



# Live Well, Age Well

For Ages 55+


Village of Arlington Heights





**JANUARY/FEBRUARY 2025**


Accredited by  
**nco**  
national council on aging

National Institute Of  
**Senior Centers**

 1801 W. Central Road  
Arlington Heights, IL 60005

 Mon/Wed 8:30 a.m.- 8:00 p.m.  
Tues/Thurs/Fri  
8:30 a.m.- 4:30 p.m.  
Saturday 8:30 a.m.- 12:30 p.m.

 (847) 253-5532

 seniorcenter@vah.com

 www.vah.com

## Highlights

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## Follow Us on Social Media



Like us on Facebook!

The Arlington Heights Senior Center is thrilled to announce the launch of its very own Facebook page! The Center, owned and operated by the Village, is unique due to its agency partnerships, varied collaborators, and stakeholders. The Senior Center Village staff is excited to tell stories about our awesome participants, dispel aging and senior center myths, and celebrate all we do together.

Please follow us, tell your friends, and share with your family! If you have something you would like us to share, please contact Tracey Colagrossi, Senior Center Manager, at 847-797-5301 or tcolagrossi@vah.com.



# 2 CONTACT INFORMATION ARLINGTON HEIGHTS SENIOR CENTER



The Arlington Heights Senior Center Newsletter is a publication of Arlington Heights

Senior Center, INC., a not-for-profit organization that raises funds for the Arlington Heights Senior Center. For more information, visit: [www.arlingtonseniorsinc.com](http://www.arlingtonseniorsinc.com). Arlington Heights Senior Center does not endorse any of the products or services advertised in this publication. For advertising rates and information, contact Teresa Perkins, Liturgical Publications, Inc. at 217.473.9688

## 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 [colagrossi@vah.com](mailto:colagrossi@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](mailto:emercado@vah.com) or (847) 368-5793.

## AGENCIES LOCATED INSIDE THE SENIOR CENTER

### Village of Arlington Heights Senior Center - Main Office

Tracey Colagrossi, MS,  
Senior Center Manager

Sarah Adelpia, MA,  
Program Coordinator

Liz Nierman,  
Volunteer Coordinator

Helen Cooke,  
Administrative Assistant

Linda Ratajczak,  
Office Assistant

847.253.5532

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

[www.vah.com](http://www.vah.com)

Mon/Wed  
8:30 am - 8:00 pm

Tues/Thurs/Fri  
8:30 am - 4:30 pm

Sat. 8:30 am - 12:30 pm

### Arlington Heights Memorial Library

847.870.3712

[seniorservices@ahml.info](mailto:seniorservices@ahml.info)

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

Reading Room  
Mon - Fri  
9:00 am - 4:30 pm  
Saturdays  
8:30 am - 12:30 pm

Computer Lab  
M/W/F 9:00 am - 2:00 pm  
T/Th 11 am - 2 pm  
Sat. 9 am - 12:00 pm

### Arlington Heights Park District

847.797.5341  
[www.aphd.org/](http://www.aphd.org/)

Park District Office & Shop  
1801 (Gift Store)  
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

847.797.5354

<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  
[infocnw@catholiccharities.net](mailto:infocnw@catholiccharities.net)

[www.catholiccharities.net](http://www.catholiccharities.net)

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

### Senior Center Closing Dates

**January 1**  
**New Year's Day**

**January 18 & 20**  
**MLK Jr. Day**

### Connections to Care

847.222.9227

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

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

### Endeavor Health/ Northwest Community Hospital

847.618.1000

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





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

# FEATURED PROGRAMS

## ARLINGTON HEIGHTS SENIOR CENTER

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### Advisory Council Events

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

#### Valentine's Day Celebration with Hersey High School Love Bus

Friday, February 14

12:00 - 1:30 p.m. · Fee: \$2  
Hersey High School's Love Bus will return for this beloved event! Hersey's Service Over Self Club will help us celebrate Valentine's Day with performances by students in Show Choir, Poms, Dance, Cheerleaders and more! Enjoy a sweet treat during the performances. Please register by February 7th.



#### 2025 Great Decisions: Foreign Policy Association

Saturdays: 2/8, 3/8, 4/12, 5/10, 8/9, 9/13, 10/11, 11/8

9:30 - 11:00 a.m. · Free  
The 2024 program series begins 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.**



#### Decorating for the Lunar New Year

Wednesday, January 8

4:00 - 5:30 p.m.  
Fee: \$2  
Educator Yvonne Wolf, intercultural consultant and founder of Chinese Intercultural, LLC., presents an introduction to the Chinese papercutting art as it relates to other cultures. She will bring samples of Chinese master artwork papercutting as well as show beginner projects that can be finished within a few minutes. Chinese characters such as "Spring" 春, Peace, and the Zodiac animal of the year, Snake, will be introduced and explained. Templates will be provided. If you are a paper-cutting master or first timer who wants to learn to cut a snowflake, you'll find something interesting to start a new paper hobby.



#### Parkinson's Club of AH

2<sup>nd</sup> Thursday each month  
January 9 & February 13

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

#### The Lincoln Assassination

Saturday, January 11

10:00 - 11:00 a.m.  
Fee: \$2  
Historian Jim Gibbons will take you back to this most tragic moment in our nation's history, presenting "The Lincoln Assassination." Gibbons will show the events leading before, during, and after this gripping episode in our nation's history. After seeing Gibbons presentation, you will see why the Secretary of War, Edwin M. Stanton, summed up Lincoln's passing by stating, "Now he belongs to the ages!"



#### Alzheimer's/Dementia Caregiver Support Group

Mondays: January 13 & February 10

10:00 a.m. - 12:00 p.m. · Free  
Facilitated by Jim Harbaugh, this group focuses on you, the Caregiver, by teaching you coping skills and allowing you to meet other caregivers who face the same challenges caring for their loved ones suffering from Alzheimer's/Dementia. **Drop-in. No registration needed.**



#### Pizza & Movie: Miracle Club

Monday, January 13

5:00 - 7:00 p.m.  
Fee: \$2  
Starring: Maggie Smith, Laura Linney, Kathy Bates  
Directed by: Garry Marshall  
PG-13, 1 h. 30 min., 2023  
Set in 1967, *The Miracle Club* follows the story of three generations of close friends, Lily (Maggie Smith), Eileen (Kathy Bates), and Dolly (Agnes O'Casey) of Ballygar, outside Dublin, who win a pilgrimage to the sacred French town of Lourdes, that place of miracles that draws



millions of visitors each year. Just before their trip, their old friend Chrissie (Laura Linney) arrives in Ballygar for her mother's funeral. The women set out on the journey that they hope will change their lives, with Chrissie, a skeptical traveler, joining in place of her mother. Along the way, old wounds are reopened, forcing the women to confront their pasts even as they travel in search of a miracle.

#### Lunch 'n Learn with Village Manager, Randy Recklaus

Wednesday, January 15

12:00 - 1:00 p.m.  
Free  
Join Arlington Heights Village Manager, Randy Recklaus for his quarterly update on projects of interest in the Village. Complimentary cheese pizza lunch is included. Please register by January 10<sup>th</sup> to reserve a seat and a lunch.



#### Kid Connections

Free

Wednesday, January 15, 4:00 - 5:00 p.m.  
Wednesday, February 26, 4:00 - 5:00 p.m.  
You are invited to make connections with local kids! You'll 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. Please register separately for each date in advance. 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. **Please register by January 6 and/or February 17 respectively**



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

- Newsletter subscribers priority registration PHONE OR IN-PERSON ONLY: through December 26
- Non-subscribers: starting December 27

•Online registration begins: December 27  
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](http://myactivecenter.com) \*using My Senior Center keytag

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# FEATURED PROGRAMS

## ARLINGTON HEIGHTS SENIOR CENTER

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### Rainbow Connections Discussion Group

Friday, January 17

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

Rainbow Connections Discussion Group is for individual identifying as LGBTQ and allies (friends and families). The Village and Library collaborate on these monthly discussions which revolve around timely topics in a safe space. In our January session, we will view the movie "Will & Harper" and discuss. Comedic Actor Will Ferrell and his close friend, former head writer at SNL, Harper Steele, embark on a cross-country road trip together after Harper comes out as a trans woman. Registration required.



### Simple Soup Making

Tuesday, January 21

10:30 - 11:30 a.m.

Fee: \$2 \*lecture only, no tasting\*

Join Home Economist Educator Becky Booth for a fresh look at a seasonal favorite food: Soup! She will share how to create delicious healthy meals with lots of 'cheats' for you to make it quick and easy.



### What is a Masterpiece?

Wednesday, January 22

6:00 - 7:00 p.m.

Fee: \$2

In this practical guide, art historian Denise Laurin discusses the criteria that art historians use to determine whether a work of art can be designated as a "masterpiece". Several works of Western art that were considered a break from tradition in their day, and even controversial, are featured. The goal of this talk is to stimulate audience members to ask whether objective criteria for judging art exists, or alternatively, how to determine for ourselves what constitutes a masterpiece.



### Artful Saturday: Wet Felted Flower Brooch

Saturday, January 25

9:00 - 10:30 a.m.

Fee: \$2

Join the Senior Center Manager, Tracey Colagrossi, to create your very own colorful flower brooch sure enough to brighten a cold winter day. Make one for yourself or a friend! Wet Felting is art created by creating friction with roving wool fibers to sculpt dimensional objects out of wool.



### Evening Concert: Lisa Rock -

The Music of the Carpenters

Monday, January 27

6:00 - 7:00 p.m.

Fee: \$2

Considered one of the best vocalists of all time, Karen Carpenter captured the attention of a generation with the surprisingly deep material of her unabashedly catchy pop music. Singer and playwright Lisa Rock has compiled a moving tribute to the music and life of Carpenter, and brings it to the stage. Dedicated to re-creating the true sound of The Carpenters, Rock showcases some of the most memorable songs of the 70s including "We've Only Just Begun," "Rainy Days and Mondays," and of course "Close to You."



### Age Friendly Livable Community Listening Session

Wednesday, January 29

5:00 - 6:00 p.m.

The Village of Arlington Heights Senior Citizens Commission is hosting an Age-Friendly Livable Community Listening Session featuring a focus on housing and livability as an older adult living in Arlington Heights. The Commission is interested in your thoughts, feedback and recommendations in their upcoming AARP Progress Report for the Village.



### Movie Music Romance

Saturday, February 1

10:00 - 11:30 a.m.

Fee: \$2

Please join us for this uplifting 80-minute tour through the years of pure lyrical genius, all filled with familiar faces, among them Fred Astaire, Ginger Rogers, Judy Garland, Audrey Hepburn, Julie Andrews, John Travolta and The Beatles. It's a fresh approach to film history, with each segment put into perspective by narrator and film history buff John LeGear. We think you'll be pleasantly surprised. We know you'll be humming a happy tune afterward. See you there!



### First Person Portrayal: The Trials of

Mrs. Abraham Lincoln

Monday, February 3

6:00 - 7:00 p.m.

Fee: \$2

Join author and storyteller Lynn Rymarz as she follows Mary's journey, which takes her from her days in Springfield, Illinois, where she meets and marries Abraham Lincoln to the White House where she becomes the nation's First Lady. Hear of her joys and the trials she experiences along the way, including her stay in an insane asylum in Batavia, Illinois.



### Pizza & Movie: Wonka

Wednesday, February 12

5:00 - 7:00 p.m.

Fee: \$2

Starring: *Timothée Chalamet,*

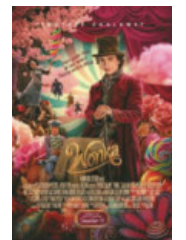
*Hugh Grant,*

*Olivia Colman*

Directed by: *Paul King*

*PG, 1 h. 56 min., 2023*

With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers.



### Evening Concert: Wayne Messmer

Wednesday, February 19

6:00 - 7:00 p.m.

Fee: \$2

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



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- Non-subscribers: **starting December 27**
- Online registration begins: **December 27** 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](http://myactivecenter.com) \*using My Senior Center keytag



WALLET PAYMENTS NOW ACCEPTED ONLINE!

For questions: Please contact the main office at 847.253.5532



# FREE FRIDAY MOVIES **5**

## ARLINGTON HEIGHTS SENIOR CENTER

### When Harry Met Sally

Friday, January 10

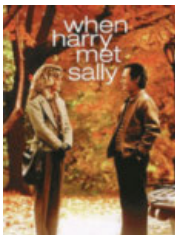
1:00 p.m.

Starring: Billy Crystal, Meg Ryan, Carrie Fisher

Directed by: Rob Reiner

R, 1h. 35min, 1989

In 1977, college graduates Harry Burns (Billy Crystal) and Sally Albright (Meg Ryan) share a contentious car ride from Chicago to New York, during which they argue about whether men and women can ever truly be strictly platonic friends. Ten years later, Harry and Sally meet again at a bookstore, and in the company of their respective best friends, Jess (Bruno Kirby) and Marie (Carrie Fisher), attempt to stay friends without romance becoming an issue between them.



# FREE FRIDAY MOVIES



### Somewhere in Time

Friday, February 7 \*1st Friday this month

1:00 p.m.

Starring: Christopher Reeve, Jane Seymour, Christopher Plummer

Directed by: Jeannot Szwarc

PG, 1h. 43min, 1980

In 1972, playwright Richard Collier (Christopher Reeve) becomes fascinated by a photo of Elise McKenna (Jane Seymour), a turn-of-the-century stage actress, while staying at the Grand Hotel in Mackinac Island, Michigan. As Richard's obsession grows, he learns from a friend that time travel may actually be possible through hypnosis. Richard travels in time to meet Elise, and the two appear destined to be together. However, Elise's jealous manager (Christopher Plummer) attempts to keep them apart.



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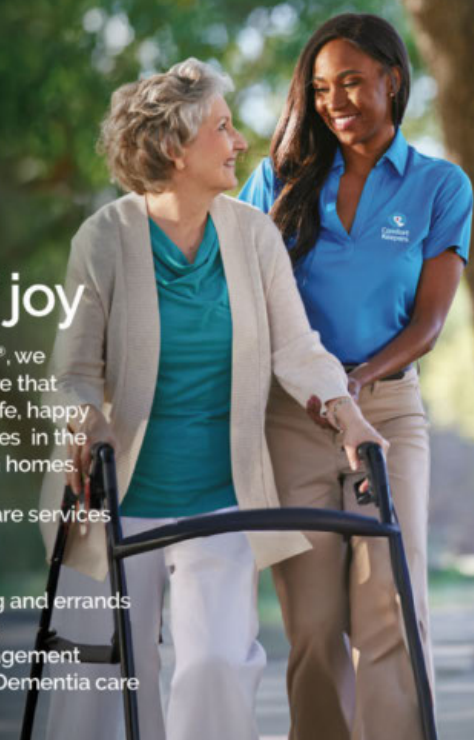


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Arlington Heights Senior Center, Arlington Heights, IL A 4C 01-1374



### 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: 11/1 & 12/6

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, January 16: Crockpot/Casserole Recipes**

**Thursday, February 20: Game Day 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.

#### Cribbage

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

Cribbage boards provided.

#### Duplicate Bridge

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

#### Euchre

1<sup>st</sup> and 3<sup>rd</sup> Mondays: 1:00 - 4:00 p.m.

#### Gin Rummy

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



#### Hand & Foot Card Club

Tuesdays (except 4th Tues. of month)

1:00 - 4:00 p.m.

#### M2M (Memories to Memoirs) Writers Club

1/21 & 2/18 · 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.

#### Mah Jongg

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: NO SESSION 1/20 - AHSC CLOSED

1/6, 2/3, 2/17 · 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

Tuesdays: 1/28 & 2/25 · 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

1/22 & 2/26 · 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: 1/3, 1/17, 2/7, 2/21 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!

#### Virtual Scrapbooking:

Thursdays: 1/23 & 2/27

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

1/22 & 2/26, 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.

#### TEXAS HOLD 'EM POKER PLAYERS NEEDED!

We have a few people interested in playing Texas Hold 'em. IF you would like to play this game, please contact our main office and we will coordinate time and place.



#### PINOCHLE PLAYERS NEEDED!

Are you a pinochle player looking for a group to play with? We have the time and space already reserved for you!

Please let us know if you're interested in playing during the times below and we'll get the word out!

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



#### 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: 1:30 - 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. 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 January 1, 18 and 20.**

## TRAVELOGUES

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

Jan 3	English/Scottish Highlights	(50 min)
Jan 10	Canada's Wilderness Railway	(45 min)
Jan 17	Istanbul/Eastern Turkey	(50 min)
Jan 24	Wild Metropolis' Commuters	(56 min)
Jan 31	Southern Spain	(50 min)
Feb 7	Maine Lighthouses	(55 min)
Feb 14	Puerto Rico's Nature	(53 min)
Feb 21	Intimate Paris	(50 min)
Feb 28	Saving Venice	(55 min)

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

## DISCUSSIONS *Join the conversation.*

### CURRENT EVENTS

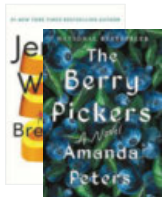
Thursdays, January 2, 9, 16, 23, 30, February 6, 13, 20, and 27, 10–11:15 a.m. **In-Person or Zoom**

**REGISTER** to join the January / February sessions by calling 847-870-3712.

### POPULAR BOOKS

Wednesdays, January 8 and February 12, 10–11 a.m.

**In Person or Zoom**

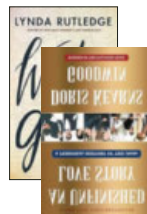


In January, discuss *New York Times* best-selling author Jennifer Weiner's **The Breakaway**. In February, join us to discuss **The Berry Pickers** by Amanda Peters.

### MODERN CLASSICS

Mondays, January 27 and February 24, 10–11 a.m.

**In Person or Zoom**



Discuss **West With Giraffes** by Lynda Rutledge in January. February's book is **An Unfinished Love Story: A Personal History of the 1960s** by Doris Kearns Goodwin.

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

### FILM DISCUSSION CIRCLE



Tuesdays, January 7 and February 4, 1 p.m. **Drop in.**

January's film is **Wicked Little Letters** (2023), rated R, 100 minutes, and in February Gary Cooper and Grace star in **High Noon**, 85 minutes, rated PG. A discussion led by library staff follows a free showing of the films.





**CRAFTERNOON in the READING ROOM**

**In-Person**

Friday, January 17, 1:30–3 p.m. or Saturday, January 25, 10–11:30 a.m.

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

**NEW SENIOR CENTER: Tech Help**

Computer Room, Tuesday, January 7, 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](http://ahml.info/attend/events) or call 847-392-0100. Registration for January and February classes opens January 2.

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

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

**Thursdays, January 16 and 23, 2–4 p.m.**

**Tuesdays, February 4 and 11, 2–4 p.m.**

**Android Phone Settings**

Learn how to view and change settings.

**Thursday, January 30, 2–4 p.m.**

**Tuesday, February 18, 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.

**Wednesdays, January 15 and 22, 2–4 p.m.**

**Mondays, January 27 and February 3, 2–4 p.m.**

**Wednesdays, February 12 and 19, 2–4 p.m.**

**iPhone Beyond Basics (two-day class)**

Prerequisite: iPhone Basics or experience

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

**Fridays, January 24 and 31, 2–4 p.m.**

**Thursdays, February 20 and 27, 2–4 p.m.**

**iPhone Photos**

Prerequisite: iPhone Basics or experience

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

**Wednesday, February 26, 2–4 p.m.**

**iPhone Settings 1**

Prerequisite: iPhone Basics

Use Settings app to customize your iPhone or iPad.

**Wednesday, January 29, 2–4 p.m.**

**Friday, February 21, 2–4 p.m.**

**iPhone Settings 2**

Prerequisite: iPhone Basics

Learn more about your iPhone or iPad settings options.

**Wednesday, February 5, 2–4 p.m.**

**Tuesday, February 25, 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, February 6 and 13, 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](http://www.arlingtonseniorsinc.com)  
1801 W Central Road, Arlington Heights, IL 60005



Proud to be in network with the VA and LTC Insurances!

We submit and process all Claims!



We can assist with 24/7 Live-In Services, Hourly Services, and Respite Services!

Services include but not limited to:

- Companionship
- Dress Assistance
- Shower/Bath Assistance
- Toilet Assistance
- Incontinence Assistance
- Medication Reminders
- Meal Preparation
- Laundry Assistance
- Light Housekeeping
- Escort to Appointments

Call us today at (224) 241-8158 to schedule a FREE assessment to determine how we can assist you or your loved one.

### CONTACT US

Arden Rose Home Care  
840 East Oak Street  
Lake in the Hills, IL 60156

(224) 241-8158

[www.ardenroseinc.com](http://www.ardenroseinc.com)

LICENSED, BONDED, & INSURED FOR THE FOLLOWING COUNTIES:  
MCHENRY, KANE, COOK, DUPAGE, LAKE, WILL, BOONE, WINNEBAGO



10

# FEATURED PROGRAMS

## ARLINGTON HEIGHTS SENIOR CENTER

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



**Manager Matters**  
Friday, February 21  
1:30 - 2:30 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!

**Rainbow Connections: How to Have Hard Conversations**  
Friday, February 21  
11:00 a.m. - 12:30 p.m.



In today's politically polarized environment, it can be especially hard to talk about topics related to the LGBTQ+ experience. Join us in discussing helpful tips and resources for navigating these difficult conversations with family, friends, and community members more comfortably and confidently. The Village and Library collaborate on these monthly discussions revolve around timely topics in a safe space.

**John and Abigail Adams: A Love Story**  
Saturday, February 22  
10:00 - 11:00 a.m.

Fee: \$2

Boy meets girl. Boy becomes a revolutionary and then president. Girl reminds him to not neglect the rights of women. John and Abigail Adams were at the center of the American experiment for decades and devoted themselves to its success, though at great cost to their marriage and family. In this lecture, historian Joyce Haworth draws on the hundreds of letters that passed between them to tell a very personal story of love, commitment, and devotion to each other and to the United States. Presented by historian, Joyce Haworth.



**Trivia Night!!**

**Monday, February 24**

**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 Adelpia at [sadelpia@vah.com](mailto:sadelpia@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 December 26**
- Non-subscribers: **starting December 27**
- Online registration begins: **December 27**
- Payment due 5 days prior to program

**THREE WAYS TO REGISTER!**

Visit the Main Office

Call: 847.253.5532

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

*\*using MySenior Center keytag*

**WALLET PAYMENTS NOW ACCEPTED ONLINE!**

**For questions: Please contact the main office.**



The Arlington Heights Senior Center is an **AARP Foundation Tax-Aide** site, offering free tax assistance. Appointments are available February 5 - April 10, 2025

Appointments accepted beginning January 6, 2025, at call **847.797.5304**



AARP Tax Preparers are specially trained volunteers. The trusted program has been in existence for over 50 years.



1801 W. Central Road  
Arlington Heights, IL 60005  
847.253.5532  
[www.vah.com](http://www.vah.com)  
[seniorcenter@vah.com](mailto:seniorcenter@vah.com)



**FREE INCOME TAX PREPARATION ASSISTANCE - AARP TAX-AIDE PROGRAM**

Appointments will be conducted on Wednesdays and Thursdays, beginning February 5 through April 10, 2025. Please make your appointment early, as spots fill up quickly the closer, we get to the end of tax season! Call 847.797.5304 to make an appointment (January 6, 2025).

**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.**

**BRING THE FOLLOWING ITEMS TO YOUR INITIAL TAX APPOINTMENT:**

1. A photo ID and Social Security Card or Social Security Statement.
2. Copies of all your W-2, 1099-INT, 1099-DIV, 1099-R, 1099-B forms you have received for 2024.
3. Copies of your 2023 federal and state income tax forms filed in 2023.
4. Receipts and information for all planned itemized deductions (i.e., medical and dental expenses, taxes and interest you paid, gifts to charities, and other miscellaneous deductions).
5. Real estate tax bills for taxes paid in 2024.
6. Closing statements for any real estate sold in 2024. Also, the original cost of the property and the cost of all improvements.
7. Social Security SSA-1099 for 2024.
8. Railroad retirement forms for 2024, RRB-1099, and RRB-1099R.
9. A check from your bank for possible direct deposit or direct debit information. A check is needed, not a deposit slip.
10. Remember that we can only do joint returns with both spouses present or financial power of attorney for the absent spouse. If a spouse died in 2024, the date of the death is needed.



**THANK YOU.**

At the beginning of a new year, the Staff would like to take a moment to thank all the Connections to Care volunteers (drivers, support staff, Board of Directors) for their time, effort, caring and compassion in 2024. We simply could not do what we do without you. Our gratitude knows no bounds.



**THANK YOU.**

We want to take this opportunity to thank all our donors who contributed to Connections to Care during our 2024 Annual Appeal. Your generosity and contributions were overwhelming and so very much appreciated. Thank you! Thank you! Thank you!

	<p><b>UNDERSTANDING MEDICARE</b></p> <p>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.</p>	
	<p><b>All My Services Are 100% FREE</b></p> <p>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.</p>	

**John H. Larson**  
*Independent Broker*

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

**SUPPORT OUR ADVERTISERS!**



## Meals on Wheels Lunch Program

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

We are excited to come to Arlington Heights for Lunch! 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 from required by AgeOptions.

## Home Delivered Meals

Meals on Wheels delivers a hot meal Monday - Friday to Home Bound Seniors In Maine And Wheeling Township. Volunteer Drivers are essential to allow Seniors to remain in their homes. Please consider volunteering to deliver meals.

If you are interested in Volunteering, head over to [mealsonwheelsnei.org/volunteer](http://mealsonwheelsnei.org/volunteer) to fill out an application or call 847.332.2678 to 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  
Lunch Room (Room 185)

Thursday, January 16: Crockpot/Casserole Recipes  
Thursday, February 20: Game Day 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](mailto: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, January 2**  
**Thursday, February 6**  
**9:00 - 10:30 a.m.**



### Bone Density Screening

**Tuesday, January 7**  
**Tuesday, February 4**  
**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.**

**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.

*Led by Endeavor Health  
Physical Therapy Staff*



### Walkers' Club

*Led by Endeavor Health  
Physical Therapy Staff*

**Friday, January 10 & 24**  
**Friday, February 14 & 28**  
**10:00 - 11:00 a.m.**



**NEW!**

### Podiatry Clinic

**Thursday, January 23**  
**Thursday, February 13**

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

Dr. Natalie Domek, Podiatry of Arlington Heights, will see patients at AHSC. **Appointments required.**

Please **pick up** new patient forms and **schedule** an appointment at the AHSC Front Desk.

### LECTURE SERIES



### Weathering Winter Storms: Helping Our Skin Survive the Snow

Skin issues can flare up during the cold months. Learn what you can do to keep your skin healthy.

**Monday, January 13**  
**11:00 a.m. - 12:00 p.m.**

*Presented by:*  
**Christopher Rivard, MD**  
*Arlington Dermatology*

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



### Digestive Issues

Bloating? Belching? Heartburn? Endeavor Health nurse, Kim Hogan, leads a general discussion on Digestive Issues including GERD.

**Monday, February 10**  
**11:00 a.m. - 12:00 p.m.**

*Presented by:*  
*Endeavor Health*  
**Kimberly Hogan, NPC**

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



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

## Health Benefits of Mushrooms Soups, Sauces, Stir-fry and More!



**Tuesday, January 14**  
**9:00 - 10:00 a.m.**  
Limited Space.

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

## Salad Dressings (and other condiments)



**Tuesday, February 11**  
**9:00 - 10:00 a.m.**  
Limited Space.

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

## Diabetes and Pre-Diabetes Education



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

**No January Class - ASHS Closed**  
**Monday, February 17**  
**9:00 - 10:30 a.m.**

Space is limited. **Registration required**  
**847-253-5532**

## Diabetes Support



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

**Tuesday, January 21**  
**Tuesday, February 18**  
**9:00 - 10:00 a.m.**

Space is limited. **Registration required**  
**847-253-5532**

## Brainwaves Support Group

**Thursday, January 16**  
**Thursday, February 20**  
**3:15 - 4:15 p.m.**

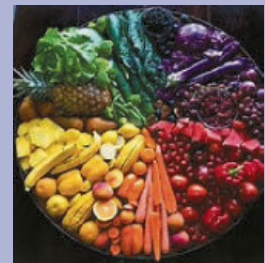
Discussion and presentations for stroke or brain injury survivors, caregivers and family members. Led by Katlin Gottfried, SLP, Endeavor Health Therapy Staff.

**Registration Required**  
**847-618-3718**



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

## The Role of Food to Support and Enhance Detoxification



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

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

## The Importance of Protein For Overall Health



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

**Registration Required**  
**847-253-5532**



# SUGGESTION BOX

## ARLINGTON HEIGHTS SENIOR CENTER

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

### Taller Toilets in the Ladies Room:

Ladies need high toilet's for a variety of health reasons. Tiny toilets are hard to use. Most people use the higher toilets. The Senior Center has a LOT of women. HELP.

Tall Toilets! Grab Bars are not the same as tall toilets. Women need toilets in each bathroom. It is very busy when a class lets out and you have to wait in line or hurry across to the other bathroom and find that is also busy.

We are looking into other solutions with our Public Works Staff.

### Classes on Apple watch.

We will forward this suggestion to our Arlington Heights Memorial Library staff. As a lot of folks may receive these items as gifts, it would be something to have a class on.

### Entertainment Suggestion:

Website: Tomcashing.com to view videos only Musician 15 years' experience (corporate, private events, weddings and other venues). Tom Cash (vocalist, guitarist) direct number 847-489-3384. Look under tom cash fan #! Don't go to other sites.

Of course, we will forward this suggestion to our Program Coordinator, Sarah Adelpia for further review.

### Please put in more handicapped parking

Thank you for your suggestion. At this time, we do not have plans to have additional handicapped parking available, however, we will continue to monitor the situation. We understand the need for accessible parking and also have enough parking for the number of patrons that utilize our 42,000 square foot facility.

## AN *Extraordinary* PLACE TO CALL HOME

For over 50 years, The Moorings of Arlington Heights, a distinguished Presbyterian Homes community, has set the standard for exceptional living experiences for discerning older adults throughout the Greater Chicago area.

In response to the growing demand for premier Independent Living options with LifeCare contracts, The Moorings is embarking on an expansion and revitalization of its community, with completion anticipated by 2027.

### Secure your spot as a Charter Member and receive exclusive expansion benefits, including:

- Your choice of 70 new Independent Living residences ranging from 1,050 to 1,900 sq. ft.
- First selection of apartment home floor plan, location and view, in order of your deposit date
- Underground resident parking
- Access to new and existing dining experiences
- Renewed common and activity spaces
- The security of a plan for the future
- Ample time (3 years!) to prepare and upgrade in style
- Access to downsizing and moving professionals

Call to learn more or to schedule a personal tour. **847-750-5678**



THE MOORINGS  
OF ARLINGTON HEIGHTS  
A PRESBYTERIAN HOMES COMMUNITY



TheMooringsOfArlingtonHeights.org | 811 East Central Road | Arlington Heights, IL 60005  
INDEPENDENT LIVING AND HEALTHCARE-RELATED SERVICES



### Dance & Wellness Classes

Stay active with a diverse range of instructor-led classes

- NEW** **3D Motion** (code 85502)  
Wednesday, 1/8-3/12 | 2:30-3:30pm  
Fee: \$90
- NEW** **Ballet Basics** (code 85457)  
Monday, 2/3-3/24 | 1-2pm  
Fee: \$88
- NEW** **Ballroom Dance: Social Dancing** (code 82218)  
Monday, 2/3-2/24 | 7-8:15pm  
Fee: \$50
- Broadway Bound Dance** (code 85573)  
Thursday, 1/9-3/20 | 11am-12pm  
Fee: \$80
- NEW** **Chair Tap** (code 85486 )  
Tuesday, 2/4-3/25 | 3:30-4:30pm  
Fee: \$80
- NEW** **Dancing to the Oldies** (code 85580)  
Friday, 1/10-3/21 | 11:15am-12:15pm  
Fee: \$80
- NEW** **Functional Fitness** (code 85575)  
Thursday, 1/9-3/13 | 3:30-4:15pm  
Fee: \$100
- Let's Get Tapping** (code 85478, 85574)  
Tuesday, 2/4-3/25 | 1-2pm  
Thursday, 1/9-3/20 | 2-3pm  
Fee: \$80 (Tuesday), \$100 (Thursday)
- Let's Keep Tapping** (code 85479)  
Tuesday, 2/4-3/25 | 2:15pm-3:15pm  
Fee: \$80
- NEW** **Tap Techniques** (code 85581)  
Friday, 1/10-3/21 | 12:30-1:30pm  
Fee: \$100
- Tai Chi Moves Intro** (code 85475)  
Tuesday, 1/7-3/11 | 10:45-11:30am  
Fee: \$100
- Zumba Gold** (code 85487, 85501)  
Tuesday, 1/7-3/11 | 6-7pm  
Wednesday, 1/8-3/12 | 1-2pm  
Fee: \$90

### Art & Crafting Classes

Unleash creativity with our teachers, no matter your experience!

- 50 Shades of Colored Pencils** (code 85578)  
Friday, 1/10-3/14 | 9:30am-12pm  
Fee: \$155
- Art of Acrylics Beginner** (code 85570)  
Thursday, 1/9-3/13 | 12:30-3pm  
Fee: \$155
- Art of Acrylics Inter/Adv** (code 85569)  
Thursday, 1/9-3/13 | 9:30am-12pm  
Fee: \$155
- Crochet Beginners** (code 85450)  
Monday, 1/6-3/10 | 9:45-10:45AM  
Fee: \$72
- Crochet with Friends Drop-In**  
Monday, 1/6-3/10 | 11AM-1PM  
Fee: \$8 per visit
- NEW** **Discover Japanese Origami** (code 85460)  
Tuesday, 3/4 | 3:30-4:30pm  
Fee: \$10
- Mixed Media** (code 85459)  
Tuesday, 1/7-3/11 | 12-2:30pm  
Fee: \$130
- NEW** **Watercolor Beginner** (code 85579)  
Friday, 1/10-3/14 | 12:45-2:45pm  
Fee: \$125
- NEW** **Watercolor Intrmtd.** (code 85458)  
Tuesday, 1/7-3/11 | 9:30-11:30am  
Fee: \$125
- Works of Art** (code 85451)  
Monday, 1/6-3/10 | 1:15-3:45pm  
Fee: \$140
- Quilting with Friends Drop-In**  
Wednesday, 1/8-3/12 | 10 am-12pm  
Fee: \$8 per visit

### Cards & Games Classes

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

- NEW** **Adult Chess** (code 85466)  
Tuesday, 1/7-3/11 | 3:15-4:15pm  
Fee: \$80
- Bridge Beginning** (code 85452)  
Monday, 1/6-3/10 | 10am-12pm  
Fee: \$126
- Bridge Intermediate** (code 85461)  
Tuesday, 1/7-3/11 | 10am-12pm  
Fee: \$140
- Best Bridge Ever!** (code 85571)  
Thursday, 1/9-3/13 | 2:30-4:30pm  
Fee: \$140
- Mah Jongg Beginner** (code 85453)  
Monday, 1/6-3/10 | 12:30-2:30pm  
Fee: \$90
- Mah Jongg Intermediate** (code 85454, 85489)  
Monday, 1/6-3/10 | 2:45-4:45pm  
Wednesday, 1/8-3/12 | 3:30-5:30pm  
Fee: \$90 (Monday), \$100 (Wednesday)

**Winter and  
Spring 2025  
Registration  
Opens  
December 3!**

**For more info,  
call AHPD at  
847.797.5341**

Please note: There will be no AHPD programs on 1/18, 1/20. Check for additional no class dates when you register with AHPD.





## Woodshop Classes

Explore your craftsmanship and develop your skills safely!

### **Carve On** (code 85488)

Wednesday, 1/8-3/12 | 12:30-2:30pm  
Fee: \$50

### **Beginner Woodcarving** (code 85577)

Thursday, 1/9-1/30 | 12:15-3:15pm  
Fee: \$60

### **Beginner Woodworking** (code 85576)

Thursday, 2/6-2/27 | 12:15-3:15pm  
Fee: \$100

### **Learn the Lathe** (code 85584)

Friday, 1/10-1/31 | 9am-1pm  
Fee: \$60

## Visit the Woodshop

Enjoy wood working projects or meeting woodworkers who share your passion? 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 the Park District Office at 847.797.5341 for more information.

### **WOODSHOP MEMBERSHIP FEES**

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

### **WOODSHOP HOURS**

Mondays-Thursdays, 9am-12pm

## Fun & Fit Membership

Take daily fitness classes with AHPD!

### **WEEKLY CLASS SCHEDULE**

Mondays	Aerobics: 9-9:45am
Tuesdays	Aerobics: 9-9:45am Strength: 9:45-10:30am
Wednesdays	Cardio Strength: 9-9:45am
Thursdays	Aerobics: 9-9:45am, 10-10:45 am, 12:15-1pm Strength: 1-1:45pm
Fridays	Strength: 9-9:55am Aerobics: 10-10:45am

### **F&F MEMBERSHIP FEES**

Annual Membership: \$215  
6-Month Membership: \$144  
Punch card: \$75 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.

AAC Tours available by appointment. Call AHPD to set up your tour.

### **AAC MEMBERSHIP FEES**

Annual Membership: \$178  
6-Month Membership: \$118  
Punch card: \$75 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: \$335  
6-month pass: \$187

## 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 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.*

*Please note: There will be no AHPD programs on 1/18, 1/20.*

## NEW! Pop Up Classes

Stay connected and active during  
the winter holidays!

A Pop Up class is a class a la carte! Register for a single day or multiple. Sign up ahead of time, or the day of. \$10 per class.

### **GENTLE MOVEMENT & MEDITATION**

12/23, 12/27, 12/30, 1/3 at 10-11AM

### **OPEN ART STUDIO**

12/27, 12/31, 1/3 at 10AM-12:30PM

### **LET'S GET TAPPING**

Thursday 12/26, 1/2 at 2-3PM

### **DANCING TO THE OLDIES**

Friday 12/27, 1/3 at 11:15AM-12:15PM

Learn more and register: 847.797.5341

## Drop-In Dance Groups

### **Line Dance Drop-in**

#### **with Sharman & Dennis Toomey**

Wanna move those feet? Instructor Sharman teaches beginner through intermediate line dances. Dennis and Sharman combine country, popular and alternative music with line dancing techniques. Practice what you have learned while DJ Dennis plays your music requests. Meet new friends, learn new dances, exercise and have fun!

\$9/person cash, payable at the door.

**Intermediate Line Dance | Wednesdays: 7:00 - 9:00pm**

**Classic Line Dancing | Thursdays: 7:00 - 9:30pm**

### **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. All experienced square and round dancers are welcome.

\$8/person cash, payable at door.

**2nd, 4th, and 5th Fridays monthly | 7:30-10pm**

Get more information at [www.arlingtonsquares.com](http://www.arlingtonsquares.com).

## Special Event

# Retro Rendezvous

Thursday, March 27 | 11AM-2:30PM | \$49 per person

Palm Court Restaurant, 1912 N. Arlington Heights Rd.

Join us for a swanky Retro Rendezvous luncheon at the Palm Court in Arlington Heights!

Enjoy a delicious lunch and smooth crooning from singer Jerry Armstrong, performing Rat Pack tunes from Frank Sinatra and Dean Martin.

### **Menu:**

- Entree choices of Filet Medallions, Chicken Marsala, or Tilapia Amandine
- Starter soup
- Sides: A starch and vegetable medley
- Dessert: New York Cheesecake
- Beverages: Soft drinks, iced tea, and hot tea included.

No menu substitutions, but please inform the Park District staff of any food allergies when you register. Entrée choice required at time of registration.

Limited space available. Doors open at 11:30AM. Registration not available day of event. This is a contracted event; non-refundable.

## **Registration opens December 3!**

To register: Call 847.797.5341 or visit AHPD at the Senior Center.



# ARLINGTON HEIGHTS PARK DISTRICT @ THE SENIOR CENTER 19

## AH Park District Registration

Winter/Spring registration opens December 3.

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](http://ahpd.org).

To register: Visit the Park District Office, call 847.797.5341, or go to [ahpd.org](http://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, hand-made 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](http://www.ahpd.org)

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

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choosing what is right  
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Arlington Heights Senior Center, Arlington Heights, IL

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## 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](http://www.connectionstocare.org).

## **Meals on Wheels Northeastern Illinois:**

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. Contact Yvonne at 847-797-5350 for more information.

**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. Contact Liz at 847-797-5302 for more information.



## **NEW OPPORTUNITY!**

**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. Contact Liz at 847-797-5302 for more information.

**Volunteers  
needed**



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

### Age-Friendly Arlington Heights Update

The Village of Arlington Heights received the AARP Age-Friendly designation in 2022. The Senior Citizens Commission, comprised of ten residents' appointment by the mayor and board, conduct the work of Age-Friendly, creating age friendly communities that are livable for all ages. Recently, residents completed a Livable Community Survey for ages 45 and older. The Senior Citizens Commission evaluated the results and provided listening sessions on topics of concerns: transportation, housing, and communication. The Senior Citizens Commission has been collaborating with staff in creating an action plan and progress reports.

We have upcoming listening sessions at the Senior Center and the Arlington Heights Memorial Library. Stay tuned to learn more.



**Older Adults Home Modification Program (OAHMP)**

**New Program**

**Cost Free\***

- Occupational Therapist
- Registered Nurse
- Insured Handyperson

\*Must meet income requirements

**NORTH WEST HOUSING PARTNERSHIP**

Call Us: 847-969-0561

North West Housing Partnership (NWHP), a northwest suburban based nonprofit, is excited to offer a free program for seniors 62 years of age and up that enables them to remain independent and "age in place" in their own homes. The Older Adults Home Modification Program provides a range of safety modifications, provided by an insured handyperson, to address their unique safety needs, following assessments by registered nurses and occupational therapists. To learn more, please call NWHP 847-969-0561.

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**Pop-Up Café!  
Baked Goods**



**Pre-Order Meal**

Delivery of Gerry's Cafe Meal Box to the Senior Center before the Evening Concerts

January 10th Friday 9-11  
February 7th Friday 9-11

In the Lobby of the  
Arlington Heights  
Senior Center



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.*

Monday, January 27  
Wednesday, February 19

**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.

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



**Life Enriching Experiences Can Be Yours at Addolorata Villa**

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

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### Medicare News for January/February

January 1 to March 31: (Medicare's annual General Enrollment Period (GEP) is important for those over age 65 who've delayed enrolling in Medicare when they had an 'Initial Enrollment Period' (IEP), a 7 month period starting 3 months before their 65<sup>th</sup> birth-month and ending the last day of the 3<sup>rd</sup> month after their birth-month. This Jan-March GEP also is for those who, upon retiring or losing a Group Health Plan (GHP) from an employer, after age 65, failed to enroll in Medicare Part B within 8 months of losing employer coverage, as required to avoid penalty.

The IEP of 7 months should be ample time to enroll in Medicare, at least in the pre-paid ('free') Part A (if still working). Everyone should enroll in Medicare Part A (the Part that covers hospital in-patient charges and skilled nursing facilities for rehabilitation) since, for most, its fully pre-paid if the person or spouse worked legally in the US for 10 years or more. If you're still working and have a group health plan (GHP) with your employer there's no penalty for not enrolling in Part B (which covers most everything else: e.g. doctors, therapy, emergency rooms, testing of all kinds etc). When you finally retire and/or lose you're your employer GHP (whichever comes first), you have 8 months to enroll in Part B with no penalty, but some forget to do it, leaving them exposed to costly medical bills with no health plan, they have to wait until the following January 1 to enroll. Medicare allows you to 'late' enroll from Jan 1 to March 31 during the 'General Enrollment Period (GEP). Part B becomes effective the first day of the month following enrollment. Anyone who needs to enroll in Medicare and fails to enroll in Jan-March, must wait a full year for the next GEP.

When you lose your GHP (normally at retirement or shortly thereafter), though Medicare allows you 8 months to enroll in Part B, without incurring a penalty, you're only allowed 63 days to enroll in a **Part D plan which covers prescription medications you self-administer, tablets, capsules, nasal sprays, eye drops, insulin, etc.** The penalty for late enrollment in Part D is relatively small, about 1% of the average Part D drug plan (1% of about \$42/month or 42 cents), but the penalty is cumulative for every month you delayed enrollment in Part D, whether you need Rx drug or not and the penalty stays with you and is added on to your monthly premium. **Fortunately, if you have either or both Part A and/or Part B, you can enroll in the least expensive drug plan to avoid the penalty.** For 2024 and 2025 there is one Part D insurance company with zero premium, meaning you avoid the penalty at no premium cost to you.



### 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](http://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 prove 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 homemaker, 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, 7:00 - 8:30 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

### Alzheimer's/Dementia Caregiver Support Group

**Mondays: January 13 & February 10**



**10:00 a.m. - 12:00 p.m. • Free**

Facilitated by Jim Harbaugh, this group focuses *on you, the Caregiver*, by teaching you coping skills and allowing you to meet other caregivers who face the same challenges caring for *their* loved ones suffering from Alzheimer's/Dementia.

**Drop-in. No registration needed.**

### Parkinson's Club of AH

**2<sup>nd</sup> Thursday each month**  
**January 9 & February 13**  
**1:00 - 2:00 p.m.**

The 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.**

### Korean American Parkinson's Support Group

**\*NO meeting in Jan/Feb**



**Next meeting, Saturday March 8**  
**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 January 8 at Senior Center February 19 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.

#### 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.



### Contemporary Breakfast & Lunch Fare

**Monday thru Friday:**

**6:30am to 2:30pm**

**Saturday & Sunday:**

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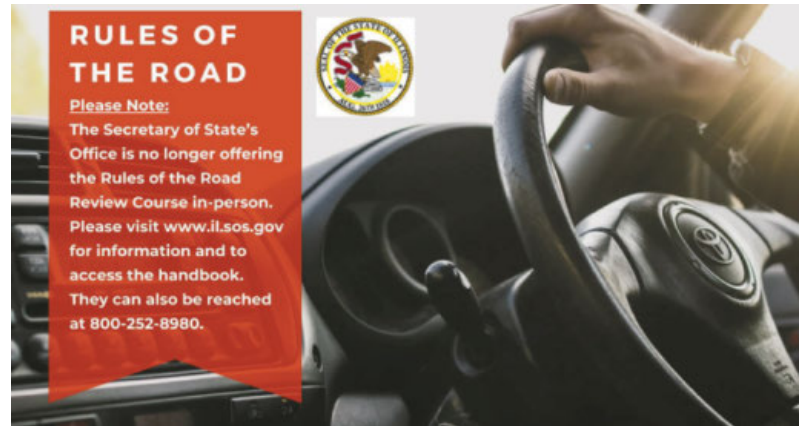


### AARP Smart Driver Classroom Course

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

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

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



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- 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.

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Name #2:	_____	Year of Birth :	_____
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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).