Zoom link

Senior Center Musical Group

Fridays: 1:00 - 2:30 PM

This group plays assorted Broadway, movie and patriotic tunes as well as other music.

Wii Bowling

Tuesdays & Fridays: 1:00 - 2:30 pm

LIBRARY PROGRAMS AND SERVICES

The library’s Reading Room branch 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. For questions regarding library services or programs at the Senior Center, call us at 847-870-3712 or email seniorservices@ahml.info.

Computer Room

Windows PCs are available for one-hour use Monday, Wednesday and Friday from 9 a.m.–2 p.m.; Tuesday and Thursday from 11 a.m.–2 p.m. and Saturdays from 9 a.m.–noon.

Library Program Registration

Unless otherwise noted, register for library programs online at www.ahml.info/attend/events or call 847-392-0100

TRAVELOGUES

Fridays at 10 a.m.

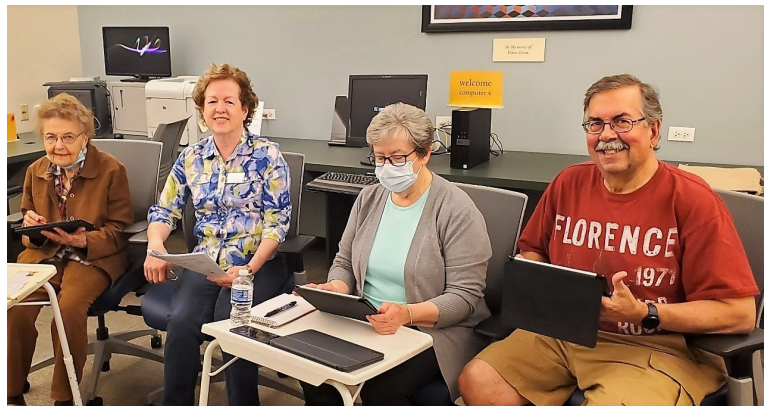
Drop in and enjoy documentaries and travel movies.

| | | |
|---------|---|--|
| July 1 | Independence Day (50 min) | |
| July 8 | Tahiti/Bora Bora (53 min) |  |
| July 15 | Rosslyn Chapel (58 min) | |
| July 22 | Ecuador (60 min) |  |
| July 29 | Homes that Changed America (56 min) |  |
| Aug 5 | Castile/Sevilla (50 min) | |
| Aug 12 | Baseball Parks (50 min) | |
| Aug 19 | Madagascar (57 min) | |
| Aug 26 | London (50 min) | |



Classes feature small class size and hands-on instruction. All classes are held at the Senior Center. View and print our Summer 2022 June–August class schedule and course descriptions at www.ahml.info/senior/materials

July / August class registration opened June 1. Check for class openings and register online at ahml.info/attend/events or call 847-392-0100.



CORD CUTTING: Exploring Cable Alternatives

Wednesday, August 10, 10 a.m.–noon

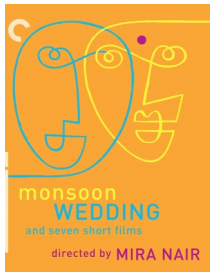
Join the library's Digital Services Supervisor, Gregory Berger, to explore cost-effective alternatives to cable and traditional landline phones. Class will be lecture-style with time for Q & A. **Register.**

▶ **DISCUSSIONS** *Join the conversation.*

FILM DISCUSSION CIRCLE

Drop in for a free showing of the film then join our discussion led by library staff immediately following the film.

Tuesday, July 5, 1 p.m



Monsoon Wedding (2001), 114 minutes, rated R.

An Indian comedy-drama about a father trying to marry off his daughter in the traditional way, but she is having second thoughts.

Tuesday, August 2, 1 p.m.



Atonement (2007), 123 minutes, rated R.

Starring Keira Knightley and James McAvoy, a couple is torn apart by a lie constructed by the woman's jealous younger sister and all three of them must deal with the consequences.

COMPUTER INTEREST GROUP

Wednesdays, July 13 and August 10, 1–2 p.m.

Senior Center & Zoom

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

Register to attend in person or via Zoom.

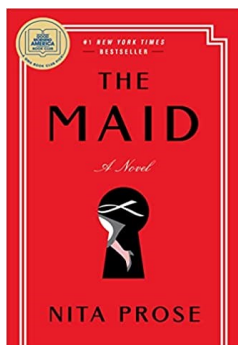
CURRENT EVENTS DISCUSSIONS

Thursdays, July 7, 14, 21, 28, August 4, 11, 18, and 25 at 10 a.m.

Senior Center & Zoom

Discuss current event topics. Register starting June 24 to join us either in person or on Zoom for July and August sessions by calling 847-870-3712

SUMMER BOOK DISCUSSION



The Maid by Nita Prose
Monday, July 25, 10–11 a.m.

Senior Center & Zoom

Molly Gray is not like everyone else. She struggles with social skills and misreads the intentions of others. Her orderly life is upended the day she enters the suite of the infamous and wealthy Charles Black, only to find it in a state of disarray and Mr. Black himself dead.

Books are available for check out starting June 1 in the Reading Room.

Register to join in-person or on Zoom.



Arlington Heights Age-Friendly Initiative Update

The Arlington Heights Senior Citizens Commission is an appointive, advisory body to promote the needs and concerns of the senior citizens of the Village and to cooperate with the Village government and all other governmental agencies in advancing the cause of the senior citizens. The Senior Citizens Commission is working with all agencies on the Age-Friendly Initiative to make Arlington Heights a Age Friendly Livable Community. To learn more about Age Friendly Arlington Heights visit <https://livabilityindex.aarp.org/search/Arlington%20Heights,%20Illinois,%20United%20States#improve>

An AARP Livable Communities survey conducted in 2019 revealed that the top concern for residents was affordable housing, accessible transportation, and a central source of communication for older adults. The Commission along with staff, local agencies, and volunteers are working on these initiatives. If you are interested in joining our efforts, please contact Senior Center Manager, Tracey Colagrossi at 847.253.5532.

The Commissioners Corner will continue to bring you news and information of the Commission activities and the Age-Friendly Initiative. Sue Viecegli Chairperson VAH Senior Citizens Commission

- Sue Viecegli - Senior Citizen Commissioner

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FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

Please visit the Main Office or call 847.253.5532 to register. *Programs are in-person unless otherwise noted.

Pizza & Movie: *Blue Hawaii*
Monday, August 8
5:00 - 7:00 pm
\$2 per person

Starring: Elvis Presley, Joan Blackman, Angela Lansbury

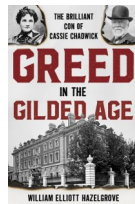


Chad Gates just wants to sing, chase girls and have fun. Chad's mom, however, wants her ex-soldier son to come work in the family pineapple business. But Chad is too busy catching up with his buddies, making up with his girlfriend and singing.

(from Netflix.com) Directed by Reinaldo Marcus Green. Rated PG, run time 1h 41 min, 1961. Please register by August 4th.

Greed in the Gilded Age:
The Brilliant Con of Cassie Chadwick
Wednesday, August 17
5:30 - 6:30 pm
Fee: \$2

Greed in the Gilded Age is a Gatsby-esque tale of mystery, money, sex, and scandal. 'Millionaire' had just entered the American lexicon and Cassie Chadwick was front page news, becoming a media sensation before mass media, even eclipsing President Roosevelt's inauguration. Using these newspaper articles, Hazelgrove tells the story of one of the greatest cons in American history.



First Person Portrayal:
The Six Wives of Henry VIII
Saturday, August 20
10:00 - 11:00 am
Fee: \$2

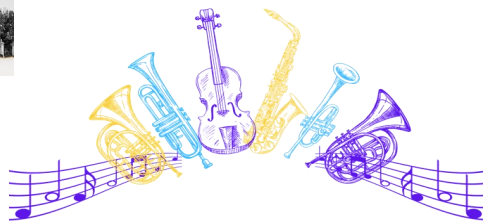
Queen, lover, mother, outcast, victim, survivor: Meet the six wives of Henry VIII as presented by Martina Mathisen of Edu-tainment Living History in this one-of-a-kind program. Discover compelling truths about these remarkable women from an intriguing time in history. These fascinating



women led equally fascinating lives-apart from the manner in which their lives ended. Martina artfully interweaves tales of power, personality, and politics. Do these six famous wives deserve their popular labels? Meet all six wives of Henry VIII and find out for yourself.

Age-Friendly Town Hall Talks:
Reframed Aging-Talking about Ageism
Monday, August 22
9:00 - 10:30 am

It's not the passage of time that makes it so hard to get older. It's ageism, a prejudice that pits us against our future selves -- and each other. Senior Center Manager, Tracey Colagrossi will present "Reframed Aging" an initiative to help all of us to embrace ourselves at any age and to find solutions to age well in community. Join us for this interactive discussion and how we can invite more participants into a Senior Center.



Reunion Jazz Orchestra:
Evening Concert
Wednesday, August 24
7:00 - 9:00 pm
Fee: \$2

The Reunion Jazz Orchestra is back with a 17-piece ensemble and vocalist! Enjoy a summer evening under the stars with this group of renown talent. Proceeds they receive from their concerts are donated to the Notre Dame College Prep music program. Concert will be outdoors on the patio or indoors due to inclement weather.

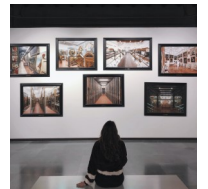
Virtual History of Italy with Tiffany:
Piazas Of Rome - St. Peter's, Spanish Steps And Navona
IN-PERSON/VIRTUAL
Tuesday, August 30
11:00 am - 12:00 pm
Fee: \$2



Live from Italy, Historian Tiffany DeLuca will discuss the beauty, splendor and history of some of Rome's most renown gathering places. From breathtaking fountains to iconic architecture, discover these treasures of the Eternal City. *This Virtual program 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.

The Many Ways to Look at Art
Wednesday, August 31
5:30 - 6:30 pm
Fee: \$2

Walking into a museum or gallery can be intimidating, but when we understand the *language of art*, and look at art from an informed perspective, our experience is greatly enhanced. In this discussion, we will focus on the tools the artist uses to create memorable works of art from color, line and perspective to balance, contrast and emphasis. Prepare to feel more knowledgeable the next time you go to an art museum! Presented by artist/art historian, Denise Laurin-Donatelle.





WOULD YOU DRIVE TO SAVE A LIFE?

Are you a good, reliable driver? Do you like helping people who are in real need of help? If this describes you, then being a Connections to Care **volunteer driver** will bring you smiles and miles of satisfaction. Our volunteer drivers have been with us for an average of five years, so they clearly love what they do!

“This is truly a tremendous organization. I’ve always been impressed with everything Connections to Care does. Very professional in its approach to everything. After close to four years, I still feel enthused and fully committed.”

Volunteer Responsibilities: As a Connections to Care volunteer driver, you are responsible for transporting clients to and from their medical or dental appointments. You also wait for them during their appointment: parking lot, Starbucks or waiting room—your choice. Our passengers must be able to get in and out of a car unassisted, however some may use a cane or walker. The average age of our passengers is 85 years old. They are so appreciative of all of our drivers. It is truly a rewarding volunteer opportunity!

Volunteering for Connections to Care is FLEXIBLE! YOU choose your schedule and how often you would like to drive whether it is once a week, once a month or every quarter. With our web-enabled software, you can go online and choose the rides that fit your lifestyle and schedule. Technology not your thing? We will work with you and your personal schedule!

Requirements: You must be at least 21 years old, hold a valid Illinois driver’s license, have an acceptable driving record, carry auto liability insurance and be fully vaccinated. ***We carry additional liability insurance on all of our drivers.***

Interested? Call 847-222-9227 or go to www.connectionstocare.org

12 CATHOLIC CHARITIES LUNCH AND MORE PROGRAMS



LUNCH PROGRAM

Dine In or Take the Meal To Go!

Lunch is available Monday through Friday
from 12:00 - 1:15 pm

Catholic Charities provides a variety of nutritious, hot meals Monday through Friday, between 12:00 pm and 1:15 pm at our Senior Nutrition office in the rear of the Arlington Heights Senior Center. Our meals are low in sodium and comply with a diabetic diet.

Any person over the age of 60 may participate by completing an AgeOptions registration form. Registration forms are available in our office.

DINE IN OR TAKE TO GO. Any registered participant can pick up a meal at our office. You may choose to eat the meal in our dining area across from our office or take the meal "to go." We always ask each participant if they are staying to eat or taking the meals "to go." When picking up a meal, a client can also obtain an additional frozen meal to eat later. Participants can obtain up to six (6) meals per week.

We ask for a suggested donation of \$4 per meal. We will provide meals to any registered participant regardless of whether they donate. Patrons under 60 must pay \$7 per meal. No registration required.



Catholic Charities of the Archdiocese of Chicago 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; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint. For information, call (847) 797-5350.

Can You Help?

Home Delivered Meal Volunteers needed to deliver meals in Wheeling Township

Catholic Charities provides meals Monday through Friday to Home Bound Seniors throughout Wheeling Township. Our numbers have increased which creates the need. We are looking for a few good people to deliver meals and help to ensure our Seniors can remain at home.

Meals are prepared fresh and ready to be picked up here at the Arlington Heights Senior Center at 9:45 am. Each route has around 12 to 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 and leave a message. We will contact 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 on 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
July 7 & August 4
9:00 - 10:30 am



Bone Density Screenings
July 5 & August 2
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 to assist you with your Medicare questions and help you understand your options.

Lecture Series

Colon Cancer Signs, Symptoms, and Prevention
Monday, July 11
11:00 am - 12:00 pm

Prevention and wellness is priority in regards to healthy colons. NCH Patient Navigator will get us all on the right track.

Presented by Brenda O'Brien, RN, BSN, Cancer Services, Patient Navigator, Northwest Community Healthcare

Registration required.
Call 847-253-5532

Dental Care in Your Golden Years

Monday, August 8
11:00 am - 12:00 pm

We will discuss how to keep your teeth healthy as you age and how your oral health is connected to your general well-being. Also and the importance of regular checkups will be explained. Bring your questions.

Presented by; NCH Dr. Pooja Garg, MPH, DMD and Angel Weathers, RDH, Mobile Dental Clinic Program Manager

Registration required.
Call 847-253-5532



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

Ice Cream: Healthy, Homemade Without the Churn

Tuesday, July 12
9:00 - 10:00 am



Limited Space Available
Registration required.
Call **847-253-5532**

Healthy Easy Guacamole: Health Benefits of Avocados

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



Limited Space Available
Registration required.
847-253-5532

Diabetes Education and Support

Led by NCH Diabetes Services Staff

Taking Medications

Tuesday, July 12
10:30 am - 12:00 pm
Registration required. **847-253-5532**

Problem Solving

Tuesday, August 9
10:30 am - 12:00 pm
Registration required.
847-253-5532

Diabetes and Pre-Diabetes: Diabetes 101 Class

Mondays, July 11 & August 8
1:00 - 2:30 pm
Registration required.
847-253-5532



Walkers' Club

Led by NCH Physical Therapy Staff
Fridays: July 8, July 22, August 12, August 26
10:00 - 11:00 am



Parkinson's Support Group

Led by NCH Physical Therapy Staff

Wednesdays: July 20 & August 17
3:00 - 4:00 pm

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



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

Meal Planning Made Easy: How to Plan, Shop and Prepare Meals

Tuesday, July 26
9:00 - 10:00 am



Taking Control of Your Health Care: Advance Care Planning - Health Care Directives

Tuesday, August 23
9:00 - 10:00 am





SUGGESTION BOX & SURVEY

ARLINGTON HEIGHTS SENIOR CENTER

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Suggestion Box

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

The Pool Tables badly need recovery and new cushions. Latter especially is bad, some worse than others. Contact me if questions.

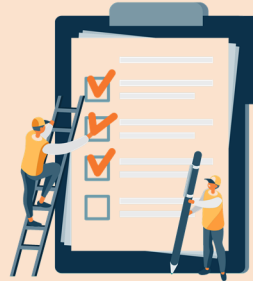
Staff met with the individual that submitted the suggestion. The billiard tables were recently recovered in 2020. It was noted that the tables are to be covered when they are not in use. Staff created signage to remind players to cover the tables. Recovering will be budgeted for next year if wear is determined.

Install more green recycle bins where milk is sold in Senior Center lunch room.

Staff will place a recycle bin in the dining area for cartons to be disposed of. Thank you for the suggestion.

Help Us Improve! Please Take our Survey!

The Arlington Heights Senior Center and its partner agencies would like your feedback on how you are doing and how we can improve to serve you better. For your chance to enter a drawing to win a \$25 gift card, please use your smartphone to take a photo of the QR code or use your phone's QR reader to take our survey. Paper copies are available at the Senior Center. The survey will be open from July 1, 2022, through August 31, 2022. Thank you in advance for your help!



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

8:30 am – 3:30 pm

Saturday: 8:30 am - Noon

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: Aerobics: 9:30 - 10:15am

Strength/Conditioning: 9:45 - 10:30 am

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

Thursday: Aerobics: 9:00 - 9:45 am

10:00 - 10:45 am, 12:15 - 1:00 pm

Strength/Conditioning: 1:00 - 1:45 pm

Friday: Strength/Conditioning: 9:45 -

10:30 am

Aerobics: 10:00 - 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.

Summer Classes Held at the Senior Center

*Summer Session is 10 Weeks

BeMoved Dance

Fee: \$100 Contracted Class

Tuesdays: 6/7-8/9

12:45 - 1:45 pm

Zumba Gold Fee: \$99 Contracted

Class

Tuesdays: 6/7-8/9

6:00 - 7:00 pm

Fee: \$50

Fridays: 6/10-8/12

11:00 am - 12:00 pm

Fee: \$99

Saturdays: 6/11-8/20

9:00 am - 10:00 am

Fee: \$99

Works of Art

Fee: \$140

Mondays: 6/6-8/15

1:15 - 3:45 pm



The Art of Acrylics

Fee: \$160

Thursdays: 6/9-8/11

9:30 am - Noon

50 Shades of Colored Pencils

Fee: \$90

Fridays: 6/10-8/12

9:30 - 11:30 am

Mixed Media Art Class

Fee: \$140

Tuesdays: 6/7-8/9

1pm-3pm

Crochet with Your Friends

Fee: \$67

Mondays: 6/6-7/25

11:10 am - 1:10 pm

Quilting Drop In

Fee: \$8, pay for this class in

Shop 1801 day of

Wednesdays

10:00 am - Noon

Bridge Programs

Bridge - Beginning

Fee: \$117
Mondays: 6/13-8/15
9:00 - 11:00 am

Bridge - Intermediate

Fee: \$117
Tuesdays: 6/14-8/9
10:00 am - Noon

Bridge - Advanced

Fee: \$117
Tuesdays: 6/14-8/9
1:00 - 3:00 pm

Best Bridge Ever!

Fee: \$100
Thursdays: 6/9-8/4
1:00 - 3:00 pm

Bridge Potpourri

Fee: \$90
Mondays: 6/13-8/15
4:00 - 6:00 pm



Yoga Classes

Yoga

Fee: \$131
Mondays:
11:15 am - 12:45 pm

Chair Yoga

Fee: \$95
Mondays: 6/6-8/15
10:00 - 11:00 am

Wednesdays: 6/8-8/10
10:00 - 11:00 am



Tai Chi Classes

Tai Chi Moves

Fee: \$76
Tuesdays: 6/7-7/26
10:30 - 11:15 am
11:30am - 12:15pm

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.



Hours of Operation: M/T/W/Th 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.

Wood Working Beginning

Fee: \$100
Thursdays: 6/9-6/30
12:15 - 3:15 pm

Carve On

Fee: \$30 (Prerequisite: Completion of Wood Working Beginning Class)
Wednesdays: 6/8-7/20
1:00-3:00 pm

Arlington Classic Tours

Join us for new, fun and exciting tours as we go out and see musicals, theatre productions, museum exhibits, concerts, casinos and much more recreational destinations.

Arlington Classic Tours Membership January 1 - December 31, 2022

Membership has its benefits:

- Mailing sent directly to your home via first class mail
- Receiving the tour schedule prior to general public
- Member Priority Registration
- A 15% discount on each tour
- A 10% discount on the Gift
- Store merchandise purchases
- Monthly participation drawings

\$25/Individual

\$35/Household

(two people living at the same address)



Info on Park District programs is subject to change.

Contact the Park District Office in the Senior Center at 847.797.5341 for upcoming tour information.

SAVE THE DATE FOR UPCOMING TOURS

August 17: Devil Wears Prada

August 19: Cubs vs. Brewers
Game at Wrigley Field

Senior Center Shop

Stop by the Park District's newly named gift store – **SHOP 1801**, located in District Office at the Senior Center. New Items just arrived so come check them out!

July Sale:

Umbrella Drink Marker

10% Off

August Sale:

Not Your Grandma's Shower Cap

10% Off

Cards are Buy 1 Get 1 Free

(Fravessi Brand Only)



**Stay Tuned for new and
upcoming special events in
the Fall!**

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 program. 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.

Intermediate Line Dance

Wednesdays: 7pm-9pm

Classic Line Dancing

Thursdays: 7pm-9:30pm



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 7:30pm and squares from 8:00 -10:00pm. All experienced square and round dancers are welcome. For more information, please go to www.arlingtonsquares.com.

\$7/person payable at the door.



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VOLUNTEERING @ THE SENIOR CENTER



Volunteer Opportunities at the Arlington Heights Senior Center

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 > Volunteer or email: info@connectionstocare.org.



Catholic Charities, Northwest Senior Services

Please contact Debbie Bohli-Mitchell in the Catholic Charities Northwest Senior Services office, for any available volunteer opportunities at 847-253-5500.

Catholic Charities, Senior Nutrition Program

Drivers are needed to deliver meals to homebound residents in the surrounding area. One day a week or more if you choose. The time commitment is approximately 2 hours per route. For more details call Jim Tobin at 847-797-5350.

For all other volunteer opportunities, please contact Sharon Swanson, Volunteer Coordinator, at 847-253-5532.



Rock N Roll Expo!
LIVE WELL AGE WELL

Meet local businesses that specialize in services & products to Live Well and Age Well for all

- State & Local Agencies,
- Financial & Legal Advisors,
- Home Care Agencies,
- Senior Living Communities,
- Moving & Organization Helpers,
- & Much More!

Also provided:
Educational Handouts,
Blood Pressure Checks,
and Giveaways

WEDNESDAY, JUNE 22, 2022
FREE ENTRY * REGISTER FOR FREE LUNCH
11 AM TO 2 PM

ARLINGTON HEIGHTS SENIOR CENTER
1801 W CENTRAL ROAD,
ARLINGTON HEIGHTS
847.253.5532 OR SENIORCENTER@VAH.COM





Acting Through Life - Summer Session

Tuesdays: June 21 - August 23 (no class 7/5)
1:30 - 3:00 pm at the Senior Center
\$90 per student

Ready for some summer fun? Release your inner actor through improv, acting, character, and ensemble games and activities! Build confidence and quick-thinking skills while enjoying comradery with friends and having fun. This session will have no out of class work, and is a perfect way to spend some time being active and playing this summer.

No previous acting experience necessary.

Let the games begin with Acting Through Life! 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 or 847-577-5982 x244, or the Arlington Heights Senior Center at 847-253-5532



Crescendo Chorus

Mondays from 6:30 - 7:30pm
August - December, 2022 (dates TBD)
\$135 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



Senior Health Insurance Program (SHIP)

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

SHIP counselors can answer questions about:

- Medicare
- Medicare Supplemental Insurance
- Medicare Advantage Plans - HMOs, PPOs, PFFS
- Prescription Drug Coverage through Medicare and other sources
- Long-Term Care Insurance
- Medicare Claims and Appeals
- Medicare Beneficiary Rights and Guarantees

Call the Senior Center Main Office at [847.253.5532](tel:847.253.5532) to schedule a Friday morning in-person or phone appointment with a SHIP counselor.

Medicare? Medicaid?

Are you confused by the different options available to you? Are you at least 60 years old or an adult with disabilities? If you receive Medicare and your monthly income is below \$1630 for an individual, or below \$2198 for a couple, you may be eligible for financial assistance. For more information and assistance, call Catholic Charities Northwest Senior Services at (847) 253-5500.



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.



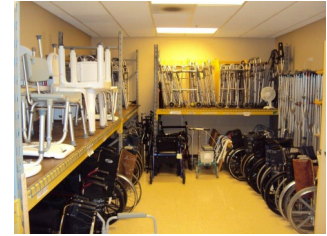
Medication Disposal at Police Department

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.



Arlington Heights Nurses Club Lending Closet



Looking to borrow a wheelchair, commode, cane or other medical equipment? Please call **847.797.5315** for information and details on check-out and return. This is a FREE service for Arlington Heights residents of any age.

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



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

As we continue soaking in the summer weather, here are some activities suggested by the Fisher Center for Alzheimer's Research Foundation that you and your loved one(s) may enjoy doing together:

- Take a walk together in the early morning or late afternoon
- Shop at a local farmers' market
- Spend quality time on a porch swing
- Birdwatch in your backyard or at a nearby park
- Attend an outdoor concert at the park
- Explore a nearby downtown district
- Have a picnic together

Caregiver Resource Center

The Catholic Charities Northwest Senior Services Caregiver Resource Center recognizes that unpaid, family caregivers provide the majority of caregiving in the United States. Caregivers may help their spouses, parents, or other senior relatives and friends with tasks such as bathing, eating, dressing, personal hygiene, cooking, cleaning, transportation, and financial management. For many caregivers, caregiving is emotionally and physically stressful. If you are interested in learning more about programs for family and informal caregivers, including education and training, caregiver support groups, respite care, or other caregiver support services, please call [847-253-5500](tel:847-253-5500) for more information. We will work with you to connect to the support you need. Following is some more information about two of our upcoming social programs.

Memory Café Creating Connections

IN-PERSON/VIRTUAL

3rd Wednesday of the month
7/20 & 8/17, 1:30 - 3:00 pm



The Memory Café is a free social gathering for persons living with dementia and a family member, friend, or care partner. Activities offered throughout the year include singing, movement therapy, exotic animals, travelling stories, and chair yoga.

Location: At this time, we will be meeting virtually via Zoom and/or in person depending on the status of the COVID-19 pandemic. Please call Erin Mercado at 847-253-5500 (Ext. 322) for the most current information and to register.

Monthly Caregiver Support Group

IN-PERSON/VIRTUAL

3rd Wednesday of the month
7/20 & 8/17, 7:00 - 8:30 pm



The caregiver support group offers a time for you as a caregiver of a spouse, parent, or other senior to connect with others who may be facing similar caregiving challenges.

Location: At this time, we will be meeting virtually via Zoom and/or in person depending on the status of the COVID-19 pandemic. Please call Erin Mercado at 847-253-5500 (Ext. 322) for the most current information and to register. If this time doesn't work for you, please contact us for more information about other Catholic Charities sponsored support groups in the area.

Alzheimer's/Dementia Caregiver Support Group

Mondays *In-Person

July 11 & August 8

10:00 am - 12:00 pm



Mondays *Virtual

July 25 & August 22

12:30 - 2:00 pm



Facilitated by Jim Harbaugh, pictured above, this group focuses *on you, the Caregiver*, by teaching you coping skills and allowing you to meet other caregivers who face the same challenges caring for *their* loved ones suffering from Alzheimer's/Dementia. Two options are now available: in-person "drop-in" meetings scheduled 2nd Monday of each month and Zoom meetings are scheduled for the 4th Monday of each month. Attend either meeting once a month or attend both meetings every month. Please register for the Zoom meeting by calling the Main Office: 847-253-5532. An email address is required. The Zoom link will be emailed to you at least one day prior. *All meetings are free of charge*

Korean American Parkinson's *Drop-in* Support Group

Saturdays: July 23 & August 13

10:00 am - 12:00 pm





Village of Arlington Heights Health Services Department

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

**July 13 at the Senior Center
August 10 at Village Hall**

Screenings conducted by appointment only. Call 847.368.5760 to make an appointment. **Cost is \$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.

Nursing Home Visit Program

Are you a resident of Arlington Heights and homebound? Nursing Services provides home visits to homebound Arlington Heights residents who are unable to qualify for Home Health Care. There is no charge for a visit and vital signs. Lab draws, INR screenings, injections and blood sugar testing have a

small supply cost which cannot be billed to Medicare. If interested Contact Lindsay RN at 847-368-5772.



The 35th Annual Community Paint-A-Thon will be held in September 2022. Applications are available now and due July 1st. To qualify, homes must be owned and occupied by people with limited financial resources. The home owner must be at least 60 years of age or have a permanent disability or be a veteran of any age. Once a home is determined eligible, volunteer teams are matched to do the scraping, priming and painting of the house. The Community Paint-A-Thon covers ten townships including Barrington, Elk Grove, Hanover, Maine, New Trier, Niles, Northfield, Palatine, Schaumburg, and Wheeling. Current Homeowners Insurance is required. If you are interested in volunteering, contact Donnie at Hands On Suburban Chicago at 312.659.7574. To request an application, call Catholic Charities and ask for the intake department at 847.253.5500.

26 DRIVER SERVICES

ARLINGTON HEIGHTS SENIOR CENTER



Illinois Secretary of State Rules of the Road Review Course

Thursday, August 11

10:00 am - 12:00 pm

Fee: FREE



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.



AARP Smart Driver™ Course on hold

At the time of this publication, AARP has postponed its in-person Smart Driver™ courses. For information regarding online classes, go to aarpdriversafety.org.

Newsletter Subscription Page

- Subscription to this publication is voluntary. You will receive a letter when your subscription is up for renewal.
- 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.



ARLINGTON HEIGHTS
Senior Center, Inc.

Subscription benefits include:

- Bi-monthly publication through first-class, U.S. mail
- Priority registration for programs
- 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.

Name #1: _____ Year of Birth : _____

Name #2: _____ Year of Birth : _____

Address (street, city, state, zip): _____

Home Phone: _____ Other Phone: _____ Email: _____

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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).