



Live Well, Age Well

Village of Arlington Heights



September/October 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.



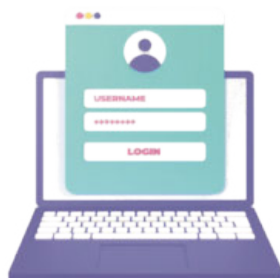
(847) 253-5532



seniorcenter@vah.com



www.vah.com



Online Registration Available!

You can now register for programs online from our Featured Program page and Northwest Community Healthcare events! You must have a MySenior Center key tag to create an online account. If you do not have a key tag, please visit the Senior Center at 1801 W. Central Road, Arlington Heights, to obtain one.

Once you have your key tag, visit the Senior Center page on the Village of Arlington Heights website at www.vah.com/our_community/senior_center to view the tutorial and link to register.



Falls Free®

National Council on Aging

Falls Prevention Week

September 18 - 24, 2022

Falls Prevention Presentation

Wednesday, September 21

1:30 - 2:30 pm

Did you know that falls result in more than 3 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 32,000 deaths? The Arlington Heights Senior Center, Arlington Heights Fire Department, and the Physical Therapy Department of Northwest Community Healthcare are teaming up to provide information on fall prevention and screenings at senior living communities and the Senior Center.

The presentation will cover what you can do to prevent falls at home, what to do when you fall, and what to expect from the Fire Department if you should need assistance. This presentation will be conducted in person or virtually. Please state upon registering for the program.

The Physical Therapy Department of Northwest Community Hospital provides an additional **falls screening clinic at the Senior Center on Friday, September 23, from 9 am to 12 pm**. To register for the clinic, please get in touch with the Senior Center at 847.253.5532.

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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 Adelphia, 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

Closing Dates:

September 3 & 5
Labor Day

October 17
12:30 - 4:00 PM for
Staff Training

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

FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

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Advisory Council Events

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

Oktoberfest Brat Cookout with Alpine Thunder Band

Wednesday, September 14

1:30 - 3:00 PM

Fee: \$5

Enjoy a festive afternoon featuring grilled brats with all the fixings and German entertainment by *Alpine Thunder*. Alpine Thunder features a driving alpine sound with vocals in both German and English, yodeling, alpine accordion and other alpine folk instruments including alphorns and tuned cow bells. The price of your registration will include a grilled brat with sauerkraut, your choice of condiments, chips, German chocolate cake, and water or diet/regular root beer. Please register by September 7th and indicate if you prefer a traditional or vegetarian brat.



NEW DROP-IN CLUB!

Meditation Sessions

IN-PERSON/VIRTUAL

1st & 3rd Mondays

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. *This is held in-person and via Zoom. Please call to register for Zoom link.

Spanish Language Class **VIRTUAL** (Advanced Beginner Intermediate)

Wednesdays: Dates TBD

10:00 - 11:00 am

Fee: \$40 per session

(check payable to Harper College)



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. Facilitated by instructor, Ana Trbojevich.



Cooking with Chasity

Cheese Making

Thursday, September 1

1:00 - 2:00 pm

Fee: \$2

You'll begin your journey with a little dairy science, familiarizing yourself with the ins and outs of turning milk into cheese. Chasity will show you how to make your own homemade mozzarella cheese, how to form curds and pull the cheese into a wonderful fresh mozzarella ball. She will also discuss how to make Burrata Cheese and have some for sampling.



Evening Concert: An Evening In Roma

Wednesday, September 7

6:30 - 7:30 pm

Fee: \$2

Enjoy a live "concerto musicale" on the patio as you are transported to an Evening in Roma with some of the most beloved music of Italy! Performed by Carlyn Lloyd on flute, Jon Warfel on piano, and special guest vocalist Nicole Tuma. From arias to instrumentals, you'll

be swept away to the Colosseum, the Vatican and the Trevi Fountain!



Icash Unclaimed Property Program

Thursday, September 8

10:00 am - 2:00 pm

Fee: Free

The office of Illinois State Treasurer

Michael Frerichs will be onsite to get you acquainted with the **Icash Unclaimed Property Program**. The State Treasurer is holding more than 3.5 billion dollars in unclaimed funds for Illinoisans. The State holds these lost funds until they are claimed by either the original owner or their heirs. Property is returned at no cost with the proper identification. Learn more about this program and find out if you have unclaimed funds!



myactivecenter

Get to Know My Active Center:

Arlington Heights Senior Center Online Registration **IN-PERSON/VIRTUAL**

Friday, September 9

11:30 am - 12:30 pm Fee: Free

Beginning with this Newsletter, Village of Arlington Heights featured programs and some NCH programs will be available for online registration from the convenience of your own home! With your *My Senior Center* keytag, you will be able to register for programs and events with a personal account and a few clicks on **My Active Center**. Learn how to set up an account, search and register for programs/events during this session. *This will be shown in-person, with limited seating, and also conducted virtually. If you are unable to attend, this will be recorded and a link can be sent to you shortly after for viewing.



CHECK IT OUT!

FEATURED PROGRAMS REGISTRATION DATES

Newsletter subscribers priority registration: through August 23

Non-subscribers: starting August 24

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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.



Great Decisions: Foreign Policy Association

Saturdays 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.



Alzheimer's/Dementia Caregiver Support Group

Mondays *In-Person
September 12 & October 10
10:00 am - 12:00 pm

Mondays *Virtual
September 26 & October 24
12:30 - 2:00 pm

Fee: Free

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.

*In-person is drop in. Please register for Virtual with email address.



The Amarna Period:
A Revolution in Egyptian Art
Monday, September 12
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.

*Rescheduled from July 13th.



Collaborations with Harper College Lifelong Learning Institute

A Traditional Chinese Tea Demonstration
Thursday, September 15
1:00 - 2:30 pm
Fee: \$19.00

*Check payable to Harper LLI



Intercultural Consultant, Yvonne Wolf gives an explanation of the tea drinking world. You are invited to learn about the function of tea in East Asian social interactions and practice the mindfulness of the tea experience. Engage in the ritual of tea handling, tea ware, and tea making. This introduction to a tea conversation is an aromatic, tasting experience. Yvonne Wolf demonstrates and explains two varieties of Chinese tea, including one decaffeinated option.

Wine Tasting and Cheese Pairing with a Famous Sommelier

Tuesday, September 20
6:00 - 8:00 pm

Fee: \$30.00

*Check payable to Harper LLI

Wine and cheese are natural partners, but some pairings can be disastrous while others can bring out the subtle beauty of taste in each. This class will prepare you for making the appropriate pairings with various wines. You will taste a variety of wine and cheese while developing your understanding of both. Bring a friend and enjoy a delightful evening!

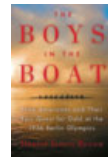
**Programs will take place at Harper College main campus, Palatine., W building, Room W218. Participants are responsible for their own transportation to Harper College.



The Boys in the Boat
Tuesday, September 20
1:00 - 2:00 pm

Fee: \$2

Join Professor Gary Midkiff for a multi-layered look at the fascinating "boys in the boat." Discover the "Nine Americans and their epic quest for gold at the 1936 Berlin Olympics." This presentation is based on the best-selling book "The Boys in the Boat" by Daniel Brown. Those who attend are encouraged to read the book but it is not necessary to enjoy the program.



Lunch 'n Learn with Village Manager, Randy Recklaus
Wednesday, September 21
12:00 - 1:00 pm

Fee: Free

Join Arlington Heights Village Manager, Randy Recklaus for his quarterly update on projects of interest in the Village. Complimentary cheese pizza lunch is included. Please register by September 19th to reserve a seat and a lunch.



Pizza & Movie: Downton Abbey, A New Era

Wednesday, September 21
5:00 - 7:00 pm

Fee: \$2

Starring: Hugh Bonneville, Jim Carter, Elizabeth McGovern, Maggie Smith
The Crawleys and their staff welcome a movie crew and their glamorous stars to Downton for the filming of a new silent movie, while other members of the family go on a grand adventure to a villa in the south of France to uncover a mystery about the Dowager Countess and her past. (from Netflix.com) Includes pizza, soda, and popcorn. Directed by Simon Curtis. Rated PG, run time 2h 5 min, 2022.



Grandma Goes to Hawaii

Saturday, September 24
10:00 - 11:00 am

Fee: \$2

Grandma Goes to Hawaii... and stays for 14 years. Jeanne Roppolo and her family relocate to Hawaii Island where they do not know any one, do not have jobs, and her teenagers are not yet enrolled in school. Live life as a local! Come dressed in your finest Aloha wear. Presented by author, storyteller & motivational speaker Jeanne Roppolo.



Age Friendly Town Hall Talks: Voting Information and Registration

IN-PERSON/VIRTUAL
Monday, September 26
9:00 - 10:30 am

Fee: Free

The Village of Arlington Heights Senior Citizens Commission continues the Age-Friendly Initiative by highlighting civic engagement opportunities. Voting is perhaps the most important civic activity. The League of Women Voters will present how to learn about local issues, voter registration, and voting in our area. *Please specify if you would like to attend in person or virtually.



Drum Circle Therapy
IN-PERSON/VIRTUAL
September 27 & October 25

Each month, Chris Lavidas of Breaking Grounds in Drumming, Inc. will cover a different style of music. Classes have ranged from New Orleans jazz, rock n' roll, to early rhythm and blues. In September, and October, we will be embarking on a class learning all about country history! In person is drop-in, or register for virtual.





FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

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The Meddler

Friday, September 9

1:00 PM

Starring: Susan Sarandon, Rose Byrne
Directed by: Lorene Scafaria

Rated PG-13, run time 1h 43m min, 2016.

On the heels of her husband's death, Marnie Minervini moves to Los Angeles and begins interfering with her daughter Lori's life. But after Marnie's chance encounter with a charismatic security guard, she turns her attention in a different direction. *(from Netflix.com)*



FREE FRIDAY MOVIES



Ghostbusters: Afterlife

Friday, October 14

1:00 PM

Starring: Carrie Coon, Annie Potts, Paul Rudd, Bill Murray, Dan Aykroyd, Sigourney Weaver
Directed by: Jason Reitman

Rated PG-13, run time 2h, 5m, 2021

When a single mom and her kids arrive in a small Oklahoma town, they begin to discover their connection to the original ghostbusters and the secret legacy their grandfather left behind. *(from Netflix.com)*



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

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

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

Saturdays: 8:30 am - 12:00 pm

Bingo Wednesdays: 12:30 - 2:00 pm

(except 9/14) 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: 9/2 & 10/7 *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 (except 9/14)

"La Famiglia" Italian Social Club

1st and 3rd Fridays

10:00 am - 12:00 pm

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!)



M2M (Memories to Memoirs)

Writers Club **VIRTUAL/IN PERSON**

Tuesdays: 9/20 & 10/18

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. In-person is drop-in. To register for virtual please call 847.253.5532.



Mah Jongg

Mondays: 12:00 - 4:00 pm (except 10/17)

Thursdays: 8:30 am - 3:30 pm

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

Meditation Sessions

1st & 3rd Mondays

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. *This is held in-person and via Zoom. Please call to register for Zoom link.



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

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

Park Place Investment Club

4th Tuesdays: 9/27 & 10/25

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 10/17)

12:30 - 3:00 pm

Saturdays: 9:00 am - 12:00 pm

Pinochle

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

Podcast Connection

2nd Mondays: 9/12 & 10/10

1:00 - 2:00 pm ***NEW TIME**

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

9/28 & 10/26 · 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: 9/2, 10/7, 10/21

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: 9/19

8:30 am - 7:00 pm



Virtual Scrapbooking: 9/22 & 10/27

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.

The Reading Room will be closed Saturday and Monday, September 3 and 5 for Labor Day.

Library Program Registration

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

TRAVELOGUES

Drop in and enjoy documentaries and travel movies on **Fridays at 10 a.m.**

- Sep 2 American Museum of Natural History (56 min)
- Sep 9 Italy's Riviera and Veneto (50 min)
- Sep 16 The Astors (48 min)
- Sep 23 Earth's Sacred Wonders (57 min)
- Sep 30 Greek Islands / Cruising Skills (52 min)
- Oct 7 Seven Wonders of Brazil (60 min)
- Oct 14 Burghley House (48 min)
- Oct 21 Ethiopia and Why We Travel (52 min)
- Oct 28 The Haunted History of Halloween (50 min)

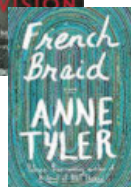


DISCUSSIONS *Join the conversation.*

POPULAR BOOKS



Wednesdays, September 14 and October 12,
10–11 a.m., **In Person or Zoom**



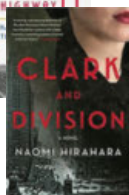
September's book is our **One Book One Village** selection, *Clark and Division* by Naomi Hirahara. In October, read and discuss *French Braid* by Ann Tyler.



MODERN CLASSICS

Mondays, September 26 and October 24,
10–11 a.m., **In Person or Zoom**

In September, discuss *The Lincoln Highway* by Amor Towles. In October, read and discuss our **One Book One Village** selection, *Clark and Division* by Naomi Hirahara.



Register to join in-person or on Zoom. Books available for check out 4 weeks prior in the Reading Room.

FILM DISCUSSION CIRCLE



Tuesdays, September 6 and October 4, 1 p.m., Drop-in.

September's film is *King Richard* (2021), 144 minutes, rated PG-13, starring Oscar winner Will Smith. October's film is *Mostly Martha* (2001), German with English subtitles, 109 minutes, rated PG. A discussion led by library staff follows a free showing of the film.

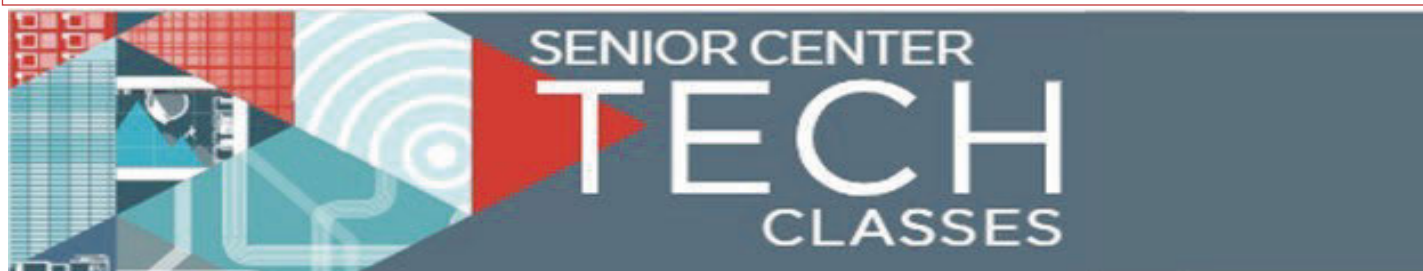


COMPUTER INTEREST GROUP
Wednesdays, September 14 and October 12, 1–2 p.m.
Senior Center & Zoom

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
Thursdays, September 1, 8, 15, 22, 29, October 6, 13, 20, and 27 at 10 a.m.
Senior Center & Zoom

Register to join the September/ October sessions in person or via Zoom by calling 847-870-3712.



Classes feature small class size and hands-on instruction. All classes are held at the Senior Center. Registration for September and October classes open September 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, September 6 and 13, 9-11 a.m.
Fridays, September 23 and 30, 2-4 p.m.
Mondays, October 10 and 17, 2-4 p.m.
iPad & iPhone Basics (two-day class)

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

Fridays, September 9 and 16, 2-4 p.m.
Tuesdays, September 20 and 27, 9-11 a.m.
Tuesdays, October 4 and 11, 9-11 a.m.
Wednesdays, October 19 and 26, 2-4 p.m.
iPad & iPhone Beyond Basics (two-day class)

Prerequisite: iPad & iPhone Basics or experience

Download new apps, read books, text, and video chat.

Thursdays, September 22 and 29, 9-11 a.m.
Fridays, October 7 and 14, 2-4 p.m.
Thursdays, October 20 and 27, 9-11 a.m.
iPad & iPhone Settings 1

Use Settings app to customize your iPad or iPhone.

Wednesday, September 7, 2-4 p.m.
Wednesday, October 12, 2-4 p.m.
iPad & iPhone Settings 2

Learn more about iPhone or iPad settings.

Wednesday, September 28, 2-4 p.m.
Friday, October 28, 2-4 p.m.
NEW iPad & iPhone Photos

Learn the basics of taking photos on an iPhone or iPad camera.

Wednesday, September 14, 2-4 p.m.
Monday, September 26, 2-4 p.m.
Wednesday, October 5, 2-4 p.m.
Tuesday, October 18, 9-11 a.m.
Windows Essentials (two-day class)

Customize your desktop and find, copy, and organize files.

Thursdays, September 8 and 15, 9-11 a.m.
NEW Medicare Drug Plan Finder

Use Medicare's Drug Plan Finder to compare Medicare drug coverage for Part D or Advantage plans. Registrants should be already enrolled in Medicare for this PC-based class.

Monday, September 12, 2-4 p.m.
Wednesday, September 21, 2-4 p.m.

ARLINGTON HEIGHTS SENIOR CENTER, INC. & Arlington Heights Age-Friendly Initiative

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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 Vieceilli Chairperson VAH Senior Citizens Commission

- Sue Vieceilli - Senior Citizen Commissioner

PICKLEBALL TOURNAMENT FUNDRAISER
SAT. SEPT. 17, 2022 8:30 AM - 12:30 PM
REGISTRATION: \$45 PER PERSON
AGES 55+
BEGINNERS (3.0) INTERMEDIATE (3.5-5.0) AND ADVANCE (5.0+)
PICKLEBALL COURTS @ DRYDEN PARK
BEHIND DRYDEN ELEMENTARY
722 S. DRYDEN PLACE
ARLINGTON HEIGHTS
THANK YOU TO OUR SPONSORS!
Glueckert, Deer Park Village, Royal Caribbean International, BOW, Julie Hart, Broker (847) 975-8882
REGISTRATION BEGINS 7/11/2022
REGISTRATION ENDS 9/1/2022
8 OUTDOOR COURTS
ROUND-ROBIN FORMAT
NO RAIN DATE
PLAYERS RECEIVE TOURNAMENT GIVEAWAY & SNACKS WILL BE PROVIDED
FOR MORE INFORMATION AND TO REGISTER PLEASE VISIT
[HTTPS://ARLINGTONSENIORSINC.COM/](https://arlingtonseniorsinc.com/)
OR CALL 847.253.5532
1801 W. Central Road, Arlington Heights, IL 60005

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Me, only better! A successful, person-centered rehabilitation program from a trusted healthcare leader in the community.



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Arlington Heights Senior Center, Arlington Heights, IL

B 4C 01-1374

10

FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

The Untold Story Behind Mahjong

Friday, September 30

1:00 - 2:00 pm

Fee: \$2

This presentation will enlighten you about, what the Mahjong characters (AKA kraks), bamboos (AKA bams), and dots represent and the difference between Mahjongg and Mahjong. Intercultural Consultant, Yvonne Wolf also explains the history, cultural symbols, Chinese expressions, and cultural evolution of the internationally popular Chinese game of mahjong.



First Person Portrayal: Julia Child

Monday, October 3

4:30 - 5:30 pm

Fee: \$2

In the 1960s, thousands tuned in every week to watch Julia Child demonstrate the art of French cooking on television. Actress and scholar Leslie Goddard, Ph.D. brings the iconic French Chef to life in this portrayal, where Child discusses everything from her relationship with her husband Paul Child to the mishaps of cooking on television.



Manager Matters

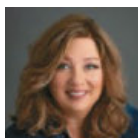
IN-PERSON/VIRTUAL

Thursday, October 6

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. *Please specify if you would like to attend in person or virtually. Zoom link will be sent one day prior.



Learn
More

Aging Mastery Program

Thursdays, October 6 - December 15

1:00 - 2:30 PM

Fee: \$2 *for the entire 10 week class!

Aging Mastery Program (AMP) is a fun and engaging education and behavior change incentive program for aging well. See Page 21 for more information!

Document Destruction Event

Saturday, October 8

9:00 am - 12:00 pm Arlington Park Race Track,
2200 W. Euclid Ave.

The Solid Waste Agency of Northern Cook County (SWANCC) sponsors this event at no cost to residents. Acceptable documents include medical forms, bank statements, personal files, and retired tax forms. Residents will be limited to six file-size boxes or paper shredding bags per vehicle. **No plastic bags, please!**

This service is for residents that live in a SWANCC member community. Proof of residency will be required. **No school or business materials will be accepted.** If you have any questions, visit swancc.org or call the Village Hall at 847-368-5760.



Cooking with Chasity

Homemade Pasta

Tuesday, October 11

1:00 - 2:00 pm

Fee: \$2

Learn how to make homemade pasta and pumpkin gnocchi by hand!



Radio Players West:

Those Were the Days

Saturday, October 15

10:30 - 11:30 am

Fee: \$2

Return to the bygone days of radio with Radio Players West who present comedy and drama programs based on original scripts from the 1930s-50s featuring sound effects and original music. Featured programs are: *Mercury Theater - The Hitch Hiker* (feat. Orson Welles), *Our Miss Brooks - Halloween Party*, and *Fred Allen Rents Boris Karloff's House*.



19th Century Style

Monday, October 17

6:00 - 7:00 pm

Fee: \$2

The 19th Century was an incredible time for art. With so many "isms", or movements, how can we differentiate them? This presentation focuses on the most significant artists from this time period and provides quintessential examples, artistic qualities, meaning and purpose of the following: Neoclassicism, Romanticism, Realism, Impressionism and Post-Impressionism. Presented by artist/art historian, Denise Laurin-Donatelle.



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

Virtual History of Italy with Tiffany DeLuca

The Roman Catacombs: Holy Secrets

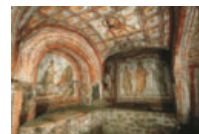
IN-PERSON/VIRTUAL

Tuesday, October 18

10:00 - 11:00 am

Fee: \$2

Some of Rome's most thrilling sights are underground. Take a virtual visit to the underground cemeteries of the first Christians, created in a time when Christianity was a radical and shocking new belief system ruled to be a crime against the government and punishable by public execution. These extensive tunnels were dug by lamplight nearly 2,000 years ago, using pickaxes and shovels.



Artful Saturday:

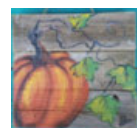
Painted Pumpkin on Wood

Saturday, October 22

9:00 - 10:30 am

Fee: \$2

We will be painting a sweet little pumpkin on a wooden panel for a whimsical fall decoration for your home or as a gift. Instructed by Senior Center Manager Tracey Colagrossi.



Age-Friendly Town Hall Talks:

Health Resources in the Village of

Arlington Heights

IN-PERSON/VIRTUAL

Monday, October 24

9:00 - 10:30 am

Fee: Free

The Village of Arlington Heights Health and Human Services Department has a wide range of services for individuals to age and live well. Join Lindsay Dohse, RN Nursing Supervisor, and Nicole Espinoza, Social Services Coordinator for the Village of Arlington Heights, to learn about health and human resources for residents.

*Please specify if you would like to attend in person or virtually when registering.



Movie & Spooky Snacks: Hocus Pocus

Monday, October 31

10:30 am - 12:30 pm

Fee: \$2 *Starring: Sarah Jessica Parker, Bette Midler and Kathy Najimy

A trio of 17th-century sibling witches are accidentally resurrected in the 20th century by teenager Max. (from Netflix.com). Fee includes Halloween themed treats and beverage. Rated PG, run time 1h 36 min, 1993.





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



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Irma Toro Elliott

Licensed Sales Agent

224-231-1410, TTY 711

irma_toroelliott@uhc.com

Sí, hablo su idioma

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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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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
September 1 & October 6
9:00 - 10:30 am



Bone Density Screenings

Tuesdays
September 6 & October 4
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

Osteoporosis: What to do and How to Manage It

Monday, September 12
11:00 am - 12:00 pm

We will review the difference between Osteoporosis and Osteopenia. You will be informed on how to identify your risk for osteoporosis through a self assessment and obtain strategies for preventing falls and fractures. Information on what exercises to perform at home for osteoporosis and bone health will be provided.

*Presented by Myly Castillo, PT, DPT
Northwest Community Healthcare*

Registration Required.
847-253-5532

Medicare's Open Enrollment; How Do You Find the Best Drug Coverage?

Monday, October 10
11:00 am - 12:00 pm

This is for people currently on Medicare and wanting to know how to find the best drug coverage. We will review drug coverage through a drug plan and an advantage plan utilizing the Medicare.gov website. Are you in the best plan?

*Presented by;
Maureen Centeno, MS, Senior
Services Specialist at Northwest
Community Healthcare*

Registration required.
847-253-5532



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

Turkey Zucchini Lasagna

Tuesday, September 13
9:00 - 10:00 am



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

Health Benefits of Squash and How to Prepare Them

Tuesday, October 11
9:00 - 10:00 am



Limited Space Available
Registration required.
847-253-5532

Diabetes Education and Support

Led by NCH Diabetes Services Staff

Reduce Risks and Travel Tips

Tuesday, September 13
10:30 am - 12:00 pm
Registration required. 847-253-5532

Healthy Coping

Tuesday, October 11
10:30 am - 12:00 pm
Registration required.
847-253-5532

Diabetes and Pre-Diabetes: Diabetes 101 Class

Mondays:
September 12 & October 10
1:00 - 2:30 pm
Registration required.
847-253-5532



Walkers' Club

Led by NCH Physical Therapy Staff

Fridays:
September 9, September 23, & October 14
10:00 - 11:00 am

Walkers' Club CELEBRATION
Friday, October 28, 10:00 – 11:00 am



Parkinson's Support Group

Led by NCH Physical Therapy Staff

Wednesdays:
September 21 & October 19
3:00 - 4:00 pm

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

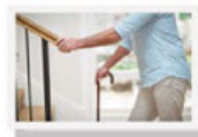


Join us for group discussion with NCH Community Nurse Rose Jensen, MSM, MSN, RN

The Health Benefits of Alkaline Foods
Tuesday, September 27
9:00 - 10:00 am



Blood Sugar Management is Not Just for Diabetics
Tuesday, October 25
9:00 - 10:00 am



Fall Risk Screening Clinic, Led 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.

Friday, September 16
30 minute time slots between 10 am - 2 pm

Appointments required. Call NCH at 847-618-4968



SUGGESTION BOX

ARLINGTON HEIGHTS SENIOR CENTER

15

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.

Since there doesn't appear to be an appetite to charge non-Arlington Heights folks an extra fee for activities, possibly the Senior Center could negotiate a "Like Status" for Arlington Heights folks at neighboring Centers (Schaumburg, Hoffman Estates, Mount Prospect, Elk Grove Village, etc.). This goodwill gesture would show respect to Arlington Heights taxpayers!

Currently, 95% of users of the Senior Center have a zip code within the Village of Arlington Heights. Staff will research what other Senior Centers are charging and explore this question for further discussion.

Movie to show, "Queen Bee."

The movie license that the Senior Center and Arlington Heights Memorial Library holds does not cover this particular movie. Therefore, we are not able to legally show it in public. Thank you for your suggestion. It is available on Amazon Prime.

Great Place! Have someone do hair cutting. No sink necessary-customer can wash their hair at home.

Thank you for your suggestion. We do not like to duplicate services as a hair salon is located in the strip mall where the Senior Center is located.

How can you charge \$79 (as a member) for the Garfield Park excursion, which has free admission? Manny's Deli is not a real deli and has generally inflated prices. Rolling Meadows has the same trip with a Jimmy John's lunch for \$49. The AHPD is overcharging exorbitantly for programs when we pay huge amounts of property taxes and generous portions going to the Park District. Seniors are on fixed incomes and should not be for profit. Also, why is Linda Paxson gone and a young

woman hired who immediately goes on maternity leave? Nepotism perhaps? Something fishy here. Plus, how does she know what seniors want and even relate?

The response below is from Arlington Park District Recreational Staff.

Our programs and tours are priced as cost-effectively as possible. Transportation, food, and entertainment prices for our Tour Club have increased, thus a higher fee to attend. We understand not every tour is for every person, and we're excited to keep creating new and exciting opportunities for Tour Members to try.

- We offer at least two lower-cost tours (under \$100) to offer more opportunities for seniors to attend that are on a fixed income.

- All AHPD programs at the Senior Center only have one fee (not resident/non-resident) and are priced with a discount compared to other AHPD programs knowing some seniors have greater financial limitations.

- Our tours include a motor coach bus with a bathroom on board. The fee for transportation plays a role in the cost of the tour. Rolling Meadows has its own small "mini-bus," which they typically use. This could help reduce their overall cost of tours.

- We try to include meals in the tour fee, so it is not something additional patrons have to worry about, especially with large groups. Additionally, we very rarely, if ever, stop at a fast-food restaurant to eat.

- When Linda Paxson retired, the Park District interviewed many qualified candidates.

Kristy Henson's programming and event background and her outgoing, positive attitude made her the best fit for the position. Having work/life integration is a skill that all working mothers know. Some may feel that this makes Kristy even more valuable as a member of the Senior Center Team. (Kristy Henson is not related to any AHPD staff.)

- In terms of attitudes, ageism refers to stereotyping and discrimination against people based on their age. The AHPD views this as an opportunity for continuous growth and development. We recognize that all people are unique and must appreciate the strengths and values of all ages and people. We strive to educate staff and patrons on the importance of anti-ageism, which also refers to shaming those younger and labeling them as unqualified or inefficient.



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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 Heights Senior Center, Arlington Heights, IL

D 4C 01-1374



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 - 10:15 am

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.**

Fall Classes Held at the Senior Center

Please note: Fall Session will be divided in two sessions

There will be no park district classes the week of 10/24 - 10/21

FITNESS CLASSES

BeMoved Dance (Contracted Class)

Tuesday: 9:00 - 10:00 am

Session I: 8/30-10/18, \$80

Session II: 11/1-12/13, \$70

Location for this class will now be held at Pioneer Park in the Dance Room.

Zumba Gold Evening

Tuesday

6:00 - 7:00 pm

Session I: 8/30-10/18, \$80

Session II: 11/1-12/13, \$70

Zumba Gold

Friday

11:00 am- 12:00 pm

Session I: 9/9-10/21, \$70

Session II: 11/4-12/16, \$50

Zumba Gold Weekend

Saturday

12:15 - 1:15pm

Session I: 9/10-10/22, \$70

Session II: 11/5-12/17, \$50

ARTS & CRAFTS

Works of Art

Monday

1:15 - 3:45 pm

Session I: 8/29-10/17, \$140

Session II: 10/31-12/12, \$140

The Art of Acrylics

Thursday

9:30 am - Noon

Session I: 9/1-10/20, \$136

Session II: 11/3-12/15, \$102

50 Shades of Colored Pencils

Friday

9:30 - 11:30 am

Session I: 9/2-10/21, \$104

Session II: 11/4-12/16, \$78



ARLINGTON HEIGHTS PARK DISTRICT @ THE SENIOR CENTER

17

Charcoals & Pastels

Tuesday

9:30 am - Noon

Session I: 8/30-10/18, \$120

Session II: 11/1-12/13, \$105

Find Your Artistic Self-NEW!

Friday

1:00 - 3:00 pm

Session I: 9/2-10/21, \$100

Session II: 11/4-12/16, \$70

Crochet-Beginning

Monday

8:45 - 9:45 am

Session I: 8/29-10/17, \$67

Session II: 10/31-12/12, \$67

Crochet With Friends

Monday

11:00 am - 1:00 pm

Session I: 8/29-10/17, \$67

Session II: 10/31-12/12, \$67

Pieced Machine Quilting

Monday

6:15 - 8:15 pm

Session I: 8/29-10/17, \$67

Session II: 10/31-12/12, \$67

Quilting Techniques

Thursday · 6:00 - 8:00 pm

Curved Piecing

9/8-9/29, \$40

Free Motion

11/3-12/1, \$40

Quilting With Friends - Drop In

Wednesday

10:00 am - Noon

Session I: 8/31-10/19

Session II: 11/2-12/14

\$8. Pay for this class in Shop 1801 day of program or new this fall is a punch pass for the class.

CARDS/GAMES

Canasta-Beginning/Continued

Monday

12:30pm-2:30pm

Session I: 8/29-10/17, \$60

Session II: 10/31-11/28, \$60

Bridge - Beginning

Monday

9:00 - 11:00 am

Session I: 8/29-10/17, \$91

Session II: 10/31-12/12, \$91

Bridge - Intermediate

Tuesday

10:00 am - Noon

Session I: 8/30-10/11, \$104

Session II: 11/1-12/3, \$91

Bridge - Advanced

Tuesday

1:00 - 3:00 pm

Session I: 8/30-10/18, \$104

Session II: 11/1-12/13, \$91

Best Bridge Ever!

Thursday

1:00 - 3:00 pm

Session I: 9/1-10/20, \$80

Session II: 11/3-12/15, \$60

Bridge Potpourri

Monday

4:00 - 6:00 pm

Session I: 8/29-10/17, \$70

Session II: 10/31-12/12, \$70

EXERCISE CLASSES-LOW IMPACT

Tai Chi Moves - Tuesdays

Tai Chi Introduction

10:45 - 11:30am

Session I: 8/30-10/18, \$76

Session II: 11/1-12/13, \$67

Tai Chi Advanced

11:45am - 12:30pm

Session I: 8/30-10/18, \$76

Session II: 11/1-12/13, \$67

Yoga

Monday

11:15 am - 12:45 pm

Session I: 8/29-10/17, \$91

Session II: 10/31-12/12, \$81

Chair Yoga

Monday

10:00 - 11:00 am

Session I: 8/29-10/17, \$70

Session II: 10/31-12/12, \$70

Wednesday

10:00 - 11:00 am

Session I: 8/31-10/19, \$80

Session II: 11/2-12/14, 70

Chair Yoga

Monday

10:00 - 11:00 am

Session I: 8/29-10/17, \$70

Session II: 10/31-12/12, \$70

Wednesday

10:00 - 11:00 am

Session I: 8/31-10/19, \$80

Session II: 11/2-12/14, 70

WOODSHOP

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.

Beginner Woodworking

Thursday
12:15 - 3:15 pm
9/29-10/20, \$100

Carve On

Fee: \$30 (Prerequisite: Completion of Wood Working Beginning Class)

Wednesday
1:00 - 3:00 pm
9/7-10/13

Beginner Woodcarving

Thursday
12:15 - 3:15 pm
11/3-12/1, \$60

Learn the Lath-NEW!

Friday
9:00 am - 1:00 pm
10/14-11/4, \$60

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!

September Sale:

Clarity Card 10% Off

October Sale:

Pill/Vitamin Clutch 10% Off

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 many 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.



UPCOMING TOURS

Mail Boat Tour: September 15
Grease: September 21
Paul Anka: September 25
Wicked: October 19
Wheel of Fortune LIVE: October 23

November/December Tours

Michael Feinstein: November 9
San Filippo Holiday Luncheon & Concert: December 1

Round Dance Advanced

Monday
7:00 - 8:30pm
Session I: 9/12-10/17, \$60
Session II: 10/31-12/12, \$60

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.





ARLINGTON HEIGHTS PARK DISTRICT @ THE SENIOR CENTER

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Thursday, September 22
4:00 - 6:30pm

Arlington Lakes Golf Course
Trivia Hosted by Finer Points Trivia
\$39 per person

Fee includes: one complimentary
drink ticket, appetizers catered
from Moretti's, prizes and trivia
entertainment.



Wednesday, October 26
3:00 - 7:00 pm

Arlington Heights Senior Center
Art provided by students from the
Arlington Heights Park District art
classes.

This event is free and open to the
public
Art will be available for purchase
through the artist.



Friday, December 9
11:15 am - 2:45 pm

Fee includes three course lunch, one
complimentary raffle ticket and
entertainment provided by Metro
Star Orchestra.

\$45 per person



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ALWAYS.**

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choosing courage
over comfort;

choosing what is right
over what is fun, fast or easy;

and choosing to practice
our values rather than
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Arlington Heights Senior Center, Arlington Heights, IL

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VOLUNTEERING @ THE SENIOR CENTER



Volunteer Opportunities at the Arlington Heights Senior Center



Greeter

The Arlington Heights Senior Center is looking for greeters to welcome patrons to the center and to assist patrons with our new touch screen sign in system. Greeters are needed on Tuesdays, Thursdays and Fridays. Time requirement is three hours per day, from 9:00 a.m. until noon. For more information, please contact Sharon Swanson, Volunteer Coordinator, at 847-253-5532.



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.



Call 847-506-3200 to join us for a Five Star experience.



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Arlington Heights Senior Center, Arlington Heights, IL

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Aging Mastery Program®

National Council on Aging

Aging Mastery Program

Thursdays, October 6 - December 15

1:00 - 2:30 PM

Fee: \$2 *for the entire 10 week class!

Central to the Aging Mastery philosophy is the belief that **modest lifestyle changes** can produce big results and that people can be empowered to cultivate health and longevity. The AMP core curriculum covers 10 topics. The classroom experience is mixed with interactive learning and an emphasis on peer-to-peer interaction. Participants will have set goals for **positive actions** in many aspects of their lives such as exercise, sleep, nutrition, finances, advance care planning, community engagement, medication management, falls and healthy relationships. Facilitators for classes vary from **local professionals** to **Village staff** to **Nationally recognized experts** on aging well.

Registration is for all 10 classes. Participants who attend 7 out of 10 classes will enjoy a graduation party and credits towards future Village of Arlington Heights Featured programs.

10/6: Navigating Longer Lives

10/13: Exercise & You

10/20: Sleep

10/27: Healthy Eating & Hydration

11/3: Financial Fitness

11/10: Advanced Planning

11/17: Healthy Relationships

12/1: Medication Management

12/8: Falls Prevention

12/15: Community Engagement

REGISTER TODAY or contact Program Coordinator, Sarah Adelphia at 847.253.5532, sadelphia@vah.com for more information.

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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Resident of our independent living apartments also have the peace of mind of knowing they have access to assisted living, memory support, skilled nursing and rehabilitation services if their health needs should change.

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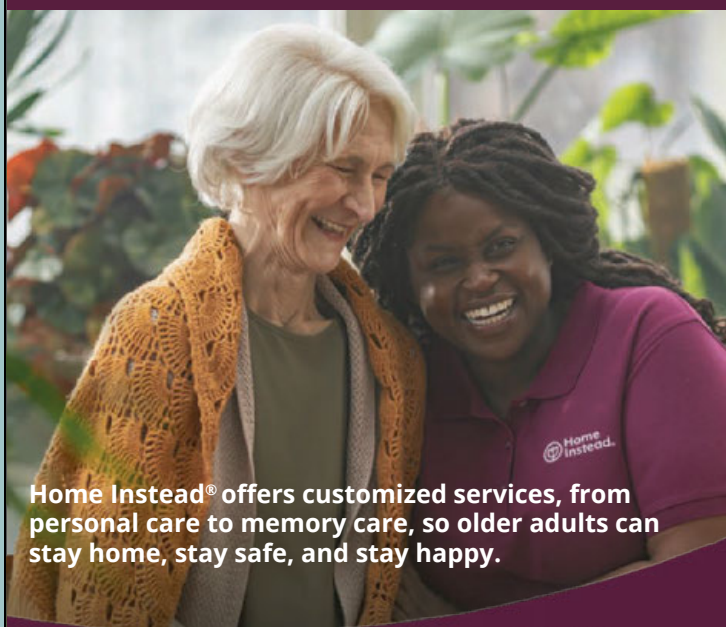
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www.addoloratavilla.com

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**Acting Through Life**

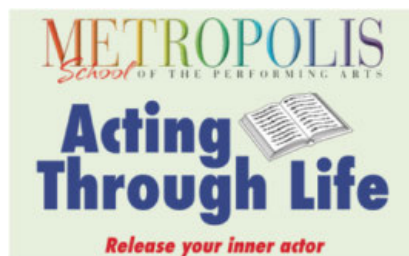
Tuesdays: 1:30 - 3:00 pm
October-December, 2022 (dates TBD)
\$90 per student

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

Acting Through Life is the proud recipient of the Association of Illinois Senior Centers' "Visionary Program Award."

This program is planning to be in person (subject to change based on COVID guidelines).

To learn more and register: contact Metropolis at avombrack@metropolisarts.com or 847-577-5982 x244, or the Arlington Heights Senior Center at 847-253-5532

**Crescendo Chorus**

Mondays: 6:30 - 7:30pm
September - December, 2022 (dates TBD)
\$108 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

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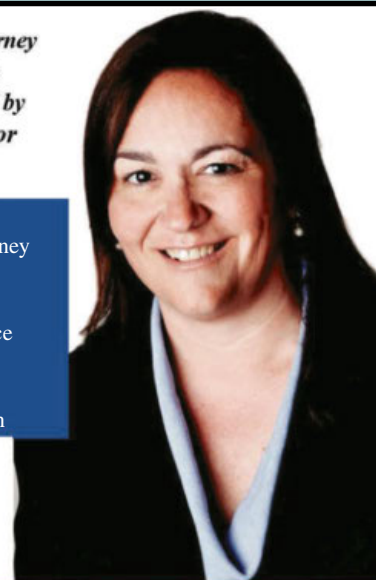
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Medicare News for October 2022:

October 15th begins the 2022 Medicare Part D Open Enrollment standalone prescription drug program **for persons enrolled in original Medicare** in which 60% of Medicare beneficiaries are enrolled. Open Enrollment ends December 7th. (See next paragraph for Medicare Advantage enrollees). To fill gaps in Part A (inpatient hospital/rehab nursing homes) and gaps in Part B, (doctors, outpatient testing, ER, therapy, durable medical equipment), such as Part B's, 20% co-insurance, those in original Medicare can add a 'Supplement' or 'Medigap' Plan such as a G or N plan, from a Medicare-licensed and regulated insurer. See SHIP for cost/coverage of Supplement plans. During open enrollment you can change/enroll in any standalone Part D prescription drug plan from licensed Part D insurers. Persons with low income/assets can receive a free Part D drug plan in the 'Extra Help' program and, depending on income, get even lower priced drugs. Persons with even lower income/assets may qualify for a waiver program of the Part B premium (now \$170.10/mo) most Medicare enrollees pay, called **Medicare Savings Program (MSP)**. For details on income/assets levels qualifying for 'Extra Help' (Part D), and **MSP** for waiver of the Part B premium, contact SHIP or Catholic Charities at the Senior Center. Open Enrollment appointments, in person or on phone, with SHIP counselors at the Senior Center can be made for Tuesday and Friday mornings starting October 18th, to help you decide if you want to keep your existing prescription drug plan or switch to another. Please bring your list of medications and your Medicare card.

Medicare Advantage (MA) (managed care HMOs/PPOs) enrollees also have an Open Enrollment running from Oct 15 to Dec 7. Their Part D (drug) coverage **is included, free** in their health plan (unlike those persons in original Medicare). If you are in an MA plan or are considering enrollment in Medicare Advantage, also known as Part C, which 40% of Medicare beneficiaries have, you can join or switch plans, or revert to original Medicare, becoming effective January 1, 2023. MA plans, heavily advertised on TV, differ from original Medicare, first in that the medical billing is sent to the private MA plan,

HEALTH, WELLNESS, SOCIAL SERVICES ARLINGTON HEIGHTS SENIOR CENTER

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not to Medicare. MA plans are comprehensive managed care plans combining Part A and Part B services, and free Part D (drug) coverage, all combined into one private, Medicare-licensed and approved health and drug plan. Some MA plans partially cover dental, vision services, and hearing aids. Some offer health club membership. **Most MA plans are HMO or PPO type plans.** They require enrollee to use only the plan's network doctors, with some exceptions, (i.e. you can't just pick any doctor who accepts Medicare). In the metro Chicago area most MA plans have no added monthly premium, even for the included prescription drug coverage (some PPOs do charge small premiums). However, except for low income enrollees, Medicare Advantage enrollees must pay the same monthly Part B premium (\$170.10 per month) those in original Medicare pay. In MA there are fixed copays such as \$0 to \$10 for a primary care doctor, \$30 to \$40 for a specialist, \$100 for emergency room (ER) care. You normally must go to a network primary care doctor for a referral for a specialist (who accepts your MA plan). In MA plans your doctor or provider bills the plan, not Medicare, as would be the case with original Medicare enrollees. You should bring your drug list and Medicare Card.

Our appointments are available on Tuesdays & Fridays beginning October 18th through December 6th.

**Appointment timeslots:
9:00 am, 10:00 am, or 11:00 am**

Please bring: Medicare Card, Medicare Supplement Card or Medicare Advantage Card, medication list with dosage and quantity taken in a month, if enrolled in "MYMEDICARE", bring your user name & password. **Each person needs an appointment time.**
Example: Fred & Wilma either 9:00 & 10:00 timeslots or 10:00 & 11:00 timeslots.

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

ARLINGTON HEIGHTS SENIOR CENTER



Caregiver Challenges

According to an article from eFamilyCare it is important to understand some of the biggest challenges caregivers for older adults are facing currently. We may often hear the term "burnout." According to this article "burnout" occurs when a caregiver completely neglects their own needs and focuses 100% of their energy on the person for whom they are caring for. Although we tend to think of "selflessness" as a good thing, it can be quite harmful. It is important to look for signs of burnout such as the following:

- Irritability
- Fatigue
- Financial Strain
- Feeling Isolated
- Exhaustion

We can help you navigate your caregiver journey at Catholic Charities Caregivers Resource Center, and ensure you are not alone! When you feel a lack of support it can feel hard to know where to turn. We can provide information and resources to guide you through different options and counseling as needed.

Caregiver Resource Center

The Catholic Charities Northwest Senior Services Caregiver Resource Center recognizes that unpaid, family caregivers provide most of the 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
9/21 & 10/19, 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
9/21 & 10/19, 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

Sept. 12 & Oct. 10
10:00 am - 12:00 pm



Mondays *Virtual

Sept. 26 & Oct. 24
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: September 10 & October 8
10:00 am - 12:00 pm





HEALTH, WELLNESS, SOCIAL SERVICES

ARLINGTON HEIGHTS SENIOR CENTER

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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 September 14 at the Senior Center October 12 at Village Hall

Screenings conducted by appointment only. Call 847.368.5760. **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.

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.



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DRIVER SERVICES

ARLINGTON HEIGHTS SENIOR CENTER



Secretary of State – Super Senior Day/ Rules of the Road Course

Thursday, September 8

10:00 am – 2:00 pm

Fee: Free



This is a convenient and voluntary program for driver's license renewal, which includes Rules of the Road classroom instruction, and a vision-screening exam. The Rules of the Road Review Course also includes a review of safe driving techniques and Illinois driving laws. A Secretary of State Mobile Driver Services Unit will be available for participants to renew their driver's licenses. Drivers age 75 and older are required to take a driving test to renew their driver's licenses; therefore, they must visit a Driver Services Facility.

*Registration required for the Rules of the Road class, which is held

10:00 -11:30 am, please call 847.253.5532 or visit the Main Office. For specific questions or further information about renewing your driver's license, please call the Secretary of State at 312.814.3676.



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.

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NEWSLETTER SUBSCRIPTION

ARLINGTON HEIGHTS SENIOR CENTER

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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.



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.

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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).