



Live Well, Age Well

For Ages 55+

Village of Arlington Heights




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March/April 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



Aging in Arlington Heights
 Wednesday, April 2
 6:00 - 8:00 p.m.
 Free

The event is designed for seniors and their family members to explore available resources and identify needs during the aging process. It will feature a panel discussion with representatives from various specialties, offering insights into essential services and support. Following the presentation, a resource fair will be held, providing attendees with the opportunity to connect with organizations and services that can assist with aging-related needs. Reservations encouraged. 847.253.5532

Highlights

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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. Arlington Heights Senior Center does not endorse any of the products or services advertised in this publication. For advertising rates and information, contact Teresa Perkins, Liturgical Publications, Inc. at 217.473.9688

Notary Services

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

Center Tours

The Arlington Heights Senior Center is open to persons age 55 and better from any community. No membership required. Tours are the 1st & 3rd Wednesdays at 10 a.m. Please contact the Senior Center to sign up for a tour!

Disability Accommodation

Persons with disabilities requiring auxiliary aids or services, such as an American Sign Language interpreter or written materials in accessible formats, should contact Hannah Kane, 33 S. Arlington Heights Road, Arlington Heights, Illinois 60005, hkane@vah.com or (847) 368-5793.

AGENCIES LOCATED INSIDE THE SENIOR CENTER

Village of Arlington Heights Senior Center - Main Office

Tracey Colagrossi, MS,
Senior Center Manager

Sarah Adelpia, MA,
Program Coordinator

Liz Nierman,
Volunteer Coordinator

Helen Cooke,
Administrative Assistant

Linda Ratajczak,
Office Assistant

847.253.5532

seniorcenter@vah.com

www.vah.com

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

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

Sat. 8:30 am - 12:30 pm

Arlington Heights Memorial Library

847.870.3712

seniorservices@ahml.info

www.ahml.info/services/senior_center

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

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

Arlington Heights Park District

847.797.5341

www.aphd.org/

Park District Office & Shop
1801 (Gift Store)
Monday - Friday
8:30 am - 4:30 pm

Arlington Heights Nurses Club Lending Closet

847.797.5315

Mon: 1:00 pm - 3:00 pm

Tues: 10:00 am - 12:00 pm

Wed: 10:00 am - 12:00 pm
6:00 pm - 8:00 pm

Thurs: 10:00 am - 12:00 pm

Fri: 10:00 am - 12:00 pm

Sat: 10:00 am - 12:00 pm

Meals on Wheels Northeastern Illinois

847.797.5354

<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

www.catholiccharities.net

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

Connections to Care

847.222.9227

www.connectionstocare.org

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

Endeavor Health/ Northwest Community Hospital

847.618.1000

www.nch.org

Hours: Vary

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

CHECK IT OUT!





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

FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

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Advisory Council Events

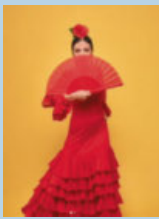
The following program is hosted by the Arlington Heights Senior Center Advisory Council. Funding for the entertainment is provided by Arlington Heights Senior Center, Inc.

Diversity Month Celebration

Thursday, April 3

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, backgrounds, and traditions. This exciting event will feature the music and food of Japan and Spain. A duo from The Martin Metzger Flamenco Ensemble will perform traditional Spanish song and dance. Yoshinojo Fujima (a.k.a. Rika Lin) will perform Fujima style Japanese classical dance accompanied by a shamisen player. Attendees will also have a chance to learn the traditional Japanese Bon dance! Various food items from both cultures will be offered. Please register by March 24th.



Trinity Irish Dancers

Saturday, March 1

8:45 a.m.

FREE

The Trinity Irish Dancers, the most widely recognized Irish dance program in the world has appeared in feature films and on national television programs including: six *Tonight Shows*, *CONAN*, *The Today Show*, and *Good Morning America*, to name a few. They will visit us this morning for a one-of-a-kind performance.

***SUBSCRIBERS & NON-SUBSCRIBERS CAN REGISTER TODAY!!**



Pizza & Movie: *Murder Mystery 2*

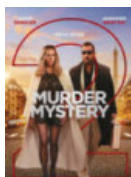
Wednesday, March 5

5:00 - 7:00 p.m. · Fee: \$2

Starring: Adam Sandler, Jennifer Aniston

Directed by: Jeremy Garelick
PG-13, 1 h. 29 min., 2023

Full-time detectives Nick and Audrey are struggling to get their private eye agency off the ground. They find themselves at the center of international abduction when their friend Maharaja is kidnapped at his own lavish wedding.



Senior Olympics with Hersey High School

Thursday, March 6

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

FREE

Participants Needed! We are looking for 24 participants to team up with 24 Hersey High School students for this year's Senior Olympics. Teams will compete in fun activities such as cup pong, wacky badminton, Tenzies, darts and more! A boxed lunch and t-shirt will be provided to each participant. This activity is open to any patrons who have gone through the Village of Arlington Heights's screening process. If you are a current volunteer, you are eligible. If you haven't volunteered before but would like to participate, please stop by the front desk to pick up and submit the one-time paperwork necessary to be a part of this activity.



2025 Great Decisions:

Foreign Policy Association

Saturdays: 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 began in February, but new participants are welcome to join any or all meeting dates. Participants are responsible for securing their own book, available in hard copy from <https://www.fpa.org/> or in E-book format from other sources. **Program funded by Arlington Heights Senior Center, Inc.**



Rustic Italian Cuisine Cooking Demo

Monday, March 10

4:30 - 6:00 p.m.

Fee: \$2

The weather outside may still be chilly but it is nice and warm in the kitchen. Chef Susan Maddox will present great "Rustic Italian Cuisine" which makes for great dining as well as clean up. Friends and family will enjoy these tasty and delectable dishes with minimal work involved. This is a late afternoon to learn some great recipes without having jet lag as Susan explores the wonderful regions of Italy. Tasting included!



Acting Through Life

TV & Me - SHOWCASE!

Tuesday, March 11 · 1:30 p.m.

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



Parkinson's Club of AH

2nd Thursday each month

March 13 & April 10

1:00 - 2:00 p.m.

The Parkinson's Club of AH is a volunteer-led monthly meeting for individuals with Parkinson's Disease, their family members, friends and caretakers. All present are invited to share their thoughts, concerns, knowledge and questions at each meeting. In addition to the regular meeting on March 13, Father Scott Barron, a retired Episcopal priest and Board Certified chaplain, will share his knowledge working with people facing life passages. **This is a drop-in program, and no pre-registration is required.**

Spring Day Trips

Tuesday, March 18

10:30 - 11:30 a.m.

Fee: \$2

Enjoy the beauty of the upcoming season exploring area gardens! Avid gardener, nature-lover and photographer Becky Booth will share her favorite destinations.



Kid Connections · Free

Wednesday, March 19, 4:30 - 5:30 p.m.

Sunday, April 27, 12:00 - 1:00 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 patrons who have gone through the Village of Arlington Heights's screening process. If you are a current volunteer, you are eligible. Please register 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 NOTE: ALL FEATURED PROGRAMS REQUIRE REGISTRATION UNLESS NOTED AS DROP-IN**

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

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

•Online registration begins: **February 25**
Payment due 5 days prior to program
WALLET PAYMENTS NOW ACCEPTED ONLINE!

THREE WAYS TO REGISTER!

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

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FEATURED PROGRAMS

ARLINGTON HEIGHTS SENIOR CENTER

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Family and Friends CPR Course

Wednesday, March 19

1:00 - 3:00 p.m.

Free

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



Chicago Baseball

Saturday, March 22

10:00 - 11:00 a.m.

Fee: \$2

Baseball author and sports historian Charles Billington returns to Arlington Heights to discuss the prospects for our Cubs and White Sox. With the Bears at the lowest, the Blackhawks not far behind, and the Bulls continuing to disappoint, we can all hope that this year our baseball teams will give us plenty to cheer about. Learn what's up with both teams!



Grandma Goes to Italy

Saturday, March 29

10:00 - 11:00 am

Fee: \$2

Join Grandma Jeanne on another one of her true life adventures. Take a whirlwind tour through Rome, Pisa, Florence, Verona and Venice with over 200 of her personal photographs. Enrich your understanding of local life and thousands of years of history living side by side. Presented by author, storyteller & motivational speaker Jeanne Roppolo.



Evening Concert: Irish Music with

Pat Gaughan and Nancy Maio

Wednesday, March 19

6:00 - 7:00 p.m.

Fee: \$2

Celebrate traditional Irish music with vocalist/guitarist Pat Gaughan and fiddler Nancy Maio. Both accomplished musicians in their own right, they have collaborated their musical talents as a duo where they combine Pat's rich voice and intricate guitar playing with Nancy's instrumental virtuosity on the fiddle.

*Pre-order a meal box from Gerry's Cafe! See pg. 22 for details.



The Last Supper

Monday, March 24

6:00 - 7:00 p.m.

Fee: \$2

Art historian Denise Laurin's goal in this talk is to shed light on the origins of the commission for *The Last Supper* by Leonardo DaVinci. She will demonstrate his concept, the painting's psychological content as expressed through visual clues such as gesture and facial expression and explore how this Renaissance master achieved his vision through composition and medium.



Aging in Arlington Heights

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The Wonders of Woodpeckers

Saturday, April 5

10:00 - 11:00 a.m.

Fee: \$2

Woodpeckers are truly captivating creatures, boasting a wealth of distinctive traits. Their chiseled beak serves as a precise tool for drilling and excavating nests. Perhaps most astonishingly, their long tongue acts as insulation, safeguarding their skulls during the intense hammering process. Let's take a deep dive into the world of Woodpeckers. Presented by Alyse Burman from The Wildbird Shack.



Rainbow Connections Meet Up

Friday, March 21

Friday, April 18

11:30 a.m.

Looking for a welcoming space to connect, learn, and share? Rainbow Connections Meet Up is an inclusive discussion group for anyone interested in learning more about the LGBTQ+ community—whether you're a member, an ally, have a loved one who identifies as LGBTQ+, or simply want to foster understanding and support. Join us for meaningful conversations in a safe, friendly, and social setting. Meetings are held at an offsite location, which will be shared upon registration. We look forward to connecting with you!



Music Appreciation:

The Roots of 50s Rock N' Roll!

Wednesday, March 26

1:00 - 2:00 p.m.

Fee: \$2

Join us for our music appreciation class where you will learn all about Rock N' Roll of the 50s! In this program, Chris will discuss the beginnings, peak, and fall of Rock N' Roll. You will listen, move to, and play along to authentic Rock N' Roll songs from various artists of this era. Moreover, you will learn the language of Rock N' Roll! Chris will breakdown the different rhythms that were commonly played in this era and then apply them in a memory exercise, as well as a musical creative exercise! Creative expression, rhythm exploration, cognitive skill building, music history, music knowledge, and engagement are all aspects you'll get from this fun and informative class!

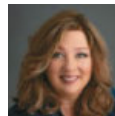


Manager Matters

Friday, March 28

2:00 - 3:00 p.m. · Free

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



WALLET PAYMENTS NOW ACCEPTED ONLINE!

For questions: Please contact the main office at 847.253.5532

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- Online registration begins: **February 25** WALLET PAYMENTS NOW ACCEPTED ONLINE!
- Payment due 5 days prior to program

THREE WAYS TO REGISTER!

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Visit: myactivecenter.com *using My Senior Center keytag



FREE FRIDAY MOVIES

ARLINGTON HEIGHTS SENIOR CENTER

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P.S. I Love You
Friday, March 14
1:00 p.m.

Starring: Gerard Butler, Hilary Swank
Directed by: Richard LaGravenese
PG-13, 2h. 6min, 2007

When Gerry, the husband of Holly Kennedy, dies from an illness, she loses the love of her life. Knowing how hard Holly will take his death, Gerry plans ahead. Beginning on her 30th birthday, she receives the first in a series of letters written by him, designed to ease her grief and encourage her to move forward to a new life.



FREE FRIDAY MOVIES



The Secret Garden
Friday, April 11
1:00 p.m.

Starring: Colin Firth, Julie Walters
Directed by: Marc Munden
PG, 1h. 39min, 2020

When Mary Lennox's parents suddenly die, she is sent to live with her uncle, Archibald Craven, on his remote country estate deep in the Yorkshire moors. While exploring, she discovers a hidden magical garden.



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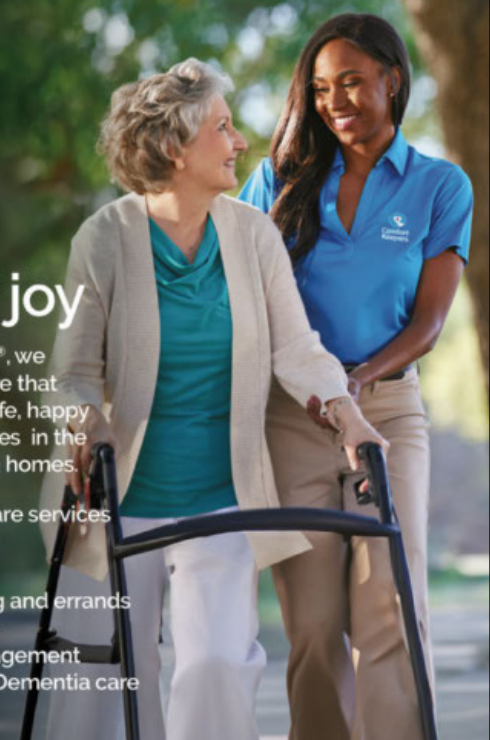


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Arlington Heights Senior Center, Arlington Heights, IL A 4C 01-1374

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: 3/7, 4/4, 4/18

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, March 20: Air Fryer Friendly Recipes

Thursday, April 17: Chicken 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

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



Gin Rummy (lobby 3/6, 4/3, 4/17)

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

Hand & Foot Card Club

Tuesdays

1:00 - 4:00 p.m.

M2M (Memories to Memoirs) Writers Club

3/18 & 4/15 · 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 (lobby 3/6, 4/3, 4/17*)

*Mah Jongg Event 4/17

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

3/3, 3/17, 4/7, 4/21 · 10:30 - 11:30 a.m.

Monastics from The Blue Lotus Temple in

Woodstock offers Guided Meditation Sessions that

focus on Mindfulness and Lovingkindness. The

Sessions are one hour long and include

Meditation, followed by chanting and concludes

with a wisdom talk (Dhamma) teaching about the

application of Buddhist principles in our everyday

personal practice.

Open Card Room Hours

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

Thurs: 12:30 - 4:30 p.m.

Fri: 8:30 a.m. - 4:30 p.m.

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

The Card Room is available on a first come, first served basis

Park Place Investment Club

Thursdays: 3/20 & 4/17 · 1:00 - 3:00 p.m.

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

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

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

Ping Pong

Mondays 12:30 - 7:30 pm

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

Pinochle

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

Poker

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

Portfolio Investment Club

3/26 & 4/23 · 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: 3/7, 4/4, 4/18 · 8:30 a.m. - 3:00 p.m.

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

ALL DAY CROPS: 3/24

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

Virtual Scrapbooking: 3/27 & 4/24



*REGISTER for Zoom link.



Texas Hold 'em Poker
Tuesdays: 1:00 - 4:00 p.m.

Wii Bowling

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

Women's Wealth Investment Club

3/26, 4/23, 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.

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.

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

The Reading Room and Computer Room will be closed Friday, April 4 for staff training.

TRAVELOGUES

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

Mar 7	Cathedrals in Wales	(56 min)
Mar 14	Swiss Cities & Jungfrau Region	(50 min)
Mar 21	Colosseum in Rome	(53 min)
Mar 28	Australia's Outback Railway	(45 min)
Apr 4	READING ROOM CLOSED	
Apr 11	Chicago Food History (Part 1)	(48 min)
Apr 18	Chicago Food History (Part 2)	(52 min)
Apr 25	Naples, Pompeii, Amalfi Coast	(50 min)

Library Program Registration

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



CRAFTERNOON in the READING ROOM

In-Person

Saturday, March 8, 10–11:30 a.m. or Friday, March 28, 1:30–3 p.m.

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

DISCUSSIONS *Join the conversation.*

POPULAR BOOKS

Wednesdays, March 12 and April 9, 10–11 a.m.

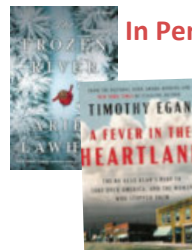


In Person or Zoom

In March, discuss *How to Read a Book* by Monica Wood. In April, join us to discuss New York Times best seller *The Little Liar* by Mitch Albom.

MODERN CLASSICS

Mondays, March 24 and April 28, 10–11 a.m.



In Person or Zoom

Discuss *The Frozen River* by Ariel Lawhon in March. April's book, *A Fever in the Heartland*, is a historical thriller by Timothy Egan.

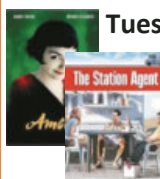
Books available for check out in the Reading Room four weeks prior to the discussion.

CURRENT EVENTS

Thursdays, March 6, 13, 20, 27, April 3, 10, 17, and 24 10–11:15 a.m. In-Person or Zoom

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

FILM DISCUSSION CIRCLE



Tuesdays, March 4 and April 1, 1 p.m. Drop in.

March's film is *Amelie* (2001), rated PG, 122 minutes, French with English subtitles. In April, *The Station Agent* (2003), 89 minutes, rated R. A discussion follows the free film.



Beginning Your Family Genealogy

Thursday, March 13, 1:30–2:30 p.m. In-Person at the Senior Center

Discover the basics of researching your family history. This presentation is perfect for anyone just starting their genealogic research or who is interested in learning more about the community of family historians. Genealogy & Local History Librarian Eddie Kristan will discuss techniques for finding your ancestors, tips for organizing, and essential genealogy databases. **Register.**

NEW SENIOR CENTER: Tech Help

Computer Room, Thursday, March 27, 9:30–11 a.m. In-Person

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



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

Register online at ahml.info/attend/events or call 847-392-0100. Registration for 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..

Fridays, March 14 and 21, 2–4 p.m.
Tuesdays, April 8 and 15, 2–4 p.m.

Android Phone Settings

Prerequisite: Android Phone Basics
Learn how to view and change settings.

Tuesday, March 25, 2–4 p.m.
Wednesday, April 23, 2–4 p.m.

iPhone Basics (two-day class)

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

Thursdays, March 6 and 13, 2–4 p.m.
Mondays, March 17 and 24, 2–4 p.m.
Wednesdays, April 9 and 16, 2–4 p.m.

iPhone Beyond Basics (two-day class)

Prerequisite: iPhone Basics or experience
Download new apps, read books, text, and video chat.

Mondays, March 31 and April 7, 2–4 p.m.
Thursdays, April 17 and 24, 2–4 p.m.

iPhone Photos

Prerequisite: iPhone Basics or experience
Learn the basics of taking photos on an iPhone or iPad camera.

Thursday, April 3, 2–4 p.m.
Tuesday, April 29, 2–4 p.m.

iPhone Settings 1

Prerequisite: iPhone Basics
Use Settings app to customize your iPhone or iPad.

Tuesday, March 18, 2–4 p.m.
Thursday, April 10, 2–4 p.m.

iPhone Settings 2

Prerequisite: iPhone Basics
Learn more about your iPhone or iPad settings options.

Friday, March 28, 2–4 p.m.
Tuesday, April 22, 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.

Wednesdays, March 26 and April 2, 2–4 p.m.
Mondays, April 21 and 28, 2–4 p.m.

Online Stock Screening

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.

Thursday, March 20, 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



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
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- 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

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MCHENRY, KANE, COOK, DUPAGE, LAKE, WILL, BOONE, WINNEBAGO



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



The Starved Rock Murders Monday, April 7

4:30 - 5:30 p.m. · Fee: \$2

Fifty-five years ago, three women checked into a lodge near Starved Rock State Park. They set out on a day hike and never returned. Days later, police found their bodies in a small cave. There were no witnesses, suspects, or evidence linking anyone to the crime. For a year, police interrogated and harassed Chester Weger, a 21-year-old employed as a dishwasher at the lodge. Finally, after being kept awake for more than 24-hours, Weger caved and signed a confession. He later recanted but a jury found him guilty and sentenced him to life in prison. Journalist, author, and educator Dr. Emilie Le Beau Lucchesi and explores the history of the crime and considers how false confessions lead to wrongful convictions.



Pizza & Movie: Jerry & Marge Go Large

Wednesday, April 16

5:00 - 7:00 p.m. · Fee: \$2

Starring: Bryan Cranston, Annette Bening

Directed by: David Frankel
PG-13, 1 h. 36 min., 2022

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



Get Your Mah Jongg On! Non-Tournament Event

Thursday, April 17

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

Fee: \$25 CASH ONLY

Our 3rd 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 sadelphia@vah.com or 847.253.5532.



First Person Portrayal: Mae West

Saturday, April 19

10:00 - 11:00 a.m. · Fee: \$2

She shattered box office records and public sensibilities. She rocketed from Broadway to become the highest-paid actress in Hollywood. Her one-liners scandalized the censors yet made her an icon. She rescued studios from bankruptcy and created stars. Without her, Cary Grant would have remained a nobody. Meet the woman behind the wit. Who was Mae West, really? Join us as history comes to life in this program by dramatist Martina Mathisen.



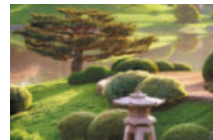
An Introduction to the East Asian Garden

Tuesday, April 22

11:00 - 12:00 p.m.

Fee: \$2

Yvonne Wolf gives a short background on the aesthetics of the Japanese and the Chinese gardens. Discover Confucian symbolism expressed in gardens and how they are used to relieve stress and cultivate inner peace. Learn the cultural history of the East Asian Garden and its carefully composed scenes of mountains, ponds, paths, and pavilions. Yvonne will use examples from the Japanese Garden at the Chicago Botanic Garden and Ping Tom Park in Chicago Chinatown. After attending this presentation, you will have a greater understanding and appreciation of East Asian gardens.



Evening Concert: Andrew Blendermann

Wednesday, April 23

6:00 - 7:00 p.m.

Fee: \$2

Back by popular demand, pianist, Andrew Blendermann performs an all-request sing-along piano show! With over 2000 songs in his repertoire, Andrew is not your average pianist. From Frank Sinatra to Neil Diamond, Doo-Wop to Disco, Andrew's performance is sure to get you singing along! Come with requests. Starting with a classical background from Baldwin-Wallace Conservatory



of Music, Andrew has been performing professionally in and around Chicagoland for more than 20 years. *Pre-order a meal box from Gerry's Cafe! See pg. 22 for details.

The U.S. Civil War, Part 1

Thursday, April 24

1:00 - 2:00 p.m. · Fee: \$2

This series will examine the war from five overlapping perspectives: battles, generals and admirals, Presidents (Jefferson Davis and Abraham Lincoln), political dynamics and significant individuals. Historian Shelby Foote said that to truly understand the character of the United States you first have to understand the Civil War. Professor Gary Midkiff, who has studied the Civil War for 50 years, agrees. As Gary leads participants through these four sessions, he will expand their knowledge of the Civil War and explain how that knowledge allows better understanding of many of the societal issues we face today. Please note – Part 2: June 26, Part 3: September 25, Part 4: November 17. Registration for each as released throughout the year.

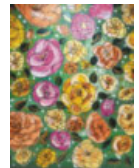


Artful Saturday: Bed of Roses

Saturday, April 26

9:00 - 10:30 a.m. · Fee: \$3

Join the Senior Center Manager, Tracey Colagrossi, in painting this mixed media acrylic on board painting. Have fun painting these fun and easy flowers and outlining them with markers and paint dots.



Alzheimer's/Dementia Caregiver Support Group

Mondays: March 10 & April 14

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.



ATTENTION PLEASE!

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

- Newsletter subscribers priority registration **PHONE OR IN-PERSON ONLY: through February 24**
- Non-subscribers: **starting February 25**
- Online registration begins: **February 25**
- Payment due 5 days prior to program

THREE WAYS TO REGISTER!

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

WALLET PAYMENTS NOW ACCEPTED ONLINE!

For questions: Please contact the main office.



Help Seniors Get to their Doctors' Visits

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

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

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

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



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.



SUPPORT OUR ADVERTISERS!

12 MEALS ON WHEELS NORTHEASTERN ILLINOIS LUNCH PROGRAM



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 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, March 20: Air Fryer Friendly Recipes
Thursday, April 17: Chicken Recipes

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

PLEASE BRING A RECIPE TO SHARE!

FREE PROGRAM
DROP IN

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





Ask the Nurse

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

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



Animal Assisted Therapy Visits

Thursday, March 6
Thursday, April 3
9:00 - 10:30 a.m.



Bone Density Screening

Tuesday, March 4
Tuesday, April 1
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, March 14 & 28
Friday, April 11
10:00 - 11:00 a.m.

Walkers' Club Celebration



Friday, April 25
10- 11 a.m.

No registration required

LECTURE SERIES



How DNA Can Affect Your Health

Learn the basics of genetics, how our genes can affect our health and what's on the horizon.

Monday, March 10
11 a.m. - 12 p.m.

Presented by: Endeavor Health Maddie Berkvam, MSCGG, MAMHB Rachel Epstein, MSCGC

Neaman Center for Personalized Medicine

Registration required
847-253-5532



Agging Feet: Common Soft Tissue and Bone Pathologies that Develop with Age

Dr. Domek will discuss concerns and issues that affect aging feet.

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

Presented by: Dr. Natalie Domek
Podiatry of Arlington Heights

Registration required
847-253-5532



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

Overnight Oats and Other Breakfast Ideas



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

Registration required
847-253-5532

Health Benefits of Edamame



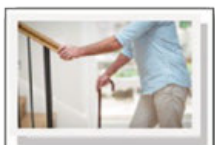
Tuesday, April 8
9:00 - 10:00 a.m.
Limited Space.

Registration required
847-253-5532

Fall Risk Screening

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

Led by Endeavor Health PT Staff.



Friday, March 21
10:00 a.m. - 2:00 p.m.

Registration required
847-618-4968

Diabetes and Pre-Diabetes Education



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

Monday, March 17
Monday, April 21
9:00 - 10:30 a.m.

Registration required
847-253-5532

Diabetes Support



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

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

Registration required
847-253-5532

Brainwaves Support Group

Thursday, March 20
Will not meet in April
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!

Healthy Vision



Tuesday, March 25
9:00 - 10:00 a.m.

Registration required
847-253-5532

The Skinny of Fats and Seed Oils



Tuesday, April 22
9:00 - 10:00 a.m.

Registration Required
847-253-5532



Podiatry Clinic

Thursday, April 3
12:00 - 4:00 p.m.

NEW!

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.



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.

Many Mah Jongg players play at the Senior Center. Why not sell the cards?

Thank you. The Park District supplies their Mah Jongg students with cards, but not to the general public. They advised that you can purchase online at The National Mah Jongg League: <https://www.nationalmahjonggleague.org/store>

Update on previous suggestion regarding toilet heights in the restrooms.

We have received numerous complaints regarding the seat heights in the restrooms were too low for people. The Village of Arlington Heights Public Works addressed the issue by raising the toilet seats in the ladies restroom stalls to a more acceptable height. We are grateful for the time taken to rectify the situation.

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 in 2027.

WE'RE EXPANDING

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
- 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

3D Motion (code 85656)

Wednesday, 4/2-5/21 | 2:30-3:30pm

Fee: \$80

Ballet Basics (code 85639)

Monday, 3/31-5/19 | 1-2pm

Fee: \$88

Broadway Bound Dance (code 85661)

Thursday, 4/3-5/22 | 11am-12pm

Fee: \$80

Chair Tap (code 85650)

Tuesday, 4/1-5/20 | 2:15-3:15pm

Fee: \$80

Chair Yoga

Inquire with AHPD about openings

NEW **Dancing to the Oldies** (code 85667)

Friday, 4/4-5/23 | 11:15am-12:15pm

Fee: \$64

Functional Fitness (code 85663)

Thursday, 4/3-5/22 | 3:30-4:15pm

Fee: \$80

NEW **Gentle Movement & Meditation**

Inquire with AHPD about openings

Let's Get Tapping (code 85647, 85662)

Tuesday, 4/1-5/20 | 1-2pm

Thursday, 4/3-5/22 | 2-3pm

Fee: \$80 (Tuesday), \$80 (Thursday)

NEW **Tap Techniques** (code 85668)

Friday, 4/4-5/23 | 12:30-1:30pm

Fee: \$80

Tai Chi Moves Intro (code 85645)

Tuesday, 4/1-5/20 | 10:45-11:30am

Fee: \$80

Yoga

Inquire with AHPD about openings

Zumba Gold (code 85649, 85655)

Tuesday, 4/1-5/20 | 6-7pm

Wednesday, 4/2-5/21 | 1-2pm

Fee: \$80 (Tuesday), \$80 (Wednesday)

Art & Crafting Classes

Unleash creativity with our teachers, no matter your experience!

50 Shades of Colored Pencils (code 85665)

Friday, 4/4-5/23 | 9:30am-12pm

Fee: \$124

Art of Acrylics Beginner (code 85658)

Thursday, 4/3-5/22 | 12:30-3pm

Fee: \$124

Art of Acrylics Inter/Adv (code 85657)

Thursday, 4/3-5/22 | 12:30-3pm

Fee: \$124

NEW **Beadwork Bracelets** (code 85690, 85691)

Thursday 4/3-4/10 | 3:30-4:45pm

Thursday, 5/15-5/22 | 3:30-4:40PM

Fee: \$31 (April), \$31 (May)

Crochet Beginners (code 85632)

Monday, 3/31-5/19 | 9:45-10:45AM

Fee: \$64

Crochet with Friends Drop-In

Monday, 3/31-5/19 | 11AM-1PM

Fee: \$8 per visit

NEW **Discover Japanese Origami** (code 86490, 86491)

Thursday, 4/10 | 3:30-4:30pm

Tuesday, 5/13 | 3:30-4:30pm

Fee: \$10 (April), \$10 (May)

Charcoals & Pastels (code 86492)

Tuesday, 4/1-5/20 | 12-2:30pm

Fee: \$104

Watercolor Beginner (code 85666)

Friday, 4/4-5/23 | 12:45-2:45pm

Fee: \$100

Watercolor Intermediate (code 85640)

Tuesday, 4/1-5/20 | 9:30-11:30am

Fee: \$100

Works of Art (code 85633)

Monday, 3/31-5/19 | 1:15-3:45pm

Fee: \$124

Quilting with Friends Drop-In

Wednesday, 4/2-5/21 | 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 85644)

Tuesday, 4/1-5/20 | 3:15-4:15pm

Fee: \$64

Bridge Beginning (code 85634)

Monday, 3/31-5/19 | 10am-12pm

Fee: \$112

Bridge Intermediate (code 85642)

Tuesday, 4/1-5/20 | 10am-12pm

Fee: \$112

Best Bridge Ever! (code 85659)

Thursday, 4/3-5/22 | 2:30-4:30pm

Fee: \$112

Mah Jongg Beginner (code 85635)

Monday, 3/31-5/19 | 12:30-2:30pm

Fee: \$80

Mah Jongg Intermediate (code 85636, 85652)

Monday, 3/31-5/19 | 2:45-4:45pm

Wednesday, 4/2-5/21 | 3:30-5:30pm

Fee: \$80 (Monday), \$80 (Wednesday)

**Registration is
NOW OPEN!**

Open to
Arlington Heights
residents and
non-residents.

For more info,
call AHPD at
847.797.5341



Woodshop Classes

Explore your craftsmanship and develop your skills safely!

Carve On (code 85651)

Wednesday, 4/2-5/21 | 12:30-2:30pm
Fee: \$40

Beginner Woodcarving (code 85664)

Thursday, 5/1-5/22 | 12:15-3:15pm
Fee: \$60

Beginner Woodworking (code 85682)

Thursday, 4/3-4/42 | 12:15-3:15pm
Fee: \$60

Learn the Lathe (code 85669)

Friday, 4/4-5/2 | 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 AHPD at 847.797.5341 for info.

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

Restaurants! Musicals! Museums!
Casinos! Sporting events!

Sound fun?

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

The Park District does all the planning. All you do is register, check-in on the day of the tour, relax in the luxury motor coach arranged for the trip, and enjoy the activities. With over 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.

Special Event

Retro Rendezvous

Thursday, March 27 | 11AM-2:30PM | \$49 per person | Palm Court Restaurant, 1912 N. Arlington Heights Road

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

LIMITED SPACE REMAINS! Registration closes March 18.

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

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

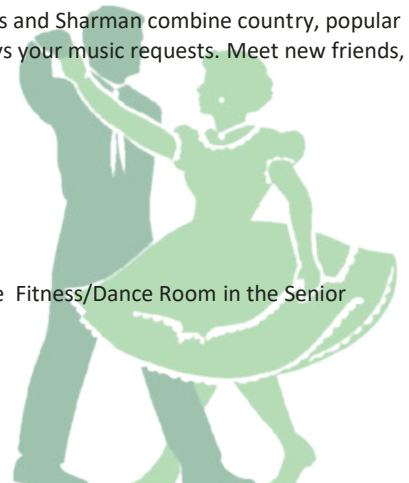
Square Dance with Arlington Squares

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

More information at www.arlingtonsquares.com.





ARLINGTON HEIGHTS PARK DISTRICT @ THE SENIOR CENTER

19

AH Park District Registration

Spring Registration is open.
Summer Registration opens
April 1 at 10AM.

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

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

To register: Visit the Park District Office, call 847.797.5341, or go to ahpd.org.

Shop 1801 Gift Shop

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

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

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



ARLINGTON HEIGHTS PARK DISTRICT AT THE SENIOR CENTER

Phone: 847.797.5341 Online: www.ahpd.org

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

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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, contact Amy or Andrea at 847-222-9227 or visit www.connectionstocare.org.

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

Office Help: Both Connections to Care and Meals on Wheels are seeking volunteers to work in their offices with registration, paperwork, phone calls, etc. Contact Liz at 847-797-5302.

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.

Nurse's Lending Closet: Seeking friendly and helpful volunteers for afternoon, evening, and weekend shifts. No medical experience necessary – we will train you! Help out by lending, recording, and cleaning equipment. Contact Liz at 847-797-5302 with interest.

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

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



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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

Friday, March 7, 9-11 AM
Tuesday, March 18, 10 AM-12 PM
Wednesday, April 9, 9-11 AM
Tuesday, April 22, 10:30 AM-12:30 PM

Wednesday, March 19
Wednesday, April 23

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.

- 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

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Medicare News for March/April

Until March 31: Medicare's annual General Enrollment Period (**GEP**) is still available for those over age 65 who've delayed enrolling in Medicare when they first had an opportunity to enroll during their 'Initial Enrollment Period' (**IEP**), a 7 month period starting 3 months before their 65th birth-month and ending the last day of the 3rd month after their birth-month. This **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. Those still covered by a group health plan (GHP) at work only need to enroll in Part A at age 65, the part that most everyone has already paid for through FICA withholding.

Medicare Part A covers **hospital in-patient** charges (not emergency room charges) and **skilled nursing facilities (SNF), 24/7** rehab in an SNF. There's no penalty for delaying enrolment in Part B (which covers most everything else: e.g. doctors, surgery, therapy, emergency rooms, testing of all kinds, durable medical equipment, etc) if you and your spouse are still covered by a company group health plan (GHP). When you finally retire and/or lose your employer **GHP** (whichever comes first), you have 8 months to enroll in Part B with no penalty, (Part B late enrolment penalty normally is 10% per year for each year of delay) 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 Mar 31 during the 'General Enrollment Period' (**GEP**) discussed above. If you enroll in Part B during a **GEP** it becomes effective the first day of the month following enrollment. **Caution:** Anyone who needs to enroll in Medicare *and fails to enroll in Jan-March*, must wait until Jan 1, the following year for the next **GEP**.

Though Medicare allows retirees 8 months after losing employer GHP coverage to enroll in Part B, without incurring a penalty, you're only allowed 63 days to enroll in a **Part D drug 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/month), 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. For 2025 there is one Part D insurance company with zero premium, meaning you can enroll to avoid the penalty in the zero-premium, especially beneficial for those who take no RX drugs.



Senior Health Insurance Program (SHIP)

SHIP is a free counseling service provided by the Illinois Dept. on Aging. SHIP does not sell or solicit insurance and is not an insurance plan. SHIP trains volunteers to provide one-on-one help with your insurance.

SHIP counselors can answer questions about:

- Medicare
- Medicare Supplemental Insurance
- Medicare Advantage Plans - HMOs, PPOs, PFFS
- Prescription Drug Coverage through Medicare and other sources
- Long-Term Care Insurance
- Medicare Claims and Appeals
- Medicare Beneficiary Rights and Guarantees

To make an in-person or phone appointment with a SHIP counselor:

Call the Senior Center Main Office: 847.253.5532 to schedule



Every month, AgeOptions hosts a free online Zoom event for LGBT+ older adults, caregivers, and service providers. This event is open to the public. We host an informational presentation and discussion on a different topic each month. For more information, visit <https://www.thrivingwithpride.org/> or call 847.253.5532.

Arlington Heights Nurses Club Lending Closet

Looking to borrow a wheelchair, commode, cane or other medical equipment? Please call **847.797.5315** for information and details on check-out and return.



- Mon:** 1:00 p.m. - 3:00 p.m.
- Tues:** 10:00 a.m. - 12:00 p.m.
- Wed:** 10:00 a.m. - 12:00 p.m.
6:00 p.m. - 8:00 p.m.
- Thurs:** 10:00 a.m. - 12:00 p.m.
- Fri:** 10:00 a.m. - 12:00 p.m.
- Sat:** 10:00 a.m. - 12:00 p.m.



Arlington Heights Fire Department SMOKE ALARM PROGRAM

Smoke Alarms Safety Reminders

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

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

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

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



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



Catholic Charities Northwest Senior Services continues to 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, 6:00 - 7:30 p.m. Sessions are available both **in-person** and **virtually** at the Arlington Heights Senior Center. Please contact us at 847-524-8800 ext. 124 to register for this group.

Contact Information

Caregiver Resource Center

Phone: 847-524-8800 ext. 124

Alzheimer's/Dementia

Caregiver Support Group

Mondays: March 10 & April 14

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

2nd Thursday each month

March 13 & April 10

1:00 - 2:00 p.m.

The Parkinson's Club of AH is a volunteer-led monthly meeting for individuals with Parkinson's Disease, their family members, friends and caretakers. All present are invited to share their thoughts, concerns, knowledge and questions at each meeting. In addition to the regular meeting on March 13, Father Scott Barron, a retired Episcopal priest and Board Certified chaplain will share his knowledge working with people facing life passages.

This is a drop-in program, and no pre-registration is required.

Korean American

Parkinson's Support Group

Saturdays:

March 8 & April 12

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 12 & April 9 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 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.

**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.



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Crescendo Chorus

March 5 - April 30

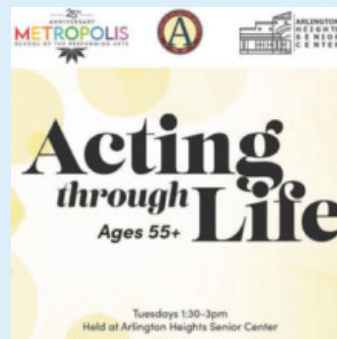
(8 weeks - No Rehearsal March 26)

Rehearsals: Wednesdays, 6:30 - 7:30 p.m.

Fee: \$108

Performance with Spring Cabaret at Metropolis: May 4th, 7:00 p.m.

Make music and build friendships in Crescendo Chorus! This ensemble sings a variety of music genres, including pop, jazz, oldies, musical theatre, and more. Singers will develop music skills while connecting with their peers and preparing for a final performance. Learn songs like "Somewhere Over the Rainbow" and "What a Wonderful World. Singers of all experience levels are welcome. Rehearsals held at Arlington Heights Senior Center.



Acting Through Life

*April 1 - May 27, 2025 (9 weeks)

*beginning/end date subject to change slightly

Classes: Tuesdays, 1:30 - 3:00 p.m.

Fee: \$90

Final Showcase at Senior Center: May 30

The Arlington Heights Senior Center partners with Metropolis School of the Performing Arts to offer the Acting Through Life class. Learn acting basics and perform in a final showcase for an audience at the end of the session. Acting Through Life is the proud recipient of the Association of Illinois Senior Centers' "Visionary Program Award." Classes held at Arlington Heights Senior Center.

TO REGISTER: Contact Metropolis: metropolisarts.com/sopa 847-577-5982 x221 (credit/debit), or visit the Arlington Heights Senior Center (check).

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27

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- Subscription to this publication is voluntary. You will receive a letter when your subscription is up for renewal.
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- Due to funding requirements, some Senior Center agencies may have eligibility requirements of 60 years or over.
- One spouse, partner or relative in your household may enroll with your subscription (fill in "Name #2" below).
- The cost is \$20.00 per year, per household. If paying by check, make payable to Arlington Heights Senior Center, Inc.



Subscription benefits include:

- Bi-monthly publication through first-class, U.S. mail
- Priority registration for Village of Arlington Heights and some Endeavor Health Featured Programs
- One-time 10% discount in the Arlington Heights Park District Gift Shop at the Senior Center. Not to be combined with other discounts/offers
- One free trial of a Fun & Fit class with the Arlington Heights Park District at the Senior Center.

**to take advantage of these one-time/free trial subscription benefits, you must notify the Senior Center Main Office*

To become a subscriber, please tear out this full page and submit it along with the \$20.00 payment to the Main Office at the Arlington Heights Senior Center - or mail to 1801 W Central Road, Arlington Heights, IL 60005.

The confidentiality of all patrons is a trust we take seriously. We will not release your name, address, telephone number or any other information that you provide us without your explicit consent.

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Name #2:	_____	Year of Birth :	_____
Address (street, city, state, zip):	_____		
Home Phone:	_____	Other Phone:	_____
		Email:	_____
Emergency Contact:	_____		
Contact's Phone:	_____	Contact's Other Phone:	_____
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	July/Aug	Sept/Oct	Nov/Dec
	Year:	_____	



1801 W. Central Rd., Arlington Heights, IL 60005



Arlington Heights Senior Center

Mission Statement

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

STATEMENT OF NONDISCRIMINATION

The Village of Arlington Heights Senior Center does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act in Employment Act and the U.S. and Illinois Constitutions.

If you believe that you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information call 1-800-252-8966 (Voice & TDD).