



Live Well, Age Well

For Ages 55+

Village of Arlington Heights




March/April 2024


Accredited by

 national council on aging


National Institute Of
Senior Centers


 1801 W. Central Road
 Arlington Heights, IL 60005

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

 Tues/Thurs/Fri
 8:30 a.m.- 4:30 p.m.

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

 (847) 253-5532

 seniorcenter@vah.com

 www.vah.com



Want to live and age well in your community? Better Age helps you identify small steps you can take to get the most out of life! Complete a simple survey and get your free health assessment and recommendations on ways to improve areas of your life.

Start with Awareness; take the short well-being assessment (not just about health) for all areas of your life. Next Take Action; explore your personalized health and well-being report and recommendations. These recommendations will be local resources! Then Achieve! You will take on your personal goals to achieve a well-balanced healthy life!

The assessment is FREE. Data will not be shared with any third-party organizations, and confidential. Please contact the Senior Center Main Office for more information on how to take this invaluable assessment.



FREE INCOME TAX PREPARATION ASSISTANCE - AARP TAX-AIDE PROGRAM

Beginning Thursday, January 4, 2024, the Senior Center Main Office will begin scheduling tax preparation appointments to be conducted at the Arlington Heights Senior Center. The American Association of Retired Persons (AARP) offers this free service.

Appointments will be conducted on Wednesdays and Thursdays, beginning February 7 through April 11, 2024. Please make your appointment early, as spots fill up quickly the closer we get to the end of tax season!

All Returns will be E-Filed. E-file is a quick, easy, and more accurate alternative to traditional paper filing. With e-filing, taxpayers receive their refund in half the usual time and even faster with direct deposit. In addition, e-filers will receive a paper copy of their return.

If filing a joint return, both spouses must be present or bring a signed power of attorney. This power of attorney is not the healthcare power of attorney but the official financial power of attorney.

PLEASE VISIT THE FRONT DESK FOR A CHECKLIST OF ITEMS TO BRING WITH YOU TO YOUR APPOINTMENT.

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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

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 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 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 - 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

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

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

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

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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.

Multicultural Celebration

Thursday, April 4

1:00 - 3:00 p.m. · Fee: \$5

April is Diversity Month! This is a time to recognize and celebrate the beauty of our unique cultures and traditions. This exciting event will feature the music and food of Ukraine and the Caribbean. Eastern Slavic folk group, Chicago Cossacks presents traditional songs and dance with brief commentary on song lyrics and an overview and history of Eastern Slavic musical traditions. Musician, Dan Kusaya, offers his own unique fusion of genres such as reggae, Afro jazz, Caribbean and dance. Various food items from both cultures will be offered. Please register by March 28th.



CHECK IT OUT

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

- Newsletter subscribers priority registration **PHONE OR IN-PERSON ONLY: through Feb. 21**
- Non-subscribers: **starting Feb. 22**
- Online registration begins: **Feb. 22**
- 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

2024 Great Decisions:

Foreign Policy Association

Saturdays: 3/2, 4/13, 5/4, 8/10, 9/7, 10/5, 11/2

9:30 - 11:00 a.m. · Free

The 2024 program series began in February. 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.**



Pizza & Movie: *Nyad*

Monday, March 4

5:00 - 7:00 p.m.

Fee: \$2

Starring: Annette Bening, Jodie Foster

Directed by: Jimmy Chin

PG-13, 2 h. 1 min., 2023

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.



Alzheimer's/Dementia Caregiver Support Group

Mondays: March 11 & April 8

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.



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.



INC Sponsor Speaker Series

Arden Courts:

Healthy Living for your Brain and Body - Tips from the Latest Research

Wednesday, March 13 · 10:00 - 11:00 a.m. Free

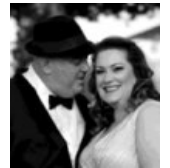
The Arlington Heights Senior Center, Inc. Foundation is pleased to have Arden Courts, presenting healthy living tips. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Evening Concert: *Crooners & Divas*

Wednesday, March 13

6:00 - 7:30 p.m. · Fee: \$2

John "Ludy" and Nicole Puleo perform a catalog of music by your favorite Crooners and Divas from the past 11 decades with over 11 genres of music. This vocal powerhouse couple delivers an interactive show that will have you singing along and dancing the night away. Beloved American Standards, Italian classics, contemporary favorites and beautiful duets! There is something for everyone in this highly acclaimed, one-of-a-kind show.



Parkinson's Club of AH
2nd Thursday each month
March 14 & April 11
1:00 - 2:00 p.m.



The newly organized Parkinson's Club of AH is a volunteer led monthly meeting for individuals with Parkinson's Disease, family members, friends and caretakers. At each meeting, we will have time to share what has gone well for each of us in the last month, and what challenges we have faced. At some meetings, we will follow up our sharing time with outside speakers from the medical field, government agencies and the community. **This is a drop-in program, and no pre-registration is required.**

Big News!

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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.



Chicago Baseball
Saturday, March 16
10:00 - 11:00 a.m.
Fee: \$2



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

Lessons in Modern 'Home Economics'
Tuesday, March 19
10:30 - 11:30 a.m.
Free



Enjoy meals at home without 'learning to cook' or DoorDash. This program provides food for thought about saving money and enjoying better quality food while 'rightsizing' for 1 or 2 eaters. Presented by Becky Booth, B.S. Home Economics Education, Iowa State University.

Family and Friends CPR Course
Wednesday, March 20
9:00 - 11:00 a.m.
Free



Family & Friends CPR is for people who want to learn CPR but do not need a CPR course completion card to meet a job requirement. This course is ideal for community groups, new parents, grandparents, babysitters, and others interested in learning how to save a life. Please note: class is limited.

First Person Portrayal: Love Beyond the Law – The Bonnie and Clyde Story
Saturday, March 23

10:00 - 11:00 a.m. • Fee: \$2

A tale of passion and infamy told through Bonnie Parker's perspective. In this captivating portrayal by historical presenter, Michelle Gibbons, we will be transported back to that fateful day when destiny intervened, bringing Parker face-to-face with a man who would forever alter the course of her life – Clyde Barrow. Join us for an unforgettable exploration of "Love Beyond Law," as we step into the tumultuous world of a woman whose life defied convention and left an indelible mark on history. Discover what made Bonnie Parker the Femme Fatale of the Barrow Gang.



Age-Friendly Town Hall Talks:
All About Catholic Charities Northwest Social Services

Monday, March 25
9:00 - 10:00 a.m. • Free
IN-PERSON/VIRTUAL



Age-Friendly Arlington Heights mission is to inform residents about the various ways to live and age well in our community. Catholic Charities Northwest Social Services is a partner agency located within the Arlington Heights Senior Center. The agency can connect older adults with systems and supports to ensure people to age well within their homes. Learn more about the various services at this session! Please register online or in person.

A Matter of Balance
Tuesdays, March 26 - May 14
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.



Trivia Night!!
Wednesday, March 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.

Senior Freeze Informational Workshop with Cook County Assessors Office
Thursday, March 28

10:00 a.m. - 12:00 p.m. • Free
Senior homeowners are eligible for the Senior Freeze exemption if they are over 65 years of age and have a total household annual income of \$65,000 or less. This exemption provides property tax savings by freezing the equalized assessed value (EAV) of an eligible property. A representative from

the Cook County Assessors Office will be here to offer information about this valuable exemption. Please note also, on April 16th from 10 AM – 1 PM, the Cook County Assessors Office will be taking appointments at the Senior Center to assist you in navigating this exemption for yourself. Please call to register for the March 28th Informational Workshop and to make a 15 min. appointment on April 16th. (see pg. 10 for more info. on appointments)

Evening Concert: Legendary Ladies with Gayle Pierson

Monday, April 1
6:00 - 7:00 p.m. • Fee: \$2

Arlington Heights Senior Center welcomes back vocalist Gayle Pierson as she performs songs from renowned female artists including Patsy Cline, Loretta Lynn, Ella Fitzgerald, Karen Carpenter, Olivia Newton John, and Linda Rondstat.



Basic Italian Language Class
1st and 3rd Fridays
April 5 - July 19

11:00 a.m. - 12:30 p.m.
Fee: \$8

Learn basic vocabulary, easy grammar, reading and conversation along with the culture and history of Italy. No Italian background necessary!. Inexpensive book and notepad will be required. Details to be provided. Taught by Josephine Mallek, certified Italian instructor.



INC Sponsor Speaker Series
Comfort Keepers: Veterans Benefits 101
Monday, April 8

2:00 - 3:00 p.m. • Free
The Arlington Heights Senior Center, Inc. Foundation is pleased to have Comfort Keepers join us to discuss the many State and Federal benefits available to Veterans.

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- Non-subscribers & online: **starting Feb. 22**



FREE FRIDAY MOVIES **5**

ARLINGTON HEIGHTS SENIOR CENTER

Leap Year

Friday, March 8

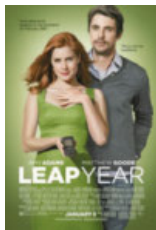
1:00 p.m.

Starring: Amy Adams, Matthew Goode, Adam Scott

Directed by: Anand Tucker

PG, 1h. 40min, 2010

Anna Brady plans to travel to Dublin, Ireland to propose to her boyfriend Jeremy on February 29, leap day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it.



FREE FRIDAY MOVIES



Indiana Jones and the Dial of Destiny

Friday, April 12

1:00 p.m.

Starring: Harrison Ford, Phoebe Waller-Bridge, Antonio Banderas

PG-13, 1h. 48min, 2023

Archaeologist Indiana Jones races against time to retrieve a legendary artifact that can change the course of history.



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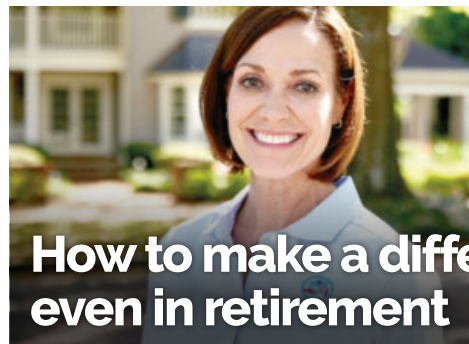


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Arlington Heights Senior Center, Arlington Heights, IL A 4C 01-1374

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

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

25 cent cards

Canasta (Aces & 7's)

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

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

Fridays: March 1, April 5 & 19

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

2nd & 4th Wednesdays

10:00 - 11:30 a.m.

Coloring supplies provided or bring your own!

Cribbage

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

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

Cribbage boards provided.

Culture Club

Saturdays: TBD please call

847.253.5532 for dates · 9:00 - 11:00 a.m.

Learn about wellness, move your body with Chair Chi, and have a snack (from other countries). Dr. Rumana Siddiqui, a board-certified family physician, facilitates the drop-in class. Learn about other cultures and wellness!



Duplicate Bridge

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

Drum Circle Therapy

4th Tuesday of the month · April 23

(No meeting in March)

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, early Rhythm and Blues, Country, and the American Songbook.

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.

Mah Jongg

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

Thursdays: 8:30 a.m. - 3:30 p.m. (canceled 4/4)

Game sets provided on a first come first served basis.

M2M (Memories to Memoirs) Writers Club

March 19 & April 16 · 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.

Meditation Sessions

1st/3rd Mondays:

March 4, 18 & April 1, 15

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.



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. Note: Room is available at 10 a.m. for socializing prior.

March 20: Transitions in Financial Transactions: Purchases, Payments, Banking, & More

April 17: Estate Planning Issues in the Digital Age

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: 3/26 & 4/23 · 1:00 - 3:00 p.m.

This 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. Members 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

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

Poker

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

Portfolio Investment Club

3/27 & 4/24 · 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: 3/1 & 4/5, 4/19

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



Work on your own album or card making projects. Bring your own supplies, a variety of tools are available for your use. All paper crafters are welcome!

All Day Crop: 3/25 & 4/22

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

Virtual Scrapbooking:

Thursdays: 3/28 & 4/25

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



Wii Bowling

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

Women's Wealth Investment Club

Wednesdays, 3/27 & 4/24: 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-



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!

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 checkout privileges. For questions regarding library services or programs at the Senior Center, call us at 847-870-3712 or email seniorservices@ahml.info.

Computer Room

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

The Reading Room and Computer Room will be closed April 19 for a library training day.

TRAVELOGUES

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

Mar 1	Mississippi River	(54 min)
Mar 8	Europe Snow & Ice	(50 min)
Mar 15	Western/Northern Ireland	(50 min)
Mar 22	Life in Colorado National Parks	(52 min)
Mar 29	Paris Side Trips & Chateaus	(50 min)
Apr 5	America's Heiresses*	(47 min)
Apr 12	Australia's Coral Reef	(55 min)
Apr 19	Reading Room CLOSED	
Apr 26	Lisbon & Portugal	(50 min)

*Not closed-captioned

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, March 7, 14, 21, 28, April 4, 11, 18 and 25, 10–11:15 a.m. **In-Person or Zoom**

Register to join the March / April sessions by calling 847-870-3712.

POPULAR BOOKS

Wednesdays, March 13 and April 10, 10–11 a.m.



In Person or Zoom

March's selection is best-seller *Lessons in Chemistry* by Bonnie Garmus. In April, join us for *The Secret Book of Flora Lea* by Patti Henry.



MODERN CLASSICS

Mondays, March 25 and April 22, 10–11 a.m.



In Person or Zoom

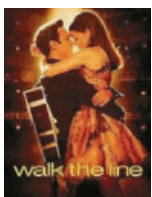
Discuss *The Wager* by David Grann in March. April's book is *Horse* by Geraldine Brooks in which a discarded painting leads to a story of spirit, obsession and injustice across history.



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

FILM DISCUSSION CIRCLE

Tuesdays, March 5 and April 2, 1 p.m. **Drop in.**



March's film is *Walk the Line* (2005), 136 minutes, rated PG-13, starring Joaquin Phoenix and Reese Witherspoon. In April, join us for *The King's Speech* (2010), 118 minutes, rated R. A discussion led by library staff follows a free showing of the film.





The 1950s/60s Jukebox

Tuesday, March 26, 1:30–2:30 p.m. In-Person at the Senior Center

Join Steve Justman, Chicago area singer and musician, as he shares songs and stories from one of the most varied and creative periods of growth in American music starting with the era of the great vocalists that came out of the big band era, early vocal groups, and the birth of rock & roll leading up to the British Invasion. **Register online at ahml.info or call 847-392-0100.**

COMPUTER INTEREST GROUP

Wednesdays, March 13 and April 10, 1–2 p.m. In-Person or Zoom

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



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 March and April classes opens March 1

Android Phone Basics (two-day class)

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

Wednesdays, March 6 and 13, 2–4 p.m.

Tuesdays, March 26 and April 2, 2–4 p.m.

Android Phone Settings

Learn how to view and change settings.

Friday, March 22, 2–4 p.m.

Wednesday, April 17, 2–4 p.m.

Tuesday, April 23, 9–11 a.m.

iPad & iPhone Basics (two-day class)

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

Fridays, March 8 and 15, 2–4 p.m.

Mondays, March 18 and 25, 2–4 p.m.

Tuesdays, April 9 and 16, 9–11 a.m.

iPad & iPhone Beyond Basics (two-day class)

Prerequisite: iPad & iPhone Basics or experience

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

Wednesdays, March 20 and 27, 2–4 p.m.

Mondays, April 15 and 22, 2–4 p.m.

iPhone Photos

Prerequisite: iPad & iPhone Basics or experience

Learn the basics of taking photos on an iPhone camera.

Thursday, March 21, 2–4 p.m.

Thursday, April 25, 2–4 p.m.

iPad & iPhone Settings 1

Prerequisite: iPad & iPhone Basics

Use Settings app to customize your iPad or iPhone.

Tuesday, March 19, 2–4 p.m.

Thursday, April 4, 2–4 p.m.

iPad & iPhone Settings 2

Prerequisite: iPad & iPhone Basics

Learn more about your phone or iPad settings options.

Friday, April 12, 2–4 p.m.

Wednesday, April 24, 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.

Thursdays, March 7 and 14, 2–4 p.m.

Wednesdays, April 3 and 10, 2–4 p.m.

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.

Thursdays, April 11 and 18, 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

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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**

Friday, April 5

12:00 - 1:00 p.m. · Free

Join Senior Center

Manager Tracey Colagrossi to discuss the latest happenings at the Arlington Heights Senior Center. Please bring your questions and suggestions. The session will be held in person, with limited seating, and conducted virtually. When registering, please indicate your preference. A Zoom link will be sent one day prior if viewing from home.



Dead Air: The Night Orson Welles Terrified America

Saturday, April 6

10:00 - 11:00 a.m. · Fee: \$2

The amazing story of Orson Welles' famous War of the Worlds Broadcast in 1938 that terrified Americans and created a nationwide panic. Presented by historian and author, William Hazelgrove.



Pizza & Movie: Barbie

Wednesday, April 10

5:00 - 7:00 p.m. · Fee: \$2

Starring: Margot Robbie; Ryan Gosling;

America Ferrera; Kate McKinnon

Directed by: Greta Gerwig

PG-13, 1 h. 54 min., 2023

To live in Barbie Land is to be a perfect being in a perfect place. Unless you have a full-on existential crisis. Or you're a Ken. After being expelled from Barbieland for being a less than perfect-looking doll, Barbie sets off for the human world to find true happiness. **PLEASE**

NOTE: This program has limited registration as it is being offered to those from the January waitlist first.



Senior Freeze Appointments with the Cook County Assessors Office

Tuesday, April 16

10:00 a.m. - 1:00 p.m. · Free

Senior homeowners are eligible for the Senior Freeze exemption if they are over 65 years of age and have a total household annual income of \$65,000 or less in a calendar year.

Make an appointment to meet with a representative from the Cook County Assessors Office here at the Senior Center. Appointments are taken in 15 minute increments. Please call to make appointment.

Local Tourist

Tuesday, April 16

10:30 - 11:30 a.m. · Free

Explore local destinations for adventures in eating, shopping, and enjoying nature specially selected for this season! Presented by Ed and Becky Booth.



Community Connections:

Escape with the Scouts

Wednesday, April 17

4:00 - 5:30 p.m. · Free

Make connections with local kids! This month's activity is "Escape with the Scouts." You'll team up with area Girl/Cub Scouts to untangle clues, work through riddles, and crack codes while competing to be the first team to complete the Escape Room challenge! This activity is open to any patrons who have gone through the Village of Arlington Heights' screening process. If you are a current volunteer, you are eligible. If you haven't volunteered before but would like to participate, please see Liz Nierman, Volunteer Coordinator, or stop by the front desk to pick up and submit the one-time paperwork necessary to be a part of this fun activity. **Please register for this activity by March 27th.**



Get Your Mah Jongg On! Non-Tournament Event

Thursday, April 18

11:30 a.m. - 3:00 p.m.

Fee: \$25

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



Artful Saturday: Birdhouses

Saturday, April 20

9:00 - 10:30 a.m.

Fee: \$2

Join Senior Center Manager, Tracey Colagrossi, in creating a colorful birdhouse to add to your yard! We will be using scrapbook paper, magazine images, and outdoor Mod Podge. Feel free to bring your own images to add to your house.



Age-Friendly Town Hall Talks

Volunteering at the Senior Center:

Ways to give Back

IN-PERSON/VIRTUAL

Monday, April 22

11:00 - 12:00 p.m. · Free

Age-Friendly Arlington Heights' mission is to inform residents about various ways to live well and age well in our community. Volunteering is important to an individual's wellbeing. Join Senior Center Volunteer Coordinator, Liz Nierman as she presents the many ways to volunteer at our center. Please register for online or in person.



How To Create The Perfect B&B For Your Backyard Birds

Monday, April 22

5:30 - 6:30 p.m.

Fee: \$2

The right balance of food, feeders, water and shelter will entice a variety of birds to your yard. Our discussion includes: location for birdscape design, food, hygiene and squirrel prevention. Presented by Alyse Burman from The Wildbird Shack.



1850s Tasting History

Saturday, April 27

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

Fee: \$2

A cooking class like no other! The 1850s housewife had many of the same challenges modern homemakers have: what to feed the family that is healthy, affordable and available.

Unlike today, however, she also needed to contend with issues such as milk curdling before she got the butter made; making a tough old chicken tender enough to serve; and curing her family's illnesses with only medicines she made herself. Miss Ellie has researched cooking techniques, period appropriate ingredients, and recipes of the 1850s homemaker. The class is taught in costume, with tools, recipes and ingredients that could have been used in the Illinois in the late-1850s. Menu items to include: lamb & root vegetable stew, fried mush, apple and rhubarb compote and fresh butter.



The Floating World of Japanese Prints

Monday, April 29

5:30 - 6:30 p.m.

Fee: \$2

Images of the "floating world" or Ukiyo-e of the Pleasure District became a highly developed art form in the 17th-19th centuries in Japan. These prints feature scenes of everyday life, famous theater actors, courtesans, nightlife, and landscapes. We will discuss key artists including Utamaro, Harunobu and Hokusai and the process of woodblock printing. Join art historian Denise Laurin, for an intimate look at the secret life behind the gates of the Yoshiwara.



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

- Newsletter subscribers priority registration **PHONE OR IN-PERSON ONLY: through Feb. 21**
- Non-subscribers: **starting Feb. 22**
- Online registration begins: **Feb. 22**
- 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

Rides for Seniors

Connections to Care is a not-for-profit organization with the sole goal of providing reliable, volunteer-based accompanied transportation for older adults to get to their medical and dental appointments. Volunteers pick up the older adults at their home, drive them to their appointment, wait with them and then drive them home.

We have been serving older adults (60+) in the Northwest suburbs for 17 years and have provided more than 36,000 rides.

If you, a family member, friend, or neighbor needs help getting to the doctor or dentist, contact us.

Connections to Care is also asking for more volunteer drivers and donations so we can continue this valuable service to the community.

Please visit www.connectionstocare.org or call 847-222-9227.

You can help older adults remain healthy, independent and connected. It's more than a ride — it's a connection!



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
to reach your community



Call 800-950-9952

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THRIVE
LOCALLY

12 CATHOLIC CHARITIES LUNCH PROGRAM



LUNCH PROGRAM

Dine In or Take the Meal To Go!

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

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

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

You may choose to get a meal and dine in or take the meal to go. You may also pick up a hot meal for today and a frozen meal for tomorrow. No more than three meals per day. Participants may receive up to 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 to allow Seniors to remain in their home. Please consider volunteering to deliver meals.

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

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



Some of the meals offered

- 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

Now hosting two special meals per month, catered from local restaurants!

Participants must be registered with Catholic Charities Lunch Program and sign up in our office to claim their meal ticket.

(\$6 suggested donation per meal)



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.

April 2nd Hours Only
11:30 a.m. - 1:00 p.m.



Animal Assisted Therapy Visits

Thursday, March 7
Thursday, April 4
9:00 - 10:30 a.m.



Bone Density Screening

Tuesday, March 5
9:00 - 10:00 a.m.

Tuesday, April 2nd Hours Only
10:30 - 11:30 a.m.

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

Sock and shoe need to be removed for the screening.

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



Parkinson's Exercise Class

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

Led by Endeavor Health
Physical Therapy Staff

Registration required. Medical clearance required prior to attending class. Call Health Connection at

847-618-4968

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



Walkers' Club

Led by Endeavor Health
Physical Therapy Staff

Friday, March 8 and March 22
Friday, April 12
10:00 - 11:00 a.m.

Walkers' Club Celebration

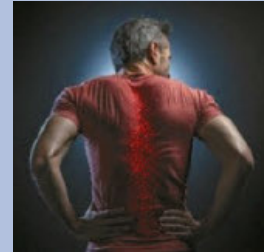


Friday, April 26
10:00 - 11:00 a.m.

No registration required

LECTURE SERIES

Ouch! My Back!



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

Suffering with back pain? You'll want to join us for a presentation on tips and tricks for navigating back pain.

Presented by;
Kayla Pedroza, DPT
Registration required. **847-253-5532**

It's Epic!
Learn more about NCH MyChart



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

Learn more about NCH MyChart and how it can help you manage your medical needs.

Presented by;
Jessica Bedteylon
Applications Analyst – Epic MyChart
Registration required. **847-253-5532**



Classes led by Endeavor Health Community Nurse, Rose Jensen, MSM, MSN, RN



Gluten-Free Spinach Lasagna Rolls

Tuesday, March 12
9:00-10:00 a.m.

Space is limited Registration required.

847-253-5532



Italian Potato Salad (Vastasa Salad)

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

Space is limited. Registration required.

847-253-5532

Fall Risk Clinic

Friday, March 15
10:00 a.m. - 2:00 p.m.



Appointment Required
847-618-4968

Diabetes and Pre-Diabetes Education



Classes led by Endeavor Health Community Nurse,
Rose Jensen, MSM, MSN, RN

Monday, March 18
Monday, April 15
9:00 - 10:30 a.m.

Registration required.
847-253-5532

Diabetes Support



Tuesday, March 19
Tuesday, April 16
9:00 - 10:00 a.m.

Registration required.
847-253-5532



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



Preventing Chronic Kidney Disease

Tuesday, March 26
9:00 - 10:00 am

Registration required.
847-253-5532



The Body's Largest Organ: Skin Health

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

Registration required.
847-253-5532



SUGGESTION BOX

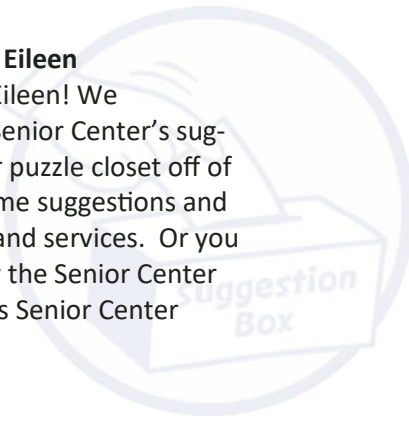
ARLINGTON HEIGHTS SENIOR CENTER

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.

“Always a nice place to spend time”- Eileen

Thank you for your lovely comment, Eileen! We appreciate it. The Arlington Height’s Senior Center’s suggestion box is located across from our puzzle closet off of the west side of our lobby. We welcome suggestions and feedback about any of our programs and services. Or you can stop by our front desk and ask for the Senior Center Manager, Tracey Colagrossi, to discuss Senior Center related topics.



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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PRESBYTERIAN HOMES**

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THEMOORINGSO FARLINGTONHEIGHTS.ORG

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



Dance & Wellness Classes

Explore a diverse range of classes to stay active and moving with instructors to guide the way.

BeMoved Dance (code 77122)

Wednesdays, 4/3-5/22

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

Fee: \$80

Chair Yoga (code 77245)

Wednesdays, 4/3-5/22

12:30-1:30 p.m.

Fee: \$80

Let's Get Tapping (code 77118)

Tuesdays, 4/2-5/21

Code 77118: 1:00 -2:00 p.m.

Code 81311: 2:15-3:15 p.m.

Fee: \$80

Tai Chi Moves Intro (code 77116)

Tuesdays, 4/2-5/21

10:45-11:30 a.m.

Fee: \$80

Tai Chi Moves Advanced (code 77117)

Tuesdays, 4/2-5/21

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

Fee: \$80

Zumba Gold (code 77131)

Fridays, 4/5-5/24

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

Fee: \$80

ChiWalking (code 77133)

Saturday, 3/9

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

Fee: \$30



Art & Crafting Classes

Tap into your inner artist, no matter your experience level!

Crochet Beginners (code 77093)

Mondays, 4/1-5/20

8:45-9:45 a.m.

Fee: \$64

Mixed Media Art (code 77113)

Tuesdays, 4/2-5/21

12:00-2:30 p.m.

Fee: \$120

NEW! Meditative Japanese Calligraphy

(code 77666)

Fridays, 4/5-5/24

1:30-2:30 p.m.

Fee: \$80



Watercolor (code 77112)

Tuesdays, 4/2-5/21

9:30-11:30 a.m.

Fee: \$96

Works of Art (code 77103)

Mondays, 4/1-5/20

1:15-3:45 p.m.

Fee: \$120



CRAFTING DROP INS

Bring supplies and connect with fellow creatives! Pay \$8 drop in fee upon arrival in AHPD office.

Crochet with Friends Drop In

Mondays, 4/1-5/20

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

Quilt With Friends Drop In

Wednesdays, 4/3-5/22

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

Cards & Games Classes

Whether learning a new game or sharpening your strategy, instructors will help you level up!

Bridge - Beginner (code 77107)

Mondays, 4/1-5/20

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

Fee: \$104

Bridge - Intermediate (code 77114)

Tuesdays, 4/2-5/21

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

Fee: \$104

Bridge - Advanced (code 77115)

Tuesdays, 4/2-5/21

1:00-3:00 p.m.

Fee: \$104

Bridge Potpourri (code 77106)

Mondays, 4/1-5/20

4:00-6:00 p.m.

Fee: \$104

Mah Jongg Beginner (code 77108)

-Mah Jongg cards available for purchase in Park District Office

Mondays, 4/1-5/20

12:30-2:30 p.m.

Fee: \$80

Mah Jongg Intermediate (code 77109)

-Mah Jongg cards available for purchase in Park District Office

Mondays, 4/1-5/20

3:00-5:00 p.m.

Fee: \$80



**Register for AHPD classes online,
at the Park District office
or at 847.797.5341.**

Wood Shop Membership

Do you enjoy working on wood working projects or talking to fellow wood workers who share your passion? Visit the Wood Shop in the Senior Center and see all it has to offer!

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!



8 complete workstations available.

Woodshop Safety Training Certification and Evaluation is required with the Wood Shop Coordinator prior to membership purchase.

Call the Park District Office at 847.797.5341 for more information.

WOODSHOP MEMBERSHIP FEES:

Annual Membership: \$115
10 Pass Option: \$80
6 Pass Option: \$48
Daily Fee: \$14

WOODSHOP HOURS

Mondays-Thursdays at 9 a.m.-12 p.m.

CLASSES

Beginner Wood Working (code 77129)

Thursdays, 4/4-4/25
12:15-3:15p.m.
Fee: \$100

Learn the Lathe (code 77132)

Fridays, 4/5-4/26
9:00 a.m.-1:00 p.m.
Fee: \$60

Arlington Athletic Club

Discover a world of fitness and vitality at the Senior Center in the AAC! This workout center offers a multi-direction Cybex weight station, recumbent bikes, treadmills, NuStep recumbent steppers, rowing machines, ellipticals and free weights. Membership required.

AAC Tours available by appointment on Tuesdays and Thursdays at 10:45 a.m.

AAC MEMBERSHIP FEES:

Annual Membership: \$178
Six-Month Membership: \$118
Punch card: \$75 for 14 visits

AAC HOURS:

Monday - Friday at 8:30 a.m.-3:30 p.m.
Saturdays at 8:30 a.m.-Noon



Fun & Fit Membership

Get unlimited attendance to aerobic and strength classes at the Senior Center with a Fun & Fit Membership!

F&F MEMBERSHIP FEES:

Annual Membership: \$215
Six-Month Membership: \$144
Punch card: \$75 for 14 classes

CLASS SCHEDULE:

Mondays: Aerobics: 9:00-9:45 a.m.

Tuesdays: Aerobics: 9:00-9:45 a.m.
Strength: 9:45-10:30 a.m.

Wednesdays: Aerobics and Strength:
9:00-9:45 a.m.

Thursdays: Aerobics: 9:00-9:45 a.m.,
10:00-10:45 a.m., 12:15-1p.m.
Strength: 1:00-1:45 p.m.

Fridays: Strength: 9:00-9:55 a.m.
Aerobics: 10:00-10:45 a.m.

Arlington Athletic Club + Fun & Fit

Unlimited visits to the AAC PLUS unlimited attendance to all Fun & Fit classes.

COMBO MEMBERSHIP FEES:

Annual pass: \$335
Six-month pass: \$187

These memberships are separate from any other AHPD fitness memberships.



Arlington Classic Tours

Do you like to go to musicals, plays, museum exhibits, casinos and other recreational destinations? Most importantly: do you like to have 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 60 one-day tours each year, there's something for everything!

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:

\$25/Individual
\$35/Household (two people living at the same address)

Call the Park District Office at 847.797.5341 for more information.

Special Workshops

Explore more in special one-time workshops! There's something new for every interest to try!

Dance Workshop: Ballet/Jazz Basics

Code 77246

Monday, 3/18 at 1:00-2:00 p.m.

Fee: \$10

Explore the graceful art of ballet and the vibrant rhythms of jazz as you enhance your flexibility, balance, and coordination. No dance experience required.



Pottery Workshop: Mug-Mania!

Code 77134

Wednesday, 3/20 at 12:00-2:00 p.m.

Fee: \$45

Hand build a mug out of clay with our friends from Thrown Element Pottery. Learn the skills and techniques to work with clay and transform it into a mug you can drink from! All materials included.



Improv Workshop: Let's Laugh!

Code 77135

Friday, 3/22 at 3:30-4:30 p.m.

Fee: \$20

Ever dreamed of being on SNL? Start your improv journey today! Improv is a form of acting without a script. Learn the basics in a low-stakes and welcoming environment.



Gift Shop - SHOP 1801

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

Come check out all our new merchandise! Tote bags, purses, puzzles, mugs, water bottles, and more!

NEW MERCHANDISE includes:

- Fanny packs
- Earrings
- Bracelets
- Keychains
- Brooches
- And more!

And don't forget to swing by for all your greeting cards! From Anniversaries to Retirement and everything in between: we have a card for your occasion!

ON SALE THIS MONTH

March Sale:

10% off stainless steel water bottles

April Sale:

10% off umbrellas

AH Park District

Summer 2024 Registration

Arlington Heights Park District Summer 2024 registration opens...

APRIL 2 at 10AM!

For Park District classes at the Senior Center, there are no separate resident and non-resident registration dates or fees! Non-residents just need to register in person or on the phone with the Park District Office at the Senior Center.

TAKE A SNEEK PEAK AT WHAT'S HAPPENING IN SUMMER 2024:

- Ballet Basics
- Let's Keep Tapping (Intermediate)
- Canasta
- Tapestry Weaving
- Blue Suede Social

To see all the classes offered from AHPD at the Senior Center, visit the Park District Office for an AHPD program guide or go to ahpd.org.

Register April 2 at the Park District Office or call 847.797.5341!

CONTACT AHPD AT THE SENIOR CENTER

Park District Office & Shop 1801 Hours:

Mondays - Fridays

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

Phone: 847.797.5341

Learn more: www.ahpd.org



ARLINGTON HEIGHTS PARK DISTRICT 19 @ THE SENIOR CENTER

Drop-In Dance Groups

Line Dance Drop-in with Sharman & Dennis 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 cash, payable at the door.

Intermediate Line Dance
Wednesdays: 7:00 - 9:00 p.m.

Classic Line Dancing
Thursdays: 7:00 - 9:30 p.m.



Square Dance with Arlington Squares

This group offers Western style square dances at the mainstream and plus levels. Dances are held in the Fitness/ Dance Room in the Senior Center from 7:30 - 10:00 p.m. Come dance on the second, fourth and fifth Fridays of the month from September through May.

\$8/person cash, payable at door.

March Dates: March 8 & 12

April Dates: April 12 & 26

All experienced square and round dancers are welcome.

For more information, please visit www.arlingtonsquares.com.

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



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, visit www.connectionstocare.org.

Fundraising and Office Assistant at Connections to Care: Friendly volunteers are needed to help with activities such as grant writing, reaching out to businesses to ask for donations, helping with events, etc. Volunteers are also needed to help with clerical tasks such as mailings, phone calls, and filing. Time commitment for both opportunities is flexible, anytime Mon-Fri 8 a.m.-5 p.m.

Catholic Charities Senior Nutrition Program: Do you value creating relationships and helping area seniors? Drivers are needed to deliver meals to homebound residents in the surrounding area. One day a week or more if you choose.

Time commitment is approximately 2 hours per route.

Short Term Volunteer Opportunities at the Senior Center: Are you looking to fill a bit of time and give back in a meaningful and fun way? Are you interested in volunteering at the Senior Center but your schedule doesn't allow for regular volunteering? We are seeking volunteers for short term or one time volunteer opportunities – reach out today!

Teen Volunteer Opportunities at the Senior Center: Do you know a teen who would like to volunteer at the Senior Center, either as a short term or one time volunteer or on a more consistent schedule? We are adding opportunities for teens to interact with our patrons!

Reception Associate: Do you enjoy helping and interacting with people? We are seeking some help in our front office. You'd have a scheduled shift and will be answering phones, registering guests for programs, answering questions, and completing other clerical tasks.

Café Service Assistant: Does the smell of coffee make you smile? Want to share your smiles with our patrons? We need café assistants to make and serve coffee and sell food items in our café. You'll collect money and make change while you make friends!

Share your volunteering vision! If you've got an idea of something you'd like to do or a talent you'd like to share through volunteerism, contact Volunteer Coordinator, Liz Nierman at 849-253-5532 ext 302, enierman@vah.com.

Fill out the Volunteer Interest Form at <https://www.surveymonkey.com/r/vahscvolunteerint> -OR-

Please contact Liz Nierman, Volunteer Coordinator with your interest in any of these opportunities. Email enierman@vah.com, phone 847-253-5532, ext 302.

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

SENIOR CITIZENS' COMMISSION -
What is it and what does it do?

The Senior Citizens' Commission is an appointive, advisory body which promotes the needs and concerns of the senior citizens of the Village. The Commission consists of ten residents of the Village. It regularly analyzes the needs and concerns of the senior citizens including housing, employment, communication, physical and mental health, retirement roles and activities, housing and transportation and develops action plans to address those needs.

The senior population continues to grow and the commission is committed to assuring the Village continues to be an Age Friendly community and supports the needs of our seniors.

-Sue Viecelli, Senior Citizen's Commission Chairperson

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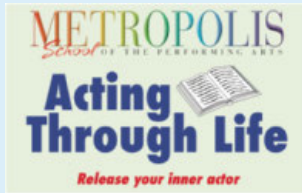
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Crescendo Chorus
Tuesdays, March 7 - May 16
(No class March 28 & April 25)
1:30 – 3:00 p.m.
\$122 per student
(no refunds or prorations)

Singers ages 55 and better: make music and build friendships in Crescendo Chorus! This ensemble sings a variety of music genres, including pop, jazz, oldies, musical theatre, and more. Through weekly rehearsals, participants will develop music skills while connecting with their peers and preparing for a final performance on May 19th. Singers of all experience levels are welcome.



TO REGISTER: Contact Metropolis at 847-577-5982 x240 (credit/debit), or visit the Arlington Heights Senior Center (check).

Programs are underwritten in part by:
Arlington Heights Senior Center, Inc.
Acting Through Life is the proud recipient of the Association of Illinois Senior Centers' "Visionary Program Award."

Acting Through Life
Comedy Hour - SHOWCASE!
Tuesday, March 12
1:30 p.m.

Enjoy a free performance by the Acting Through Life students. Experience their hard work and dedication first-hand!



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Medicare News for March/April

For those who failed to enroll in Medicare during their 7 month Initial Enrollment Period, March is the last month for "General Enrollment". There is a penalty for late enrollment in Part B, but if that delay is less than a full year, you'll incur no penalty. For those who have health care coverage, say through an employer plan, and are not required to enroll in Medicare Part B (the monthly premium for which is \$174.90), you can delay Part B enrollment until you are about to lose employer coverage, though everyone should enroll in Medicare, Part A (covers inpatient hospitalization and skilled nursing facility care). Part A is prepaid by FICA payroll deductions of 10 or more years. If you are 65 and in an Affordable Care Act health plan, and receiving tax credits for that, you will lose those credits at age 65 because you became eligible for Medicare.

If you are 65 or older and have not enrolled in Medicare Part A or B, and have no other health coverage, the General Enrollment Period (Jan 1 to March 31 each year) is the time to enroll in Medicare by contacting the Social Security Administration on line at www.ssa.gov or by phone at (800) 772-1213 which administers enrollment in Medicare. If you do enroll, coverage will begin on the first day of the month following your enrollment. Also once you are enrolled you are eligible to immediately enroll in a Part D (prescription drug) program, but this is not done through Social Security, but can be done on line at www.Medicare.gov or by calling 1-800-Medicare or 1-800-633-4227. If you want assistance in enrolling in Part D the SHIP office at the Arlington Heights Senior Center has regular Friday am sessions from 9 to noon where a SHIP volunteer, by appointment, can help you find the most cost-effective plan available and assist you in enrolling in Part D on line. This Part D enrollment is only for those new to Medicare Part D, as others, already enrolled in Part D must use the fall 'Part D Open Season' from Oct. 15 to Dec. 7 each year.

Finally, If you are turning 65 during 2024 you have a 7 month window to enroll in Medicare Parts A, B, and D. That window begins in the 3rd month before the month you turn 65, and includes the month you turn 65 and 3 full months thereafter. If you miss that 7 month window you'll have to wait until the following January to enroll in a "General Enrollment Period" (see 1st paragraph above) which could entail a 10% per year 'late enrollment penalty'. SHIP volunteers are available by appointment every Friday am to explain Medicare, find Supplemental Plans, research Part D plans, and consider the Medicare Advantage alternative to original Medicare.



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. **phone only*

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 residents of Arlington Heights and surrounding communities 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.



SOME STRESS MANAGEMENT TIPS FOR CAREGIVERS

Caring for a loved one can stress even the most resilient person. If you are a caregiver, it's important to take good care of yourself too. As the population ages more people are becoming caregivers. A caregiver is anyone who helps someone who has a need such as a spouse with medical or cognitive issues, a child with a disability, or an aging friend or relative. Many caregivers have higher stress levels than people who are not caregivers. Too much long-term stress in caregivers can cause illness. It's important for caregivers to find ways to decrease stress and preserve their own health and well-being.

Caregiving can be rewarding for some caregivers, and it can make your relationship stronger. It can also cause emotional and physical stress. Some caregivers feel isolated and alone. Other factors that can lead to caregiver stress is living with a person who needs care, having money issues, spending long hours caregiving, or not receiving enough help from medical professionals.

Some signs of caregiver stress

- Feeling burdened or worried all the time
- Often feeling tired
- Sleeping too much or too little
- Losing or gaining weight
- Becoming frustrated or angry
- Losing interest in activities you once enjoyed
- Feeling sad or depressed
- Having frequent headaches, other pain or health problems
- Lack of concentration
- Not taking care of your own health

Tips to Manage Caregiver Stress

- Ask for help from others and accept their help. Some ways people may be able to help is to take care of a loved one so you can find time to go for a walk with a friend, cook a delicious meal, see a movie, or to have time for an activity that replenishes you.
- Focus on what you can do. No one is the perfect caregiver. Believe that you are doing the best you can and give yourself credit for everything you are doing.
- Set goals that you can reach and are manageable. Make lists of what is most important and say no to requests that are draining such as hosting a holiday meal.
- Create a support system for yourself. Stay connected to friends and family who support

you. Make time each week to visit with someone even if it's for a cup of tea or coffee.

- Join a support group with people who know what you are dealing with. It's a place to find people who will listen to what you are going through and who may help you solve some of your problems. It may also be a way to make new friends.
- Take good care of your health. Find ways to sleep better and talk to your health care professional if you have trouble getting a good night's sleep. Find some time for exercise even if it's 10 minutes a day; it can help reduce stress and improve overall health. Eat well so that you have the energy to take care of yourself and your loved one.
- Find time for yourself doing something you enjoy and find relaxing. Some activities that may help relieve stress are meditation, breathing exercises, visualizing a place that is peaceful and calming to you, and progressive muscle relaxation.

You are not alone. If you need additional ways to find support and relieve stress reach out to a Caregiver Specialist at Catholic Charities.

Sources:

Alzheimer's Association: Caregiver Stress

Harvard Health Publishing Harvard Medical School: 4 Things You Can Do To Alleviate Caregiver Stress.

Mayo Clinic Press: Caregiver Stress: Tips For Taking Care Of Yourself.

Memory Café Creating Connections

IN-PERSON/VIRTUAL

3rd Wednesday on the month:

3/20/24 · 1:30 - 3:00 p.m. – Presenter: Artist and Art Therapist

4/17/24 · 1:30 - 3:00 p.m. – Mindfulness for Caregivers and their loved one

5/15/24 · 1:30 - 3:00 p.m. – Presenter: Greater Chicago Music Therapy

The Memory Café is a free social gathering for persons living with dementia and a family member, friend, or care partner. Activities offered throughout the year include singing, 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.

Monthly Caregiver Support Group

IN-PERSON/VIRTUAL

3rd Wednesday of the month

3/20/24 · 7:00 - 8:30 p.m.

4/17/24 · 7:00 - 8:30 p.m.

5/15/24 · 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 at both group meetings.

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 Noëlle Abraham, Caregiver Specialist, at (872) 367-0929 or contact her via email at nabraham@catholiccharities.net or fellow Caregiver Specialist Tierney Wilson at: twilson@catholiccharities.net for the most current information and to RSVP / register.



The 37th Annual Community Paint-A-Thon will be held in September of 2023. While the date is a long way off, you can call now to be added to the application list. Applications are due by July 1st. To qualify, homes must be owned and occupied by older adults, 60 years and older, people with disabilities or veterans of any age who are financially disadvantaged and who are physically unable to paint their homes themselves. There are income and asset guidelines but all are encouraged to apply. The project is external painting only. If a home is determined eligible, volunteer teams are matched to do the scraping, priming, and painting. There is no cost to the homeowner. The color is chosen by the homeowner from the available color options. Current Homeowners Insurance is required. To request an application, contact **Catholic Charities Northwest Senior Services** at **847/253-5500** or infoccnw@catholiccharities.net. If you are interested in volunteering, contact HandsOn Suburban Chicago at donnae@handsonsuburbanchicago.org or at 847-228-1320.

Alzheimer's/Dementia Caregiver Support Group

Mondays: March 11 & April 8

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.

Korean American Parkinson's Support Group

Saturdays

March 9 & April 13

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
March 13 & April 10 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

HEALTH, WELLNESS, SOCIAL SERVICES 25 ARLINGTON HEIGHTS SENIOR CENTER

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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26 DRIVER SERVICES

ARLINGTON HEIGHTS SENIOR CENTER



Illinois Secretary of State Rules of the Road Review Course
 Thursday, March 14 & April 11
 10:00 a.m. - 12:00 p.m.
 Free

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



AARP Smart Driver Classroom Course
 Tuesday, April 2 & Wednesday, April 3
 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.

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- One free trial day in the Arlington Athletic Club - club orientation required prior to the free trial*
- One free Wood Shop trial - must attend free safety training prior to trial*

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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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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).