



Live Well, Age Well

Village of Arlington Heights



MAY/JUNE 2023

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

Highlights

Featured Programs	3, 4, 10
Clubs & Games	6
AH Memorial Library	7
Connections to Care	11
Catholic Charities Lunch Program	12
NCH	13
AH Park District	16
Volunteer Opportunities	20
Caregiver Resources	24

LIVE WELL, AGE WELL, EXPO!
CELEBRATING INDEPENDENCE
THURSDAY, JUNE 29, 2023
11 AM TO 1 PM

FREE ENTRY
REGISTER FOR FREE LUNCH

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

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

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

CALL 847.253.5532 TO
REGISTER FOR FREE LUNCH

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

<https://arlingtonseniorsinc.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.

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 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

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:

**May 27 & 29
Memorial Day**





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

FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

3

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.

Hot Dog Cookout & Croozin' the Loop Band Wednesday, June 14

1:30 - 3:30 p.m. • Fee: \$5

Celebrate Flag Day with a hot dog cookout and entertainment by Rock-n-Roll band, *Croozin' the Loop* – back by popular demand! Sing and dance along to hits from the 60's through today. The registration fee will include a grilled hot dog, your choice of condiments, chips and water or diet/regular soda and dessert. Event is scheduled for the outdoor patio but may take place indoors due to inclement weather. Please register by June 1st.



Featured Program Registration Guidelines



- Newsletter subscribers priority registration: through April 21
- Non-subscribers: starting April 22
- Online registration begins: April 22
- Payment is due 5 days prior: 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

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.

The Constitutional Convention

Tuesday, May 2

1:00 - 2:00 p.m. • Fee: \$2

The Articles of Confederation were a disaster - a nation where individual states had all of the power did not work well. Alexander Hamilton and James Madison, decided that a new governing framework was needed and arranged for a meeting of all states that we look back on as the Constitutional Convention. Once that convention produced a new document these same two men (aided by John Jay) became "Publius" and published the Federalist Papers to convince our infant nation that this new document should be ratified. This two-part course presented by professor Gary Midkiff tells this story. Part two (The Federalist Papers) will be held on August 29th – must register separate beginning mid-June.



Evening Concert with The Des Plaines Harmonaires

Wednesday, May 3

6:30 - 7:30 p.m.

Fee: \$2

Enjoy a Spring concert with songs from Hollywood and Broadway by The Harmonaires, a women's choral group who has been performing on the North Shore for over forty years. Some songs featured will be *Lullaby of Broadway*, *Signing in the Rain*, *Impossible Dream*, and *They Can't Take That Away from Me*.



2023 Great Decisions: Foreign Policy Association

Saturdays: 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.



Starting from Seed

Saturday, May 6

10:00 - 11:00 a.m.

Fee: \$2

Starting from seed is a fun and rewarding experience. For both the novice gardener and the "green thumb", this session presented by Glenn Grosch, a noted horticulturist, will cover the "how to" of starting from seed indoors. Included will be discussion on what can be started from seed, seed selection, containers, planting mix selection, planting, watering, lighting, and pest management. Lots of time for questions.



Alzheimer's/Dementia Caregiver Support Group

Mondays: May 8 & June 12

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.



Lunch 'n Learn with Village Manager, Randy Recklaus

Wednesday, May 10

12:00 - 1:00 p.m. • Free

Join Arlington Heights Village Manager, Randy Recklaus for his quarterly update on projects of interest in the Village. Complimentary cheese pizza lunch is included. Registration required.



4

FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

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



Evening Concert: Wayne Messmer

Wednesday, May 10

6:00 – 7:00 p.m. • Fee: \$2

Wayne Messmer is a native-born Chicagoan, veteran entertainer and one of Chicago's most recognized voices. He has been seen and heard for decades performing the National Anthem for the Chicago Cubs, Chicago Wolves Hockey, Blackhawks, Bears, Bulls, White Sox, Chicago Sting Soccer, Loyola and Northwestern Universities. Messmer is also a musical performer described as a "singer of remarkable talent," reminiscent of the song stylings of Frank Sinatra, Tony Bennett, Nat King Cole and the other great crooners of the golden era of popular music.



Inc. Sponsor Speaker Series

Senior Living Experts Housing Options:

Don't Wait for a Crisis

Thursday, May 11

9:30 – 11:00 a.m. • Free

The Arlington Heights Senior Center, INC (Foundation) is pleased to have sponsor, Senior Living Experts present the various options for housing when individuals need additional care. Bill Schneider of Senior Living Experts will discuss costs associated with different levels of care, additional resources, and how to make a plan for the future.

SENIOR LIVING EXPERTS®
Our Experience. Your Choice.

Celebrating The Cherry Blossom Festival

Thursday, May 11

1:00 – 2:00 p.m.

Fee: \$2

Japan has been a fascinating American tourist attraction for decades. Educator Yvonne Wolf lived and worked in Japan. She will give a brief overview of Japan and welcome Spring the Japanese way, through the cherry blossom festival. Attendees will make a simple paper craft.



Age-Friendly Town Hall Talks:

**Home Meds Medication Management/
Village Nursing Services**

IN-PERSON/VIRTUAL

Monday, May 15

9:00 – 10:00 a.m.

The Senior Citizen's Commission is pleased to have Kathleen Boldger of the Kenneth Young Center to present a new program Home-Meds. HomeMeds is an evidence-based, computerized risk assessment and alert process designed to prevent and/or reduce medication-related injuries in older adults (meds often cause dizziness, confusion, and/or loss of motor control in older adults, leading to ER visits and hospitalizations). In addition, Lindsay Dohse, RN, Village Health Nurse is joining us to review Village of Arlington Heights Nursing services programs. *Please specify if you would like to attend in person or virtually.



Family and Friends CPR Course

Wednesday, May 17

Class A: 9:00 a.m. - 11:00 a.m.

Class B: 12:00 - 2:00 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 each class is limited. Please indicated which 2-hour time slot you would like to register for.



Pizza & Movie: *The Fabelmans*

Wednesday, May 17

5:00 – 7:30 p.m. • Fee: \$2

Starring: Michelle Williams, Seth Rogan; Directed by: Steven Spielberg
PG-13, 2h. 31min, 2022

Inspired by Steven Spielberg's own childhood, in this coming-of-age story, a young man uncovers a shattering family secret and the power of film and imagination to help us see the truth about ourselves and each other.



Get to Know *My Active Center*:

**Arlington Heights Senior Center Online
Registration**

Thursday, May 18

1:00 – 2:00 p.m. • Free

Did you know that you can register online for Village of Arlington Heights featured programs and in-house NCH programs from the convenience of your own home! If you currently have a *My Senior Center* keytag, you



can register with a personal account and a few clicks on *My Active Center*. Learn how to set up an account and search and register for programs/events during this session.

Artful Saturday:

Painting with Balloons

Saturday, May 20

9:30 – 10:30 a.m. • Fee: \$2

We will be making fantastic flower impressions using a paint and a balloon. Join in the fun with Senior Center Manager, Tracey Colagrossi, as we make a colorful bouquet of flowers without using a brush!



Drum Circle Therapy

May 23 & June 27

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. Beginning in May we will cover early Blues style!



DROP-IN PROGRAM!

Counterculture: The Beatles

and the '60s Art Scene

Monday, May 22

6:00 – 7:00 p.m. • Fee: \$2

This discussion, presented by Denise Laurin-Donatelle, M.A., Art History, connects the dots between pop art, conceptual art, and performance art and the role The Beatles played in 1960s visual art culture.



Virtual History of Italy with

Tiffany DeLuca: *Raphael's Fresco*

Masterpieces in the Vatican

Tuesday, May 30

10:00 – 11:00 a.m.

Fee: \$2 IN-PERSON/VIRTUAL

Live from Rome! Deep in the halls of the old papal palace in the Vatican lies a room that perfectly sums up the Italian Renaissance, painted by the 23-year old golden-boy, Raphael Sanzio. Admire the idealized beauty, truth and reason that Raphael conveys through both allegorical and literal figures...but not without some 16th century gossip! *Please specify if you would like to attend in person or virtually.





FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

5

Queen Bees

Friday, May 12

1:00 p.m.

Starring: Ellen Burstyn, James Caan, Ann-Margret, Jane Curtin

Directed by: Michael Lembeck

PG-13, 1h 41 min, 2021.

While her house undergoes repairs, fiercely independent senior Helen reluctantly moves into a nearby retirement community—just temporarily. Once at Pine Grove Senior Community, she encounters feisty widows, cutthroat bridge tournaments and a group of bullying "mean girls" that reminds her of high school and has her yearning to go home. But somewhere between flower arranging and water aerobics Helen discovers that it's never too late to make new friends and perhaps even find a new love. (from Netflix.com)



FREE FRIDAY MOVIES



The Eyes of Tammy Faye

Friday, June 9

1:00 p.m.

Starring: Jessica Chastain, Andrew Garfield

Directed by: Michael Showalter

PG-13, 2h 6m, 2021

In the 1970s and '80s, Tammy Faye and Jim Bakker built a burgeoning religious broadcasting network and theme park -- until rivals, financial wrongdoing, and scandal toppled their empire. (from Netflix.com)



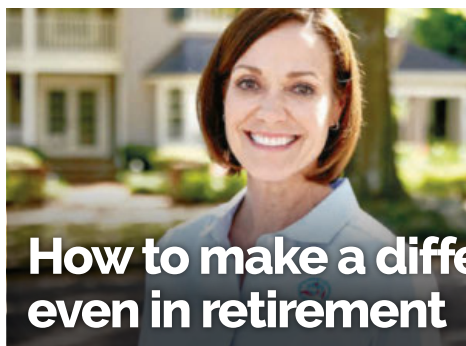
Dr. Malik Zayed & Associates FOOTCARE AT HOME

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

How to make a difference, even in retirement

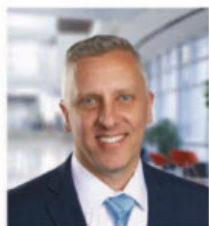
WE ARE HIRING CAREGIVERS!

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"



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

(630) 834-8366

(847) 577-5780

Apply now: comfortkeeperselmhurst.recruiting.com

Serving the Greater Chicagoland area

© 2022 CK Franchising, Inc. An international network, where most offices independently owned and operated. 0922



For ad info. call 1-800-950-9952 • 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 6/29)

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

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

Bingo (except 5/31 & 6/14)

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: 5/5, 5/19, 6/2 during regular crop
8:30 a.m. - 3:00 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 5/31 & 6/14)

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

Hand & Foot Card Club

Tuesdays (except 4th Tues. of month)

1:00 - 4:00 p.m.

"La Famiglia" Italian Social Club

1st/3rd Fridays

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



M2M (Memories to Memoirs) Writers Club

IN-PERSON/VIRTUAL

3rd Tuesdays: May 16 only.

Will resume September 19

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 (except 6/29)

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

May 1, 15 & June 5, 19

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: 5/23 & 6/27 · 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 *NEW TIME*

Mondays 12:30 - 7:30 pm*

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

Pinochle

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

Podcast Connection

2nd Mondays: 5/8 & 6/12

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

5/24 & 6/28 · 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: 5/5, 5/19 & 6/2

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

All Day Crop: Mondays, 5/22 & 6/19

8:30 am - 7:00 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: 5/25 & 6/22

10:00 am - 3:00 p.m. *REGISTER 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.

Bring your instrument! 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.

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 and Library will be closed on Friday, May 19, for Staff Training.

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.**

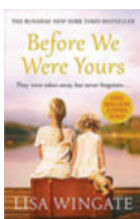
- | | |
|--------|---|
| May 5 | Mexico: Mountain Worlds (53 min) |
| May 12 | St. Paul's & Westminster Abbey (56 min) |
| May 19 | Library Closed |
| May 26 | Barcelona & Basque Country (50 min) |
| Jun 2 | Farmers' Markets (56min) |
| Jun 9 | Closer to the Divine (57 min) |
| Jun 16 | Netherlands (50 min) |
| Jun 23 | Newport Mansions (46 min) |
| Jun 30 | Hawaii (57 min) |



DISCUSSIONS *Join the conversation.*

POPULAR BOOKS

Wednesday, May 10

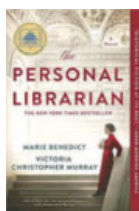


10–11 a.m., In Person or Zoom

Before We Were Yours by Lisa Wingate, based on one of America's most notorious real-life scandals, an adoption organization, kidnapped and sold poor children to wealthy families.

MODERN CLASSICS

Monday, May 22



10–11 a.m., In Person or Zoom

Discuss ***The Personal Librarian*** by Marie Benedict. A remarkable novel about J. P. Morgan's personal librarian, a woman who hid her true identity and passed as white.

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

FILM DISCUSSION CIRCLE



May 2 and June 6, 1 p.m., Drop in.

May's film is ***Enchanted April*** (1991), 95 minutes, rated PG, starring Alfred Molina, Joan Plowright and Miranda Richardson. June's film is ***Notorious*** (1946), 102 minutes, unrated, with Cary Grant and Ingrid Bergman. A discussion led by library staff follows a free showing of the film.



NATIONAL SENIOR HEALTH & FITNESS DAY: Assistive Devices Demo

Wednesday, May 31, 9-11 a.m., Senior Center Reading Room

Drop in to see and try our wide variety of assistive devices including video magnifiers, personal amplifiers, caregiver pagers, folding canes and more.

COMPUTER INTEREST GROUP

Wednesdays, May 10 and June 14, 1–2 p.m.

Senior Center

Novice and experienced users discuss current technology, exchange tips, and offer advice for solving problems on PCs, tablets, and smartphones. Please note this program is now in person only.

CURRENT EVENTS

Thursdays, May 4, 11, 18, 25, and June 1, 8, 15, 22, 29 10 –11:15 a.m.

Senior Center & Zoom

Register to join the May/ June 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.

Register online at ahml.info/attend/events or call 847-392-0100. Registration for May and June classes open May 1.

Android Phone Basics (two-day class)

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

Thursdays, May 4 and 11, 2–4 p.m.

Tuesdays, May 9 and 16, 9–11 a.m.

Mondays, June 5 and 12, 2–4 p.m.

iPad & iPhone Basics (two-day class)

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

Fridays, May 5 and 12, 2–4 p.m.

Thursdays, May 18 and 25, 9–11 a.m.

Tuesdays, June 6 and 13, 9–11 a.m.

Thursdays, June 15 and 22, 2–4 p.m.

iPad & iPhone Beyond Basics (two-day class)

Prerequisite: iPad & iPhone Basics or experience

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

Tuesdays, May 23 and 30, 9–11 a.m.

Wednesdays, June 21 and 28, 2–4 p.m.

iPad & iPhone Settings 1

Prerequisite: iPad & iPhone Basics or experience

Use Settings app to customize your iPad or iPhone.

Wednesday, May 10, 2–4 p.m.

Friday, May 26, 2–4 p.m.

Tuesday, June 20, 9–11 a.m.

iPad & iPhone Settings 2

Prerequisite: iPad & iPhone Settings 1

Learn more about your phone or iPad settings options.

Thursday, June 1, 9–11 a.m.

Tuesday, June 27, 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.

Wednesday, May 17, 2–4 p.m.

Thursday, June 8, 9–11 a.m.

Windows Essentials (two-day class)

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

Mondays, May 15 and 22, 2–4 p.m.

Fridays, June 23 and 30, 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!

FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER



Inc. Sponsor Speaker Series

Presto Real Estate Services

Time to Move: The Joy of Downsizing

Thursday, June 5 • 9:30 – 10:30 a.m. • Free

The Arlington Heights Senior Center, INC (Foundation) is pleased to have sponsor, Presto Real Estate Services present on downsizing. There is so much to consider when it comes time to make the big move! Presto Real Estate Services will help you find joy in the process of transitioning to a smaller home. Explore the entire downsizing process including: your emotional wellbeing, organizing, sorting and packing, planning your new space, giving away, selling or donating items left behind, preparing the home for sale, and selling the home.



Arlington Heights Art Guild's Art Show and Reception

Wednesday, June 7 • 6:30 - 8:00 p.m.

The Arlington Heights Art Guild Artists will have their artwork on display in the Senior Center lobby from June 1 - 30. A reception featuring the artists is on Wednesday, June 7 from 6:30 to 8 pm. No reservation needed, open to the public. The Art Guild regularly displays their works at the Senior Center throughout the year. To learn more about the Arlington Heights Art Guild, please visit <https://arlingtonheightsartguild.com/>

Wright Problem, Wrong Story: How Wilbur Wright Solved the Problem of Manned Flight

**Monday, June 12
6:00 – 7:00 p.m. • Fee: \$2**

In this discussion, author/historian William Hazelgrove deconstructs the Wright brothers myth. They were not -- as we have all come to believe--two halves of the same apple. Each had a distinctive role in creating the first "flying machine. "How could two misanthropic brothers who never left home, were high-school dropouts, and made a living as bicycle mechanics have figured out



the secret of manned flight? This new history of the Wright brothers' monumental accomplishment focuses on their early years of trial and error.

Bingo! and Medicare Fraud Presentation by Age Options

Thursday, June 15

11:00 am – 12:00 p.m. • Free

Learn about the risk of Medicare Fraud and Play BINGO afterwards! Program facilitated by AgeOptions. With a vision of people thriving as they age, Age Options serve 130 suburban Cook County communities with a variety of programs and services that respond to the needs of a diverse population.



Chicago Baseball Saturday, June 17

9:30 – 10:30 a.m. • Fee: \$2

Sports historian Charles Billington returns to the Arlington Heights Senior Center to discuss fortunes of Chicago's Cubs and Sox. His discussion will include a look at how the new rules are affecting the game, how the Cubs are trying to make amends for a string of dismal seasons, and if the Sox and Mr. Reinsdorf can regain the trust of loyal but long suffering fans.



Wealth Planning
Simplicity is the Ultimate Sophistication

Inc. Sponsor Speaker Series

Simply Sophisticated Wealth Planning, LLC.: Managing Money, a Caregivers Guide to Finances

**Wednesday, June 21 • 6:00 – 7:00 p.m.
Free**

Honoring the Alzheimer's Association's "Longest Day" awareness campaign, Keith Piscitello, who is both a Volunteer Community Educator with the Alzheimer's Association of Illinois and a member of the board of Arlington Heights Senior Center, Inc. will be presenting "Managing Money: a Caregiver's Guide to Finances". Keith is the Founder and Lead Financial Planner at Simply Sophisticated Wealth Planning, LLC, a wealth advisory firm that assists families manage the financial, legal, investment and emotional challenges they must address when facing a caregiving crisis for a loved one. This educational workshop will include activity workbooks and will help participants start to build a plan to address the family's financial caregiving concerns.

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

Manager Matters

IN-PERSON/VIRTUAL



Friday, June 23

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.

First Person Portrayal: The Golden Age of Hollywood with Louella Parsons

Saturday, June 24

10:00 – 11:00 a.m. • Fee: \$2

You will be temporarily transported to old Hollywood while hearing about the triumphs and transgressions of some of the era's biggest stars from the time-traveling Hollywood gossip columnist herself! Martina Mathisen is Louella Parsons, Hollywood's most dynamic gossip columnist.



Age-Friendly Town Hall Talks:

Understanding and Supporting LGBTQ+ Older Adults

IN-PERSON/VIRTUAL



Monday, June 26

9:00 - 10:30 a.m. • Free

The Senior Citizen's Commission Age-Friendly Town Hall Talk promotes inclusivity and understanding. In recognition of June as Pride month, a video from the National Resource Center on LGBTQ+ Aging followed by discussion. The presentation will encompass key terms, history, addressing common assumptions and guidelines. *Please specify if you would like to attend in person or virtually.

Featured Program Registration Guidelines

- **Newsletter subscribers priority registration: through April 21**
- **Non-subscribers: starting April 22**
- **Online registration begins: April 22**
- **Payment is due 5 days prior:** 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



Help an Older Adult Get Medical Care!

Connections to Care provides older adults (60+), who no longer drive, with rides to their medical/dental appointments in the community. Volunteer drivers take riders to/from these appointments which include routine medical visits, dental appointments, lab work, x-rays, diagnostic tests, minor procedures, physical therapy and more. Riders must be ambulatory (cane/walker ok) and be able to get in and out of a vehicle without assistance. Connections to Care provides this service for 14 NW suburbs! We request a \$15 donation per round trip ride.

Help a friend, neighbor, church member by informing them about this life saving service.

Help a friend, neighbor, church member by becoming a volunteer driver. It is a truly rewarding experience and totally flexible-volunteer 1x a week or 1x a month or only during the spring, summer or fall-your choice!

Help a friend, neighbor, church member by donating to Connections to Care. We are a private, nonprofit charity, and giving is down. \$75 can help 5 seniors get to the doctor.

For more info go to www.connectionstocare.org or call 847-222-9227.



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

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Terry Sweeney

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

**THRIVE
LOCALLY**

LUNCH PROGRAM

Dine In or Take the Meal To Go!

**Lunch is available Monday through Friday
from 12:00 - 1:15 p.m.**

A nutritionally balanced, delicious meal is available for lunch. Our meals are diabetic friendly, low in salt, and a different entrée is served daily. We ask for a suggested donation of \$4 per meal. No eligible participant is denied a meal regardless of their inability to make a donation. No senior will be turned away. No reservations are necessary.

Our lunch program requires you to be 60 years or older, to participate in Catholic Charities Congregate meal program and complete a one time registration form required by AgeOptions.

You may choose to get a meal and dine in or take the meal to go. You may also pick up a hot meal for today and a frozen meal for tomorrow. No more than three meals per day. Participants may receive up to six (6) meals a week. We are located in the rear of the Senior Center. There is a dining area where you can join friends and eat lunch 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 a.m.

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
May 4 and June 1
9:00 - 10:30 a.m.



Bone Density Screenings

Tuesdays
May 2 and June 6
9:00 - 10:00 a.m.

Appointments required.
Call **847-618-5575**

Provided by NCH Community Nurse Rose Jensen, MSM, MSN, RN.

You will be required to remove your sock and shoe for the screening.



Parkinson's Exercise Class 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: May 12 and 26
June 9 and 23
10:00 - 11:00 a.m.



Fall Risk Screening Clinic provided by NCH Physical Therapy Staff. Sign up for a **FREE** 30 minute Fall Risk Screening

Friday, June 16
10:00 a.m. - 2:00 p.m.
Appointments required.
Call NCH at
847-618-4968

Lecture Series

The HAP Foundation

Monday, May 8
11:00 a.m. - 12:00 p.m.

Learn about the The HAP Foundation which provides education, advocacy development and research on hospice and palliative care.

Presented by:
Maureen Burns, CHW
The HAP Foundation

Registration required.
847-253-5532

Why You Should Have an Annual Skin Screening

Monday, June 12
11:00 a.m. - 12:00 p.m.

Been putting off your annual skin cancer screening? Learn why you should schedule this important yearly examination!

Presented by:
Arlington Dermatology Staff

Registration required.
847-253-5532



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



Egg Muffin Varieties: Healthy and Tasty Any Time of the Day!
Tuesday, May 9
9:00 - 10:00 a.m.

Limited Space Available
Registration required.
847-253-5532



Summer Vegetables: Health Benefits and Great With Any Meal

Tuesday, June 13
9:00 - 10:00 a.m.

Limited Space Available
Registration required.
847-253-5532

Diabetes Support

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

Tuesday, May 16 and June 20
9:00 - 10:00 a.m.

Registration required.
847-253-5532



Diabetes and Pre-Diabetes Education



Monday, May 15 and June 19
1:00 - 2:30 p.m.

Registration required.
847-253-5532



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



Brain Health: What WE Can Do To Maintain Brain Health

Tuesday, May 23
9:00 - 10:00 a.m.

Registration required.
847-253-5532



Additives and Preservatives: What You Should Know

Tuesday, June 27
9:00 - 10:00 a.m.

Registration required.
847-253-5532



SUGGESTION BOX

ARLINGTON HEIGHTS SENIOR CENTER

15

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

I am interested in a knitting class and refurbishing furniture class. You have Crochet and Quilting with Friends, why not Knitting with friends? How do you determine which classes you allow? Advise for instructors? The overall selection appears thinner each year.

The knitting and crochet classes are coordinated by the Arlington Heights Park District @ the Senior Center. We will pass along the suggestion to them for review: The Arlington Heights Park District is committed to providing quality programming. We provide programming based on the needs and interests of the patrons as well as the ability to secure an instructor and facility to run each class. Our current knitting instructor has taken a step back from teaching and others that we have secured have fallen through. We are looking at all outlets to find a knitting instructor and would welcome any interest from anybody able to teach the class. We will be looking into offering a Refurbishing Furniture Class, we appreciate the suggestion! While not every program we offer may be of interest to all users we actually are at the highest amount of classes and events we have been post-pandemic and even before. For example: In the winter/spring guide 2023, we offered 8 new programs and events.

Have a machine with healthy snacks and meals. Farmers Fridge is wonderful, healthy food and you recycle containers. The Village Office is inquiring with our Vending Machine company to offer healthier options. Sometime later in the summer, we will be offering some refrigerated snack

options during Café operating hours and will be announced in an upcoming issue of the newsletter.

It would be nice if the volunteer in the café would make Decaffeinated coffee. We have been told she doesn't have any.

Thank you for alerting us to the Café issue. We have addressed with all of the volunteers to ensure that decaffeinated coffee is available during the entire duration of service hours.

Please have Line Dancing. It is good exercise and good for the brain.

The Arlington Heights Park District @ the Senior Center offers Line Dancing classes which are actually extremely popular and the group loves to have new people join them whenever they can. On Wednesday evenings we have a more beginner Line Dancing Class from 7pm-9pm and on Thursday evenings this is a little bit more intermediate to advanced from 7pm-9:30pm. It is \$8/person payable at the door. We welcome suggestions and feedback so please visit us at the Senior Center or call us at 847-797-5341.

Refund the \$2 fee for the events if the person cancels before the event. Refunds are given if the facility cancels, but are not given if the participant cancels even a couple of days early.

Refunds due to cancellation are for medical emergencies only. Thank you.

The scrolling of the sign in sheet is a pain to use. Finding the right thing to click.

Thank you for your comment. The kiosk check in screen is categorized by time and alphabetized. We appreciate you taking the time to check in. There is no other way to organize the screen, as we have so many programs and activities going on at the center.

Embrace the joy of possibilities.

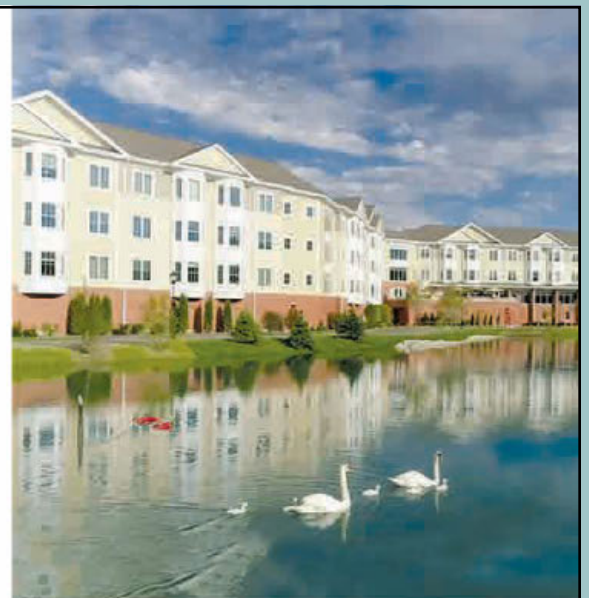
From sunrise to well after sunset, residents at The Moorings of Arlington Heights enjoy life their way. You can, too.

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 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: 9:00 - 9:45 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 a.m., 12:15 - 1:00 p.m.

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

Friday: Strength/Conditioning:

9:00 - 9:55 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 for summer programs begins on

Tuesday, May 2nd at 10:00 a.m.

Holiday Dates: 5/27, 5/29 and 7/4

FITNESS CLASSES

BeMoved Dance (Contracted Class)

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

6/7 - 8/10

Fee: \$100

Let's Get Tapping

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

6/8 - 8/9

Fee: \$100

Zumba Gold Evening

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

6/6 - 8/8

Fee: \$90

Zumba Gold Daytime

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

6/9 - 8/11

Fee: \$100

Cardio Yoga **NEW!**

Thursday: 11:00 a.m. - Noon

6/8 - 8/10

Fee: \$100

ARTS & CRAFTS

Works of Art

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

6/5 - 8/7

Fee: \$170

Beginning Watercolor Class **NEW!**

Tuesday: 9:30 - 11:30 a.m.

6/6 - 8/8

Fee: \$115

The Art of Acrylics

Thursday: 9:30 a.m. - Noon

6/8 - 8/10

Fee: \$150

50 Shades of Colored Pencils

Friday: 9:30 a.m. - Noon

6/9 - 8/11

Fee: \$150

Charcoals & Pastels

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

6/6 - 7/11

Fee: \$75

Summer Open Art Studio **NEW!**

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

6/9 - 8/11

Fee: \$8 per visit



Crochet-Beginning

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

6/5 - 8/7

Fee: \$75

Crochet With Your Friends

Monday: 11:00 a.m. - 1:00 p.m.

6/5 - 8/7

Fee: \$75

Quilting With Friends - Drop In

Wednesday: 10:00 a.m. - Noon

6/7 - 8/9

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

6/5 - 7/31

Fee: \$90

Mah Jongg Intermediate

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

6/5 - 7/31

Fee: \$90

Bridge - Beginning

Monday: 10:00 a.m. - Noon

6/5 - 8/7

Fee: \$130

Bridge Potpourri

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

6/5 - 8/7

Fee: \$130

Bridge - Intermediate

Tuesday: 10:00 a.m. - Noon

6/6-8/8

Fee: \$117

Bridge - Advanced

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

6/6-8/8

Fee: \$117

Best Bridge Ever!

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

6/8 - 8/10

Fee: \$130

Canasta Beginner

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

6/7 - 7/12

Fee: \$50

EXERCISE CLASSES-LOW IMPACT

Tai Chi Moves Intro

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

6/6 - 8/8

Fee: \$90

Tai Chi Advanced

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

6/6 - 8/8

Fee: \$90

Yoga

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

6/5 - 8/7

Fee: \$100

Chair Yoga

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

6/5 - 8/7

Fee: \$100

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

6/7 - 8/9

Fee: \$100

Strength & Balance NEW!

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

6/5-8/7

Fee: \$100

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**

Beginner Wood Working

Thursday: 12:15 - 3:15p.m.

6/8 - 6/29

Fee: \$100

Carve On

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

6/14 - 7/19

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!

May Sale:

10% off

Lather Me Up Shower Brush



June Sale:

10% off

Let's Get Steamy Shower Steamers



Arlington Classic Tours

Registration Information

- **Member Registration begins on Wednesday, May 3 at 8:30am**
- **Non-Member Registration begins on Wednesday, May 10 at 8:30am**

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.

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.





Upcoming Special Events

An All American Blast - **NEW!**

Let's celebrate the Fourth of July in an All-American way with friends, food and fun! Held at Cotillion Banquets in Palatine, this luncheon menu includes bread/butter, house salad, entrée choice of boneless breast of chicken fresh basil or filet of salmon. Both meals come with duchess potatoes and key west blend vegetables. Dessert is a chocolate parfait with ice cream. Metro Star Orchestra will be our entertainment with their *I Love America Show* featuring songs of the Great American Songbook including *God Bless the USA*, *America the Beautiful*, *Sweet Caroline* and much more! This will be a fast-paced, unforgettable, interactive and fun show. Come sing along with the classics as we tell the musical story of why, I Love America. This luncheon is sponsored by Home Instead in Itasca.

Friday, June 30 • 11:30 a.m. - 2:30 p.m. • Fee: \$45



ARLINGTON HEIGHTS PARK DISTRICT @ THE SENIOR CENTER

19

Canasta Tournament (Two Dates) - **NEW!**

This will be a very fun and enjoyable experience playing Canasta and meeting others. Number of players will be limited so do not delay. Registration closes May 19. 1st and 2nd place prizes awarded. When registering, please indicate who your partner will be for the tournament. Each player must sign up individually. Rules and details will follow after registration.

Wednesday, May 24 • 12:00 - 2:30 p.m. & August 16 • 12:00 - 2:30 p.m.

Fee: \$8 per tournament per person

Sip & Paint - **NEW!**

Join us this evening at Arlington Lakes Golf Course as you channel your inner Picasso for a sip & paint. We will be upstairs in the banquet room overseeing the beautiful sights as we have a private instructor lead the class painting an 11X14 canvas. All supplies are included in the fee. No experience needed. A cash bar will be available to enjoy your favorite beverage during the class.

Thursday, July 20 • 4:00 - 6:00 p.m. • Fee: \$40

ChiWalking - **NEW!**

ChiWalking is a mindful practice and based on the foundational principles of Tai Chi. You must wear comfortable walking closed-toe gym shoes to this class and bring a water bottle and snack

Saturday, June 17 • 9:00 a.m. - Noon • Fee: \$25

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.

#1 Listing Agent in Arlington Heights

#2 Team in Illinois

**Top 1% in Chicago Association
of Realtors, Platinum Award**



Call our **Founding Agent, Holly Connors**
for all of your real estate needs.



@properties

CHRISTIE'S
INTERNATIONAL REAL ESTATE



CRAIN'S CHICAGO BUSINESS 2022
NOTABLE
RESIDENTIAL REAL ESTATE BROKERS

LPI LUXURY
PORTFOLIO
INTERNATIONAL

Holly Connors | Senior Broker | founding @agent

773.383.2490 | GetBurbed@atproperties.com | GetBurbed.com



#1 Listing Agent in Arlington Heights in Units and Volume YTD Through December 2022
#2 Small Team- Transaction by volume ranked in the Real Trends Best Real Estate Professionals List
Top 1% of brokers Ranked #5 in units and #6 in volume in the Chicago Association of Realtors for 2021



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

Arlington Heights Senior Center, Arlington Heights, IL

E 4C 01-1374

20

VOLUNTEERING @ THE SENIOR CENTER

VOLUNTEER OPPORTUNITIES AT THE ARLINGTON HEIGHTS SENIOR CENTER

Volunteer Garden Team Members

The Arlington Heights Senior Center is going to expand its vegetable garden this year to enable us to donate the proceeds to our local food pantries. We are recruiting volunteers to be a part of a gardening team to tend to the garden from late spring through the end of October. If you love being outdoors and being a part of a team that will help others, then this volunteer position is for you! Please contact Sharon Swanson, Volunteer Coordinator, at 847-253-5532 if interested in this volunteer opportunity.

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 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.



The following volunteers have reached milestones in their service to the Arlington Heights Senior Center. They are:

Terry Gavin, 4000 hours
Joseph Ruane, 3000 hours

And, congratulations to **Jack Selzer** for serving the greatest number of hours in 2022! **He served 331 hours!**

Thank you for your dedication and service to the Senior Center!

A volunteer appreciation event will be scheduled for all of our volunteers this summer.

**THRIVE
LOCALLY**

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



Carefree Living

CHURCH CREEK

1250 West Central Road
Arlington Heights, IL 60005

847-506-3200

www.ChurchCreekRetirement.com

INDEPENDENT & ASSISTED LIVING
MEMORY CARE



©2021 Five Star Senior Living



**SUPPORT OUR
ADVERTISERS!**

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Terry Sweeney

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 F 4C 01-1374

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

211 Metro Chicago

What it is:

- A NEW easy-to-access helpline for Chicago and suburban Cook County
- An information and referral resource helping people who need access to food, housing, utility payment assistance, health care, transportation, childcare, employment, mental health, disaster information and assistance and more
- A go-to resource for any essential health and social services needs, utilizing comprehensive, accurate information and delivering a user-friendly experience

Multiple ways to help and information:

- SEARCH function across a database of local, state and federal government and non-profit services and resources
- LIVE CHAT OR TEXT MESSAGE with a trained Community Resource Navigator who assesses the chat visitors needs and refers them to the best available resource. 24/7/365 English and Spanish
- LIVE PHONE LINE connecting caller to a Community Resource Navigator. 24/7/365 English and Spanish

<https://211metrochicago.org/>

Phone: 211



-Sue Viecegli, Senior Citizen's Commission Chairperson

Addolorata Villa residents no longer have to shovel snow, rake leaves, mow the lawn, paint walls, fix faucets or clean gutters. Instead they can enjoy spending time with their friends and family members.



Life Enriching Experiences Can Be Yours at Addolorata Villa

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

Schedule your personal appointment today by calling (847) 808-4421 and discover just how rewarding this vibrant, carefree retirement lifestyle can be.



ADDOLORATA VILLA

FRANCISCAN COMMUNITIES

555 McHenry Rd., Wheeling, IL 60090
www.addoloratavilla.com

Sponsored by the Franciscan Sisters of Chicago



We're by your side so your loved one can stay at *home.*

 **Home Instead.**
To us, it's personal

Call (847) 690-9825 or visit
HomeInstead.com/205

PERSONAL CARE | MEALS & NUTRITION | MEMORY CARE | HOSPICE SUPPORT
Each Home Instead franchise office is independently owned and operated.



CRESCENDO CHORUS
FREE PERFORMANCE
Wednesday, May 17
6:00 p.m.

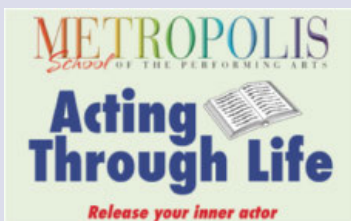
Metropolis Performing Arts Centre
111 W. Campbell Street
Arlington Heights

Enjoy a free evening of music at Metropolis Performing Arts Centre!

Crescendo Chorus, made up of singers ages 55+, will be performing at the Metropolis School of the Performing Arts Spring Recital. Come hear three tunes from our adult singers along with performances from Metropolis music students of all ages!

Admission: Free, no tickets required

Questions: Contact Abby at
avombrack@metropolisarts.com or
847-577-5982 x244



TO REGISTER: Contact Metropolis at
avombrack@metropolisarts.com or
847-577-5982 x244 (credit/debit), or visit the
Arlington Heights Senior Center (check).

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

ACTING THROUGH LIFE:
Chicago Plays & Playwrights
Tuesdays, June 20 - August 29
1:30 - 3:00 p.m.
No class July 4, August 1
\$90 per student
(no refunds or prorations)

Release your inner actor! Join Metropolis School of the Performing Arts' acting class, created specifically for adults ages 55 and better. Come develop acting skills as we perform scenes from plays set in Chicago and written by Chicagoans!

This class was created and is led by Metropolis Performing Arts Centre's casting director, Robin Hughes. All experience levels welcome!

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

Registration closes June 13.

William P. Putzbach, DDS

general dentistry for the entire family
E-mail: putzbach@putzbachdentistry.com

Invisalign, Lumineers, Crown and Bridge, Root Canal, Therapy, Cosmetic Dentistry

1130 E. Central Road
Arlington Heights, IL 60005

847-259-8330
www.putzbachdentistry.com



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



SafeStreets

833-287-3502



Financial Planning for Seniors

Keith C. Piscitello, CFP® CRPC®
(847) 917-0076 cell

Visit www.S2Wealth.com for a
free "Retire Happy" e-book.



Wealth Planning
Simplicity is the Ultimate Sophistication

Proud 20 year Arlington Heights resident

Drost Kivlahan McMahon & O'Connor LLC



DROST KIVLAHAN MCMAHON & O'CONNOR LLC

A law firm focused on lasting relationships



Elder Law Estate Planning Probate & Trust Administration
Corporate Law Employment Law
Healthcare Law Residential & Commercial Real Estate

11 S. Dunton Ave. Arlington Heights, IL 60005
(847) 577-2227 www.dkmolaw.com



Medicare News for May/June 2023

Some original Medicare beneficiaries are unaware they can change their Supplement plans or their Supplement insurance companies. This can be done normally at any time during the year. Likewise they can even switch to Medicare Advantage preferably if they find all their doctors accept the plan desired, and finally they can switch back to original Medicare (during an open enrollment).

But there's one caveat in switching a Supplement plan. No insurers can deny a person who's new to Medicare a Supplement plan at standard premium for any reason *during the first 6 months after enrollment in Medicare Part B*. But after that first 6 month period, the companies can require medical screening to ensure the applicant doesn't have a serious health issue. Many people have no problem with the screening questionnaire, even into their 80s. But for those who have serious health issues there's currently only one insurer, Blue Cross Blue Shield, that *guarantees* they will issue a policy to anyone at a standard premium, depending on their age, regardless of health at any time.

Some beneficiaries over 75, especially in F or G plans are seeing large increases in their monthly premiums so much as \$60 or more a month. This is not normal, many companies charge beneficiaries in their 80s between \$3000 to \$4000/year or a little higher for an F or G plan, but we're seeing some plans at age 85 for over \$5,000 a year (over \$400 a month) and some even \$6,000/year or higher. We have the research tools at SHIP and an Internet site used by brokers to find the best available Supplement Plan for you. Remember, all Supplement Plans by law, based on their designated letter (F, G, etc) are identical, to the penny, in their coverage, in the doctors/providers

allowed as mandated by Medicare (even though premiums vary widely from insurer to insurer).

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.



What is the Aging and Disability Resource Network (ADRN)?

Catholic Charities Northwest Senior Services has a team of three staff members who comprise the Aging and Disability Resource at our site. ADRN programs provide information and assistance to individuals needing either public or private resources, professionals seeking assistance on behalf of their clients, and individuals planning for their future long-term care needs. ADRN also serves as the entry point to publicly administered long term supports including those funded under Medicaid, the Older Americans Act, and state revenue programs. Services provided at our site cover a four-township service area (Barrington, Hanover, Palatine and Wheeling townships), except where otherwise indicated:

- **Information and Assistance** on resources inside and outside our service area. In addition to providing resources for a wide range of needs, our ADRN staff can link you to the supportive services that our office provides within our service area, such as the Community Care Program, Home Delivered Meals, the Chore homemaker program, Adult Protective Services and the Caregiver Resource Center.

- **Options Counseling (only available to residents of Barrington, Hanover and Wheeling townships)** provides assistance to make informed long-term support choices. This goal-based program can offer counseling and assistance with such needs as financial instability, housing, or long-term care placement, for example.

- **Senior Health Assistance Program (SHAP)** links older adults and persons with disabilities to pharmaceutical programs including: Medicare Part D and Medicare Savings programs.

- **Senior Health Insurance Program (SHIP)** provides personalized counseling assistance to Medicare beneficiaries by certified SHIP counselors. This program is used most during the fall Medicare Open Enrollment Period, October 15 – December 7, every year, as well as during the rest of the year when assistance with Medicare enrollment

is required. Assistance is also available to those throughout the year who are dually enrolled in Medicare and Medicaid with their health insurance needs.

If you require any assistance in the above mentioned areas, please contact Catholic Charities Northwest Senior Services at 847-253-5500 and ask for "Intake."

What is a Memory Café Group?

The Memory Café is a unique program and is growing more popular. It is a monthly group where people living with Alzheimer's and other dementia related memory challenges and their caretakers (usually a family member) can comfortably socialize, receive support and information, and enjoy activities together. The activities that occur typically include music, dancing, pet therapy, light exercise, meditation, arts and crafts, simple quizzes or games they can do with their caretakers and other group members. A Memory Café group can offer a sense of reprieve from the day-to-day caregiver/care receiver roles. The group sessions offer the opportunity for individuals and their caregivers to meet on a regular basis and socialize with others when they normally cannot otherwise. Memory Cafés provide group members with a safe, non-judgmental, relaxed and friendly place to enjoy a chat and lighthearted activities.

In the US, there are 5.8 million people 65 years and older living with Alzheimer's and other related dementias. Loneliness and lack of social support are often experienced by these individuals as well as by their caretakers. Attending a Memory Café group can help alleviate the sense of loneliness and social isolation, as well as be something look forward to. Friendships can and often do develop among group members. It is important that people with memory challenges receive regular interaction with others to help boost their spirits, stimulate the mind, and keep the body active.

If you are an informal or family caregiver of an individual with Alzheimers or related dementia, we invite you and your care recipient to attend the monthly Memory Café held at the Arlington Heights Senior Center the third Wednesday of each month, 1:30 – 3:00 pm. Registration is required. Call 847-253-5500 to speak to a Caregiver Specialist

to register, or for more information.

Sources:

-The NESS Care Group

-Frontiers In Public Health

Memory Café Creating Connections

IN-PERSON/VIRTUAL

3rd Wednesday of the month

4/19, 5/17 & 6/21 · 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

3rd Wednesday of the month

4/19, 5/17 & 6/21 · 7:00 - 8:30 p.m.

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 Noël Abraham, Caregiver Specialist, at (847) 253-5500 or contact her via email at nabraham@catholiccharities.net for the most current information and to register.

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

IN-PERSON

Mondays

5/8 & 6/12

10:00 a.m. – 12:00 p.m.

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: 5/13 & 6/10

10:00 a.m. – 12:00 p.m.





HEALTH, WELLNESS, SOCIAL SERVICES

ARLINGTON HEIGHTS SENIOR CENTER

25

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 May 10 at The Senior Center June 14 at Village Hall 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.



The 36th Annual Community Paint-A-Thon will be held in September of 2023. Applications are now available - due by July 1st. To qualify, homes must be owned and occupied by older adults, 60 yrs. and older, people with disabilities or veterans of any age who are financially disadvantaged and who are physically unable to paint their homes themselves. There are income and asset guidelines, but all are encouraged to apply. The project is external painting only. If a home is determined eligible, volunteer teams are matched to do the scraping, priming and painting. There is no cost to the homeowner. The color is chosen by the homeowner from the available color options. Current Homeowners Insurance is required. To request an application contact **Catholic Charities Northwest Senior Services** to at **847/253-5500**. If you are interested in volunteering, contact HandsOn Suburban Chicago at 847-228-1320.

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 | 4C 01-1374



Wednesday, May 31
9:00 am - 12:00 pm
FREE EVENT!



Arlington Heights Senior Center
1801 W. Central Rd., Arlington Heights
847.253.5532 or seniorcenter@vah.com

Free Screenings

Blood Pressure
Bone Density
Posture
Retinal and Hearing
Skin Cancer
and More!

Free tote bag to
first 200 guests!
Free drawings!

All Ages Welcome!
Lunch available for purchase

Demos and Activities

Fun & Fit Aerobics
Tai Chi
Chair Yoga
Yoga
Therapy Dogs
Assistive Technology
Hands Only CPR

Keynote Speaker 11:00 AM

*Intentional Living
with Jeanne Roppolo*

Author, story-teller and motivational speaker, Jeanne continues to relish life's treasured moments as she travels to distant lands, encounters new friends, and explores other cultures.

Glueckert

Funeral Home Ltd.

FUNERAL AND CREMATION SERVICES

"Our Family Serving Yours"



PEACE OF MIND FUNERAL PRE-ARRANGEMENT

Today more people are planning their funerals in advance and our Funeral Pre-arrangement options can give you Peace of Mind by taking care of all the details before the need arises.

- Express Your Own Unique Wishes
- Relieve Your Family From Making Decisions Under Stress
- Cost Protection Options
- Help Qualify for Medicaid
- Transferable
- Eliminate Emotional Overspending

When you are ready, a Glueckert Funeral Home representative will meet with you at a convenient time and location for your free Funeral Pre-arrangement consultation.

(847) 253-0168

GlueckertFH.com

1520 North Arlington Heights Road - Arlington Heights

THRIVE LOCALLY



Edward Jones®

Member SIPC

- STOCKS • BONDS
- MUTUAL FUNDS



- 401K Options
- IRAs • CD's
- 529 Plans
- Protection

Craig Schuessler
Financial Advisor

847-392-6870

1500 North Arlington Hts. Road
Arlington Heights

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME Terry Sweeney

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



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.

Name #1:	_____	Year of Birth :	_____
Name #2:	_____	Year of Birth :	_____
Address (street, city, state, zip): _____			
Home Phone:	_____	Other Phone:	_____
Emergency Contact:		Relationship: _____	
Contact's Phone:	_____	Contact's Other Phone:	_____
Please check the appropriate box: <input type="checkbox"/> This is a <u>new</u> subscription <input type="checkbox"/> This is a <u>renewal</u> of my subscription			
OFFICE USE ONLY			
Date:	_____	Cash / Check Number:	_____
Received by:	_____	New / Renewal (circle one)	_____
Subscription Expires: Jan/Feb March/April May/June July/Aug Sept/Oct Nov/Dec Year: _____			



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).