



Live Well, Age Well

Village of Arlington Heights



SEPTEMBER/OCTOBER 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

Livable Community Survey

Did you know that the Village of Arlington Heights is an AARP Livable Community? A Livable Community supports the efforts of neighborhoods, towns, cities and rural areas to be great places for people of all ages. Communities should provide safe, walkable streets; age-friendly housing and transportation options; access to needed services; and opportunities for residents of all ages to participate in community life. We measure success based upon results of AARP Livable Communities Survey, which was first conducted in the fall of 2019.

If you are an Arlington Heights resident aged 45 or older, we encourage you to fill out the survey (see QR code below). The Village of Arlington Heights Senior Citizens' Commission Age-Friendly Sub Committee created an action plan addressing the top concerns from the 2019 survey (Affordable Housing, Accessible Transportation, and Communication) with an Age-Friendly Action plan. The Commission partners with the Village, volunteers, and agencies to make recommendations and provide information to residents through presentations, publications and social media.

Thank you for your help in making Arlington Heights a Livable Community!



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The Arlington Heights Senior Center Newsletter is a publication of Arlington Heights Senior Center, INC., a not-for-profit organization that raises funds for the Arlington Heights Senior Center. For more information, visit: www.arlingtonseniorsinc.com.

Arlington Heights Senior Center does not endorse any of the products or services advertised in this publication. For advertising rates and information, contact 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. No tour 9/6. 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

Helen Cooke,
Administrative Assistant

Linda Ratajczak,
Office Assistant

847.253.5532

seniorcenter@vah.com

www.vah.com

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

Please note the agency color codes below. Soon these will be seen throughout the Senior Center for better wayfinding and now featured within the Newsletter!

CHECK IT OUT!



Senior Center Closing Dates:
September 2 & 4 Labor 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

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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.

Oktoberfest Brat Cookout with Alpine Thunder Band Wednesday, September 27

1:00 – 2:30 p.m. • Fee: \$5

Enjoy a festive afternoon featuring grilled brats with all the fixings and German entertainment by



Alpine Thunder. Alpine Thunder features a driving alpine sound with vocals in both German and English, yodeling, alpine accordion and other alpine folk instruments including alphorns and tuned cow bells. The price of your registration will include a grilled brat with sauerkraut, your choice of condiments, chips, German chocolate cake, and water or diet/regular root beer. Please register by Sept. 18 and indicate if you prefer a traditional or veggie brat.

Featured Program Registration Guidelines



- Newsletter subscribers priority registration: through August 20
- Non-subscribers: starting August 21
- Online registration begins: August 21
- 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.

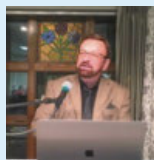
Evening Concert: Wayne Messmer

Wednesday, September 6

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.



Great Decisions: Foreign Policy Association

Saturdays: 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:

September 11 & October 9

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.**



Evening Concert:

Reunion Jazz Orchestra

Monday, September 11

7:00 – 9:00 p.m. • Fee: \$2

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

Party on
the
Patio!



Grandparents Day

Saturday, September 16

10:00 – 11:30 a.m.

Fee: \$2

Grandparents Day is Sunday, September 10th! Celebrate the special bond with your grandchild(ren) at this unique event. Enjoy a light breakfast and craft while taking the time to share stories and smiles. Upon registration please indicate the number of grandchildren attending.

HAPPY
GRANDPARENTS
DAY

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.

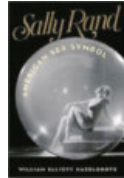


Sally Rand: American Sex Symbol

Monday, September 18

6:00 - 7:00 p.m. • Fee: \$2

She would appear in more than thirty films and be named after a Road Atlas by Cecil B. DeMille. A football play would be named after her. She would be arrested six times in one day for indecency. She would be immortalized in the final scene of The Right Stuff, cartoons, popular culture, and live on as the iconic symbol of the Chicago World's Fair of 1933. She would pave the way for every sex symbol to follow from Marilyn Monroe to Lady Gaga. She would die penniless and in debt. Sally Rand broke the mold in 1933 by proclaiming the female body as something beautiful and taking it out of the strip club with her ethereal fan dance. Presented by author William Hazelgrove.



Inc. Sponsor Speaker Series

Glueckert Funeral Home LTD:

Everything You Need to Know and Want to Ask about Funerals, Cremation and Pre-planning.... But Were Afraid to Ask!

Wednesday, September 20

2:00 - 3:00 p.m. • Free

All major life events require planning. You would never dream of waiting until three days before planning a wedding, graduation, retirement or moving. A funeral deserves the same attention and preparation. Join Advance Funeral Planning Specialist, Jennifer Lucarz from Glueckert Funeral Home, in a discussion about Advance Funeral Planning. This will be a great opportunity to dispel myths, remove doubt, gather information and get real answers to any questions you may have about funerals, cremation and pre-planning.... and Veterans, please join us to learn about your free burial benefits.

stories about this amazing park that opened in 1904. Relive the past with historian, Cheryl Brown, as she explains the rides and attractions: Aladdin's Castle Fun House, the Bobs, Shoot the Chutes, Flying Turns, Pair-o-chutes, freak show and more. Discover why it suddenly closed in 1967. Authentic memorabilia from the park will be displayed.

Virtual Roman Cooking Class with Tiffany & Dario DeLuca:

Carbonara "Egg and Bacon" Pasta
IN-PERSON/VIRTUAL

Monday, October 2

10:30 - 11:30 a.m. • Fee: \$2

Live from Rome! Tiffany and Dario DeLuca will demonstrate how to make true Roman Carbonara. Once you master this simple, yet wonderful Roman dish, it will become a staple in your recipe book! Please note: this class is observation only. Recipes will be provided for you to try at home. *Please specify if you would like to attend in person or virtually.



Navigating Life's Transitions... with others in the 'same boat'

3rd Wednesdays • 10:30 - 11:30 a.m.

Meet monthly as a listener or a contributor with hosts Ed and Becky Booth to reflect on various 'life transitions'. Learn how others 'navigate' inevitable life changes at this stage of life. Resources will be shared for a 'deeper dive' into some topics.

Sept. 20 This first session will be introductory, getting to know Ed and Becky and their vision for this group, as well as planning pertinent topics for upcoming months.

Oct. 18 Come to listen or contribute as hosts Ed and Becky Booth and others reflect on how "Planning for and Enjoying Holidays" has changed in recent years.

Registration suggested for September. Future dates will be Drop-in.

Age-Friendly Town Hall Talks:

Stay Safe Online Payments

IN-PERSON/VIRTUAL

Monday, September 25

9:00 - 10:30 a.m. • Free

The National Council on Aging and Zelle (digital Payment app) has provided tools to safely conduct digital payments, learn about the various digital scams, and tips to stay safe. The first 20 people to register will receive a free gift when they attend the session! *Please specify if you would like to attend in person or virtually.



Classic Monster Mash

Tuesday, October 3

IN-PERSON/VIRTUAL

10:30 - 11:30 a.m. • Fee: \$2

The Universal monster movies of the 1930's and 40's are some of the most influential and beautiful movies ever made. Is The Bride of Frankenstein even greater than Frankenstein? How did director James Whale use lighting and set design to help tell his stories of doom? We'll also see how children celebrated Halloween a century ago. Presented by Steven Frenzel. *Please specify if you would like to attend in person or virtually.



Lunch 'n Learn with Village Manager, Randy Recklaus

Wednesday, September 20

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. Please register by Sept. 18th to reserve a seat and a lunch.



Drum Circle Therapy

Tuesdays: September 26 & October 24

10:00 - 10:45 a.m.

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 September we will cover the British Invasion! **Drop-in. No registration needed.**



Riverview Remembered

Saturday, September 30

10:00 - 11:00 a.m.

Fee: \$2

The world's largest amusement park was right here in the city of Chicago. Join us for a fun presentation with plenty of pictures and



Inc. Sponsor Speaker Series

Baird and Warner: Right Sized Living
Wednesday, October 4

6:00 - 7:00 p.m. • Free

The Arlington Heights Senior Center, INC (Foundation) is pleased to have sponsor, Julia Hart of Baird and Warner present Right-Sizing Your Home. Julia Hart, realtor with Baird & Warner, will discuss factors you should consider when deciding if your current home is meeting your needs in retirement. We'll discuss ongoing costs, health considerations, aging in place, your lifestyle, pets, equity and reverse mortgages, tax considerations and more! Bring your questions!



FREE FRIDAY MOVIES 5

ARLINGTON HEIGHTS SENIOR CENTER

Book Club

Friday, September 8
1:00 p.m.

Starring: Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen

Directed by: Bill Holderman

PG-13, 1h 44min, 2018

Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Grey," they're inspired to make bold choices in the romance department, with hilarious results. (from Netflix.com)



FREE FRIDAY MOVIES



Practical Magic

Friday, October 13
1:00 p.m.

Starring: Sandra Bullock, Nicole Kidman

Directed by: Griffin Dunne

PG-13, 1h 44m, 1998

Sisters Sally and Gillian Owens are modern-day witches whose love lives are complicated by an unusual curse: Men who fall in love with them meet untimely ends. But against the advice of their eccentric aunts, the sisters continue to seek romance. (from Netflix.com)



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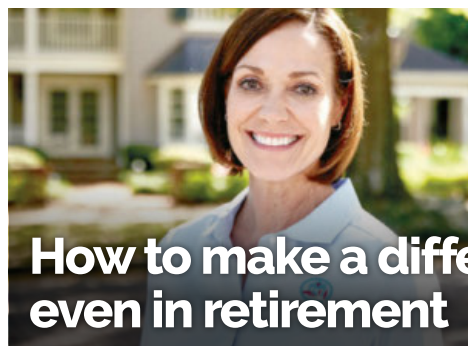
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Arlington Heights Senior Center, Arlington Heights, IL A 4C 01-1374

6 CLUBS & GAMES

ARLINGTON HEIGHTS SENIOR CENTER



Drop-in unless otherwise noted

Baggo (bean bag toss game)

2nd/4th Saturdays: 10:00 a.m. - 12:00 p.m.

Billiards

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

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

Bingo (except 9/27)

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: 9/1, 10/6, 10/20

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 9/27)

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

Euchre

1st and 3rd Mondays: 1:00 - 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.

In *La Famiglia* experience the Italian language, culture, history, touring and cooking. **Beginning in September, the club will feature 60 minutes of basic Italian language instruction.** Fun for all and no Italian back-ground required!



Mah Jongg (Lobby TBD 9/11 & 10/26)

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.

M2M (Memories to Memoirs)

Writers Club **IN-PERSON/VIRTUAL**

Tuesdays: 9/19 & 10/17

1:30 - 3:30 p.m.

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.



Meditation Sessions

1st/3rd Mondays

IN-PERSON/VIRTUAL

September 18 & October 2, 16

10:30 - 11:30 a.m.

Monastics from The Blue Lotus Temple in

Woodstock offers Guided Meditation

Sessions that focus on Mindfulness and

Lovingkindness. The 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.



Navigating Life's Transitions...

with others in the 'same boat'

3rd Wednesdays · 10:30 - 11:30 a.m.

Meet monthly as a listener or a contributor with

hosts Ed and Becky Booth to reflect on various

'life transitions'. Learn how others 'navigate'

inevitable life changes at this stage of life. Re-

sources will be shared for a 'deeper dive' into

some topics.

Sept. 20 This first session will be introductory,

getting to know Ed and Becky and their vision

for this group, as well as planning

pertinent topics for upcoming months.

Oct. 18 Come to listen or contribute as hosts Ed

and Becky Booth and others reflect on how

"Planning for and Enjoying Holidays" has

changed in recent years.

Registration suggested for September.

Future dates will be Drop-in.



Open Card Room Hours

Wed.: 8:30 a.m. - 8:00 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: 9/26 & 10/24 · 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 - 7:30 pm

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

Pinochle (except 10/26 TBD)

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

Poker

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

Portfolio Investment Club

9/27 & 10/25 · 1:00 - 3:00 p.m.

This club utilizes the principles of Value In-

vesting. We use the highly regarded Finviz Stock

Screener to manage our portfolio of stocks,

which are allocated to one of 10 separate sec-

tors. Members must have personal computer

skills and knowledge of Excel spreadsheets.

Rummikub (except 9/11 TBD)

2nd/4th Mondays

1:00 - 3:30 p.m. Sets provided

Scrapbooking and More!

Fridays: 9/1, 10/6, 10/20

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

All Day Crop: Monday: 9/25

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: 9/28 & 10/26

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



Wii Bowling

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

Women's Wealth Investment Club

4th Wednesday: 5:00 p.m.

We are a group of 19 women who meet

monthly to discuss the value of the stocks we

own, buy more shares or introduce a new

stock. We vote. Members pay a one- time fee

to the club of \$100 to join. Each month mem-

bers invest at least \$35.00 into their own ac-

counts. We research our stocks to

participate in our discussions.



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!

Do you have a Ukulele collecting dust? Consider donating it to the Senior Center!



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 Computer Room are closed September 2 and September 4 for Labor Day.

Library Program Registration

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

TRAVELOGUES

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

Sep 1 Monuments That Changed America (56 min)

Sep 8 New York Botanical Garden (53 min)

Sep 15 Northern Mexico (53 min)

Sep 22 Black Forest & Berlin (50 min)

Sep 29 Architectural Masterpieces (46 min)*

Oct 6 California's Rivers/Wildlife (55 min)

Oct 13 Royal Travel: Plane (44 min)

Oct 20 Stockholm & Helsinki (50 min)

Oct 27 Europe's Amazon (50 min)

*No closed captioning available



DISCUSSIONS *Join the conversation.*

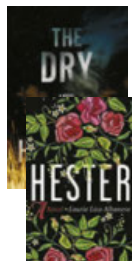
POPULAR BOOKS



Wednesdays, September 13 and October 11, 10–11 a.m., In Person or Zoom

September's book is our **One Book One Village** title, *The Two Lives of Sara* by Catherine Adel West. In October, discuss *The Good Sister* by Sally Hepworth.

MODERN CLASSICS

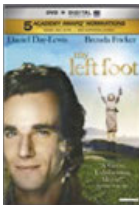


Mondays, September 25 and October 23, 10–11 a.m., In Person or Zoom

In September, discuss *The Dry* by Jane Harper. October's book is *Hester* by Laurie R. King.

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

FILM DISCUSSION CIRCLE



Tuesdays, September 5 and October 3, 1 p.m., Drop in.

September's film is *My Left Foot* (1989), 103 minutes, rated R, starring Daniel Day-Lewis. In October, enjoy *Chocolat* (2000), 121 minutes, rated PG-13, with Johnny Depp and Juliette Binoche. A discussion led by library staff follows a free showing of the film.

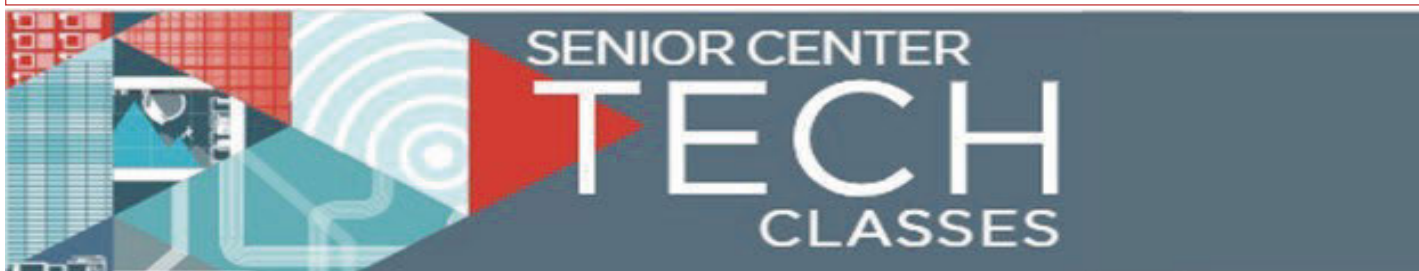


COMPUTER INTEREST GROUP
Wednesdays, September 13 and October 11, 1–2 p.m.
In-Person

Drop In and join the discussion. Novice and experienced talk current technology, exchange tips, and offer advice for solving problems on PCs, tablets, and smartphones. Register to attend in person.

CURRENT EVENTS
Thursdays, September 7, 14, 21, 28, and October 5, 12, 19, 26, 10 –11:15 a.m.
In-Person or Zoom

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



Classes feature small class size and hands-on instruction. All classes are held at the Senior Center.

Register online at ahml.info/attend/events or call 847-392-0100. Registration for September and October classes opens September 1.

Android Phone Basics (two-day class)

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

Thursdays, September 7 and 14, 2–4 p.m.
Tuesdays, September 26 and October 3, 9–11 a.m.
Mondays, October 9 and 16, 2–4 p.m.
iPad & iPhone Basics (two-day class)

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

Fridays, September 8 and 15, 2–4 p.m.
Tuesdays, September 12 and 19, 9–11 a.m.
Wednesdays, September 27 and October 4, 2–4 p.m.
Thursdays, October 5 and 12, 9–11 a.m.
Tuesdays, October 17 and 24, 2–4 p.m.
iPad & iPhone Beyond Basics (two-day class)

Prerequisite: iPad & iPhone Basics or experience

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

Thursdays, September 21 and 28, 9–11 a.m.
Fridays, October 20 and 27, 2–4 p.m.
UPDATED iPad & iPhone Settings 1

Prerequisite: iPad & iPhone Basics

Use Settings app to customize your iPad or iPhone.

Friday, September 22, 2–4 p.m.
Wednesday, October 11, 2–4 p.m.
UPDATED iPad & iPhone Settings 2

Prerequisite: iPad & iPhone Settings 1

Learn more about your phone or iPad settings options.

Wednesday, October 18, 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, September 20, 2–4 p.m.
Tuesday, October 31, 9–11 a.m.
NEW Windows 11 Essentials (two-day class)

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

Mondays, September 11 and 18, 2–4 p.m.
Fridays, September 29 and October 6, 2–4 p.m.
Thursdays, October 19 and 26, 9–11 a.m.
NEW Online Stock Screening (two-day class)

Prerequisite: Must be experienced Windows User

Finviz is one of the best stock screeners for investors. In this PC based class, create a Finviz stock screener to find buy and sell recommendations based on your criteria.

Wednesdays, September 6 and 13, 2–4 p.m.
Mondays, October 23 and 30, 2–4 p.m.



Gift of a Cash Donation

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

Legacy Gifts

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

Donor Advised Fund

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

Qualified Charitable Donation

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

It is Easy to Donate!

Use the QR Code to navigate directly to Donation Page.

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



NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



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10

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.

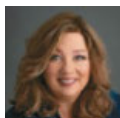


Manager Matters IN-PERSON/VIRTUAL

Tuesday, October 10

1:00 – 2:00 p.m. • Free

Join Senior Center Manager, Tracey Colagrossi and a representative from the Arlington Heights Senior Center, INC Board (our Foundation) to discuss the latest happenings at the Senior Center. Please bring your questions and suggestions. Please specify if you would like to attend in person or virtually when registering. A Zoom Link will be sent out one day prior.



Evening Concert: Keith and Friends Rock Wednesday, October 11

6:00 – 7:00 p.m.

Fee: \$2

Sing along to your favorites with Keith & Friends Rock! This husband and wife duo performs the golden goodies: 60s, 70s and beyond. Enjoy a rockin' night out with your friends and make some new ones along the way! This event was rescheduled from July 26th.



The Life of Edgar Allan Poe Saturday, October 14

10:00 – 11:00 a.m.

Fee: \$2

The original creator of horror stories and author of *The Raven* and *Tell-Tale Heart* gives us chills and surprises us with twisted endings. All of this and more can best be described by one person—Edgar Allan Poe. Historical Presenter, Michelle Gibbons, will discuss the intriguing life and mysterious death of the famous American writer, editor, poet and literary critic, Edgar Allan Poe. Who would have known that it was Poe's work that inspired the famous Alfred Hitchcock?



Thomas Jefferson Reconsidered Tuesday, October 17

1:00 – 2:00 p.m.

Fee: \$2

Thomas Jefferson was a great American with a complicated history. He authored the Declaration of Independence and as President advocated for the Louisiana Purchase (which many historians regard as the singular most important Presidential decision in U.S. history)..... and he owned slaves. Historian, Gary Midkiff will try to put into perspective all of the elements of Jefferson's monumental legacy.



Artful Saturday: Wool Felted Pumpkin

Saturday, October 21

9:00 – 10:30 a.m.

Fee: \$2

Join Senior Center Manager, Tracey Colagrossi, to make a cute pumpkin made from wool. The process is done through needle felting, which is very easy to learn.



Pizza & Movie: *The Witches* Monday, October 23

5:00 – 7:00 p.m.

Fee: \$2

Starring: Anne Hathaway, Octavia Spencer, Stanley Tucci
Directed by: Robert Zemeckis
PG, 1h. 46min, 2020

After 7-year-old orphan Bruno Jenkins goes to live with his grandmother, they decamp to a seaside resort to avoid the child-hating witches in her Alabama town. But when the two arrive at their hotel, they find a coven with villainous plans. (Netflix.com)



First Person Portrayal: Brownie Wise, The Original Tupperware Lady Saturday, October 28

10:00 – 11:00 a.m.

Fee: \$2

In the 1950s, saleswoman Brownie Wise propelled Tupperware to skyrocketing success through home party sales. In this living history program, historian Leslie Goddard, Ph.D., tells the story of Wise's rise from single mother to head of an enormous sales force of housewives who sold Earl Tupper's flexible "burping" bowls at home parties. Forced out in 1957, she disappeared, but the Tupperware Home Parties she pioneered remain the gold standard for home party selling.



Age-Friendly Town Hall Talks: Fall Prevention Strategies

IN-PERSON/VIRTUAL

Monday, October 30

9:00 – 10:30 a.m. • Free

More than 1 out of 4 older Americans falls each year, and falls are the leading cause of non-fatal injuries! Senior Center Manager, Tracey Colagrossi will discuss ways to prevent falls in your own home and beyond, along with some strategies to safely get up from a fall. It is all of our responsibility to review our spaces to keep everyone safe to live and age well in community. *Please specify if you would like to attend in person or virtually.



Framing Ted Bundy: How a Media-Made Myth Became a Legend

Monday, October 30

5:30 – 6:30 p.m.

Fee: \$2

Serial killer Ted Bundy killed more than 30 women and girls. In news stories, he developed the persona of an intelligent, handsome killer who charmed women into following him to their deaths. In reality, Bundy struggled with school and employment. The myth of Bundy as a charming, handsome killer has come at his victims' expense. How did this legend develop? And why has it persisted? Journalist, author, and communication scholar Dr. Emilie Le Beau Lucchesi explains the media framing of Ted Bundy, how it originated and why it continues today. She is the co-author of "A Light in The Dark: Surviving More than Ted Bundy," with Kathy Kleiner Rubin, who survived Bundy's 1979 attack at the Chi Omega house.



Halloween Movie & Spooky Snacks: *Beetlejuice* Monday, October 31

9:00 – 11:00 a.m.

Fee: \$2

Starring: Michael Keaton, Alec Baldwin, Geena Davis, Wynona Ryder
Directed by: Tim Burton
PG, 1h. 32min, 1988

A young couple who drowned return to their house as poltergeists but must enlist the help of a goofy ghost to put a scare in the rude new owners. Unfortunately, he's got a diabolical agenda of his own. (Netflix.com)



Featured Program Registration Guidelines

- **Newsletter subscribers priority registration: through August 20**
- **Non-subscribers: starting August 21**
- **Online registration begins: August 21**
- **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

COME CELEBRATE WITH US!

CONNECTIONS TO CARE VOLUNTEER APPRECIATION AND FUNDRAISER EVENT

HONORING THE "DRIVING FORCE":
OUR VOLUNTEERS, DONORS, AND SUPPORTERS

Helping thousands of Seniors get to their
medical/dental care for 16 years!

FRIDAY, SEPTEMBER 29, 4:30 - 6:30 P.M.

Rolling Meadows Park District Plum Grove Facility

Join us for Music, Comradery, Raffle Prizes, Cocktails,
Hors d'oeuvres, and more!

For ticket info and pricing: 847-222-9227



John H. Larson
Independent Broker

Medicare Solutions Source
Phone: **847-368-8545**

UNDERSTANDING MEDICARE

As a local independent insurance broker specializing in Medicare coverage and, incidentally, someone who himself has been on medicare for over 10 years, I offer 50 years of experience and knowledge in the medical insurance field as your personal guide through the Medicare maze.

All My Services Are 100% FREE

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

ADVERTISE HERE

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Call 800-950-9952

SENIOR HELPERS

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*Light Housekeeping *Companionship
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Advertise in our Newsletter!

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tperkins@lpicommunities.com • (800) 950-9952 x2611

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 on a yearly basis.

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 five (5) 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

- Lasagna with Meat Sauce
- Veal Parmesan
- Salisbury Steak
- Herb Baked Chicken
- BBQ Chicken Thigh
- Chicken Pasta Salad
- Meatloaf w/Mashed Potatoes
- Asian Glazed Chicken
- All Beef Hot Dog
- Tuna Salad Sandwich
- Spaghetti & Meatballs
- Surimi Crab Salad
- Cheddar Chicken Rice Casserole
- BLT Chicken Salad



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.

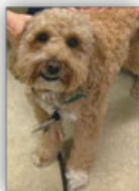


Ask the Nurse

Tuesdays:

10:00 a.m. – 1:00 p.m.

NCH Community Nurse Rose Jensen, MSM, MSN, RN is available to answer your healthcare questions and concerns, free of charge.



Animal Assisted Therapy Visits

Thursdays:

September 7 and October 5

9:00 – 10:30 a.m.



Bone Density Screenings

Tuesdays:

September 5 and October 3

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

Tuesdays:

12:00 – 1:00 p.m.

Led by NCH Physical Therapy Staff.

Registration required. Medical clearance required prior to attending class. Call NCH Health Connection at **847-618-4968**.

\$4.00/class payable on the day of class to the class instructor.



Walkers' Club

Led by NCH Physical Therapy Staff.

Fridays:

September 8 and 22

October 13

10:00 – 11:00 a.m.

Walker's Club Celebration

Friday: October 27

10:00 - 11:00 a.m.

Fall Risk Clinic

Friday, September 15

10:00 a.m. - 2:00 p.m.

Registration is required

847-618-4968

Learn what your risk of falling is and what you can do to prevent falls.

Sign up for a FREE 30 minute Fall Risk Screening, conducted by NCH Physical Therapists!

LECTURE SERIES

Tips and Tricks to Making Exercise Effortless

Monday, September 11

11:00 a.m. – 12:00 p.m.

Learn how to incorporate movement throughout the day with minimal to no equipment.

Presented by;

Kayla Pedroza, DPT

NCH Physical Therapy

Registration required.

847-253-5532

What to Ask at Your Annual Wellness Check-up

Monday, October 9

11:00 a.m. – 12:00 p.m.

Get the most from your time with your healthcare provider during your annual Wellness Check-up.

Presented by:

Patricia Thomas, DNP, FNP-C

Advanced Practice Nurse

**Northwest Community Healthcare
Medical Group**

Registration required.

847-253-5532



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



**Beet, Orange and Almond
Salad**

Tuesday, September 12
9:00 – 10:00 a.m.

Registration required.
847-253-5532



Salmon Loaf

Tuesday, October 10
9:00 – 10:00 a.m.

Registration required.
847-253-5532

Diabetes Support

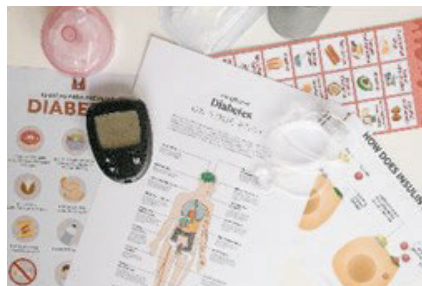
Classes Led by NCH Community
Nurse Rose Jensen, MSM, MSN, RN

Tuesdays:
September 19 & October 17
9:00 – 10:00 a.m.

Registration required.
847-253-5532



Diabetes and Pre-Diabetes Education



Mondays:
September 18 & October 16
9:00 – 10:30 a.m.

Registration required.
847-253-5532



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



Aging in Place: What to Consider and How to Plan Ahead

Tuesday, September 26
9:00 – 10:00 a.m.

Registration required.
847-253-5532



Mindfulness and Stress Management for Overall Health

Tuesday, October 24
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.

Please wind the grandfather clock located by the West rest area. It would be great to see it running.

Thank you for your note. We will advise our Maintenance department to routinely wind the clock and follow up to ensure it is operating properly.

Offer Line Dance Lesson during the day. I don't drive at night and good exercise for the brand and fun (do not need a partner).

Line Dancing is offered through the Arlington Heights Park District. The Senior Center Manager will advise staff at the Park District of this request and provide the requestor updates.

General travel discussions/conversation group in the coffee area (informal). Possibly scheduled after travelogues for folks to share travel experiences and perhaps buddy up for new ones.

Patrons are welcome to gather and discuss various topics in the Senior Center lobby and café at any time.

Current Events on Thursdays, NOW has a waiting list due to increase of participants. Room #190 is always available on Thursdays and has more room than the room currently used. Can room 190 be used?

Room 190 was tested previously for accommodating this program. Unfortunately, the acoustics in this area are not well-suited to this type of program. Please note that most folks on the wait list are able to attend when cancellations occur. Also, for those on the wait list, the library sends out a Zoom link for people to participate in the program virtually.

Coffee & Conversation Topic: Addressing good mental health. Added an attachment) eaten regular meals, movement, sleep etc.).

The Senior Center Manager will pass this along to the Northwest Community Healthcare coordinator to arrange future sessions on the topic.

For those of us who live too close to drive, please consider installing a bike rack to lock our bikes.

The Arlington Heights Senior Center has a bike rack located west of the main entrance. Located just next to the book drop.

Embrace the joy of possibilities.

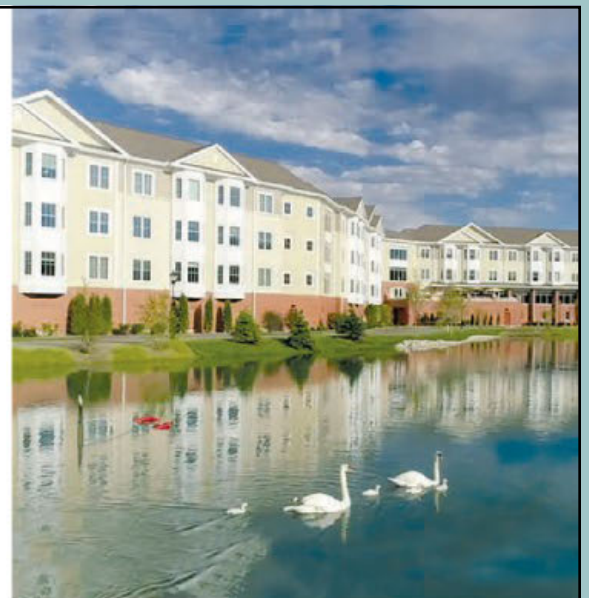
From sunrise to well after sunset, residents at The Moorings of Arlington Heights enjoy life their way. You can, too.

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**



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OF ARLINGTON HEIGHTS
PRESBYTERIAN HOMES**

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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, Precor treadmills, NuStep recumbent steppers, rowing machines and elliptical machines along with free weights. AAC Tours and Certifications are given by appointment on Tuesdays and Thursdays at 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.

Members may call 847.797.5341 or stop by the Park District Office in the Senior Center to make reservations for up to three classes/week.

CLOSED LABOR DAY

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.**

WELLNESS & DANCE CLASSES

BeMoved Dance

Fee: \$80 Contracted Class

Wednesdays : 8/23 -10/11

1:00- 2:00 p.m.

Zumba Gold

Fee: \$99 Contracted Class

Tuesdays: 8/22 - 10/10

6:00 - 7:00 p.m.

Tai Chi Move Intro

Fee: \$80

Tuesdays: 8/22 - 10/10

10:45 - 11:30 a.m.

Tai Chi Advanced

Fee: \$80

Tuesdays: 8/22 - 10/10

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

Yoga

Fee: \$70

Mondays: 8/21 - 10/9

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

Chair Yoga

Fee: \$70

Mondays: 8/21 - 10/9

10:00 - 11:00 a.m.

Fee: \$80

Wednesdays: 8/23 - 10/11

10:00 - 11:00 a.m.

Broadway Round Dance

Fee: \$64

Thursdays: 8/24 - 10/12

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

Let's Get Tapping

Fee: \$70

Thursdays: 8/31 - 10/12

2:00 - 3:00 p.m.

Round Dance Advanced

Fee: \$50

Mondays: 9/11 - 10/19

7:00 - 8:30 p.m.



ARLINGTON HEIGHTS PARK DISTRICT @ THE SENIOR CENTER

17

ART CLASSES

Works of Art

Fee: \$105

Mondays: 8/21 - 10/9

1:15 - 3:45 p.m.

The Art of Acrylics-Beginner

Fee: \$120

Thursdays: 8/24 - 10/12

12:30 - 3:00 p.m.

50 Shades of Colored Pencils

Fee: \$9

Fridays: 8/25 - 10/13

9:30 a.m. - 12:00 p.m.

Watercolor Class

Fee: \$96

Tuesdays: 8/22 - 10/10

9:30 - 11:30 a.m.

Charcoals & Pastels

Fee: \$96

Tuesdays: 8/22 - 10/10

1:00 - 3:30 p.m.

Tapestry Weaving

Fee: \$25

Saturday: 10/14 (1 day class)

12:00 - 3:00 p.m.

Crochet - Beginning

Fee: \$56

Mondays: 8/21 - 10/9

8:45 - 9:45 a.m.

Quilt With Friends Drop In

Fee: \$8/day

Pay for this class in Park District Office

Wednesdays: 8/23 - 10/11

10:00 a.m. - Noon

CARDS

Bridge - Beginning

Fee: \$91

Mondays: 8/21 - 10/9

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

Bridge - Intermediate

Fee: \$104

Tuesdays: 8/22 - 10/10

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

Bridge - Advanced

Fee: \$104

Tuesdays: 8/22 - 10/10

1:00 - 3:00 p.m.

Best Bridge Ever!

Fee: \$104

Thursdays: 8/24 - 10/12

1:00 - 3:00 p.m.

Bridge Potpourri

Fee: \$91

Mondays: 8/21 - 10/9

4:00 - 6:00 p.m.

Canasta—Beginner

Fee: \$40

Fridays: 9/1 - 9/22

12:30 - 2:30 p.m.

Canasta—Beyond Beginning

Fee: \$30

Fridays: 9/29 - 10/6

12:30 - 2:30 p.m.

Mah Jongg—Beginner

Fee: \$60

Mondays: 8/21 - 10/9

12:30 - 1:30 p.m.

Mah Jongg—Intermediate

Fee: \$80

Mondays: 10/23 - 12/11

12:30 - 2:30 p.m.

WOODSHOP

Do you enjoy working on wood working projects or talking to fellow wood workers who share your passion? Stop by the Wood Shop located in the Senior Center and see all it has to offer. Certification is required prior to purchasing Wood Shop visits. Equipment includes: SawStop table saw; 14" band saw, variable speed drill press; Dewalt 12" sliding compound miter saw; Grizzly 15" planer; belt sander; disc sander; 12" lathe, Delta 6" jointer; Dewalt variable speed 20" scroll saw; router; Rikon mini-lathe; Jet drum sander and more! Eight complete workstations available. Call 847.797.5341 with any questions.

Hours of Operation: M/T/W/Th 9:00 am - Noon

Annual Wood Shop Safety Training Certification is required prior to becoming a member and purchasing punch passes for shop visits. Call the Park District office/Gift Shop Store at 847.797.5341 for more information.

Annual Membership: \$115

10 Pass Option: \$80

6 Pass Option: \$48

Daily Fee: \$14

Beginning Wood Working

Fee: \$100

Thursdays: 10/5 - 10/26

12:15 - 3:15 p.m.

Carve On

Fee: \$30

Wednesdays: 8/30 - 10/11

1:00 - 3:00 p.m.

No Classes Labor Day

Arlington Classic Tours

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

Arlington Classic Tours Membership

Membership has its benefits:

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

\$25/Individual

\$35/Household

(two people living at the same address)



Info on Park District programs is subject to change. Contact the Park District Office in the Senior Center at 847.797.5341 for information.

SAVE THE DATE FOR UPCOMING TOURS

Sept 21: Titanic at the Fireside

Oct 1: Chicago Cubs @ Milwaukee Brewers

Oct 19: White Fence Farm & Denny Diamond Show

Gift Shop - SHOP 1801

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

September Sale:

Every Day Every Way Scarf
10% Off

October Sale:

Mini Scented Candles
10% Off



Upcoming Special Events

2nd Annual Art Show

Wednesday, October 18
3:00 - 7:00 p.m.

Come and see our art students works of art!



Save the Date!

Annual Holiday Cheer Luncheon
Friday, December 8
11:15 a.m - 2:45 p.m.
Meridian Banquets





ARLINGTON HEIGHTS PARK DISTRICT @ THE SENIOR CENTER

19

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

\$8/person payable at the door.

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



VOLUNTEER OPPORTUNITIES

Hallway Décor Associate – Creative? The Arlington Heights Senior Center is looking for volunteers to collaborate with the Senior Center agencies to provide assistance with decorating their designated planters' boxes in the hallways of the Senior Center. The planter boxes will be decorated with materials that are supplied by the partner agencies. If you enjoy making things beautiful and attractive, then this volunteer position is for you! Time commitment varies. Please call the main office at 847-253-5532 if interested in helping to beautify the Senior Center.

Connections to Care

Assist senior citizens in your community get to their routine (non-urgent) medical check-ups by becoming a volunteer driver. **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.

Volunteer Fundraising Assistant at Connections to Care

Volunteers needed to help with Connections to Care fund-raising efforts. Responsibilities include some, but NOT all these tasks: helping with grant writing and proposals; reaching out to organizations and individuals for donations, gifts, or prizes; keeping records of donations and outreach efforts; researching new fund-raising opportunities; helping organize day of event activities; assisting in training event volunteers; manning tables or booths at outreach activities; utilizing on-line platforms to raise donations. Flexible hours anytime between Monday-Friday, 8 a.m.- 5 p.m. A few events could be evenings and weekends. This volunteer role has very flexible days/hours and amount of commitment.

Volunteer Office Assistant at Connections to Care

Volunteer(s) are needed to help with a variety of clerical and administrative tasks depending on individual interests, skills, and training. Examples include working on projects such as

mailings, making routine phone calls, filing, updating lists and typing simple documents. For those with additional administrative skills, tasks could include preparing reports, entering data into databases, researching topics for staff, and helping with social media/marketing projects. Time commitment is flexible; anytime, Monday-Friday, 8 a.m. -5 p.m. On occasion may interface with Connections to Care riders, so patience and understanding of older adults is helpful.

Catholic Charities, Northwest Senior Services

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

Catholic Charities Senior Nutrition Program

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

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THE COMMISSIONER'S CORNER

ARLINGTON HEIGHTS SENIOR CENTER

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

AGE-FRIENDLY ARLINGTON HEIGHTS

Arlington Heights is certified as a member of AARP's network of age-friendly communities. One of six designated AARP Liveable Communities Network members in Illinois. The Village is measured by the AARP's Eight Domains of Liveability:

- Outdoor Spaces & Buildings
- Transportation
- Housing
- Social Participation
- Respect & Social Inclusion
- Work & Civic Engagement

- Communication & Information
- Community & Health Services

In an effort of continuous improvement, the Senior Citizens Commission will be conducting the 2023 AARP Liveable Communities survey in the fall for residents 45+. Watch for information and how to access the survey in this newsletter and at the Senior Center.

-Sue Viecegli, Senior Citizen's Commission Chairperson



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



A Matter of Balance

Tuesdays, September 12 - October 31

10:00 a.m. – 12:00 p.m. • Free

Do you have concerns about falling? Many people experience concerns about falling and restrict their activities. A **Matter of Balance** is an award-winning program designed to manage falls and increase activity levels. Learn how to prevent falls, manage falls, make safe changes at home, improve balance and activity. The class is held consecutively on Tuesdays at 10 a.m. - 12 p.m.



A Matter of Balance (MOB) is specifically designed to reduce the fear of falling and improve activity levels among older adults. The program includes eight two-hour classes led by trained coaches and enables participants to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance.

A Matter of Balance is among 19 nationally recognized evidence-based programs represented by the Evidence Based Leadership Collaborative (EBLC). The mission of the EBLC is to increase delivery of evidence-based programs that improve the health and well-being of diverse populations.

Participants learn about the importance of exercise in preventing falls and practice exercises to improve strength, coordination, and balance. Participants also conduct a home safety evaluation and learn to get up and down safely.

Additional topics include home safety, assertiveness, developing positive strategies for change, reducing barriers to exercise, identifying physical risk factors for falls, personal action planners, recognizing misconceptions about falls, and moving from self-defeating to self-motivating thoughts.

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Medicare News for September/October 2023

OPEN ENROLLMENT October 15 - December 7

Annual open enrollment season or to switch plans, in Medicare's prescription drug program (aka Part D) begins October 15 and will run until December 7. Simultaneous to open enrollment there's a Medicare Advantage (MA) open enrollment period, the alternative to original Medicare that includes Part A, Part B, and Part D coverage, all in one and usually without any extra premium charge for Part D. Coverage for the new year begins Jan 1, 2024. There's no penalty for switching Part D plans as long as there are no gaps in coverage. People currently in either original Medicare (with separate Parts A Inpatient hospital/Rehab nursing care, Part B doctors/other providers, outpatient testing of all kinds, durable medical equipment, and Part D (prescription drugs) can consider switching to an MA plan, and those in an existing Medicare Advantage plan can consider switching either back to original Medicare or to a different MA plan. Any changes made in Open Enrollment will become effective Jan 1, 2024, and you'll receive printed confirmation of any changes you make.

SHIP will have counselors available on each Tuesday and Friday from 9:00 a.m. to noon from Tuesday, October 17 to Tuesday, December 5. Appointments can be made through the Senior Center by calling **847-797-5304**.



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.

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.



CARING FOR YOURSELF

According to current statistics, 16.8% of adults in the USA provide unpaid care to a relative or friend aged 50 or over every day. Caregiving for Seniors in the USA has been on the rise over the past 5 years, now at 53 million people. On average, 36% of caregivers state they experience high emotional stress from the demands of caring for an elderly loved one. Many caregivers report that their own physical, emotional and mental health has been impacted and declined while trying to manage all the responsibilities that come along with caring for their loved one(s). Taking care of a loved one can become very stressful and takes a lot of time and effort on your part.

Taking care of yourself is one of the most important things you can do as a caregiver.

We encourage you to tend to your own physical, cognitive and emotional health. It is important to be aware of your own needs and engage in some self-care daily. This can bring you some relief and may also prevent you from getting ill.

Here are some great ways you can take care of yourself as a caregiver for your loved one(s):

- Ask for help when you need it.
- Join a monthly caregiver's support group (like ours here on the 3rd Wednesday of the month, 7:00 pm) and virtually, via a ZOOM link that can be sent to you upon request.
- Take breaks each day, whenever needed/possible.
- Spend time with friends, other family members, neighbors - whoever is in your support system.
- Keep up with your hobbies and interests, even explore and develop new ones
- Eat healthy foods and exercise as often as you can – even a short walk.
- See your doctor(s) on a regular basis including follow-up care.
- Keep your health, legal and financial information up to date.

Asking for and getting some extra help:

Everyone needs help at times. Many caregivers find it hard to ask for help, however, it is OK and a STRENGTH to ask for help. It is essential to take time for yourself.

- Remember it's ok to ask help from family, friends, trusted neighbors; taking a break will help you.
- Ask people to help in specific ways, i.e., making a meal, visiting the person, taking the person out for a short time; staying with them while you attend a support group, go to your doctor(s) appointments, run errands, go for a walk, etc.
- Join a support group to share and receive advice, discuss your experiences and provide empathy to other caregivers.
- Call for help from homecare or adult day care services when needed for your loved one(s).

-Use national and local resources to find out how to pay / help pay for some of this help or get respite care services .

As they say, 'you can't pour from an empty cup.'

You DESERVE a break!

Sources:

- E4 Center of Excellence for Behavioral Health Disparities in Aging
- Caring for a Person with Alzheimer's Disease: Your Easy to Use Guide

Memory Café Creating Connections

IN-PERSON/VIRTUAL

3rd Wednesday of the month:

September 20, 1:30 – 3:00 p.m.

Presenter: **The Arlingtones (Arlington Heights Singing Group)**

October 18, 1:30 – 3:00 p.m.

Group Activities

The Memory Cafe' 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, dancing, games, arts and crafts, exotic animals, travel stories, movement therapy, chair yoga and meditation. Some pre-packaged snacks, drinks and bottled water will continue to be provided free of charge.

Location: We will continue to meet at the Arlington Heights Senior Center in a conference room, in person AND virtually via a Zoom link that can be provided upon request. 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.

Monthly Caregiver Support Group

IN-PERSON/VIRTUAL

**3rd Wednesday of the month
9/20, 10/18 · 7:00 - 8:30 p.m.**

The caregiver support group offers a time for you as a caregiver of a spouse, parent of a senior or adult child with a disability or cognitive impairment to connect with others who may be facing similar caregiving challenges. Some pre-packaged snacks, drinks and bottled water will continue to be provided free of charge.

Location: We will continue to meet at the Arlington Heights Senior Center in a conference room, in person AND virtually via a Zoom link that can be provided upon request. 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. 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

9/11 & 10/9

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: 9/9 & 10/14

10:00 a.m. – 12:00 p.m.





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
September 13 at The Senior Center
October 11 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

HEALTH, WELLNESS, SOCIAL SERVICES

ARLINGTON HEIGHTS SENIOR CENTER

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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.

Sharps can also be disposed in the Police Department lobby 7 days a week 8:00 a.m. - 5:00 p.m.

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 7 days a week 8:00 a.m. - 5:00 p.m. The take back program accepts prescription or over-the-counter drugs in an enclosed container or original packaging. 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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Secretary of State – Super Senior Day/ Rules of the Road Course

Thursday, September 14

10:00 a.m. – 2:00 p.m. · Free

This is a convenient and voluntary program for driver's license renewal, which includes Rules of the Road classroom instruction, and a vision-screening exam. The Rules of the Road Review Course also includes a review of safe driving techniques and Illinois driving laws. A Secretary of State Mobile Driver Services Unit will be available for participants to renew their driver's licenses. Drivers age 75 and older are required to take a driving test to renew their driver's licenses; therefore, they must visit a Driver Services Facility. *Registration is required for the Rules of the Road class, which is held 10:00 -11:30 a.m. Also, appointments are required to visit the mobile unit. Please call 847.253.5532 or visit the Main Office. For specific questions or further information about renewing your driver's license, please call the Secretary of State at 312.814.3676.

AARP Smart Driver Classroom Course

Tuesday, October 10 &

Thursday, October 12 · 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 DriverTEK Workshop

Thursday, October 19

1:30 - 3:00 p.m. · Free

Technology is changing the driving experience! The **Smart DriverTEK Workshop** will keep you in the know about the latest high-tech safety features in your current or future car. Learn with your peers about Blind Spot Warnings, Forward Collision Warnings, Smart Headlights and more in a FREE, interactive, 90-minute workshop.



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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 of Arlington Heights, the Arlington Heights Senior Center is a welcoming and accessible environment dedicated to independence, community, and lifelong learning. Eight agencies collaborate to provide those aged 50 and older with programs, services, amenities, and information to live and age well.

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).