



# Live Well, Age Well

Village of Arlington Heights



**MARCH/APRIL 2023**

Accredited by  
**nco**  
national council on aging

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



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You went to school, grew up, got a job, retired....now what?! Consider the opportunity to give back! The Arlington Heights Senior Center is hosting a Volunteer Expo in celebration of National Volunteer Month. Volunteers enhance programs, create meaningful relationships, and provide purposeful service.

The Arlington Heights Senior Center has eight partner agencies that collaborate and provide services and programs for adults aged 55 and better. Play our "Fair Games" and learn about the many positions available to assist others to live a vibrant and independent life! For more information call: 847.253.5532 or email: [seniorcenter@vah.com](mailto:seniorcenter@vah.com)



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](http://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 Teresa Perkins, Liturgical Publications, Inc. at 217.473.9688

## 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 Erin Mercado, 33 S. Arlington Heights Road, Arlington Heights, Illinois 60005, [emercado@vah.com](mailto:emercado@vah.com) or (847) 368-5793.

## 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](mailto:seniorcenter@vah.com)

[www.vah.com](http://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](mailto:seniorservices@ahml.info)

[www.ahml.info/services/senior\\_center](http://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/](http://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](http://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](http://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](http://www.connectionstocare.org)

Hours:  
Monday - Friday  
8:30 am - 2:30 pm

### Northwest Community Healthcare

847.618.1000

[www.nch.org](http://www.nch.org)

Hours: Vary





Please visit the Main Office, call 847.253.5532 or visit [myactivecenter.com](http://myactivecenter.com) to register. \*Programs are in-person unless otherwise noted.

# FEATURED PROGRAMS

## ARLINGTON HEIGHTS SENIOR CENTER

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### Advisory Council Events

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

### Diversity Month Celebration

Thursday, April 6

1:00 – 3:00 p.m.

Fee: \$3

April is Diversity Month! This is a

time to recognize and celebrate the beauty of our unique cultures, backgrounds, and traditions. This exciting event will feature the music and food of Italy and China. Enjoy Italian Opera with a musical trio featuring Nicole Tuma (from last summer's Evening in Roma event on the patio!) Chinese Harpist, Joy Yu Hoffman will also perform on the Kong Hou Chinese harp, an ancient Chinese musical instrument which has been adapted using modern technology. Various food items from both cultures will be offered. Please register by March 28<sup>th</sup>.



### Featured Program Registration Guidelines

- Newsletter subscribers priority registration: through February 19
- Non-subscribers: starting February 20
- Online registration begins: February 20
- Payment is due 5 days prior: Beginning on March 1, 2023, patrons who have not paid for the program for which they have registered, will be contacted seven days prior to the program date notifying them that if payment is not received in two days, they will be removed and replaced with someone on the waitlist.

### THREE WAYS TO REGISTER!

Visit the Main Office

Call 847.253.5532

Visit [myactivecenter.com](http://myactivecenter.com)



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

Wednesdays: Dates TBD

10:00 - 11:00 a.m.

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.



### Crime Scene Confusion

Wednesday, March 1

5:00 - 6:00 p.m.

Fee: \$2

Forensic scientists now know that our DNA spreads easily when we touch items or other people. It's called indirect DNA transfer, and it means our DNA travels to places we've never visited and lands on objects we've never touched. Dr. Emilie Le Beau Lucchesi tells of two famous cases when defendants were wrongly accused because their DNA was found in crime scenes.

### Power of Attorney Clinic

Friday, March 3

1:00 – 4:00 p.m.

Free

The North Suburban Legal Aid Clinic (NSLAC) is offering a free Power of Attorney for health care and property legal clinic for low-income individuals. \* Please reserve your time by calling NSLAC at 847-737-4042.



### 2023 Great Decisions:

#### Foreign Policy Association

Saturdays: 3/4, 4/1, 5/6,

8/5, 9/9, 10/7, 11/4

9:30 - 11:00 a.m.

Free

The 2023 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: March 13 &

April 10

10:00 a.m. - 12:00 p.m.

Free

Facilitated by Jim Harbaugh, 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.



### Pizza & Movie: *The Lost City*

Monday, March 13

5:00 – 7:00 p.m.

Fee: \$2

Starring: Sandra Bullock, Channing Tatum, Daniel Radcliffe  
Directed by: Adam Nee  
PG-13, 1h. 51min, 2022



After being kidnapped by a villainous treasure hunter, a successful romance novelist is forced to team up with her cover model as they are swept into a cutthroat jungle adventure that proves stranger than fiction. (from Netflix.com)

### Family and Friends CPR Course

Wednesday, March 15

9:00 a.m. - 12:00 p.m.

Free

Family & Friends CPR is for people who want to learn CPR but do not need a CPR course completion card to meet a job requirement. This course is ideal for community groups, new parents, grandparents, babysitters, and others interested in learning how to save a life. Please note: Class is limited. The American Heart Association limits the number of participants to six at one time for one instructor. We will be offering more dates further into 2023.





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# FEATURED PROGRAMS

## ARLINGTON HEIGHTS SENIOR CENTER

Please visit the Main Office, call 847.253.5532 or visit [myactivecenter.com](http://myactivecenter.com) to register. \*Programs are in-person unless otherwise noted.



### Cooking with Chasity

**Cooking with Chasity**  
**Thursday, March 16**  
**1:00 - 2:00 p.m.**  
**Fee: \$2**

Celebrate St. Patrick's day with Chasity as she demonstrates how to make Scotch eggs and Irish curry fries!



### The 1893 Chicago World's Fair

**Saturday, March 18**  
**10:00 - 11:00 a.m.**  
**Fee: \$2**

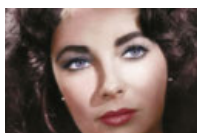
Historian Jim Gibbons will discuss the turn of events that took place at the World's Columbian Exposition, later to be called the 1893 Chicago World's Fair. He will discuss how author L. Frank Baum wrote the book, *The Wonderful Wizard of Oz* based on the magic and beauty he saw in Edison's inventions and other influences at the fair. While the fair brought to light many new inventions, cultures, and literary works, it also cast darkness among the city as America's first well-known serial killer, Dr. Henry Howard Holmes (also known as H.H. Holmes), confessed to murdering between 27-200 people in his hotel. On a lighter note, the inventions and magic can still be found in Chicago's last-standing building of 1893, The Museum of Science and Industry, where families, adults and children can learn and explore technology, history and culture of the past and present.



### Elizabeth Taylor – Violet Beauty

**IN-PERSON/VIRTUAL**  
**Monday, March 20**  
**1:00 - 2:00 p.m.**  
**Fee: \$2**

She was one of the most admired and talked about women in the world, the ultimate movie star who lived her entire life in the public eye. The magnificent Elizabeth Taylor captured audiences from the time she



appeared in great family films such as *National Velvet*, and grew up in *Father of the Bride*, and embraced her full power with fantastic roles in *Giant*, *Who's Afraid of Virginia Woolf?*, *A Place in the Sun*, and more. Join us as we celebrate one of the most famous movie stars of all time, the unforgettable Elizabeth Taylor. Presented by Steven Frenzel. \*This live Zoom program will be shown in-person, with limited seating, and also conducted virtually. \*Please specify if you would like to attend in person or virtually. Zoom link will be sent one day prior.



ARLINGTON HEIGHTS  
 Senior Center, Inc.

### Inc. Sponsor Speaker Series

**Dementia Live Sponsored by**  
**Assisting Hands Home Care**  
**Thursday, March 23**  
**9:00 - 11:00 a.m.**  
**Free**

**DEMENTIA Live**  
 Proven. Powerful. Essential



Arlington Heights Senior Center, INC (Foundation) is pleased to have sponsor, Assisting Hands Home Care, present Dementia Live. This is an innovative program designed by a team of dementia experts from the nationally recognized AGE-u-cate® Training Institute. Using specialized gear within a safe, experiential setting, Dementia Live™ provides participants with a real-life simulation of what it must be like to live with dementia. Participants gain greater awareness and understanding of the constant struggles (24/7) affecting persons with dementia. Greater understanding leads to more sensitive care partnering. You may sign up for 9:00, 10:00, and 11:00 a.m. appointments.

### Age-Friendly Town Hall Talks:

#### Shared Housing: Part 2

**IN-PERSON/VIRTUAL**

**Monday, March 27**

**9:00 - 10:00 a.m.**

The Senior Citizen's Commission is pleased to have the Center of Concern's Shared Housing Coordinator, Jessica Raap to discuss how their program works. The Village of Arlington Heights is an AARP Age Friendly City; the Commission promotes information about Housing, Transportation and Communication. Shared Housing was a popular topic that we revisit in this session. The Center of Concern is located in Des Plaines and serves the Northwest Suburbs. \*Please specify if you would like to attend in person or virtually.



### Against All Odds: Women Who Triumphed in the Male-Dominated World of Art

**Monday, March 27**

**6:00 - 7:00 p.m.**

**Fee: \$2**

Women have always been active in the visual arts. For centuries, the men who dominated the discipline of art history often believed women to be inferior artists and did not include them in their writings. This discussion, presented by Denise Laurin-Donatelle, M.A., Art History, features a sampling of the gifted women who triumphed over the status quo and who emerged as equals in aesthetics and technical skill, despite the obstacles they were forced to overcome.



### Evening Concert:

**Andrew Blendermann**

**Wednesday, April 5**

**6:00 - 7:00 p.m.**

**Fee: \$2**

Pianist Andrew Blendermann performs an all-request sing-along piano show! With over 2000 songs in his repertoire, From Frank Sinatra to Neil Diamond, Doo-Wop to Disco, Andrew's performance is sure to get you singing along! Andrew has been performing professionally in and around Chicagoland for more than 20 years.







# FEATURED PROGRAMS

## ARLINGTON HEIGHTS SENIOR CENTER

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### **Wild Mountain Thyme**

**Friday, March 10**

**1:00 p.m.**

Starring: Emily Blunt, Jamie Dornan, Jon Hamm, Christopher Walken

Directed by: John Patrick Shanley

PG-13, 1h 42 min, 2020.

Headstrong farmer Rosemary Muldoon has a crush on oblivious Anthony Reilly, the scion of a neighboring family farm. But a relationship starts to bloom when his hotheaded dad threatens to sell the place to Anthony's American cousin. *(from Netflix.com)*



## FREE FRIDAY MOVIES



### **Easter Parade**

**Friday, April 14**

**1:00 p.m.**

Starring: Judy Garland, Fred Astaire

Directed by: Charles Walters

NR, 1h 43m, 1948

Judy Garland and Fred Astaire sing and trip the light fantastic to 17 Irving Berlin tunes in this romantic classic. The simple plot concerns a hooper (Astaire) who teams with an inexperienced chorus girl (Garland) in order to show up his former dance partner, Nadine (Ann Miller). Berlin's tunes, which include "We're a Couple of Swells" and "Happy Easter," sparkle in Astaire and Garland's able hands (and feet). Peter Lawford co-stars. *(from Netflix.com)*



## Dr. Malik Zayed & Associates

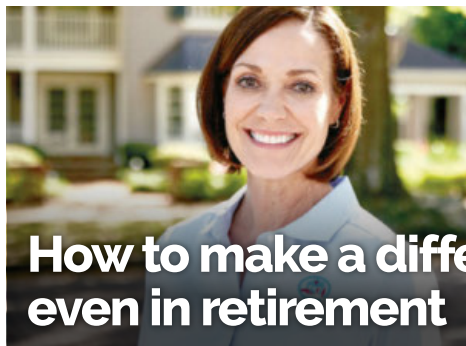
### FOOTCARE AT HOME

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## How to make a difference, even in retirement

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*Serving the Greater Chicagoland area*

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## Financial Planning for Seniors



Keith Piscitello, CFP® CRPC® MBA  
(847) 917-0076 [www.S2Wealth.com](http://www.S2Wealth.com)  
[Keith.Piscitello@S2Wealth.com](mailto:Keith.Piscitello@S2Wealth.com)

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



For ad info. call 1-800-950-9952 • [www.lpcommunities.com](http://www.lpcommunities.com)

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 a.m. - 12:00 p.m.

### Billiards (except 4/12 a.m.)

Monday - Friday: 8:30 a.m. - 4:30 p.m.

Saturdays: 8:30 a.m. - 12:00 p.m.

### Bingo (except 4/12)

Wednesdays: 12:30 - 2:00 p.m.

25 cent cards

### Bocce Ball

1st/3rd Thursdays: 1:15 - 3:00 p.m..

### Canasta (Aces & 7's)

1st/3rd Fridays: 1:00 - 4:00 p.m.

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

Fridays: 3/3 & 4/7 \*during regular crop

8:30 a.m. - 1:00 p.m.

### Chess Club

Tuesdays: 10:30 a.m. - 12:30 p.m.

Four chess sets provided

### Cribbage

Tuesdays: 10:00 a.m. - 12:00 p.m.

Fridays: 12:00 - 3:00 p.m.

Cribbage boards provided.

### Duplicate Bridge (except 4/12)

Wednesdays: 12:00 - 4:00 p.m.

### Hand & Foot Card Club (except 4/12)

Tuesdays (except 4th Tues. month)

1:00 - 4:00 p.m.

### "La Famiglia" Italian Social Club RETURNING APRIL 7th!

1st/3rd Fridays: 10:00 a.m. - 12:00 p.m.



### M2M (Memories to Memoirs)

#### Writers Club **IN-PERSON/VIRTUAL**

Tuesdays: 3/21 & 4/18

1:30 - 3:30 p.m.

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. Please register for virtual.



### Mah Jongg (4/6 Lobby)

4/27 Mah Jongg Event. See pg. 10 for info!

Mondays: 12:00 - 4:00 p.m.

Thursdays: 8:30 a.m. - 3:30 p.m.

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

### Meditation Sessions

1st/3rd Mondays

3/6, 3/20 & 4/3, 4/17

10:30 - 11:30 a.m.

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.: 8:30 a.m. - 8:00 p.m.

\*Bridge players needed! 9:30 a.m. - 12:00 p.m.

Thur.: 12:30 - 4:30 p.m.

Fri.: 8:30 a.m. - 4:30 p.m.

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

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

### Park Place Investment Club

Tuesdays: 3/28 & 4/25

1:00 - 3:00 p.m.

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: 12:30 - 3:00 p.m.

Saturdays: 9:00 a.m. - 12:00 p.m.

### Pinochle (except 4/27)

2nd/4th Thursdays: 12:30 - 3:30 p.m.

### Podcast Connection

2<sup>nd</sup> Mondays: 3/13 & 4/10

1:00 - 2:00 p.m.

\*1st timers, please arrive 10-15 min. early.

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 p.m.

### Portfolio Investment Club

3/22 & 4/26 · 1:00 - 3:00 p.m.

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 p.m. Sets provided

### Scrapbooking and More!

Fridays: 3/3, 4/7, 4/21

8:30 am - 3:00 p.m.

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!

### Virtual Scrapbooking:

Thursdays: 3/23 & 4/27

10:00 am - 3:00 p.m. \*call for Zoom link.



### Wii Bowling

Tuesdays & Fridays: 1:00 - 2:30 p.m.

### Senior Center Musical Group

2nd/4th Fridays

1:00 - 2:30 p.m.

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



### Ukulele Singing Circle

1st/3rd Fridays: 1:00 - 3:00 p.m.

Join in to play, sing or just share the music!

## 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 privileges. For questions regarding library services or programs at the Senior Center, call us at 847-870-3712 or email [seniorservices@ahml.info](mailto:seniorservices@ahml.info).

### Computer Room

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

### Library Program Registration

Unless otherwise noted, register for library programs online at [ahml.info/attend/events](http://ahml.info/attend/events) or call 847-392-0100.

## TRAVELOGUES

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

Mar 3	Europe's New Wild (50 min)
Mar 10	Britain's Goodwood House (48 min)
Mar 17	Ireland (50 min)
Mar 24	Egypt (50 min)
Mar 31	Grand Central (52min)
Apr 7	Israel (58 min)
Apr 14	Himalaya (54 min)
Apr 21	10 Towns That Changed America (56 min)
Apr 28	7 Wonders of Chicago (69 min)



### Karen Chan: Financial Checkup for Retirees

Thursday, April 20, 1:30–3 p.m.

How long has it been since you had a financial checkup? Financial educator, Karen Chan, helps you learn to review your financial health using checklists you personalize to fit your situation. **REGISTER.**

## DISCUSSIONS *Join the conversation.*

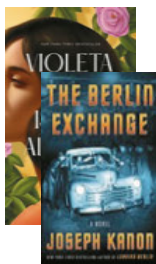
### POPULAR BOOKS



Wednesdays, March 8 and April 12  
10–11 a.m., **In Person or Zoom**

March's book is *The Children's Blizzard* by Melanie Benjamin. In April, read and discuss *Perestroika in Paris* by Jane Smiley.

### MODERN CLASSICS



Mondays, March 27 and April 24,  
10–11 a.m., **In Person or Zoom**

In March, discuss *Violeta* by Isabel Allende. In April, our book is *The Berlin Exchange* by Joseph Kanon.

Books available for check out four weeks prior in the Reading Room. **Register.**

## FILM DISCUSSION CIRCLE



March 7 and April 4, 1 p.m., Drop in.

March's film is *The Purple Rose of Cairo* (1985), 82 minutes, rated PG, starring Mia Farrow and Jeff Daniels. April's film is *Oranges & Sunshine* (2010), 105 minutes, unrated, with Emily Watson. A discussion led by library staff follows a free showing of the film.





#### COMPUTER INTEREST GROUP

Wednesdays, March 8 and April 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, March 2, 9, 16, 23, 30, and April 6, 13, 20, 27  
10–11:15 a.m.

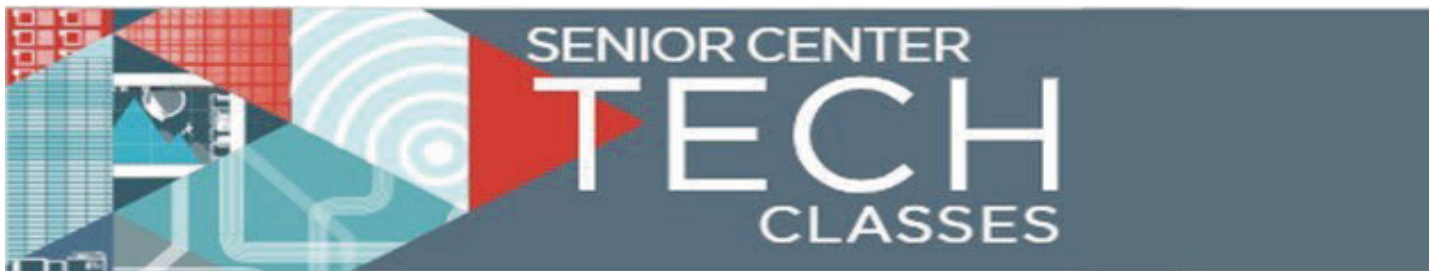
**Senior Center & Zoom**

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

#### CORD CUTTING: Exploring Cable Alternatives

Wednesday, April 26, 10 a.m.–noon, **In Person**

Join the library's Digital Services Supervisor, Gregory Berger, to explore cost-effective alternatives to cable and traditional landline phones. Class will be lecture-style with time for Q & A. **Register March 1.**



Classes feature small class size and hands-on instruction. All classes are held at the Senior Center. Registration for March and April classes open March 1.

**Register** online at [ahml.info/attend/events](http://ahml.info/attend/events) or call 847-392-0100.

#### Android Phone Basics (two-day class)

Get hands-on experience using an android-based phone.

Wednesdays, March 8 and 15, 2–4 p.m.

Tuesdays, March 14 and 21, 9–11 a.m.

Fridays, April 14 and 21, 2–4 p.m.

#### iPad & iPhone Basics (two-day class)

Hands-on class. Get tips for internet and email.

Fridays, March 10 and 17, 2–4 p.m.

Thursdays, March 23 and 30, 9–11 a.m.

Wednesdays, April 5 and 12, 2–4 p.m.

Tuesdays, April 18 and 25, 9–11 a.m.

#### iPad & iPhone Beyond Basics (two-day class)

Prerequisite: iPad & iPhone Basics or experience

Use maps, read books, group text, and video chat.

Fridays, March 24 and 31, 2–4 p.m.

Thursdays, April 20 and 27, 9–11 a.m.

#### iPad & iPhone Settings 1

Prerequisite: iPad & iPhone Basics or experience

Use Settings app to customize your iPad or iPhone.

Thursday, March 16, 9–11 a.m.

Monday, April 3, 2–4 p.m.

#### iPad & iPhone Settings 2

Learn more about your phone or iPad settings options.

Tuesday, March 28, 9–11 a.m.

Monday, April 24, 2–4 p.m.

#### iPad & iPhone Photos

Prerequisite: iPad & iPhone Basics or experience

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

Tuesday, March 7, 9–11 a.m.

Monday, April 10, 2–4 p.m.

#### Windows Essentials (two-day class)

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

Wednesdays, March 22 and 29, 2–4 p.m.



## Approved Funding Requests

The Arlington Heights Senior Center, INC (the Foundation) is a not profit organization that raises funds for the Arlington Heights Senior Center. Fundraising enabled the purchase of a miter saw for the Park District Wood Shop, Entertainment for Advisory Council Events, The Great Decisions Foreign Policy Association 8-week program, underwriting performing arts classes, volunteer driver safety and communications program, and a coffee machine for our meal site this year!

## Sponsor Speaker Series

The Arlington Heights Senior Center, INC hosts a community sponsor once a month that is informational and educational. Look for our Sponsor Speaker Series and meet businesses in your community. The sessions are not sales promotions and not meant as an endorsement of the business.

**See pages 4 and 10 of this Newsletter for information about the Speaker Series!**

## It is Easy to Donate!

Support the programs and activities that make the Center a great community environment that brings neighbors together from Arlington Heights and surrounding suburbs. Use the QR Code to navigate directly to Donation Page.

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



# SUPPORT THE ADVERTISERS that Support our Community!

10

# FEATURED PROGRAMS

## ARLINGTON HEIGHTS SENIOR CENTER

### Pizza & Movie: *Ticket to Paradise*

Monday, April 10

5:00 – 7:00 p.m.

Fee: \$2

Starring: Julia Roberts,  
George Clooney  
Directed by: Ol Parker  
PG-13, 1h. 44 min, 2022



Love is in the air on Bali as recent college grad Lily prepares to wed a local guy and her friend Wren finds herself falling for an island doctor. But Lily's parents -- now divorced -- are speeding to the island to put a halt to the festivities. (*Netflix.com*)

### Virtual History of Italy with Tiffany DeLuca

IN-PERSON/VIRTUAL

Before the Romans: Etruscan Art in the Vatican

Tuesday, April 11  
10:00 – 11:00 a.m.

Fee: \$2

The Etruscans formed the most powerful nation in pre-Roman Italy. Live from Rome, Tiffany will delve into the Vatican Museum's collection of the Etruscan people, from the 9th to the 1st century BC, from the Iron Age until the merging of the Roman state. The history of the Etruscan people is told here by pottery, bronze, silver and gold which document a flourishing craftsmanship and a peculiar artistic civilization. \*Please specify if you would like to attend in person or virtually. Zoom link will be sent one day prior.



### Senior Olympics with Hersey High School

Wednesday, April 12

9:30 a.m. – 1:00 p.m.

Free

**Participants Needed!** We are looking for 24 participants to team up with 24 Hersey High School students for this year's Senior Olympics. Teams will compete in fun activities such as Baggo, Wii bowling, Jenga, Left Right Center and more! T-shirts and a boxed lunch to-go will be provided to each participant. Must register to participate in this free event!



### Inc. Sponsor Speaker Series

A Proactive Approach to Aging in Place  
Sponsored by:

Comfort Keepers In-Home Care

Thursday, April 12 • 6:00 – 7:00 p.m. • Free

Arlington Heights Senior Center, INC (Foundation) is pleased to have sponsor, Comfort Keepers In-Home Care, offer this presentation. Gina Knight from Kastle Keepers, a certified aging in place specialist will discuss how to form a proactive approach to aging in place while considering personalizing your home with safety, accessibility and happiness in mind.

### First Person Portrayal: Cleopatra

Saturday, April 15

10:00 – 11:00 a.m.

Fee: \$2

Cleopatra, the Last Pharaoh of Egypt was the most famous female ruler in history. In costume and character, Martina Mathisen as Cleopatra will share her astounding story, audacious spirit, and astonishing guile.



### Community Engagement:

Making a Difference

Monday, April 17

1:00 – 2:00 p.m. • Free

As a senior, how do you use your gift of time? Whether in big or small ways, we all value having a sense of meaning and purpose in our lives. In this mini-workshop we will explore how to identify areas of interest and discuss some of the many opportunities to make a positive difference in our families, neighborhoods or larger communities. Facilitated by Claudette Nowell-Philipp.



### Artful Saturday: Yard Art Flower

Saturday, April 22

9:30 – 11:00 a.m. • Fee: \$2

Upcycle your glass serving dishes to make a beautiful flower for your garden scape! We will be using three different size and shaped glass ware and gluing them together to make a flower. We will supply the backing for you to place your "stem". Projects will need 24-48 hours to cure before picking up. We will have some glassware to choose from or feel free to bring your own!



Please visit the Main Office, call 847.253.5532 or visit [myactivecenter.com](http://myactivecenter.com) to register. \*Programs are in-person unless otherwise noted.

### Age-Friendly Town Hall Talks:

Shared Housing, Part 3

IN-PERSON/VIRTUAL

Monday, April 24

9:00 - 10:30 a.m. • Free

The Village of Arlington Heights is an AARP Age Friendly City; the Commission promotes information about Housing, Transportation and Communication. The book, Sharing Housing, a Guidebook for Finding and Keeping Good Housemates by Annamarie Pluhar will be discussed by Kathy Motto. Copies of this book are available to borrow and return at the Senior Center Front Desk. \*Please specify if you would like to attend in person or virtually. Zoom link will be sent one day prior.



### Drum Circle Therapy IN-PERSON ONLY

Tuesday, April 25

4<sup>th</sup> Tuesday each month

\*No meeting in March

10:00 – 10:45 a.m. • Free

Each month Chris Lavidas, founder of Breaking Grounds in Drumming, Inc. will cover a different style of music. Classes have ranged from a review of Rock n' Roll, and early Rhythm and Blues, and the American Songbook. In April we will explore the music of New Orleans Jazz.

**DROP-IN PROGRAM!**



### Get Your Mah Jongg On!

Non-Tournament Event

Thursday, April 27

11:30 am – 3:00 p.m.

Fee: \$25

Our first ever Mah Jongg event! Prizes for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place will awarded at the end of the event. A variety of boxed lunches from Panera will be provided. Please note: players will not rotate tables and each table will self-officiate. Please bring your own card, and Mah Jongg set. You may bring a small snack tray table. Groups must register as a whole at the same time with all players names at time of registration. For more information contact [sadelphia@vah.com](mailto:sadelphia@vah.com) or 847.253.5532.



### Manager Matters

IN-PERSON/VIRTUAL

Thursday, April 27

12:00 - 1:00 p.m. • 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.







## Connections to Care Needs Your Help!

Connections to Care drives seniors (who cannot drive) in the NW suburbs to their medical/dental appointments. Volunteer drivers pick up passengers at their homes, drive them to their appointments, wait for them and return them to home. For the past 16 years we have been helping seniors remain healthy and connected - no matter what is happening in the world.

Help us continue providing this individualized, compassionate care to your neighbors, friends, and loved ones within the community by sponsoring a ride.

**We ask your help to continue this important work in the community. Please donate to Connections to Care's Annual Appeal today.**

\$600 donation drives 40 seniors to care	\$120 donation drives 8 seniors to care
\$300 donation drives 20 seniors to care	\$60 drives 4 seniors to care

Please donate at [www.connectionstocare.org](http://www.connectionstocare.org)  
(click on DONATE).



## It's time to take advantage.

**Irma Toro Elliott**

Licensed Sales Agent

**224-231-1410, TTY 711**

[irma\\_toroelliott@uhc.com](mailto: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.

**United  
Healthcare**

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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**

A nutritionally balanced delicious meal is available for lunch. Our meals are diabetic friendly and low in salt. We have a different meal each day and ask for a donation of \$4 per meal. Each person 60 years or older can receive a meal regardless of whether they make a donation, and will be turned away.

If you are 60 years or older, you can participate in Catholic Charities Senior meal program. You must complete a one time registration intake form required by Age Options.

A registered participant may pick up a meal to dine in at the Senior Center or take the meal to go. A participant may also pick up a hot meal for today and a frozen meal for tomorrow. No more than three meals per day. Registered participants may receive up to six (6) meals a week. We are located in the rear of the Senior Center across from the small lunchroom where you can join friends, eat lunch, and socialize right here at the Senior Center.



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 Maine and Wheeling Townships

Catholic Charities delivers a hot meal Monday through Friday to Home Bound Seniors In Maine And Wheeling Townships. Volunteer Drivers are essential for our Seniors to remain at home. Please consider volunteering to deliver meals.

Meals are prepared fresh each morning and ready to be picked up here at the Arlington Heights Senior Center. Each route has around 10 to 16 Clients and takes no more than 2 hours to complete. A commitment of one day each week is greatly appreciated. Drivers pick up meals at 9:45 am.

Stop in the Senior Center Nutrition office to pick up the Volunteer Driver Application or call 847-797-5350 and leave a message.



### Some of the meals offered

- Baked Alaskan Pollock
- Lasagna with Meat Sauce
- Veal Marsala
- Salisbury Steak
- Herb Baked Chicken
- BBQ Chicken Thigh
- Roast Beef w/ Mashed Potatoes
- Meatloaf w/Mashed Potatoes
- Asian Glazed Chicken
- Turkey Pasta Salad
- All Beef Hot Dog
- Spaghetti & Meatballs
- Surimi Crab Alfredo
- Cheddar Chick Rice Casserole



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**  
**March 2 & April 6**  
**9:00 - 10:30 a.m.**



### Bone Density Screenings

**Tuesdays**  
**March 7 & April 4**  
**9:00 - 10:00 a.m.**

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

Led by NCH Physical Therapy Staff.

**Tuesdays**  
**12:00 - 1:00 p.m.**

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.



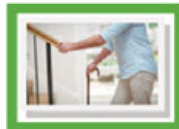
### Walkers' Club

Led by NCH Physical Therapy Staff.

**Fridays: March 10 & 24**  
**April 14 & 28\***

**\*Friday, April 28 -Celebration Event with speaker (no walk this day)**

**10:00 - 11:00 a.m.**



### Fall Risk Screening Clinic

Led by NCH Physical Therapy Staff.

**Friday, March 17**

Sign up for a FREE 30 minute Fall Risk Screening.

Time slots between 10 a.m. - 2 p.m.

Appointments required.

**Call NCH at 847-618-4968**

### Lecture Series

#### CBD Fact and Fiction

Sean will help to demystify CBD and optimize your health while using this amazing supplement. Learn how to identify the real product and how to properly dose and take CBD in order to maximize its effects. Q & A to follow.

**Monday, March 13**  
**11:00 am – 12:00 p.m.**

*Presented by:*  
*NCH Sean Gale, RPh*

Registration required.  
**847-253-5532**

#### Healthy Lifestyle and Cancer Prevention

An educational talk on cancer prevention with nutrition, lifestyle and updated cancer screening recommendations.

**Monday, April 10**  
**11:00 am – 12:00 p.m.**

*Presented by:*  
*NCH Medical Group Physician*  
*Fatema Esmail, MD*

Registration required.  
**847-253-5532**





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



**Quinoa and other Ancient Grains**  
**Tuesday, March 14**  
**9:00 - 10:00 a.m.**

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



**Salad Dressing Makeover:**  
**Healthier versions with all the taste!**

**Tuesday, April 11**  
**9:00 - 10:00 a.m.**

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



### Diabetes and Pre-Diabetes Education

Led by NCH Community Nurse Rose Jensen, MSM, MSN, RN

**Monday, March 20 & April 17**  
**1:00 - 2:30 p.m.**

Registration required.  
**847-253-5532**

### Diabetes Support Group

Led by NCH Community Nurse Rose Jensen, MSM, MSN, RN

**Tuesday, March 21 & April 18**  
**9:00 - 10:00 a.m.**

Registration required.  
**847-253-5532**



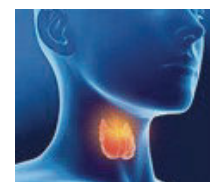
Led by NCH Community Nurse Rose Jensen, MSM, MSN, RN



**How Your Gut Impacts your Overall Health**

**Tuesday, March 28**  
**9:00 - 10:00 a.m.**

Registration required.  
**847-253-5532**



**The Function Of The Thyroid Gland**

**Tuesday, April 25**  
**9:00 - 10:00 a.m.**

Registration required.  
**847-253-5532**



# SUGGESTION BOX

## ARLINGTON HEIGHTS SENIOR CENTER

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

**The Monday Podcast group is fantastic! We learn so much! "It opens new Doorways of Learning!" I am so glad the Senior Center offers it!**

We are so pleased that you are enjoying this group and thank you for your comment. We are here to continue to learn and grow!

**The pool tables are in need of new cushions and recovering. While playable, they are substandard, (second critique).**

The pool table recovering will occur this year. We will announce when this is coordinated. We appreciate your comments.

**To increase attendance at events instead of charging \$2. The attendees should receive \$2 at the conclusion of the event provided they registered. Then exiting traffic should be exiting past the vending machines.**

**In order to improve attendance at events that require a reservation, instead of charging \$2 or \$3, charge \$5, but give the difference to those who show up.**

The Arlington Heights Senior Center Life Enrichment Programs and Advisory Council Events include \$2 per person to ensure attendance at

these events. The funds received also go back into programming to help bring you more excellent programs. In other Senior Centers or venues, the same program may be three to four times the cost of our offerings. The programs planned are very popular, and we include wait lists. Our process has been we request \$2 be paid five days before the event; if there is no payment, we contact you to see if you are still interested. If you express that you are not interested or unable to attend, we will reach the next person on the waitlist. Refunds are provided if there is a medical emergency and the patron cannot attend.

If there is an empty seat when you attend the program, that is due to someone not informing us that they would not be coming. This may be at the last minute, so it may be too late to contact the next person on the waiting list. In 2022, of the total participants registered for Advisory Council Events, 8% had yet to show up. We make every effort to ensure more people can attend events, as we want everyone to enjoy them.

We will be firm in our registration process moving forward. Beginning on March 1, 2023, registrants that have not paid for the program will be contacted seven days before, notifying them that if payment is not received in two days, they will be removed and replaced with someone on the waitlist.

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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 a.m.) and Thursdays (after 10:45 a.m.).

Annual Membership \$178

Six-Month Membership \$118

#### AAC hours:

**Monday — Friday**

**8:30 a.m. — 3:30 p.m.**

**Saturday: 8:30 a.m. - 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 a.m.

**Tuesday:** Aerobics: 9:30 - 10:15 a.m.

Strength/Conditioning: 9:45 - 10:30 a.m.

**Wednesday:** Aerobics: 9:00 - 9:45 a.m.

**Thursday:** Aerobics: 9:00 - 9:45 a.m.

10:00 - 10:45 am, 12:15 - 1:00 p.m.

Strength/Conditioning: 1:00 - 1:45 p.m.

**Friday:** Strength/Conditioning:

9:45 - 10:30 a.m.

Aerobics: 10:00 - 10:45 a.m.

#### 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.**

### Registration is open for Spring programs!

**Holiday Dates: 4/7 and 4/8**

#### FITNESS CLASSES

#### BeMoved Dance (Contracted Class)

Wednesday: 1:00- 2:00 p.m.

3/22 - 5/17

Fee: \$90

#### Let's Get Tapping - **NEW!**

Thursday: 2:00 - 3:00 p.m.

3/23 - 5/18

Fee: \$90

#### Zumba Gold Evening

Tuesday: 6:00 - 7:00 p.m.

3/21 - 5/16

Fee: \$90

#### Zumba Gold Daytime

Friday: 11:00 a.m.-12:00 p.m.

3/24 - 5/19

Fee: \$90

#### ARTS & CRAFTS

#### Works of Art

Monday: 1:15 - 3:45 p.m.

3/20 - 5/15

Fee: \$180

#### The Art of Acrylics

Thursday: 9:30 a.m. - Noon

3/23 - 5/18

Fee: \$153

#### 50 Shades of Colored Pencils

Friday: 9:30 a.m. - Noon

3/24 - 5/19

Fee: \$117

#### Drawing Class

Tuesday: 9:30 a.m. - Noon

3/21 - 5/16

Fee: \$126

#### The Perfect Blend **NEW!**

Friday: 1:00 - 3:00 p.m.

3/24 - 5/19

Fee: \$90

#### Crochet-Beginning

Monday: 8:45 - 9:45 a.m.

3/20 - 5/15

Fee: \$81





### **Crochet With Friends**

Monday: 8:45 - 9:45 a.m.

3/20 - 5/15

\$81

### **Pieced Machine Quilting**

Monday: 6:15 - 8:15 p.m.

5/1 - 5/15

Fee: \$75

### **Quilting Techniques-Double**

#### **Irish Chain**

Thursday: 6:00 - 8:00 p.m.

3/30 - 4/20

Fee: \$40

### **Quilting With Friends**

#### **Drop In**

Wednesday: 10:00 a.m. - Noon

3/22 - 5/18

Fee: \$8/class. Pay for this class in Shop 1801 day of program or purchase a punch pass for \$80 for ten visits.

### **CARDS/GAMES**

#### **Mah Jongg Beginner**

Monday: 12:30 - 2:30 p.m.

3/20 - 5/15

Fee: \$90

#### **Mah Jongg Open Play**

Monday: 2:00 - 4:00 p.m.

3/20 - 5/15

Fee: \$45

#### **Bridge - Beginning**

Monday: 10:00 a.m. - Noon

3/20-5/15

Fee: \$117

### **Bridge Potpourri**

Monday: 4:00 - 6:00p.m.

3/20 - 5/15

Fee: \$117

### **Bridge - Intermediate**

Tuesday: 10:00 a.m. - Noon

3/21 - 5/16

Fee: \$117

### **Bridge - Advanced**

Tuesday: 1:00 - 3:00 p.m.

3/21 - 5/16

Fee: \$117

### **Best Bridge Ever!**

Thursday: 1:00 - 3:00 p.m.

3/23 - 5/16

Fee: \$117

### **EXERCISE CLASSES-LOW IMPACT**

#### **Tai Chi Moves Intro**

Tuesday: 10:45 - 11:30 a.m.

3/21 - 5/16

Fee: \$86

#### **Tai Chi Advanced**

Tuesday: 11:45 a.m. - 12:30 p.m.

3/21 - 5/16

Fee: \$86

#### **Yoga**

Monday: 11:15 a.m. - 12:45 p.m.

3/20 - 5/15

Fee: \$90

#### **Chair Yoga**

Monday: 10:00 - 11:00 a.m.

3/20 - 5/15

Fee: \$90

Wednesday: 10:00 - 11:00 a.m.

3/22 - 5/17

Fee: \$90

### **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 a.m. - Noon**

#### **Carve On**

Wednesday: 1:00 - 3:00 p.m.

3/22 - 5/3

Fee: \$35 or drop in for \$5 a week

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.

## 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!

### March Sale:

10% off all winter hats, scarves and gloves



### April Sale:

10% off Steel Drinking Straws



## Arlington Classic Tours

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

## **Arlington Classic Tours Membership January 1 - December 31, 2023**

### **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

\$25/Individual

\$35/Household (two people living at the same address). Contact the Park District Office in the Senior Center at 847.797.5341 for upcoming tour information or membership year-end special.

### UPCOMING TOURS 2023

#### **March**

- **Reba McEntire, 3/17**
- **The Tina Turner Musical, 3/23**
- **IL Divo, 3/24**
- **Fork & Cork: Tortoise Club, 3/30**

#### **April**

- **DrieHaus Museum & Lunch, 4/6**
- **Four Winds Casino, 4/17**
- **Grumpy Old Men, 4/28**

## **Round Dance Advanced**

Monday: 7:00 - 8:30 p.m.

3/20 - 5/15

Fee: \$90

## **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: 7:00 - 9:00 p.m.

### **Classic Line Dancing**

Thursdays: 7:00 - 9:30 p.m.

## **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](http://www.arlingtonsquares.com).

\$7/person payable at the door.





## ARLINGTON HEIGHTS PARK DISTRICT @ THE SENIOR CENTER

19

### Upcoming EVENTS REGISTER TODAY!

#### Bunco - NEW!

Shake, Rattle and Roll! Come try your luck tonight for a fun-filled night of BUNCO. Light appetizers and refreshments will be served! Prizes will be awarded for most buncos, least buncos, highest wins, lowest wins and random draw.

**Wednesday, March 29**

6:00 - 8:00 p.m.

Fee: \$15



#### ChiWalking - NEW!

ChiWalking is a mindful practice and based on the foundational principles of Tai Chi. The ChiWalking form focuses can be practiced throughout your day to reinforce and make a part of your daily routine. The goal of this program is to improve walking efficiency and prevent injuries. You'll learn how to improve your posture, neutralize the forces of both gravity and the oncoming road, use your core muscles rather than your feet and lower leg muscles to create movement. ChiWalking can make walking as exercise more fun and enjoyable. Margaret the instructor is the only certified ChiWalking and ChiRunning instructor in Illinois. You must wear comfortable walking closed-toe gym shoes to this class and bring a water bottle and snack

**Saturday, April 8**

9:00 a.m. - Noon

Fee: \$25

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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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**April 19 - 25, 2023**

We would like to thank all of our volunteers for dedicating your time and talents to the Arlington Heights Senior Center!

In 2022, we had 223 volunteers serve 9,650 hours!

We appreciate your contributions to the Senior Center. A volunteer appreciation event will be scheduled for this summer to recognize your efforts.

## Spring Into Volunteer Opportunities at the Arlington Heights Senior Center!

### Administrative Assistant

Connections to Care is looking for administrative/clerical help, mainly with fielding phone calls from individuals needing rides to doctor appointments and then putting the information into a database system. Good customer service and computer skills are needed. 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](http://www.connectionstocare.org) > Volunteer or email: [info@connectionstocare.org](mailto: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 home-bound residents in the surrounding area. One day a week or more if you choose. The time commitment is approximately 2 hours per route. For more details call Jim Tobin at 847-797-5350.



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

## Commissioners Corner:

The Cook County General Election is on April 4. As part of the Village's Age-Friendly Initiative, it is important to be engaged civically, be informed about local issues, and most importantly...vote! The League of Women Voters is hosting a number of candidate forums in March. Please visit their website for details. [www.lwvah.org](http://www.lwvah.org)  
Keep these dates in mind:

**March 8:** First day of grace period for in person registration and voting at an election authority and early voting sites; continues through election day.

**March 10:** First day to vote early or by mail if a primary was held in your election jurisdiction.

**March 19:** Last day for online voter registration. Grace period in-person registration available at election authority and early voting sites.

**March 20:** First day to vote early at permanent polling places. (Vote early at the office of the election authority starting February 23.)

**March 30:** Last day for election authority to receive vote by mail applications.

**April 4:** Election Day! Polls open 6:00 a.m.–7:00 p.m.

-Sue Viecegli, Senior Citizen's Commission Chairperson

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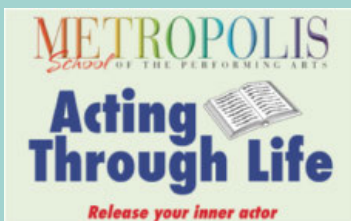
**Crescendo Chorus****Wednesdays, February 15 - May 10****(no class April 5)****6:30 - 7:45 p.m.****Arlington Heights Senior Center****\$135 per person****(no refunds or prorations)**

Make music & build friendships in  
Crescendo Chorus!

Learn vocal technique and music skills  
from industry professional and longtime  
Metropolis School of the Performing  
Arts instructor, Nathan W. Brown! Sing  
music from all genres as you connect  
with others and your love of music!

Singers ages 55+ of all music experience  
levels welcome!

**PERFORMANCE:** Metropolis School of  
the Performing Arts Spring  
Recital - evening of Wednesday, May 17.



TO REGISTER: Visit the Senior Center or  
email [avombrack@metropolisarts.com](mailto:avombrack@metropolisarts.com)

Programs are underwritten in part by:  
**Arlington Heights Senior Center, Inc.**

**Acting Through Life: Ace The Audition****Tuesdays, March 7 - May 9****(no class March 28)****1:30 - 3:00 p.m.****Arlington Heights Senior Center****\$90 per student****(no refunds or prorations)**

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## Medicare News for March/April 2023

The period January 1 to March 31 is a good time for anyone who has failed to enroll in Medicare Part A and/or B when turning age 65 and who doesn't have health coverage from a group health plan (or spouse's group health plan). This period is called the General Enrollment period (GEP). In the past, after enrollment in a GEP (during the Jan 1-Mar 31 open enrollment) you had to wait until July 1 for coverage to start. Now Medicare coverage will begin the 1st of the month following enrollment. To enroll during this GEP, contact Social Security by phone to arrange a phone interview or in person enrollment interview or go to [www.SSA.GOV](http://www.SSA.GOV) to enroll on line. You may be required to pay a 'late enrollment' penalty if your delay is longer than one full year. The penalty is 10% of the current monthly Part B premium (10% of \$164.90/month for 2023 = \$16.50 monthly penalty) for each full year you've delayed enrollment in Part B. That monthly penalty is added to your monthly Part B premium every year thereafter. There is no penalty if you were covered by a group health plan (GHP) by your employer (or your spouse's) during the period without Part B coverage and for up to 8 months after losing GHP coverage.

There's still one full month (March) left for any Medicare beneficiary in a Medicare Advantage plan who wishes to switch to another Advantage plan for 2023, or to drop out of Medicare Advantage and return to 'original Medicare'. If you chose this option, you have a short period to enroll in a 'standalone' Part D drug program (since you would be losing your Medicare Advantage drug program by leaving Advantage completely). You can also enroll in a

Medicare Supplement Plan, although Supplement plan insurers may require a physical exam first. Blue Cross is an exception that never requires a physical exam to apply for a supplement.

## Senior Health Insurance Program (SHIP)

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

SHIP counselors can answer questions about:

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

### To make an in-person or phone appointment with a SHIP counselor:

Call the Senior Center Main Office:  
847.253.5532 to schedule a Friday  
morning OR

Catholic Charities at the Senior Center:  
847.253.5500.

# HEALTH, WELLNESS, SOCIAL SERVICES ARLINGTON HEIGHTS SENIOR CENTER

23

## 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 p.m. - 3:00 p.m.

**Tues:** 10:00 a.m. - 12:00 p.m.

**Wed:** 10:00 a.m. - 12:00 p.m.  
6:00 p.m. - 8:00 p.m.

**Thurs:** 10:00 a.m. - 12:00 p.m.

**Fri:** 10:00 a.m. - 12:00 p.m.

**Sat:** 10:00 a.m. - 12:00 p.m.



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.



### Broken Record Syndrome:

#### How to gently redirect the conversation when someone has dementia

'Where do you live?' 'Where is my purse and the phone?' 'Where are my glasses?' 'How are the kids?'

If your loved one has dementia, you likely hear these sorts of questions, repeated over and over, in an endless loop. People with dementia commonly repeat behaviors, known as perseveration – the medical term for asking the same questions or performing the same behaviors, for no apparent reason. They do it over and over and don't even know they are doing it. Repetitive speech is a symptom of dementia. Dementia is an umbrella term describing a set of symptoms which can be caused by Alzheimer's disease, Parkinson's disease, stroke or other conditions. So, if your loved one has dementia, they are experiencing changes in the way they are thinking and behaving and in their memory.

When your loved one keeps asking the same questions or engages in repetitive behaviors, here are some helpful tips, according to Kelly K. James, in *Caregiving Magazine*:

#### 1. Connect then redirect

Repetitive, constant questioning is one of main things that can wear down caregivers. This can occur even every 5 minutes and seems to just add to many other things that occur while you care for your loved one. They aren't even aware they are doing it. They experience sensory overload at times and are just looking for answers. So, answer them as if the question is new to you, instead of showing impatience. It is important to respond to the person in a way that comforts them. This will also help minimize their frustration. Focus on their feelings rather than on the facts, it is suggested. Say something like, 'I know that feeling – it's awful. I hate when I misplace my purse.' It is also important to use positive body language. Sit in front of them and use good eye contact, gently rub or hold their hand. These things reassure them that you feel and understand what they are saying. Then you can redirect them by saying something like, 'We haven't gone shopping in a while, would you like to go shopping this week?' The main idea is to

connect and show empathy before you redirect the conversation.

#### 2. Stay patient and seek support

Although it is very easy to get frustrated with repetitive questions and other behaviors from our loved ones we care for, try not to become visibly frustrated, since this will produce a negative reaction from our loved one. Have a favorite topic to be ready to change the subject. Think of things your loved one likes and remind them of that. This could be a much-loved relative, favorite place, a childhood location or important event in their life. It is essential, before the repetitive questioning starts, to have a pleasant topic or two in mind you can use on the spot. Also, instead of answering their question, ask them a question of your own. Sometimes, you can give a therapeutic story. Remember to acknowledge and validate how they are feeling at that time. You can also reassure them by saying something kind and complimentary to them. Then, redirect the conversation and to help get their mind off it. Remember caring for your loved one takes a lot of patience. They may have changed, but your love and concern for them has not. Also, don't underestimate the value of support for you as the caregiver. There are social and support groups available for caregivers (including the ones that we offer through Catholic Charities – see schedule below).

#### Resources:

**The Alzheimer's Association caregiving hotline is available 24 hours a day, 7 days a week :**

[Alz.org/help-support/caregiving](https://www.alz.org/help-support/caregiving)  
800-272-3900

**Information for Alzheimer's caregivers:**  
[Alzheimersnavigator.org](https://www.alzheimersnavigator.org)

#### Caregiver Resource Center

The Catholic Charities Northwest Senior Services 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 families and informal caregivers, including education and training, caregiver support groups, respite care, or other caregiver

er support services, please call **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**

**3<sup>rd</sup> Wednesday of the month**

**2/15, 3/15 & 4/19 1:30 - 3:00 p.m.**

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, traveling stories, and chair yoga.



#### Monthly Caregiver Support Group

**IN-PERSON/VIRTUAL**

**3<sup>rd</sup> Wednesday of the month**

**2/15, 3/15 & 4/19 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 Noë! Abraham, Caregiver Specialist, at (847) 253-5500 or contact her via email at [nabraham@catholiccharities.net](mailto:nabraham@catholiccharities.net) 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 \*Drop-in\*

**IN-PERSON**

**Mondays**

**3/13 & 4/10**

**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

**Saturdays: 3/11 & 4/8**

**10:00 AM – 12:00 PM**





## Village of Arlington Heights Health Services Department

### Blood Pressure Screening Mondays, 8:30 - 10:00 a.m.

No appointment necessary. Cost: Free

### Diabetic/Blood Sugar Screening Mondays, 8:30 - 10:00 a.m.

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 March 8 & April 12 at Village Hall \*No Senior Center dates due to Tax Aide 8:30 - 9:45 a.m.

Screenings conducted by appointment only. Call 847.368.5760 for Village Hall appointments and 847.253.5532 for Senior Center appointments. **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

Thursdays, March 9 & April 13  
10:00 a.m. – 12:00 p.m.  
Fee: Free

The Rules of the Road Review Course is designed to give drivers - especially senior citizens and persons with disabilities - the knowledge and confidence to renew or obtain a driver's license. This free course combines an explanation of the driving exam with a practice written exam.



### AARP Smart Driver Classroom Course

Tuesday, April 4 & Wednesday, April 5  
12:00 - 4:00 p.m.

Fee: \$20 AARP members (must show AARP card), \$25 non-members.

Learn about up-to-date information regarding changes over time in ourselves, our vehicles, and our roads. This informative course can help you boost safety awareness, refresh and improve driving skills, minimize crash risk and maintain independence. Participants age 55 and older may be eligible to receive a discount on the liability part of their auto insurance for course completion. The cost covers materials. Payment due on first day of class and is handled by the instructor. Cash or check only made out to AARP. Participants should bring a pen or pencil. Must attend both days.

### AARP Smart Driver Classroom Course

Chinese Mandarin Language

Wednesday, April 19 & Friday, April 21  
12:00 - 4:00 p.m.

Fee: \$20 AARP members (must show AARP card), \$25 non-members.

The instructor will teach this course in Chinese Mandarin. Payment due on first day of class and is handled by the instructor. Cash or check only made out to AARP. Participants should bring a pen or pencil. Must attend both days.



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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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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).