

Live Well, Age Well

For Ages 55+

Village of Arlington Heights



July/August 2025

Accredited by



National Institute Of
Senior Centers



1801 W. Central Road
Arlington Heights, IL 60005

Village of Arlington Heights Senior Citizens Commission



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

Informational Housing Workshop for Seniors

Wednesday, July 16

5:30 pm to 6:30 pm

FREE

Arlington Heights Senior Center
1801 W. Central Road
Arlington Heights, IL 60005



How can you maintain your current home to Age in Place?

The Village of Arlington Heights Senior Citizens Commission is sponsoring the Age-Friendly Arlington Heights Workshop to give you tools and resources:

- Learn about the Village of Arlington Heights Zero Percent Loan program,
- Resources from the Northwest Housing Partnership,
- Present shared Housing programs from the Center of Concern.



All family members are welcome to attend this event.
Registration encouraged, 847-253-5532

Highlights

Featured Programs 3, 4, 10

Free Friday Movies 5

Clubs & Games 6

AH Memorial Library 7

Connections to Care 11

Meals on Wheels Northeastern Illinois ... 12

Endeavor Health 13

AH Park District 16

Volunteer Opportunities 20

Resources/Support 24



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

Notary Services

Notary Services are available at the Main Office of the Arlington Heights Senior Center Monday through Friday during regular business hours and must be made by appointment. Contact Tracey Colagrossi, Senior Center Manager at 847-253-5532 extension 301 or by email at tcolagrossi@vah.com

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 Hannah Kane, 33 S. Arlington Heights Road, Arlington Heights, Illinois 60005, hkane@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 Adelpia, MA,
Program Coordinator

Liz Nierman,
Volunteer Coordinator

Helen Cooke,
Administrative Assistant

Linda Ratajczak,
Office Assistant

847.253.5532

seniorcenter@vah.com

www.vah.com

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

Meals on Wheels Northeastern Illinois

847.797.5350

<https://mealsonwheelsnei.org/>

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

infoccnw@catholiccharities.net

www.catholiccharities.net

Monday - Thursday
8:30 am - 4:30 pm
Friday
8:00 am - 4:00 pm

Senior Center Closing Dates

**July 4 & 5
Independence Day**

**August 14
*1:15 - 4:30 PM
Staff Training**

**August 30 & Sept. 1
Labor Day**

Connections to Care

847.222.9227

www.connectionstocare.org

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

Endeavor Health/ Northwest Community Hospital

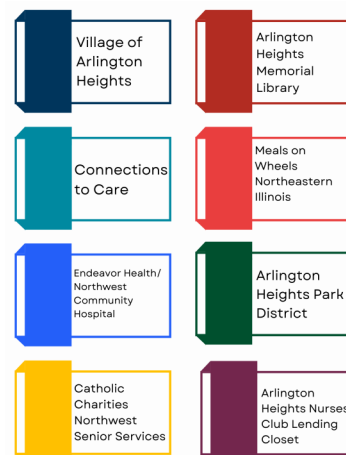
847.618.1000

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!





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.

Ice Cream Social

Thursday, August 21

1:30 - 3:00 p.m. • Fee: \$3

Cool off with soft serve ice cream and a variety of toppings at our annual Ice Cream Social. Entertainment provided by Edizon Dayao, an ultra-talented musician who will perform music from the 60's to the present on keyboard and sax! This event will be held indoors. Please register with the Main Office by August 14th.



Acting Through Life: Theatre Appreciation

Tuesdays: 6/17 - 8/19 (10 weeks)

1:30 - 3:00 p.m. • Fee: \$90

Do you enjoy theatre? Come explore a brief history of theatre by reading scenes, discussing plays and authors, watching two or more shows, and engaging in lively conversations sharing your thoughts.

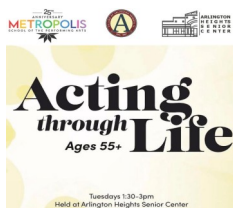
Join us for an "open house" on **June 10th** at any time from **1:30 - 3:00 p.m.** to ask questions and get a taste of what this class will offer!

Acting Through Life is the proud recipient of the Association of Illinois Senior Centers' "Visionary Program Award." Classes held at Arlington Heights Senior Center.

TO REGISTER: Contact Metropolis:

metropolisarts.com/sopa

847-577-5982 x221 (credit/debit), or visit the Arlington Heights Senior Center (check).



Kid Connections

NO MEETING JULY/AUGUST

Keep a lookout for Fall dates! Make connections with local kids! Team up with area students to engage in fun activities, such as board games, crafts, and other fun challenges. This activity is open to any patrons who have gone through the Village of Arlington Heights's screening process. If you are a current volunteer, you are eligible. If you haven't volunteered before but would like to participate, please stop by the front desk to pick up and submit the one-time paperwork necessary to be a part of this activity.

AARP Smart Driver Classroom Course

Tuesday, July 8 & Wednesday, July 9

12:00 - 4:00 p.m.

Fee: \$20 AARP members

(must show AARP card)

\$25 non-members.

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.



Pizza & Movie: *The Greatest Showman*

Wednesday, July 9

5:00 - 7:00 p.m. • Fee: \$2

Starring: Hugh Jackman, Michelle Williams, Zac Efron

Directed by: Michael Gracey

PG, 1 h. 45 min., 2017



Growing up in the early 1800s, P.T. Barnum displays a natural talent for publicity and promotion, selling lottery tickets by age 12. After trying his hands at various jobs, P.T. turns to show business to indulge his limitless imagination, rising from nothing to create the Barnum & Bailey circus. Featuring catchy musical numbers, exotic performers and daring acrobatic feats, Barnum's mesmerizing spectacle soon takes the world by storm to become the greatest show on Earth.

Parkinson's Club of AH

2nd Thursday each month

July 10 & August 14

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

The Parkinson's Club of AH is a volunteer-led monthly meeting for individuals with Parkinson's Disease, their family members, friends and caretakers. All present are invited to share their thoughts, concerns, knowledge and questions at each meeting. *This is a drop-in program, and no pre-registration is required.*



INC Sponsor Speaker Series

Luther Village: Senior Housing 101

Thursday, July 10 • 1:30 - 2:30 p.m.

Free

The Arlington Heights Senior Center, INC (Foundation) is pleased to have Tim Hamilton of Luther Village present on senior living area occupancy trends as well as a conversation about what seniors are looking for in the future and why now is the time to begin your search. He will also provide an overview of the housing options that exist for seniors looking to make a move soon.



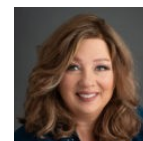
LUTHER VILLAGE

Manager Matters

Friday, July 11

12:00 - 1:00 p.m. • Free

Join Senior Center Manager, Tracey Colagrossi, for an informative session on the happenings at the Senior Center. Come with your own questions, suggestions or ideas!



***PLEASE NOTE: ALL FEATURED PROGRAMS REQUIRE REGISTRATION UNLESS NOTED AS DROP-IN**

•Newsletter subscribers priority registration **PHONE OR IN-PERSON ONLY: June 24**

•Non-subscribers: **starting June 25**

•Online registration begins: **June 25**

**Payment due 5 days prior to program
WALLET PAYMENTS NOW ACCEPTED ONLINE!**

THREE WAYS TO REGISTER!

Visit the Main Office

Call: 847.253.5532

Visit: myactivecenter.com *using My Senior Center keytag

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.



Estate Planning Conversation

Saturday, July 12
10:00 - 11:00 a.m.

Fee: \$2

Join us as we welcome Eric Matlin, a retired attorney who continues to educate the community about the subject of estate planning. This presentation is more of a "Q & A" driven event where attendees will receive a free copy of his book, *Not Dead Yet So Plan Your Estate*.

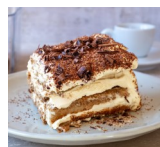


Italian Tiramisu Made Easy: Cooking Demo

Saturday, July 19
10:00 - 11:00 a.m.

Fee: \$2

Join Chef Susan Maddox for a morning of excellent learning, as well as tasting, the secrets behind making a delectable Italian tiramisu. She will be demonstrating various methods and techniques in order to make time in the kitchen a "breeze".



Guided Tour Inside the Fabulous Frick

Wednesday, July 30
6:00 - 7:00 p.m.

Fee: \$2

Join art historian Denise Laurin as she leads you on a guided tour of the Frick Collection in New York City. The collection, housed in the former mansion of gilded age industrialist Henry Clay Frick, just received a \$220 million renovation and reopened on April 17, 2025 for the first time in five years. Denise offers you a peek, not only of the art, but the splendor of the interiors in which they were originally displayed.



Alzheimer's/Dementia Caregiver Support Group

Mondays: July 14 & August 11

11:00 a.m. - 12:30 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.



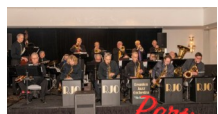
Evening Concert: Reunion Jazz Orchestra

Monday, July 21

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!

Pizza & Movie: Jaws

Monday, August 4

5:00 - 7:00 p.m.

Fee: \$2

Starring: Roy Scheider,

Richard Dreyfuss,

Robert Shaw

Directed by: Steven Spielberg

PG, 2 h. 10 min., 1975



1950s Songs of the Silver Screen

Monday, July 14

6:00 - 7:20 p.m.

Fee: \$2

Celebrate the "Golden Age of Movie Musicals" with narrator and film history buff John LeGear. The program focuses on award-winning films and outstanding performances from the 1950s but also includes later films that paid homage to the 1950s in a variety of different ways. Enjoy a fresh approach to film history, with each segment put into perspective. We think you'll be pleasantly surprised.



Local Tourist

Wednesday, July 23

10:30 - 11:30 a.m.

Fee: \$2

Longtime Palatine-area resident, Becky Booth, will share some favorite area discoveries to enjoy close to home. This program will focus on Rolling Meadows, Palatine, and Arlington Heights eating and shopping sites and more!



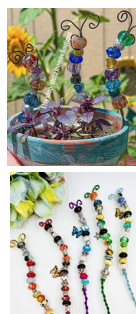
Artful Saturday: Caterpillar Garden Stake

Saturday, July 26

9:00 - 10:30 a.m.

Fee: \$2

Join Senior Center Manager, Tracey Colagrossi to make these cute Caterpillar Garden Stakes that are sure to glisten and add charm to any garden or container plant. We will be working with beads and wire for this simple craft project.



Did you know this is the 50th Anniversary of the film? When a young woman is killed by a shark while skinny-dipping near the New England tourist town of Amity Island, police chief Martin Brody (Roy Scheider) wants to close the beaches, but mayor Larry Vaughn (Murray Hamilton) overrules him, fearing that the loss of tourist revenue will cripple the town. Ichthyologist Matt Hooper (Richard Dreyfuss) and grizzled ship captain Quint (Robert Shaw) offer to help Brody capture the killer beast, and the trio engage in an epic battle of man vs. nature.

*PLEASE NOTE: ALL FEATURED PROGRAMS REQUIRE REGISTRATION UNLESS NOTED AS DROP-IN

- Newsletter subscribers priority registration **PHONE OR IN-PERSON ONLY: through June 24**
- Non-subscribers: **starting June 25**
- Online registration begins: **June 25** WALLET PAYMENTS NOW ACCEPTED ONLINE!
- Payment due 5 days prior to program

THREE WAYS TO REGISTER!

Visit the Main Office
Call: 847.253.5532
Visit: myactivecenter.com *using My Senior Center keytag

Informational Housing Workshop

Wednesday, July 16

5:30 - 6:30 p.m. · Free

How can you maintain your current home to Age in Place? The Village of Arlington Heights Senior Citizens Commission is sponsoring the Age-Friendly Arlington Heights Workshop to give you tools and resources. Learn about the Village of Arlington Heights Zero Percent Loan program, resources from the Northwest Housing Partnership, and present shared Housing Programs from the Center of Concern. All family members are welcome to attend this event, please register: 847-253-5532.



PAYMENTS FOR PROGRAMS USING YOUR "WALLET" NOW ACCEPTED ONLINE!

For questions: Please contact the main office at 847.253.5532





Jerry & Marge Go Large

Friday, July 11

1:00 p.m.

Starring: Bryan Cranston, Annette Bening

Directed by: David Frankel

PG-13, 1 h. 36 min., 2022

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.

**For those of you who missed it during our April Pizza & Movie... now's your chance!*

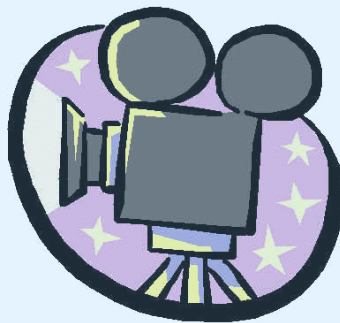


FREE FRIDAY MOVIES

ARLINGTON HEIGHTS SENIOR CENTER

5

FREE FRIDAY MOVIES



Roman Holiday

Friday, August 8

1:00 p.m.

Starring: Gregory Peck, Audrey Hepburn

Directed by: William Wyler

NR, 1h. 58min., 1953

Overwhelmed by her suffocating schedule, touring European princess Ann takes off for a night while in Rome. When a sedative she took from her doctor kicks in, however, she falls asleep on a park bench and is found by an American reporter, Joe Bradley, who takes her back to his apartment for safety. At work the next morning, Joe finds out Ann's regal identity and bets his editor he can get exclusive interview with her, but romance soon gets in the way.



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

Wednesdays: 1:00 - 2:30 p.m.

25 cent cards

Bocce Ball **on patio, weather permitting*

1st & 3rd Thursdays

1:30 - 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: 7/18, 8/1, 8/15

8:30 a.m. - 3:00 p.m. during regular crop

Chess Club

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

Four chess sets provided

Coloring Club

1st & 3rd Monday

10:00 - 11:30 a.m.

Coloring supplies provided or bring your own



Cookbook Club

1:15 - 2:15 p.m.

Thursday, July 17: *Grilling & Pioneer Woman cookbook recipes*

Thursday, August 21: *Breakfast/Brunch & Celebrity cookbook recipes*

Are you seeking some new ideas for dinner? Do you like exchanging recipes and sharing cooking techniques? Join our Cookbook Club! Each month, we will bring a recipe and preparation tips to share that fit with the theme. Optional: You may also bring in a sample of your recipe to share. We are also sharing recipes from cookbook authors – pick your favorite or try a new recipe from a famous chef!

Cribbage

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

Cribbage boards provided.

Duplicate Bridge

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

Euchre

1st and 3rd Mondays: 1:00 - 4:00 p.m.



Friendly Bridge

Wednesdays & Fridays: 9:30 a.m. - 12:00 p.m.

Gin Rummy (canceled 8/14, lobby 8/21)

Thursdays: 1:30 - 4:00 p.m.

Hand & Foot Card Club

Tuesdays

1:00 - 4:00 p.m.

M2M (Memories to Memoirs) Writers Club

1:30 - 3:30 p.m. ***No meeting until September 16**

Mah Jongg (end by 1:00 8/14, lobby 8/21)

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

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

Game sets provided on a first come first served basis.



Meditation Sessions

1st/3rd Mondays:

7/7, 7/21, 8/4, 8/18 · 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 and concludes with a wisdom talk (Dhamma) teaching about the application of Buddhist principles in our everyday personal practice.

Open Card Room Hours

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

Thurs: 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 is available on a first come, first served basis

Park Place Investment Club

Thursdays: 7/17 & 8/21 · 1:00 - 3:00 p.m.

Let Park Place Help You Learn Enough to Get to Boardwalk!

Would you like to learn how to evaluate stocks for your investment portfolio? Come and join the monthly meetings of the Park Place Investment Club as we review the performance of stocks owned by the club and work to identify new stocks to purchase. Our focus is determining when to buy and when to sell these securities for a profit.

Our meetings are held at 1:00 P.M. on the 3rd Thursday of every month in the Arlington Senior Center. People interested in the club can attend two meetings before deciding to participate as club members. All members must know how to use the Internet to gather financial data on stocks. Members must also be able to prepare information on securities they monitor by using MS Excel spreadsheet software. Those who join the club are required to pay monthly dues of \$25.00 which is used to fund new stock investments for the club. Come join us!

Ping Pong

Mondays 12:30 - 7:30 pm

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

Pinochle (canceled 8/14)

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

Poker

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

Portfolio Investment Club

7/23 & 8/27 · 1:00 - 3:00 p.m.

This club utilizes the principles of Value Investing. 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: 7/18, 8/1, 8/15 · 8:30 a.m. - 3:00 p.m.
Work on your own album or card making projects. Bring your own supplies, a variety of tools are available for your use. All paper crafters are welcome!

ALL DAY CROPS: 7/28 & 8/25

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

Virtual Scrapbooking: 7/24 & 8/28

*REGISTER for Zoom link.



Texas Hold 'em Poker

Tuesdays: 1:00 - 4:00 p.m.

Wii Bowling

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

Women's Wealth Investment Club

7/23, 8/27, 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 members invest at least \$35.00 into their own accounts.

Billiards League

Fridays · 9:30 - 11:30 a.m.

Drop-in to our new league for some friendly competition!



Pickleball

Tuesdays 9:00 - 11:00 a.m.

July 1 - August 26

2 courts available for Senior Center patrons at Dryden Park · 716 S. Lincoln Ln.



Sponsored by The Village of Arlington Heights and the Arlington Heights Park District
Round Robin Rules Apply



Senior Center Musical Group

2nd/4th Fridays: 1:00 - 2:30 p.m.

Haven't played for years? This is the place to come! Dust off that old band instrument! We play a wide range of music and most of it is very easy!



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 checkout privileges.

Returns of any Arlington Heights library materials can be made to the Reading Room or to the outside book drop to the west of the Senior Center entrance.

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–Friday from 9 a.m.–2 p.m. and Saturdays from 9 a.m.–noon.

The Reading Room and Computer Room will be closed Friday, July 4, Saturday, July 5, Saturday, August 30 and Monday, September 1.

TRAVELOGUES

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

July 4	Senior Center CLOSED	
July 11	Turkey's Hagia Sophia	(53 min)
July 18	Mérida/Chichén Itzá	(49 min)
July 25	Norway's Bergen Railway	(45 min)
Aug 1	Biking Chicago (Part 1)	(45 min)
Aug 8	Biking Chicago (Part 2)	(45 min)
Aug 15	Poland	(54 min)
Aug 22	Secrets of Westminster	(54 min)
Aug 29	Women of WWII	(58 min)

Library Program Registration

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

DISCUSSIONS *Join the conversation.*

CURRENT EVENTS

Thursdays, July 3, 10, 17, 24, 31, August 7, 14, 21, and 28, 10–11:15 a.m. **In-Person or Zoom**

REGISTER to join the July / August sessions by calling 847-870-3712.

SUMMER BOOK DISCUSSION



Monday, July 28, 10–11 a.m.

In Person or Zoom

Our summer selection, *Vera Wong's Guide to Snooping (on a Dead Man)* by Jesse Q. Sutanto, is a heartwarming, funny mystery. Xander appears to have it all as a burgeoning social influencer until he turns up dead. But the police can't actually identify him and everyone claims not to know him, including his parents. Leave it to teahouse owner Vera to get involved and solve the murder.

Books available for check out in the Reading Room four weeks prior to the discussion.

FILM DISCUSSION CIRCLE



Tuesdays, July 1 and August 5, 1 p.m. **Drop in.**

July's film, *Best in Show* (2000), 90 minutes, PG-13, is a comedy about the cut-throat world of dog shows. In August, join us for a silent film starring Buster Keaton, *The General* (1926), 78 minutes, unrated. A discussion follows the free film.





CRAFTERNOON in the READING ROOM

In-Person

Saturday, July 12, 10–11:30 a.m. or Friday, July 18, 1:30–3 p.m.

Create a fun DIY craft with supplies provided by the library. **REGISTER**

Navigating Information in the Age of A.I.

Tuesday, July 29, 10–11 a.m. In-Person

Join Info Services Librarian Steven Slavick to discover how to distinguish fact from fiction in the news you read and see. Key topics will include print and broadcast journalism, social media, and artificial intelligence. **REGISTER**

SENIOR CENTER: Tech Help

Computer Room, Thursday, July 10, 9:30–11 a.m.

In-Person

Have a question for library tech staff? We'll do our best to answer it or, if you stump us, we'll point you in the right direction. **DROP IN**



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 July/August classes opens July 1.

Android Phone Basics (two-day class)

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

Tuesdays, July 8 and 15, 2–4 p.m.

Fridays, August 8 and 15, 2–4 p.m.

Android Phone Settings

Prerequisite: Android Phone Basics

Learn how to view and change settings.

Monday, July 14, 2–4 p.m.

Wednesday, August 6, 2–4 p.m.

iPhone Basics (two-day class)

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

Thursdays, July 10 and 17, 2–4 p.m.

Wednesdays, July 23 and 30, 2–4 p.m.

Mondays, August 11 and 18, 2–4 p.m.

iPhone Beyond Basics (two-day class)

Prerequisite: iPhone Basics or experience

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

Thursdays, July 24 and 31, 2–4 p.m.

Fridays, August 22 and 29, 2–4 p.m.

iPhone Photos

Prerequisite: iPhone Basics or experience

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

Wednesday, July 9, 2–4 p.m.

Thursday, August 7, 2–4 p.m.

iPhone Settings 1

Prerequisite: iPhone Basics

Use Settings app to customize your iPhone or iPad.

Wednesday, July 16, 2–4 p.m.

Tuesday, August 12, 2–4 p.m.

iPhone Settings 2

Prerequisite: iPhone Basics

Learn more about your iPhone or iPad settings options.

Monday, July 21, 2–4 p.m.

Thursday, August 21, 2–4 p.m.

Windows 11 Essentials (two-day class)

Prerequisite: Basic mouse and keyboarding skills

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

Fridays, July 11 and 18, 2–4 p.m.

Wednesdays, August 20 and 27, 2–4 p.m.



THE GIVING TREE

The Giving Tree was purchased by Arlington Heights Senior Center, Inc. (501c3 Foundation) as a way for patrons to donate in their own name or, pay tribute, honor, memorialize or make a special wish to a friend or family member.

To purchase a leaf, simply complete the form (displayed near the giving tree at the Senior Center) and turn it in at the Main Office, along with your payment.

The cost per leaf is \$100.00.

Checks should be made payable to "Arlington Heights Senior Center, Inc."

www.arlingtonseniorsinc.com
1801 W Central Road, Arlington Heights, IL 60005

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



MEET UP! Long Grove – Lunch and Shopping

@ Village Tavern: 135 Old McHenry Rd, Long Grove

Wednesday, August 6 · 11:30 a.m.

Let's meet for lunch (on your own) at the oldest restaurant in continuous operation in Illinois, The Village Tavern of Long Grove, established in 1847. They are known for their variety of 1/2 lb. burgers made with freshly ground meat from Dorfler's Meat Market, hearty sandwiches, and homemade soups and salads. The menu features ribs, steaks, chops, fish, chicken, and shrimp. The Tavern's freshly breaded famous Fish Fry is a menu staple along with the best broasted chicken you have ever tasted. After lunch we'll browse the quaint shops, galleries and candy stores! Check out more of our meet ups at: <https://www.meetup.com/arlington-heights-adventurers-55/>



2025 Great Decisions: Foreign Policy Association Saturdays: 8/9, 9/13, 10/11, 11/8

9:30 - 11:00 a.m. • Free

The 2024 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.**



Evening Concert: Hey There - The Music of Rosemary Clooney

Monday, August 11

6:00 - 7:00 p.m.

Fee: \$2

Actress Kaity Paschetto, who has shone in regional productions of Anything Goes, Legally Blonde, Cabaret and more, embodies the charm and crystal-clear voice of Rosemary Clooney. Reminisce the Golden Age of the 1950s and 1960s with favorites like: "Mambo Italiano," "Hey There," "Tenderly" and "Come on-a My House."



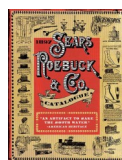
The History of Sears, Roebuck & Co.

Saturday, August 16

10:00 - 11:00 a.m.

Fee: \$2

Long before there was Amazon, there was Sears, Roebuck and Company – where you could purchase any product or service available on the face of the earth at fabulously low prices. Just how did this retail icon influence architecture, commerce, merchandise, lifestyle, and popular culture? Come and explore the rich and fascinating history of the World's Largest Store (WLS) from its humble beginning in 1886 to the present. Presented by History Edutainment Speaker, Barbara Barrett.



Murder, Mayhem, and the Mob (Part 1): Chicago's Beer Wars of the Roaring 20s

Wednesday, August 20

6:00 - 7:00 p.m.

Fee: \$2

More than one hundred years ago Al Capone arrived in Chicago as a skinny nineteen-year-old, and the town has not been the same since. Moreover, his ascendancy to power crystalized the Chicago Mob, was



ultimately a seismic shift in organized crime, and changed American History forever. But what's the real story? To learn more please join Clarence Goodman for *Murder, Mayhem, and the Mob (Part 1): Chicago's Beer Wars of the Roaring 20s*, the first of a four-part story.

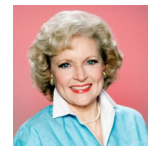
First Person Portrayal: America's Golden Girl – The Life of Betty White

Saturday, August 23

10:00 - 11:00 a.m.

Fee: \$2

Step into the vibrant world of Betty Marion White Ludden brought to life by the captivating historical presenter, Michelle Gibbons. Transporting audiences through time, White shares the cherished tales of her Illinois upbringing while delving into the extraordinary journey that led to her fame and numerous accomplishments.



Trivia Night!!

Wednesday, August 27

6:00 - 7:00 p.m.

Free

Bring your friends! Even if you're not the next Jeopardy champion, this night is for you! Have fun in a casual atmosphere competing against other teams for prizes. If you would like to be matched with your friends on a team of four, please let us know upon registration or email Sarah Adelphia at sadelphia@vah.com. Single registrants will be assigned teams.



***PLEASE NOTE: ALL FEATURED PROGRAMS REQUIRE REGISTRATION UNLESS NOTED AS DROP-IN**

- Newsletter subscribers priority registration **PHONE OR IN-PERSON ONLY: through June 24**

- Non-subscribers: **starting: June 25**

- Online registration **begins: June 25**

- Payment due 5 days prior to program

THREE WAYS TO REGISTER!

Visit the Main Office
Call: 847.253.5532
Visit: myactivecenter.com
*using MySenior Center keytag

WALLET PAYMENTS NOW ACCEPTED ONLINE!
For questions: Please contact the main office.





Help Seniors Get to their Doctors' Visits

Join the Connections to Care family as a volunteer driver taking seniors to their doctors' appointments. The average age of our passengers is 85, so they really need our assistance getting to their important medical appointments. The demand for our service is greatly increasing! **We need more volunteers!**

Our volunteer drivers pick up our passengers, take them to their appointments, stay with them, and bring them back home. Our online scheduling software, makes it easy to select rides that fit your schedule. **We do not require a weekly commitment.** Simply logon to our scheduling software and see what rides might work for you.

Our volunteer drivers have been with us an average of six years, so they are clearly enjoying their volunteer time with Connections to Care. Stop by our office in the Senior Center, give us a call at 847-222-9227 or visit our website (www.connectionstocare.org) to learn more about what we do.

We cannot wait to welcome you into the Connections to Care volunteer family!

12

MEALS ON WHEELS NORTHEASTERN ILLINOIS LUNCH PROGRAM



Meals on Wheels Lunch Program

Monday - Friday: 12:00 pm - 1:15 pm

1801 W. Central rd., Arlington Heights, IL

Join us for lunch in Arlington Heights! We offer amazing menu options that are diabetic friendly, low sodium, and heart healthy. A hot entrée with sides, beverages, and rolls are included with a suggested donation of \$4 per meal. You will not be denied a meal due to inability to pay. No reservations are necessary.

Our lunch Program requires you to be 60 years or older, and complete a one time registration form required by AgeOptions.

Home Delivered Meals

Meals on Wheels delivers a hot meal Monday - Friday to Home Bound Seniors in Maine And Wheeling Township. If you are interested in meals, please call 847.797.5350 and learn more today!

The Congregate and Home-Delivered Meal Programs are administered by Meals on Wheels Northeastern IL and made possible by funding through AgeOptions and the Illinois Department on Aging. Meals on Wheels Northeastern IL does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call (847) 332-2678.

COOKBOOK CLUB

Thursdays, 1:15-2:15

Thursday, July 17: Grilling & Pioneer Woman cookbook recipes

Thursday, August 21: Breakfast/Brunch & Celebrity cookbook recipes

Seeking new ideas for dinner? Do you like exchanging recipes and sharing cooking techniques? Each month, we will bring a recipe and preparation tips to share that fit with the theme. Optional: You may also bring in a sample of your recipe to share.

PLEASE BRING A
RECIPE TO SHARE!

FREE PROGRAM DROP IN

Arlington Heights Senior Center
1801 W Central Rd Arlington Heights
847-253-5532
seniorcenter@vah.com





Ask the Nurse

Tuesdays, 10:00 a.m. - 1:00 p.m.

Meet with Endeavor Health Community Nurse Rose Jensen, MSM, MSN, RN to discuss your healthcare questions and concerns. Free of charge.



Animal Assisted Therapy Visits

Thursday, July 3
Thursday, August 7
9:00 - 10:30 a.m.



Bone Density Screening

Tuesday, July 1
Tuesday, August 5
9:00 - 10:00 a.m.

Sock and shoe need to be removed for the screening. Screening is free of charge. Provided by Endeavor Health Community Nurse Rose Jensen, MSM, MSN, RN.

Appointments required
847-618-5575

Parkinson's Exercise Class



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

Medical clearance required prior to attending class.

Registration required. Call Health Connection at **847-618-4968**.

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

Led by Endeavor Health Physical Therapy Staff

Room temperature varies, please dress accordingly.



Walkers' Club

Led by Endeavor Health Physical Therapy Staff

Friday, July 11 & 25
Friday, August 8 & 22
10:00 - 11:00 a.m.

LECTURE SERIES

Healthy Aging: How Getting Stronger is the Key to Living Longer (and Better)



Learn why strength training is so misunderstood, why it's essential for a healthy latter part of your lifespan, and what you can do to get started now.

Monday, July 14
11:00 a.m. - 12:00 p.m.

Presented by: HealthFit

Dr. Joe Musolino, Chiropractor
Physician/Functional Movement Specialist

Registration required
847-253-5532

Atrial Fibrillation: What is it? How is it treated?



Atrial Fibrillation (AFib) is a common type of arrhythmia (irregular heart beat) where the upper chambers of the heart beat chaotically and rapidly. Learn more about this condition and how it's treated.

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

Presented by: Endeavor Health NCH Cardiovascular Services

Krista Zajac, ANP
Jeanne Richmond, BSN

Registration required
847-253-5532



With Endeavor Health Community Nurse,
Rose Jensen, MSM, MSN, RN

Cottage Cheese: A Versatile, Nutritious and Tasty Addition to Meals and Snacks



Tuesday, July 8
9:00 - 10:00 a.m.
Limited Space.

Registration required
847-253-5532

Chia, Hemp, Flax and Other Super Seeds



Tuesday, August 12
9:00 - 10:00 a.m.
Limited Space.

Registration required
847-253-5532



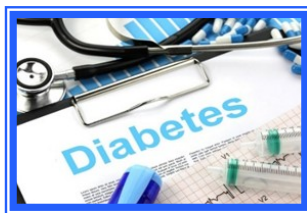
Podiatry Clinic

Thursday, July 3 & 7
Thursday, August 7 & 21
12:00 - 4:00 p.m.

Dr. Kelsey Krotiak, Podiatry of
Arlington Heights, will see patients at
AHSC. Please **pick up** new patient
forms and **schedule** an appointment
at the AHSC Front Desk.

Appointments required.

Diabetes and Pre-Diabetes Education



Led by Endeavor Health Community
Nurse, Rose Jensen, MSM, MSN, RN

Monday, July 21
Monday, August 18
9:00 - 10:30 a.m.

Registration required
847-253-5532

Diabetes Support



Led by Endeavor Health Community
Nurse, Rose Jensen, MSM, MSN, RN

Tuesday, July 15
Tuesday, August 19
9:00 - 10:00 a.m.

Registration required
847-253-5532

Brainwaves Support Group

Thursday, July 17
Thursday, August 21
3:15 - 4:15 p.m.

Discussion and presentations for
stroke or brain injury survivors,
caregivers and family members. Led
by Katlin Gottfried, SLP, Endeavor
Health Therapy Staff.

Registration Required
847-618-3718



Join Endeavor Health
Community Nurse, Rose Jensen,
MSM, MSN, RN for engaging
conversation!

Movement and Strength for Longevity



Tuesday, July 22
9:00 - 10:00 a.m.
Space is limited.

Registration required
847-253-5532

Supplements



Tuesday, August 26
9:00 - 10:00 a.m.
Space is limited.

Registration Required
847-253-5532



SUGGESTION BOX

ARLINGTON HEIGHTS SENIOR CENTER

15

Suggestion Box

We welcome your suggestions about programs, interests, ideas, and events. The Suggestion Box is reviewed by the Village of Arlington Heights Senior Center Manager and Senior Center Advisory Council President every two months and responses are published in the Live Well Age Well Newsletter.

PLEASE NOTE:

If you have a comment regarding safety, cleaning, or repair, please come to the Main Front Desk and alert staff immediately to address or contact the Senior Center Manager directly at 847-797-5301.

Can noise reduction abatement in the "Lunchroom"? Its very noisy in there when 8 or more talking at once. A rug: noise absorbs ceiling tiles acoustic ceiling tiles.

Thank you for your suggestion. A rug in a room used for food service would be difficult to keep clean. We will look into sound absorbing baffles and art elements in spaces inside the senior center.

Although it was stated previously that pickleball is not feasible here it would be nice if you could connect BEGINNERS to play outside at a nearby court.

There are quite a few outdoor courts in Arlington Heights that are run by the Arlington Heights Park District. We are looking into a possibility for a "Meet Up" group schedule at a nearby court. We will keep you posted.

Was told this was a good senior center. Unfortunately, limited handicapped parking. Will not be coming now.

Thank you for your feedback. The Arlington Heights Senior Center has 202 parking spaces, including 12 designated accessible spots—well above the state requirement of 7. We understand these spaces are in high demand, and staff are asked to park farther away to keep spots near the building available. We hope you'll consider visiting again and find a space that works for you.

Dance & Wellness Classes

Stay active with a diverse range of instructor-led classes

3D Motion

Wednesday, 8/27-10/8 | 2-2:45PM
Fee: \$70

Ballet Basics

Monday, 8/25-10/6 | 1-2pm
Fee: \$66

Broadway Bound Dance

Thursday, 8/28-10/9 | 11am-12pm
Fee: \$56

Chair Tap

Tuesday, 8/26-10/7 | 2:15-3:15pm
Fee: \$70

Chair Yoga

Inquire with AHPD about openings

Dancing to the Oldies

Friday, 8/29-10/10 | 11:15am-12:15pm
Fee: \$56

Functional Fitness

Thursday, 8/28-10/9 | 3:30-4:15pm
Fee: \$70

Gentle Movement & Meditation

Tuesday, 8/26-9/16 | 3:30-4:30pm
Fee: \$40

Let's Get Tapping

Tuesday, 8/26-10/7 | 1-2pm
Thursday, 8/28-10/9 | 2:15-3:15pm
Friday, 8/29-10/10 | 12:30-1:30pm
Fee: \$70 (Tues), \$70 (Thurs), \$70 (Fri)

Rhythm Ballroom Basics

Saturdays, 9/6-10/11 | 10-11am
Fee: \$66

Tai Chi Moves Intro

Tuesday, 8/26-10/7 | 11-11:45am
Fee: \$70

Tai Chi Moves Intermediate

Tuesday, 8/26-10/7 | 12-12:45pm
Fee: \$70

Zumba Gold

Wednesday, 8/27-10/8 | 1-1:45pm
Fee: \$70

Yoga

Inquire with AHPD about openings

Art & Crafting Classes

Unleash creativity with our teachers, no matter your experience!

50 Shades of Colored Pencils

NEW Monday, 8/25-10/6 | 9:30am-12pm
Friday, 8/29-10/10 | 9:30am-12pm
Fee: \$93 (Mon), \$109 (Fri)

Art of Acrylics Beginner

Thursday, 8/28-10/9 | 12:30-3pm
Fee: \$109

Art of Acrylics Inter/Adv

Thursday, 8/28-10/9 | 9:30am-12pm
Fee: \$109

Crochet Beginners

Monday, 8/25-10/6 | 9:45-10:45AM
Fee: \$48

Crochet with Friends Drop-In

Monday, 8/25-10/6 | 11AM-1PM
Fee: \$8 per visit

Intro to Calligraphy

NEW Tuesday, 8/26-10/7 | 3-4:15pm
Fee: \$96

Watercolor

Tuesday, 8/26-10/7 | 9-11:30am
Friday, 8/29-10/10 | 12:30-3pm
Fee: \$91 (Tues), \$91 (Fri)

Quilting with Friends Drop-In

NEW Wednesday, 8/27-10/8 | 9:45-11:45am
Fee: \$8 per visit

Studio Art

NEW Monday, 8/25-10/6 | 1:15-3:45pm
Fee: \$93 full session, \$18 drop-in

The Art of Originality

NEW Tuesday, 8/26-10/7 | 12-2:30pm
Fee: \$109

Performing Arts Classes

Express yourself through song and dance!

Prime Time Show Choir

NEW Sunday, 10/5-12/7 | 6:15-7:30pm
Performance TBD
Fee: \$113

Cards & Games Classes

Learn a game, sharpen your strategy, and level up with our teachers!

Adult Chess

Monday, 8/25-10/6 | 11am-12pm
Fee: \$48

Bridge Beginning

Tuesday, 8/26-10/7 | 10am-12pm
Fee: \$98

Bridge Intermediate

Tuesday, 8/26-10/7 | 12:30-2:30pm
Fee: \$98

Best Bridge Ever!

Thursday, 8/28-10/9 | 2:15-4:15pm
Fee: \$98

Canasta Beginner

Tuesday, 8/26-9/16 | 3:30-5:30pm
Fee: \$48

Mah Jongg Beginner

Monday, 8/25-10/13 | 12:30-2:30pm
Thursday, 8/28-10/16 | 10:30am-12:30pm
Fee: \$60 (Mon), \$70 (Thurs)

Mah Jongg Intermediate

Monday, 8/25-10/13 | 2:45-4:45pm
Fee: \$60 (Mon)

Woodshop Classes

Explore your craftsmanship and develop your skills safely!

Carve On

Wednesday, 8/27-10/8 | 12:30-2:30pm
Fee: \$39

Beginner Woodworking

Thursday, 8/28-9/18 | 12:15-3:15pm
Fee: \$112

Turn & Marble a Pendant Workshop

Friday, 8/15-8/22 | 9am-12pm
Friday, 8/15-8/22 | 1-4pm
Fee: \$20 (Fri AM), \$20 (Fri PM)

Registration opens

August 5 at 10AM!

Call 847.797.5341 or
visit AHPD at the Senior Center

Visit the Woodshop

See all the AHPD Woodshop has to offer! 8 workstations available.

Equipment includes:

- 12" sliding compound miter saw
- 14" band saw
- Belt and disc sanders
- Delta 6" jointer
- Dewalt variable speed 20" scroll
- Grizzly 15" planer
- Jet drum sander
- Variable speed drill press
- And much more!

Woodshop Safety Training Certification and Evaluation is required prior to membership purchase. Call AHPD at 847.797.5341 for more info.

WOODSHOP MEMBERSHIP FEES

Annual: \$118

10 Pass: \$82

6 Pass Option: \$49

Daily Fee: \$14

Birdhouse Construction: Build your own birdhouse in a single 3-hour session! No membership required. Work on-on-one with the Woodshop Coordinator to construct the birdhouse. Learn to safely use the table saw, chop saw and drop press in the process. Participants must supply their own 1"x10" 8ft piece of #2 pine board. Available during regular Woodshop hours. \$25 per person.

WOODSHOP HOURS

Mondays-Thursdays, 9am-12pm

Starting Saturday, September 6:

The Woodshop will be open the first Saturday of each month, 9am-12pm

Fun & Fit Membership

Access weekday fitness classes throughout the year!

Membership required.

AEROBICS

Mondays, Thursdays | 9-9:45am

Fridays | 10-10:45am

DANCE FITNESS

Tuesdays | 9-9:45am

Thursdays | 12:15-1PM

STRENGTH

Tuesdays | 9:55-10:35am

Thursdays | 10-10:45am, 1:10-1:55pm

Fridays | 9-9:55am

CARDIO STRENGTH

Wednesdays | 9-9:45am

F&F MEMBERSHIP FEES

Annual Membership: \$221

6-Month Membership: \$148

Punch card: \$77 for 14 classes

Arlington Athletic Club

Discover a world of fitness!

Use the multi-direction Cybex weight station, recumbent bikes, treadmills, NuStep, rowing machines, ellipticals and free weights. Membership required.

AAC Tours available by appointment.
Call AHPD at 847.797.5341 to schedule.

AAC MEMBERSHIP FEES

Annual Membership: \$183

6-Month Membership: \$121

Punch card: \$77 for 14 visits

Daily: \$8 per visit

AAC HOURS

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

Saturdays, 8:30 am-Noon

AAC + Fun & Fit

COMBO MEMBERSHIP FEES

Annual pass: \$345

6-month pass: \$193

Arlington Classic Tours

Restaurants! Musicals! Museums!
Casinos! Sporting events!

Sound fun?

If so, Arlington Classic Tours (ACT) is for you!

The Park District does all the planning. All you do is register, check-in on the day of the tour, relax in the luxury motor coach arranged for the trip, and enjoy the activities. With over 50 one-day tours each year, there's something for everyone!

Become an ACT member to enjoy:

- A bi-monthly tour brochure sent directly to your home
- Member priority registration
- A \$15 discount on each tour
- A 10% discount on Gift Shop merchandise purchases
- Monthly participation drawings

ACT MEMBERSHIP FEES:

Individual: \$25

Household (*two people living at the same address*): \$35

**Learn more about
all AHPD
Senior Center
memberships!**

Call 847.797.5341

AHPD Senior Center memberships do not apply to AHPD facilities outside of the Senior Center.

Arlington Bridge B's

Weekly ACBL Sanctioned Game

Are you a novice Bridge player wanting to earn credit towards becoming a Bridge Life Master?

This game is designed for novice players who want to establish ranking with the American Contract Bridge League and who have 200 points or less.

This is an ACBL sanctioned, partnerships provided game. Enjoy 2 hours of playing under the supervision of Ryan Daniels, Bridge Life Master.

Call 847.797.5341 for more info.

\$8 per person cash, payable at door.



Drop-In Dance Groups

No Line Dance or Square Dance in July or August.

Dances will resume in
September.

Call 847.797.5341



Special Event

LET'S PIG OUT

Wednesday, September 10 | 11am-1:30pm | Camelot Community Center

Fee: \$48 per person

Join us for a down-home country feast at Camelot Park! Enjoy a delicious pig roast from Porky's with all the fixings buffet-style and tap your toes to live country music from The Downhillers.

MENU: Roast Pig, Shredded Chicken Sliders, BBQ sauce, Coleslaw, Mashed Potatoes

This outdoor event features provided tables and chairs, but feel free to bring your own lawn chair for extra comfort. Please contact AHPD for any accessibility concerns or questions.

In case of rain, the event will be held indoors in the Camelot Park Community Center gym. Limited space available. Registration not available day of event. Seats not assigned for this event. Check in begins at 11AM. Lunch available at 11:30AM. This is a contracted program; non-refundable upon registration.

Dress in your southwest best and get ready for a boot-stompin' good time!

REGISTRATION OPENS AUGUST 5 AT 10AM

Call 847.797.5341 or visit AHPD at the Senior Center to register



ARLINGTON HEIGHTS PARK DISTRICT @ THE SENIOR CENTER

19

AH Park District Registration

Fall Registration opens August 5 at 10AM

*Sign up for classes running end of
August through the end of the year*

For Park District programs at the Senior Center, there are not separate resident and non-resident registration dates or fees!

See all the programs offered from AHPD at the Senior Center by visiting the Park District Office for an AHPD program guide or go to ahpd.org.

To register: Visit AHPD at the Senior Center, call 847.797.5341, or go to ahpd.org.

Shop 1801 Gift Shop

Stop by the Park District's gift shop, **Shop 1801**, located in the Park District Office at the Senior Center.

Come check out our merchandise! Accessories, handmade woodshop items, keychains and more!

And don't forget to swing by for all your greeting cards! From Anniversaries to Retirement and everything in between: our \$1 cards are perfect for every occasion!



ARLINGTON HEIGHTS PARK DISTRICT AT THE SENIOR CENTER

Phone: 847.797.5341 **Online:** www.ahpd.org

Office & Shop 1801 Hours: Mondays - Fridays, 8:30am - 4:30pm



Volunteer Opportunities

Connections to Care Drivers: Older adults in the NW suburbs need your help to stay healthy! Assist senior citizens get to their routine medical check-ups (non-urgent) by becoming a volunteer driver. You set your schedule based on your availability – FLEXIBLE! No weekly commitment required. For more information, contact Amy or Andrea at 847-253-5532, ext. 314 or visit, www.connectionstocare.org.

Meals on Wheels Northeastern Illinois: Do you value creating relationships and helping area seniors? Drivers are needed to deliver meals to home-bound residents in the surrounding area. One day a week or more if you choose. Time commitment is approximately 2 hours per route. Contact Heidi at 847-797-5350 for more information.

Office Help: Both Connections to Care and Meals on Wheels are seeking volunteers to work in their offices with registration, paperwork, phone calls, etc.

Kid Connections: Would you like to participate in monthly activities with local student groups? Or do you lead a student group and are looking for volunteer opportunities for the upcoming school year? Join our Kid Connections group as a patron

or a volunteer student group. Activities can include: games, crafts, conversation, and other fun options.

Garden Team Member: Do you have a green thumb? Join our gardening team! We plant, weed, and water our vegetable garden on the patio at the Senior Center. We then donate the produce to local food pantries.

Support Squad: Do you value making connections and supporting neighbors when they need help? We are building a new group that will support fellow patrons in need of a boost or check in. This group will participate in activities such as sending cards, making phone calls, coordinating visits and perhaps meals, and other supportive outreach. We will work together to envision and launch this new squad to create a culture of caring here at the Senior Center.

Please contact Liz Nierman, Volunteer Coordinator, with your interest in any of these opportunities. Email: enierman@vah.com, phone: 847-797-5302

Or get your Volunteer Application started here:



Alex Hantel - Garden Team Member



Mike Dobbin - Senior Center Greeter



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

The Village of Arlington Heights Senior Citizens Commission is requesting your opinion regarding housing affordability. Please take this quick survey and return to the Arlington Heights Senior Center front desk or digitally take the survey with the QR Code with your phone.



COMMISSIONERS CORNER

The Village of Arlington Heights Senior Citizens Commission is requesting your opinion regarding housing affordability. Please take this quick survey and return to the Arlington Heights Senior Center front desk or digitally take the survey with the QR Code with your phone.



1. Please share your age:

- ☐ Under age 55 (if so, do not complete survey)
☐ Age 55+

2. Do you live in a house, apartment or condo that is not part of a care facility?

- ☐ Yes
☐ No

3. Have you resided in Arlington Heights for at least 11 months?

- ☐ Yes
☐ No

4. Do you live alone or with multiple people?

- ☐ I live alone
☐ I live with my spouse
☐ I live with my extended family
☐ I live with roommates



5. For this next question, we are trying to determine how many older adults spend more than 30% of their income on housing. Considering all of your annual income (with all sources), please share:

- ☐ I live alone and my average income is more than \$2,803 per month.
☐ I live alone and my average income is less than \$2,803 per month.
☐ I live with my spouse/partner and our monthly income is more than \$4,204 per month.
☐ I live with my spouse/partner and our monthly income is less than \$4,204 per month.

6. Are you finding it difficult to afford monthly costs for your mortgage, property taxes, and/or rent?

- ☐ Yes
☐ No
☐ Not applicable

7. Do you spend more than 30% of your monthly income on your mortgage, property taxes and/or rent?

- ☐ Yes
☐ No





Pop-Up Café! Baked Goods

9:00 - 11:00 AM

Thursday, July 10

Friday, July 18

Wednesday, August 20

9:00 - 11:30 AM

Friday, August 8

**In the Lobby of the
Arlington Heights
Senior Center**



**changing
lives**
ONE CUP AT A TIME



Place your Meal Box order at the Senior Center Front Desk 1 week before the event. Meals will be delivered at 5:15 in the Senior Center Lobby for your Dining Enjoyment!

Cash or Check accepted and must be paid in full.

Pre-Order Meal

Delivery of Gerry's Café Meal Box to the Senior Center before the Evening Concert

Monday, August 11

Our 5 offerings include the following:

- Turkey and pepper jack cheese on multi grain bread
- Ham and Swiss cheese on multi grain bread
- Roast beef and cheddar cheese on hearth roll
- Fresh mozzarella and tomato (no meat) on hearth roll
- The sandwiches all come with chips, pickle and small cookie.
- Chicken Caesar Salad with bread and small cookie.
- Cost for each boxed lunch/dinner is **\$16.49**

Gluten free bread can be selected as an option and would come with a gf brownie instead of the cookie.

Gerry's Café is a 501(c)(3) nonprofit organization that employs adults with intellectual and developmental disabilities.



HEALTH, WELLNESS, SOCIAL SERVICES

ARLINGTON HEIGHTS SENIOR CENTER

23

Medicare News for July/August

What are the differences between traditional (also called 'original') Medicare and Medicare Advantage (MA)? Both require the beneficiary to be enrolled in Medicare Parts A and B, the latter having a monthly premium of \$185 in 2025 for most. Low income persons can have this premium paid by the government. Most MA plans in IL have no extra premium and include Part D drug coverage, unlike traditional Medicare.

The major differences: Traditional Medicare lets you go to any doctor/provider that accepts original Medicare (80% of medical doctors accept original Medicare); 'Medicare Advantage' limits doctors/providers to those in their network (if HMO) or (if PPO/PFFS) to a wider network, but doctors/providers can decide to leave the network while remaining in original Medicare. If all **your** doctors/providers accept an MA plan you get the best of both plans, the doctor you want, at usually a \$0 monthly premium (though there are copays) while those in original Medicare, if they want extra coverage for the gaps will have to pay a monthly premium. Premiums vary by the extent of extra coverage you want.

Compare the gaps in traditional Medicare to Medicare Advantage gaps:

Medicare Gaps for those in traditional Medicare 2025. (without a Supplement/Medigap plan).

1. Part A (in-patient deductible) \$1,676, per hospitalization for stay up to 60 days
2. Part A (Skilled (24/7) Nursing Care, rehabilitation; first 20 days paid in full by Part A but for days 21-100, beneficiary pays at the rate if \$209/day
3. Part B Deductible \$257 per year (doctors, testing, therapy, ER, durable med. equipment).
4. Part B co-pay 20% of 'Medicare-approved' Part B doctors, services, ER, testing, etc
5. Non-Medicare Assignment doctors (rare in our area) are allowed 15% higher reimbursement than Medicare normally allows

Gaps in Medicare Advantage Plans, limited to providers who'll accept the plan; patient is required to 'pay as you go' out of pocket for fixed co-pays, some examples below:

1. Doctor copays: GP normally 0 to \$10; specialists normally \$25 to \$60 per visit
2. Physical therapy: average, \$40 per session
3. Emergency Room costs: co-pay on average about \$100 to \$150 per visit
4. Expensive tests (e.g. MRI/CT scans, etc): about \$100 to \$150
5. In-patient hospital stays: \$300 to \$350 per day for about first 5 to 7 days only, then zero for up to 60 days total

6. Skilled Nursing Facility (24/7 care): First 20 days zero to about \$10/day, thereafter, up to 100 days, copay can be \$209 or more per day up to 100 days total
7. Prescription drug copays, zero (some generics) to 25% of brand name drug cost



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



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.

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.



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.



Arlington Heights Fire Department SMOKE ALARM PROGRAM

Smoke Alarms Safety Reminders

Over 4,000 people die every year in residential fires in the United States. Most fatal home fires occur between 8:00 p.m. and 8:00 a.m. while residents are asleep. A smoke alarm buys valuable time. As soon as it senses smoke, an alarm automatically sounds, allowing residents a chance to get out before toxic fumes accumulate to lethal levels.

The Arlington Heights Fire Department would like to assist residents of the Village with installing new Smoke Alarms which now have a 10-year battery life. There is NO Charge for smoke alarms or for their installation. This program is available to help those who are physically, financially, or otherwise unable to install smoke alarms themselves.

Below are 2 ways you can register for the Smoke Alarm Program:

- Visit the Village website for more details: www.vah.com/smokealarms and complete the easy on-line registration form.
- OR, call the Fire Department office at 847.368.5450 (Monday-Friday between 8:00 AM and 5:00 PM) and we will add your name to the appointment list.



**Smoke Alarms Save Lives!
REGISTER NOW - DON'T WAIT**



Catholic Charities Northwest Senior Services

continues to provide in home assessments in the community as the local care coordination unit for supportive services in Wheeling, Barrington, Hanover and Palatine Townships. Individuals, families and friends interested in learning more about home and community-based services and supports for those aged 60 and over, including the community care program (CCP) (subsidized home-maker, adult day services, emergency home response systems, automated medication dispenser), light chore housekeeping and home delivered meals are encouraged to contact the Care Coordination Unit (CCU) covering their area. Once a referral is made, a care coordinator will make a home visit and assist the participant in determining eligibility for CCP and other services and developing a person centered plan of care. Catholic Charities Northwest Senior Services will remain at the Arlington Heights Senior Center as the Care Coordination Unit. To contact them: call 847-253-5500.



Aging and Disability Resource Network (ADRN)

Our ADRN specialist assists older adults by connecting them to services that promote independence and dignity, including:

Information, assistance, and referrals on a broad range of issues, provided in person, by phone, or via email to older adults with disabilities, their families, caregivers, or professionals. We can briefly assess each person's situation and connect them to appropriate resources, including KYC and Catholic Charities Services.

Benefits Specialist Services

We also provide counseling on Medicare benefits, including:

- Medicare Part B Preventive Care Benefits
- Low Income Subsidy (LIS/"Extra Help") and Medicare Savings Programs
- Prescription drug coverage under Medicare Part D plans or Medicare Advantage plans
- Assistance with other public benefits and pharmaceutical programs

Contact Information

ADRN Services:

Phone: 847-524-8800 ext. 189

Benefits Specialist:

Phone: 847-524-8800 ext. 131

Caregiver Resource Center

The Caregiver Resource Center is staffed by Caregiver Specialists who provide education, resources, and self-care tips to support caregivers. Services include:

- Support groups
- Training and counseling
- Assistance for grandparents raising grandchildren

Caregiver Support Groups

- **Elk Grove Village:** Meets on the 3rd Thursday of each month from 6:00 - 7:30 p.m. at Kenneth Young Center, 1001 Rohlwing Rd, Elk Grove Village. Please contact us at 847-524-8800 ext. 124 to register for this group.
- **Arlington Heights Senior Center:** Meets on the 3rd Wednesday of each month, 6:00 - 7:30 p.m. Sessions are available both **in-person** and **virtually** at the Arlington Heights Senior Center. Please contact us at 847-524-8800 ext. 124 to register for this group.

Contact Information

Caregiver Resource Center

Phone: 847-524-8800 ext. 124



What is Powerful Tools for Caregivers?

Powerful Tools for Caregivers is a class series that supports caregivers in taking care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.

Six classes held once a week are led by experienced class leaders. Class participants are given *The Caregiver Helpbook* to accompany the class and provide additional caregiver resources.

Find Powerful Tools for Caregivers classes:

Contact your county Family Caregiver Support Program for a local class schedule or contact Powerful Tools for Caregivers Headquarters www.powerfultoolsforcaregivers.org



Program for Family Caregivers of People with Alzheimer's Disease or Dementia

You Are Not Alone:

We know caregiving can be stressful. This program is available at no cost and will teach you: stress management techniques, relaxation and coping strategies.

Who: Family caregivers of a loved one with dementia

What: Multi-component program meets 90 minutes/week for 9 weeks
Groups of up to 8 people

Where: HANOVER TOWNSHIP SENIOR CENTER
240 S. Route 59 Bartlett, IL # 630-483-5600

When: Tuesdays from 8/5/25-9/30/25,
10:30 am-12pm

Please call for more information or to register:

Noël Abraham, Kenneth Young Center -
847-524-8800 x 244
or Katherine Ackley, Hanover Township -
630-372-3785

Alzheimer's/Dementia Caregiver Support Group Mondays, 7/14 & 8/11

*11:00 a.m. - 12:30 p.m.

*New Members

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. Free.



Parkinson's Club of AH 2nd Thursday each month July 10 & August 14 1:00 p.m. - 2:00 p.m.

The Parkinson's Club of AH is a volunteer-led monthly meeting for individuals with Parkinson's Disease, their family members, friends and caretakers. All present are invited to share their thoughts, concerns, knowledge and questions at each meeting. *This is a drop-in program, and no pre-registration is required.*

Korean American Parkinson's Support Group



Saturdays:
July 12 & August 9
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: \$1.00. The best way to obtain a blood sugar is to fast. You can also test three hours after you eat.

Cholesterol Screening July 9 at Senior Center August 13 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. Hemoglobin A1C testing is available on these screenings dates as well.

HEALTH, WELLNESS, SOCIAL SERVICES

ARLINGTON HEIGHTS SENIOR CENTER

25

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 pre-

scription 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.

NURSING SERVICES NOW OFFERING A1C SCREENING! WHAT IS AN A1C?

An A1C screening is a blood test that measures the average amount of glucose in your blood over the past 3 months. This test is commonly used to diagnose diabetes and monitor blood sugar levels in individuals with diabetes. If you're interested in getting an A1C screening, feel free to call 847-368-5760 to schedule an appointment and take a proactive step towards your health and well-being.

Cost is \$12 (\$30 if combined with a cholesterol screening)

Appointments are available during Cholesterol Screening dates only.



AARP Smart Driver Classroom Course

Tuesday, July 8 & Wednesday, July 9

12:00 - 4:00 p.m.

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

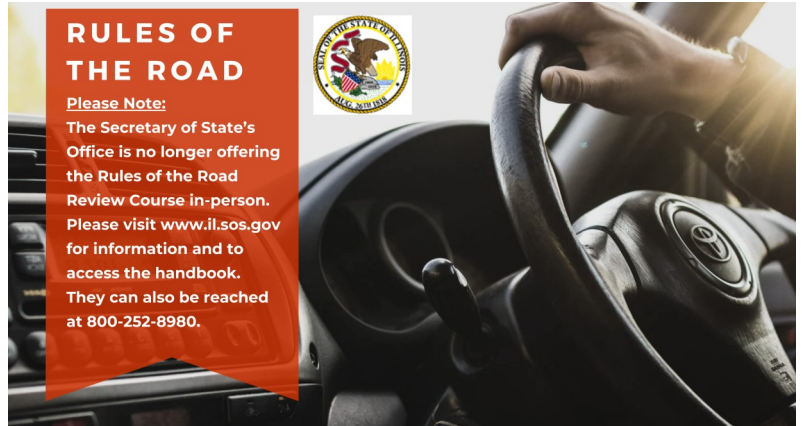
Learn about up-to-date information regarding changes over time in ourselves, our vehicles, and our roads. This informative course can help you boost safety awareness, refresh and improve driving skills, minimize crash risk and maintain independence. Participants age 55 and older may be eligible to receive 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.



RULES OF THE ROAD

Please Note:

The Secretary of State's Office is no longer offering the Rules of the Road Review Course in-person. Please visit www.il.sos.gov for information and to access the handbook. They can also be reached at 800-252-8980.





NEWSLETTER SUBSCRIPTION

ARLINGTON HEIGHTS SENIOR CENTER

27

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 \$20.00 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 Village of Arlington Heights and some Endeavor Health Featured Programs
- One-time 10% discount in the Arlington Heights Park District Gift Shop at the Senior Center. Not to be combined with other discounts/offers
- One free trial of a Fun & Fit class with the Arlington Heights Park District at the Senior Center.

**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 \$20.00 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:	_____
Email:		_____	
Emergency Contact: _____			
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 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).