



Live Well, Age Well

Village of Arlington Heights



November/December 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



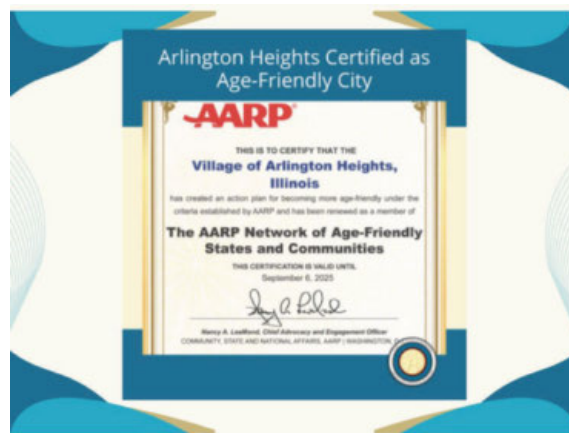
seniorcenter@vah.com



www.vah.com

Arlington Heights is Age Friendly!

The Village of Arlington Heights is one of twelve Age-Friendly Cities in Illinois and 674 across the country. To receive the Age-Friendly Certification, the community must submit an Action Plan. The Senior Citizen's Commission and staff worked collaboratively with local agencies to create the Age-Friendly Initiative. As a result, an AARP Community Survey was launched in 2019 with over 880 respondents over the age of 45. The Commission evaluated the findings, presented them to the Board in January 2021, and created an action plan. The Action Plan addresses the top three concerns of residents: affordable housing, increased affordable transportation options, and a central source of information. The Certification expires in 2025, which the Commission will continue with the process of evaluation again. To view the report, stop by the Senior Center or access it online [9.7.22AgeFriendlyReport2022.pdf](https://www.vah.com/our_community/senior_center/9.7.22AgeFriendlyReport2022.pdf) ([civiclive.com](https://www.civiclive.com))



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NEW FLOORING INSTALLATION! From October 18th - December 7th

The Senior Center will have new flooring installed which will affect programming. Please call 847.253.5532 or visit https://www.vah.com/our_community/senior_center for more details. Please take note of the cancellation dates listed within particular programs and keep your eye out for signage throughout the building. We thank you for your patience and understanding.



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 the 1st & 3rd Wednesdays at 10 a.m. Please contact the Senior Center to sign up for a tour!

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 Immediate Access & Basic Needs

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:

November 11 & 12

Veterans Day

November 23

**Closing at 4:30 PM*

November 24-26

Thanksgiving

December 23-26

Christmas

December 31

New Year's

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.

Thanksgiving Celebration with Elvis!

Wednesday, November 16

2:00 – 3:15 pm

Fee: Food Pantry items appreciated

Elvis will be in the building! Landon James is a 17-year-old Elvis Tribute Artist from Rockford and has been performing for and honoring the King since the age of 9. He is very proud to have won several awards, including the 2020 & 2022 Windy City People's Choice Award in Chicago, IL and the 2021 Tupelo Youth Elvis Festival Champion Award in Tupelo, MS. From his funny jokes to his amazingly replicated moves and mannerisms, he will show you the true Elvis Presley and leave you wanting more! He performs sold out shows all over the Chicagoland area several times a week...this is a tribute to Elvis that you will not want to miss! Enjoy a slice of apple or pumpkin pie and apple cider. Please register by November 9th and indicate your pie preference. Please check with Main Office regarding food pantry needs.



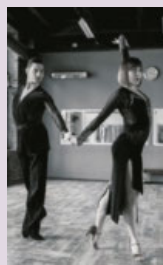
New Year's Eve Party

Thursday, December 29

1:30 – 3:00 pm

Fee: \$3

Get your party clothes and dancing shoes on and ring in 2023 with Ballroom Dancers from the Fred Astaire Dance Studio. Performances by the dancers will be combined with instruction and a count-down celebration. Audience participation encouraged! Your registration fee includes party favors, sparkling grape juice and a dessert. Please register by December 22nd.



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 Trbojevic.

Pizza & Movie: Elvis (2022)

Wednesday, November 2

5:00 – 7:45 pm

\$2 per person

Elvis's story is seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. As told by Parker, the film delves into the complex dynamic between the two spanning over 20 years, from Presley's rise to fame to his unprecedented



stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the significant and influential people in Elvis's life, Priscilla Presley. Starring: Austin Butler, Tom Hanks. Directed by: Baz Luhrmann. PG-13, 2h. 39min.

Great Decisions: Foreign Policy Association

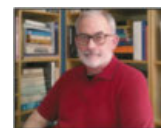
Saturday, November 5

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.



Contagion in the Rye: A Possible Cause of the Salem Witch Trials

Monday, November 7

5:00 – 6:00 pm

Fee: \$2

The terror started toward the end of 1691. Young girls convulsed and saw visions of taunting witches. Local officials arrested the residents who appeared in the girls' apparitions. Within the year, 19 people and two dogs were executed for witchcraft. Scholars have long theorized what motivated the accusations. In the 1970s, a behavioral scientist suggested the convulsions were due to convulsive ergotism caused by a grain fungus. Modern medicine now supports the theory, but it remains unpopular. Why? Communication scholar and author Dr. Emilie Lucchesi explores the history, the theory, and why it never dominated.



CHECK IT OUT!

**FEATURED PROGRAMS
REGISTRATION DATES**

Newsletter subscribers priority
registration: through October 23
Non-subscribers: starting October 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.



Alzheimer's/Dementia Caregiver Support Group

Mondays * In-Person only
November 14 & December 12
10:00 am - 12:00 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. Drop-in. No registration needed.



The Wit and Wisdom of Warren Buffett

Tuesday, November 15
10:00 – 11:00 am

Fee: \$2

Warren Buffett is the chairman and CEO of Berkshire Hathaway and is one of the top 5 richest individuals in the world with an estimated net worth of over \$110 billion. Warren has pledged to give away 99% of his wealth to philanthropic causes, and is a wonderful role model for the Greatest Generation. He is now 92 years old and is still leading one of the world's largest companies along with his long-time business partner and friend, Charlie Munger (age 98). Warren Buffett is well known for his story telling and use of metaphors to explain concepts in digestible terms. Presented by Arlington Heights Senior Center Inc. Board Member, Keith Piscitello, this program will uncover the simple elegance of the ideas that Buffett shares in an "edutaining" way.



The Final Mile: Alice Paul, Women's Suffrage and Civil Disobedience

Monday, November 21
1:00 – 2:00 pm

Fee: \$2

The women's suffrage movement in the United States formally began in 1848 at Seneca Falls, New York. But by the start of the 20th century 52 years later there had been painfully little objective progress. A new generation of women, led by Alice Paul, decided a change in tactics was necessary. These new tactics, patterned after what Alice had learned from Emmeline Pankhurst in England, were



confrontational and disruptive – and they also were successful. Join professor Gary Midkiff for the story of how Alice and her contemporaries fought through the final mile to the 19th amendment.

Evening Concert: Keith & Friends

Monday, November 21
5:30 – 6:30 pm

Fee: \$2

Sing along to your favorites with Keith & Friends band! This husband and wife duo performs the golden goodies: 60s, 70s and beyond. Enjoy a rockin' night out with your friends and make some new ones along the way!



Drum Circle Therapy

IN-PERSON/VIRTUAL

4th Tuesday of the month
November 22

***No meeting in December**
10:00 – 10:45 am

Each month Chris will cover a different style of music. Classes have ranged from a review of New Orleans jazz, rock n' roll, and early rhythm and blues. In November we will be doing Part 1 of Civil-War music and the American song book. In person is drop-in, or register for virtual.



Age Friendly Town Hall Talks

IN-PERSON/VIRTUAL

Monday, November 28
9:00 - 10:30 am

Fee: Free

The Village of Arlington Heights Senior Citizens Commission continues the Age-Friendly Initiative by highlighting public services. The Arlington Heights Fire Department and the Arlington Heights Police Department will provide two separate informational sessions on programs and services in our area. Dates at the time of printing were not determined, please contact the Senior Center to inquire. *Please specify if you would like to attend in person or virtually.



First Person Portrayal: Becoming Queen Elizabeth II

Wednesday, November 30
5:00 – 6:00 pm

Fee: \$2

In this new historical portrayal, historian Leslie Goddard, Ph.D., explores the life of Britain's famous monarch, from her childhood, the abdication of her uncle, her marriage to a navy officer named Philip, her World War II service, and her struggle to balance her roles as queen and mother. Get to know the woman behind the images, her sense of humor and savvy intelligence with which she meets her demanding obligations.



Picturing the Divine: Religious Symbolism Across Faiths

Monday, December 5
6:00 – 7:00 pm

Fee: \$2

This art historical talk focuses on religious iconography found in Islam, Hinduism, Buddhism, Judaism, and Christianity. Discover why and how certain imagery within artwork is used to depict various religious concepts, ideas, and events. Understand how identifying these helps to realize the symbolic meaning behind the artwork. Presented by artist/art historian, Denise Laurin-Donatelle.



Virtual History of Italy with Tiffany DeLuca

St. John in Lateran: Rome's Only Cathedral

IN-PERSON/VIRTUAL

Wednesday, December 7
10:00 – 11:00 am

Fee: \$2

Live from Rome, Tiffany will explain the significance of Europe's oldest Church. The Lateran Palace was handed over by Constantine I to the Bishop of Rome, who converted the building into a temple during the fourth century. St. John the Baptist and John the Evangelist, St. John Lateran (Basilica di San Giovanni in Laterano) is the Cathedral of Rome and the most important of the four major basilicas. It is known as St John Lateran Archbasilica, as is it considered the mother church of the Roman Catholic faithful. *Please specify if you would like to attend in person or virtually.





FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

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Planes, Trains & Automobiles

Friday, November 18

1:00 PM

Starring: Steve Martin, John Candy

Directed by: John Hughes

Rated R, run time 1h 32min, 1987.

While trying to get home to his family in Chicago for Thanksgiving, marketing executive Neal Page runs into one disaster after another -- which includes being stuck with insufferable salesman Del Griffith as his unshakable traveling companion. *(from Netflix.com)*



FREE FRIDAY MOVIES



Holiday Inn

Friday, December 9

1:00 PM

Starring: Bing Crosby, Fred Astaire

Directed by: Jason Reitman

Rated NR, run time 1h 41m, 1942

Bing Crosby croons to the tune of the Oscar-winning "White Christmas" in Irving Berlin's love triangle romantic comedy. Tired of the bright lights of showbiz, Jim Hardy (Crosby) retires to the countryside to become a farmer. He converts the farm into the Holiday Inn, open only on holidays, then competes against his pal (Fred Astaire) for a singer-dancer's (Marjorie Reynolds) affection. *(from Netflix.com)*



Dr. Malik Zayed & Associates

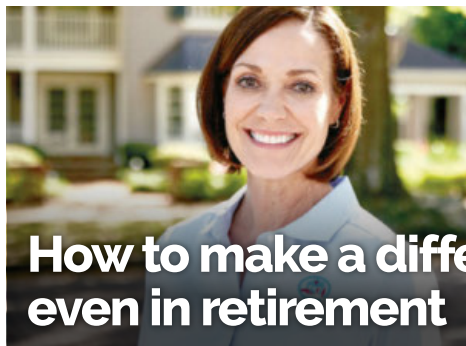
FOOTCARE AT HOME

Stop walking in pain, get the care and relief you deserve. Call Dr Zayed's office today to receive foot care in the comfort of your own home

- * Bunions
- * Diabetic Foot Care
- * Heel Pain
- * Foot & Ankle Problems
- * Nail Problems

Call 773.725.2953
to schedule your appointment

All Insurance Is Accepted



Comfort Keepers

Elevating the Human Spirit

WE ARE HIRING CAREGIVERS!

We're looking for compassionate individuals who want to help seniors live safe, independent and happy lives in the comfort of their own homes.

If you're ready to do meaningful work for seniors in your community, we'd love to hear from you.



Scan the QR Code and type "Caregiver"

(630) 834-8366

(847) 577-5780

Apply now: comfortkeeperselmhurst.recruiting.com

Serving the Greater Chicagoland area

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Financial Planning for Seniors



Keith Piscitello, CFP® CRPC® MBA
(847) 917-0076 www.S2Wealth.com
Keith.Piscitello@S2Wealth.com

20 year Arlington Heights resident and AHSC, Inc. Board Member



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

6 CLUBS & GAMES

ARLINGTON HEIGHTS SENIOR CENTER

Drop-in unless otherwise noted

***Please note Holiday closing dates, p.2**

Baggo (bean bag toss game) *Dec. 10 only
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 10/19 & 11/16) 25 cent cards

Bocce Ball (cancelled 10/20 - 12/1)
1st & 3rd Thursdays: 1:15 - 3:00 pm

Canasta (Aces & 7's) (except 10/21)
1st & 3rd Fridays: 1:00 - 4:00 PM

Card Making Club Seasonal Cards for Meals on Wheels Recipients

Fridays: 11/4 & 12/2 *during regular crop
8:30 am - 1:00 pm

Chess Club (except 10/18)

Tuesdays: 10:30 am - 12:30 pm
Four chess sets provided

Cribbage (except 10/18, 10/21)

Tuesdays: 10:00 am - 12:00 pm
Fridays: 12:00 - 3:00 pm
Cribbage boards provided.

Duplicate Bridge

Wednesdays: 12:00 - 4:00 pm
(except 10/19 & 11/16)

"La Famiglia" Italian Social Club

1st and 3rd Fridays (except 11/4)
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: 11/15 & 12/20
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 (except 10/17, 10/20 & 10/23)

Mondays: 12:00 - 4:00 pm
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 (cancelled 11/2-11/5)

ends at 12:00 PM on Fri 12/2

*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

Tuesdays: 11/22 & 12/27

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 (except 10/22, 10/24, 11/5, 11/14, 11/28, 12/3)

Mondays: 12:30 - 3:00 pm

Saturdays: 9:00 am - 12:00 pm

Pinocle

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



Podcast Connection

2nd Mondays: 11/14 & 12/12

1:00 - 2:00 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 (except 10/18)

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

Portfolio Investment Club

11/16 & 12/21 - 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 (except 10/24)

2nd & 4th Mondays

1:00 - 3:30 pm Sets provided

Scrapbooking and More!

Fridays: 11/4, 11/18, 12/2

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: 11/28

8:30 am - 7:00 pm



Virtual Scrapbooking: 11/17 & 12/15

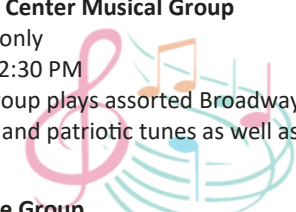
10:00 am - 3:00 pm *call for Zoom link

Senior Center Musical Group

*12/9 only

1:00 - 2:30 PM

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



Ukulele Group

1st & 3rd Fridays: 1:00 - 3:00 pm

Wii Bowling (cancelled 10/18 - 12/7)

1st & 3rd 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 for holidays on November 11, 12, 24, 25, 26 and December 23, 24, 26 and 31.

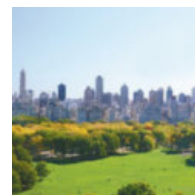
Library Program Registration

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.

Nov 4	Parks That Changed America (56 min)
Nov 11	Senior Center closed
Nov 18	History of Thanksgiving (50 min)
Nov 25	Senior Center closed
Dec 2	Window to the Sea (60 min)
Dec 9	Winter Castles (47 min)
Dec 16	European Christmas (63 min)
Dec 23	Senior Center Closed
Dec 30	Majestic Americas (53 min)



DISCUSSIONS *Join the conversation.*

POPULAR BOOKS

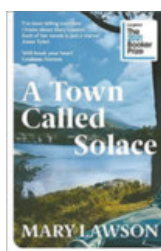


Wednesday, November 9, 10–11 a.m.

In Person or Zoom

November's book is *The Christie Affair* by Nina de Gramont. The story of Agatha Christie's disappearance is told from the perspective of her husband's mistress.

MODERN CLASSICS



Monday, November 28, 10–11 a.m.

In Person or Zoom

Discuss *A Town Called Solace* by Mary Lawson. Multiple generations are connected by love, grief and remorse in this Booker Prize nominated novel.

Books available for check out four weeks prior in the Reading Room. No book discussion in December. Register.

FILM DISCUSSION CIRCLE



Tuesdays, November 1 and December 6, 1 p.m., Drop in.

November's film is *The Wife* (2018), 99 minutes, rated R, starring Glenn Close. December's film is *In the Heat of the Night* (1967), 109 minutes, rated PG-13, starring Sidney Poitier and Rod Steiger. A discussion led by library staff follows a free showing of the film.



NEW IN THE READING ROOM



Are you an armchair traveler? We now have a collection of travel DVDs available for check out.

The next time you visit enjoy our newest artwork, *Red Maple Barn* by Woodstock artist Allen Stebbins. The oil on canvas painting was donated in memory of our volunteer Bruno Grund by his family and friends.

COMPUTER INTEREST GROUP

Wednesdays, November 9 and December 14, 1–2 p.m.

Senior Center & Zoom

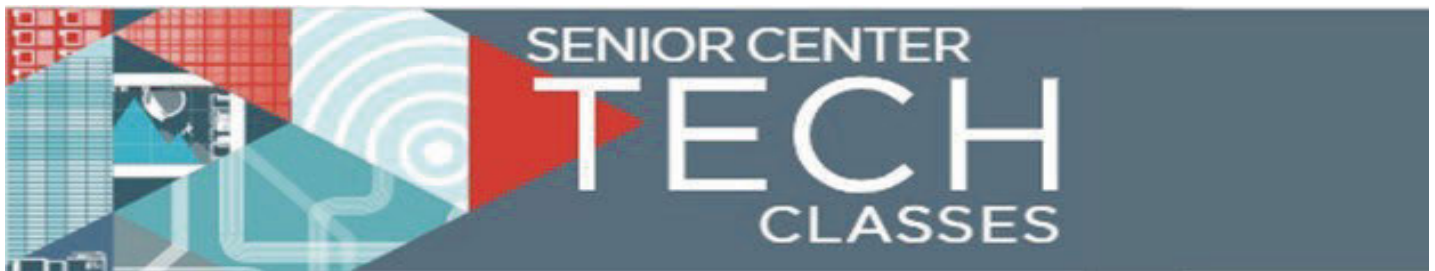
Novice and experienced users discuss current technology, exchange tips, and offer advice for solving problems on PCs, tablets, and smartphones. Register to attend in person or via Zoom.

CURRENT EVENTS

Thursdays, November 3, 10, 17, December 1, 8, 15, 22, 29 at 10 a.m.

Senior Center & Zoom

Register to join the November/ December 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 November and December classes open November 1.

Register online at ahml.info/attend/events or call 847-392-0100.

Android Phone Basics (two-day class)

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

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

Thursdays, December 1 and 15, 9-11 a.m.

iPad & iPhone Basics (two-day class)

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

Thursdays, November 10 and 17, 9-11 a.m.

Mondays, November 14 and 21, 2-4 p.m.

Wednesdays, November 23 and 30, 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.

Tuesdays, November 22 and 29, 9-11 a.m.

Fridays, December 9 and 16, 2-4 p.m.

iPad & iPhone Settings 1

Prerequisite: iPad & iPhone Basics or experience

Use Settings app to customize your iPad or iPhone.

Friday, November 18, 2-4 p.m.

Tuesday, December 13, 9-11 a.m.

NEW iPad & iPhone Photos

Prerequisite: iPad & iPhone Basics or experience

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

Wednesday, November 9, 2-4 p.m.

Tuesday, November 28, 2-4 p.m.



ARLINGTON HEIGHTS SENIOR CENTER, INC.

9

Four Ways to support the Arlington Heights Senior

Gift of a Cash Donation

In this newsletter is a donation appeal envelope. Please make a gift this year. Support the programs and activities that make the Center a great community environment that brings neighbors together from Arlington Heights and surrounding suburbs.

Legacy Gifts

Consider naming Arlington Heights Senior Center, Inc. as a charitable beneficiary for a part of your life insurance proceeds or as a named beneficiary in your will or trust

Donor Advised Fund

If you have established a Donor Advised Fund as a way to lump future charitable contributions, please consider requesting your financial advisor make a distribution from your DAF to **Arlington Heights Senior Center, Inc.**

Qualified Charitable Donation

If you are 72 or older and must take a Required Minimum Distribution from your Retirement Account, consider instead requesting a "Qualified Charitable Donation" be paid to **Arlington Heights Senior Center, Inc.** You may avoid taking additional ordinary income that would otherwise be taxed and get a charitable deduction for the QCD if you itemize your taxes.

It is Easy to Donate!

Use the QR Code to navigate directly to Donation Page.

Arlington Heights Senior Center Inc., a 501(c)3 Qualified Charitable Organization



MyRehab

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



LUTHERAN HOME

INSPIRING THE BEST SINCE 1892.

800 West Oakton Street | Arlington Heights, IL 60004

LutheranHome.org | (847) 368-7400

Assisted Living | Residential Healthcare | Memory Support | Adult Day Club

*Lutheran Home is part of Lutheran Life Communities —
Empowering vibrant, grace-filled living across all generations.*

Prioritize your health by joining the FREE MyWellness Club.
Visit lutheranhome.org/mywellness to learn more.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Arlington Heights Senior Center, Arlington Heights, IL

B 4C 01-1374

FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER



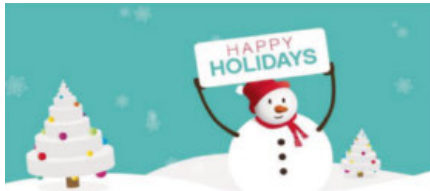
Gingerbread House Decorating

Saturday, December 10

9:30 – 11:30 am

Fee: \$2

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



Holiday Concert with the Des Plaines Harmonaires

Tuesday, December 13

2:00 - 3:00 pm

Fee: \$2

Holiday preparations are underway, and what better way to get ready for Christmas than to attend a Holiday Concert by The Harmonaires, a women's choral group who has been performing on the North Shore for over forty years. The program consists of traditional and popular songs along with novelty numbers and a sing-a-long. Word has it that Santa will be appearing with the group, so plan to be there to share in the fun.

Manager Matters

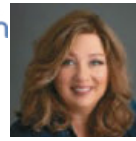
IN-PERSON/VIRTUAL

Thursday, December 15

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.



'Twas the Night Before Christmas:

American Christmas Traditions

Saturday, December 17

10:00 – 11:00 am

Fee: \$2

The fascinating real-life story of The Night Before Christmas chimes to life as told by Educational Entertainer Martina Mathisen, along with the stories of our American Christmas Traditions. Why do we kiss under a mistletoe? Why do we decorate with poinsettias? Where did the jolly old man in the red suit come from anyway? And so many more traditions explained!



Age Friendly Town Hall Talks

IN-PERSON/VIRTUAL

Monday, December 19

9:00 - 10:30 am

Fee: Free

The Village of Arlington Heights Senior Citizens Commission continues the Age-Friendly Initiative by highlighting public services. The Arlington Heights Fire Department and the Arlington Heights Police Department will provide two separate informational sessions on programs and services in our area. Dates at the time of printing were not determined, please contact the Senior Center to inquire. *Please specify if you would like to attend in person or virtually.



Christmas Music in the Movies

IN-PERSON/VIRTUAL

Monday, December 19

1:00 – 2:00 pm

Fee: \$2

Ring in the season with style in this wonderfully wintry presentation! Enjoy Jack Benny's hilarious holiday special and sing along with Bing Crosby, Judy Garland, and more stars in favorite Christmas movies. Watch musical clips from classic films including White Christmas, Meet Me in St. Louis, and Holiday Inn. Presented by Steven Frenzel. *This live Zoom 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.



Writing Gatsby: The Real Story of the Writing of the Greatest American Novel

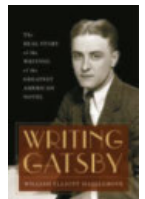
Wednesday, December 21

5:30 – 6:30 pm

Fee: \$2

The Great Gatsby has sold 25 million copies worldwide and sells 500,000 copies annually.

The book has been made into three movies and produced for the theatre. It is considered the Greatest American Novel ever written. Yet, the story of how The Great Gatsby was written has not been told except as embedded chapters of much larger biographies. This story is one of heartbreak, infidelity, struggle, alcoholism, financial hardship, and one man's perseverance to be faithful to the raw diamond of his talent in circumstances that would have crushed others. Presented by author/historian William Hazelgrove.



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



WHO WE ARE

Connections to Care has always been more than a ride to a medical or dental appointments. It has been, and will continue to be, about creating connections. About showing compassion and offering companionship. About helping older adults in our community remain independent and healthy. Connections to Care was founded to provide reliable, volunteer-based, one-on-one transportation to essential medical and dental appointments. Our volunteers pick up the client at their home, drive them to their appointment, assist them into the medical office, wait for them and drive them home. All while providing care and camaraderie.

ELIGIBILITY: Live within our service area • Be 60+ years of age • Be able to get into and out of a car independently (we do not take wheelchairs) • Be fully vaccinated against COVID-19 (proof will be required) • Complete an application

VOLUNTEERS NEEDED!

Volunteering for us is FLEXIBLE! YOU choose your schedule and how often you would like to drive. With our web-enabled software, you can go online and choose the rides that fit your lifestyle and schedule! This is a perfect volunteer opportunity for retirees, stay-at-home parents, those with flexible schedules, or snowbirds, and anyone who would like to help their neighbors.

For more information or to volunteer:

847.222.9227

info@connectionstocare.org

<https://connectionstocare.org>



It's time to take advantage.

Irma Toro Elliott

Licensed Sales Agent

224-231-1410, TTY 711

irma_toroelliott@uhc.com

Sí, hablo su idioma

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

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

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

Take advantage of my knowledge and experience to:

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

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

**United
Healthcare**

SPRJ55189

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tsweeney@lpicommunities.com • (800) 477-4574 x6407



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Arlington Heights Senior Center, Arlington Heights, IL

C 4C 01-1374

**THRIVE
LOCALLY**

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.

Cancelled on Nov. 22, Dec. 20 & 27



Animal-Assisted Therapy Visits

Thursdays
November 3 & December 1
9:00 - 10:30 am



Bone Density Screenings

Tuesdays
November 1 & December 6
9:00 - 10:00 am

Appointments required.
Call **847-776-9570 Ext. 1**

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.



Walkers' Club

Led by NCH Physical Therapy Staff

Friday, December 9
10:00 - 11:00 am

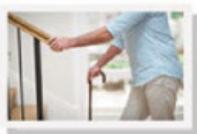
Fall Risk Screening Clinic

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, December 16
between 10 am - 2 pm

Appointments required.
Call NCH at **847-618-4968**



Lecture Series

Dental Care in Your Golden Years

Monday, November 14
11:00 am - 12:00 pm

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

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

Registration required.
847-253-5532

Cancer: Risk Factors and Causes

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

This presentation will explain what cancer is and how it affects the body. We will discuss vocabulary around cancer including stages, and we will review some risk factors and causes of cancer. There will be a special focus on gynecological cancers and prostate cancers, along with screening recommendations for each.

Presented by; Maureen Burns Com-
munity Health Worker with The HAP
Foundation

Registration required.
847-253-5532



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

Healthier Sweet Potato Casserole: And other side dish options for a tasty holiday

Tuesday, November 8
9:00 – 10:00 am



Limited Space Available
Registration required.
847-253-5532

Sweet and Tasty Holiday Treats... *but still healthy-er*

Tuesday, December 13
9:00 – 10:00 am



Limited Space Available
Registration required.
847-253-5532

Diabetes Education and Support

Led by NCH Diabetes Services
Staff

Surviving the Holidays

Tuesday, November 8
10:30 am – 12:00 pm

Registration required.
847-253-5532

Weight Loss Tips

Tuesday, December 13
10:30 am – 12:00 pm

Registration required.
847-253-5532

Diabetes and Pre-Diabetes: Diabetes 101 Class

Monday, November 14
(No Class in December)
1:00 - 2:30 pm

Registration required.
847-253-5532



Parkinson's Support Group

Led by NCH Physical Therapy Staff

Wednesday, November 16
3:00 - 4:00 pm

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



No Coffee and Conversation
classes in November or
December, Happy Holidays!





SUGGESTION BOX & THE COMMISSIONER'S CORNER 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.

Is there a way to get phone reception in the building?

The Senior Center Manager is inquiring about your question with the Village of Arlington Heights Public Works Department. Depending on your cell phone service provider, it may affect the quality of your phone calls in different areas. Please check in with Tracey Colagrossi, Senior Center Manager, on your next visit.

Can we have a Mah Jongg Tournament?

There are many women who play Mah Jongg and wonder if the Senior Center don't have a tournament?

Let's have a Mah Jongg tournament!

Thank you for the suggestion of having a Mah Jongg tournament. Village of Arlington Heights Program Coordinator, Sarah Adelpia met with the Mah Jongg players to discuss having a tournament in the future. Look for more details in 2023!

The Commissioners Corner will continue to bring you news and information of the Commission activities and the Age-Friendly Initiative.

In September the Senior Citizen's Commission hosted a **Town Hall Talk** with the League of Women Voters as part of our Age Friendly initiative.

The Arlington Heights League detailed their mission and services. They registered voters, signed up new members and directed us to IllinoisVotersGuide.org for candidate profiles and non-partisan analysis of the issues in the upcoming election.

Be an informed voter. The Illinois League of Women Voters is there to help!

Sue Viecelli

Senior Citizen Commission – Chairperson

Embrace the joy of possibilities.

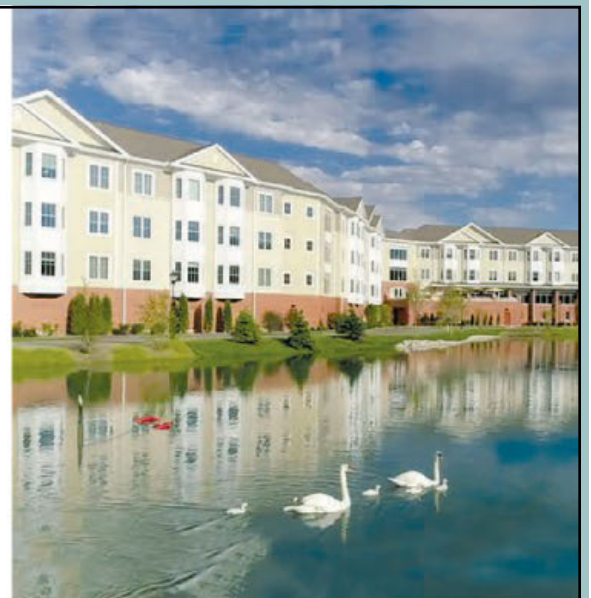
From sunrise to well after sunset, residents at The Moorings of Arlington Heights enjoy life their way. You can, too.

Participate in morning wellness programs. Begin a new hobby before lunch with friends. Explore the area or volunteer in the afternoon. Grab dinner before your next club meeting. Wind down with a movie night.

No matter what your plans hold, our Life Plan Community can help you make the most of each day.



**Experience it for yourself.
Schedule a visit today.
847-750-5678**



**THE MOORINGS
OF ARLINGTON HEIGHTS
PRESBYTERIAN HOMES**

811 EAST CENTRAL ROAD | ARLINGTON HEIGHTS, IL 60005
THEMOORINGSO FARLINGTONHEIGHTS.ORG

Independent Living | Assisted Living | Memory Care | Skilled Nursing | Rehabilitation | Respite Care



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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 and 11/11.

FITNESS CLASSES

BeMoved Dance (Contracted Class)

Wednesday

1:00 - 2:00 pm

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

Zumba Gold Evening

Tuesday

6:00 - 7:00 pm

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

Zumba Gold

Friday

11:00 am- 12:00 pm

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

Zumba Gold Weekend

Saturday

12:15 - 1:15pm

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

ARTS & CRAFTS

Works of Art

Monday

1:15 - 3:45 pm

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

The Art of Acrylics

Thursday

9:30 am - Noon

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

50 Shades of Colored Pencils

Friday

9:30 - 11:30 am

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

Charcoals & Pastels

Tuesday

9:30 am - Noon

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



ARLINGTON HEIGHTS PARK DISTRICT @ THE SENIOR CENTER

17

Find Your Artistic Self-NEW!

Friday

1:00 - 3:00 pm

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

Crochet-Beginning

Monday

8:45 - 9:45 am

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

Crochet With Friends

Monday

11:00 am - 1:00 pm

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

Pieced Machine Quilting

Monday

6:15 - 8:15 pm

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

Quilting Techniques

Thursday

6:00 - 8:00 pm

Free Motion

11/3-12/1, \$40

Quilting With Friends - Drop In

Wednesday

10:00 am - Noon

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

Bridge - Beginning

Monday

9:00 - 11:00 am

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

Bridge - Intermediate

Tuesday

10:00 am - Noon

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

Bridge - Advanced

Tuesday

1:00 - 3:00 pm

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

Best Bridge Ever!

Thursday

1:00 - 3:00 pm

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

Bridge Potpourri

Monday

4:00 - 6:00 pm

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

EXERCISE CLASSES-LOW IMPACT

Tai Chi Moves Intro

Tuesday

10:45 - 11:30am

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

Tai Chi Advanced

11:45am - 12:30pm

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

Yoga

Monday

11:15 am - 12:45 pm

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

Chair Yoga

Monday

10:00 - 11:00 am

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

Wednesday

10:00 - 11:00 am

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 Woodcarving

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

Senior Center Shop/Shop 1801

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!

November Sale:

Pocket Size Pillbox
10% Off

December Sale:

Silicone Body Scrubber
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 Gift Store merchandise purchases
- Monthly participation drawings

Tour Club Rates

Yearly Individual Membership New Rate/\$25
Yearly Individual Membership Renewal Rate/\$20
Yearly Membership Household Rate (up to 2)/\$35
Yearly Membership Household Renewal Rate (up to 2)/\$30

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

UPCOMING TOURS

Trot to the Slots Extend Tour:
November 6 & 7

Michael Feinstein: November 9

Sanfillipo Holiday Luncheon & Concert: December 1

White Christmas— The Fireside:
December 7

Merry Merry Chicago/Symphony
Concert: December 17

Registration Dates

Member/Wednesday, Oct. 12, 8:30 AM
Non-Member/Wednesday, Oct. 19, 8:30 AM



Round Dance Advanced

Monday
7:00 - 8:30pm
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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ART SHOW

It's time to celebrate this special time of year with your friends from the Arlington Heights Park District. This luncheon will be held at the Meridian Banquets in Rolling Meadows. Share your holiday cheer while enjoying a delicious lunch with an **entrée choice** of Fresh Broiled Norwegian Salmon with a Dill Sauce; Chicken Francaise; Roast Top Sirloin of Beef or Tortellini filled with Ricotta Cheese topped with Marinara Sauce and Parmesan Cheese. Entrée selection is due at time of registration. Coffee/Tea are included. An Ice Cream Chocolate Tart will be served for dessert. Food restrictions must be given at time of registration. A cash bar will be available. Back by popular demand, this year's entertainment will be the Metro Star Orchestra. Each luncheon participant will receive a free raffle ticket for a chance to win a raffle prize of their choice. Raffle prizes will be on display in the Gift Store/Park District Office in the Senior Center prior to the luncheon date and then at the Meridian the day of the event. Tickets are six for \$5 or \$1 per ticket. Winners will be picked after the entertainment. Sign up early; non-refundable. Registration is not available the day of the event. Doors open at 11:15am; luncheon begins at noon. If you would like to reserve a table of eight, all registrations must be submitted at the same time with payment.

Fee: \$45/person

The Meridian, located at 1701 W. Algonquin Rd.
in Rolling Meadows

Wednesday, October 26

3:00 - 7:00 pm

Arlington Heights Senior Center

1801 W. Central Rd., Arlington Heights

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.

HELPING SENIORS IN ALL WAYS, ALWAYS.

Integrity is
choosing courage
over comfort;

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

and choosing to practice
our values rather than
simply professing them.



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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.

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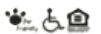
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Arlington Heights Senior Center, Arlington Heights, IL

F 4C 01-1374

You can now **register online** for our **Featured Programs** and some **Northwest Community Healthcare** programs! 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 Rd. 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.



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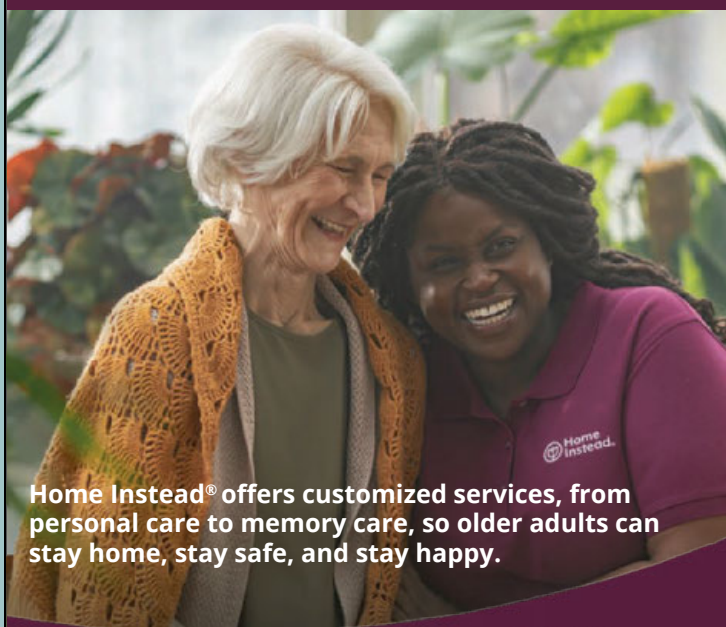
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The Arlington Heights Senior Center invite you to...

ACTING THROUGH LIFE READER'S THEATER SHOWCASE

Join us for a final class showcase starring
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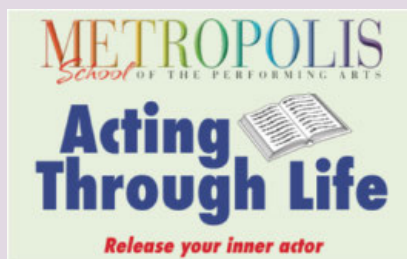
Enjoy performances in the style of Reader's Theater, a
theatre genre focused on bringing text to life through the
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Come for an entertaining afternoon and see what the
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Tuesday, December 13, 12:30 - 1:30 PM

Arlington Heights Senior Center

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Medicare News for November/December 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 (for 2023, \$164.90/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 (for 2023, \$164.90/mo) those in original Medicare pay. In MA there are fixed co-pays 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.



The Benefits to Making & Keeping Friends

As we age, our roles and responsibilities change, including the possibility of becoming a caregiver to a loved one. It may be easy to lose sight of the importance of keeping in touch with others or maintaining some form of regular socialization when we are focused on other responsibilities. As the colder months are approaching, we become more at risk of isolation. According to harrogatelife.com there are several healthy benefits to keeping an active social life as an older adult. Here are some examples:

Longer life: People with more social support and relationships tend to live longer than those who are more isolated, and this is true regardless of your overall level of health.

Better physical health: Friendship is associated with a stronger immune system, so you'll have a better chance of fighting off colds, the flu, and even some types of cancer.

Better mental health: Interacting with others boosts feelings of well-being and decreases feelings of depression.

Lower risk of dementia: Social people generally perform better on tests of memory and other cognitive skills and are less likely to develop dementia. However, socializing is most effective when coupled with an overall healthy lifestyle that includes a nutritious diet and physical activity.

If you're having some trouble thinking of new ideas or activities here are a few suggestions to help you stay social and improve your quality of life (again from harrogatelife.com):

Volunteer in your community or at your favorite charity organization.

Visit a senior citizen center (come on by to our local Arlington Heights Senior Center and pick up a calendar of events!) and participate in social groups and other scheduled activities.

Join a group focused on a topic or activity you enjoy, such as card games or a book club.

Take a class. Many local universities offer discounts to seniors or allow them to audit

classes for free. Your local recreation center or library may also have free classes.

Join a gym or fitness center to stay physically fit and engage with others.

Attend religious services at your church, synagogue, or temple.

Participate in a neighborhood or community group.

If it is difficult to get out of the home, a number of the above activities may also be offered virtually or online, such as classes, senior center activities and religious services. Do not hesitate to ask if a virtual option exists.

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
11/16, 1:30 - 3:00 pm

***No meeting in December**

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
11/16, 7:00 - 8:30 pm

***No meeting in December**

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.

Stressbusting for Family Caregiver

VIRTUAL

Tuesdays: 10:00 - 11:30 am

Meets for 9 weeks, ending on 11/29/22

Nine-week evidence-based program which helps teach stress management techniques and relaxation strategies to those who are caregivers for loved ones with Alzheimer's or other related dementias.

Alzheimer's/Dementia Caregiver Support Group *Drop-in*

In-Person

Mondays

11/14 & 12/12

10:00 am - 12:00 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. Drop-in. No registration needed. *All meetings are free of charge*



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

Saturdays

November 10 & December 19

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 November 9 at the Senior Center December 14 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.



HEALTH, WELLNESS, SOCIAL SERVICES ARLINGTON HEIGHTS SENIOR CENTER

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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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Arlington Heights Senior Center, Arlington Heights, IL

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Illinois Secretary of State Rules of the Road Review Course

Thursday, November 10

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.



Real Possibilities

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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- 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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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).