



ARLINGTON
HEIGHTS
SENIOR
CENTER

Live Well, Age Well

For Ages 55+

Village of Arlington Heights



SEPTEMBER/OCTOBER 2026

Accredited by



National Institute Of
Senior Centers



1801 W. Central Road

Arlington Heights, IL 60005



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

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

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



(847) 253-5532



seniorcenter@vah.com



www.vah.com

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CELEBRATE OKTOBERFEST

with Alpine Thunder!

FOOD FRIENDS MUSIC

Thursday, September 17
1:00 - 2:30 PM
\$5

DON'T BE AFRAID TO JOIN US!

Halloween Costume Party

Free Entry*

DJ- Prizes- Food- Fun

FRIDAY, OCTOBER 30
1:00 - 2:30 PM

FOOD PANTRY DONATION
(PAPER GOODS/TOILETRIES ARE APPRECIATED)

PLEASE INDICATE YOUR PREFERENCE OF
APPLE OR PUMPKIN PIE WITH REGISTRATION



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. Please note Notary Services will be unavailable: August 27 through September 11. 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 Adelphia, 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 a.m. - 8:00 p.m.
Tues/Thurs/Fri
8:30 a.m. - 4:30 p.m.
Sat. 8:30 a.m. - 12:30 p.m.

Arlington Heights Memorial Library

847.870.3712
seniorservices@ahml.info
www.ahml.info/services/senior_center

Reading Room

Mon, Tues, Thurs, Fri
9:00 a.m. - 4:30 p.m.
Wednesdays
9:00 a.m. - 6:00 p.m.
Saturday: Closed

Computer Room

Mon, Tues, Thurs, Fri:
9:00 a.m. - 2:00 p.m.
Wednesdays
12:00 p.m. - 5:30 p.m.

Library Program Registration unless otherwise noted, register for library programs online ahml.info/attend/events
OR
call 847-392-0100.

Arlington Heights Park District

847.797.5341
www.ahpd.org

Park District Office & Shop 1801 (Gift Store)

Monday - Friday
8:30 a.m. - 4:30 p.m.
Saturday
8:30 a.m. - 12:30 p.m.

Arlington Heights Nurses Club Lending Closet

847.797.5315
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.

Meals on Wheels for Northern Illinois

847.797.5350
www.mowfni.org
Office hours:
10:00 a.m. - 1:00 p.m.

Lunch served and pickup available between 12:00 - 1:00 p.m.
Please call for information

Catholic Charities Northwest Senior Services

847.253.5500
infoccnw@catholiccharities.net
www.catholiccharities.net

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

Friday
8:00 a.m. - 4:00 p.m.

Connections to Care

847.222.9227
www.connectionstocare.org

Monday - Friday
8:30 a.m. - 2:30 p.m.

Endeavor Health/ Northwest Community Hospital

847.618.1000
www.endeavorhealth.org
Hours: Vary



CLOSING DATES

**Saturday, September 5
& Monday, September 7
Labor Day**

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!

Village of Arlington Heights	Arlington Heights Memorial Library
Connections to Care	Meals on Wheels Northern Illinois
Endeavor Health/ Northwest Community Hospital	Arlington Heights Park District
Catholic Charities Northwest Senior Services	Arlington Heights Nurses Club Lending Closet



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



Oktoberfest

Oktoberfest Brat Cookout with Alpine Thunder Band

Thursday, September 17

1:00 - 2:30 p.m. • Fee: \$5

Celebrate Oktoberfest with an afternoon of great food, lively music, and festive fun! Savor a delicious grilled bratwurst served with sauerkraut, your favorite condiments, chips, German chocolate cake, and your choice of water or regular/diet root beer. Then enjoy Alpine Thunder's lively mix of German and English folk songs, featuring yodeling, accordion, alphorns, cowbells, and more. Please register by September 10 and indicate if you prefer a traditional or vegetarian brat.

***Be sure to visit with our Sponsor**

Table, Right at Home.



COSTUME PARTY

Halloween Costume Party

Friday, October 30 • 1:00 - 2:30 p.m.

Fee: Food Pantry Donation (paper goods/toiletries are appreciated)

Get ready for a frightfully fun Halloween celebration! Put on your favorite costume and join us for an afternoon of music, dancing, and interactive entertainment with DJ Dan. Show off your creativity in our costume contest for a chance to win prizes, strike a pose at our festive photo opportunities, and dance the afternoon away to Halloween favorites. Enjoy a slice of apple or pumpkin pie: please indicate your preference when registering. Please register by October 20.

Pizza & Movie: *The Devil Wears Prada* Wednesday, September 9

5:00 - 7:30 p.m.

Fee: \$2

Starring: Meryl Streep, Anne Hathaway, Emily Blunt, Stanley Tucci

Directed by:
David Frankel

PG-13, 1 h. 49 min.,
2006



Andy is a recent college graduate with big dreams. Upon landing a job at prestigious Runway magazine, she finds herself the assistant to diabolical editor Miranda Priestly. Andy questions her ability to survive her grim tour as Miranda's whipping girl without getting scorched.

Fireside Chat with the Fire Department Thursdays, September 10 & October 8 10:00 - 11:00 a.m.

Free

Join Arlington Heights Fire Department Division Chief, Chris Rymut, for a monthly Fireside Chat about fire safety, programs and services from the Arlington Heights Fire Department.



Ways to Register

*PLEASE NOTE:

All featured program require registration unless otherwise noted as Drop-in.

- Newsletter subscribers priority registration **PHONE OR IN-PERSON ONLY: through August 19**
- Non-subscribers and online registration begins: **August 20**
- 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



INTERGENERATIONAL PROGRAMS



Kid Connections

Back by popular demand for the Fall! Hang out with Hersey High School students! Once a month, the same students from the Service Over Self class will come to the Senior Center to participate in a variety of events. Join us to have fun and make connections with High School seniors. Participants in this series of programs must go through the Village's Background Screening. Current volunteers are eligible. Please see the front desk for an application.

Tuesday, August 25: Meet & Greet 11:45 a.m. - 12:45 p.m.

Tuesday, September 22: Trivia 11:45 a.m. - 12:45 p.m.

Thursday, October 2: Back to School *TENTATIVE, time TBD*

**Wednesday, October 21: The Great Pumpkin Social - Halloween Fun!
11:45 a.m. - 12:45 p.m.**

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



Parkinson's Club of AH 2nd Thursday each month September 10 & October 8 1:00 - 2:00 p.m.



The Parkinson's Club of Arlington Heights is a volunteer led monthly meeting for individuals with Parkinson's Disease, Parkinsonism, Parkinson's related disorders, family members, friends and caretakers. The Club is sponsored by the Arlington Heights Senior Center (a part of the Village of Arlington Heights Health and Human Services Department). At every meeting, we will have time to share what has gone well for each of us, and what challenges we have faced. At some meetings, visitors from the medical field, government agencies and the community will join our discussion. *This is a drop-in program, and no pre-registration is required.*

2026 Great Decisions: Foreign Policy Association Saturdays: 9/12, 10/10, 11/14

9:30 - 11:00 a.m. • Free

The 2026 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. Facilitated by Gary Midkiff. Program funded by Arlington Heights Senior Center, Inc.



Wonders from the Great Wall

Tuesday, September 15

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

Fee: \$2

The Great Wall is an international monument of wonder, no less than the Egyptian pyramid.



Although translated as a wall, the Great Wall was developed as the first intercity network of highways for communication over long distances. Educator Yvonne Wolf will share fascinating tales and curious legends from the Great Wall. Come take a trip to the Great Wall where many Chinese start their New Year's Day.

Caregiver Connection & Resource Support Group Tuesdays, September 15 - November 3 3:00 - 4:00 p.m.

NEW

The Arlington Heights Senior Center is offering a new, free Caregiver Connection & Resource Program. This support group is designed to assist individuals caring for loved ones with Alzheimer's disease, dementia, or other memory-related conditions. *This program will be in-person.* Participants will join a small, confidential group where they can share experiences, learn practical caregiving strategies, and connect with others facing similar challenges. Each session will focus on key topics such as understanding dementia related behaviors, managing stress, navigating family dynamics, and accessing community resources. The program emphasizes real-life strategies and peer support rather than clinical or therapeutic intervention.

Lunch 'n Learn with Village Manager,

Randy Recklaus

Wednesday, September 16

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 September 11th to reserve a seat and a lunch.



Evening Concert: Wayne Messmer

Wednesday, September 16

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.



Trivia Night!!

Monday, September 21

6:00 - 7:00 p.m.

Free

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



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

- Newsletter subscribers priority registration PHONE OR IN-PERSON ONLY: through August 19
- Non-subscribers begins: August 20
- Online registration begins: August 20
- Payment due 5 days prior to program

METROPOLIS
SCHOOL
OF THE PERFORMING ARTS

PrimeTime Players: My Favorite Things

Tuesdays: September 22 - November 17
(9-week class) • 1:00 - 2:30 p.m.

Registration: \$90

Call Metropolis 847-577-5982 (ext. 221), pay direct or check made out to "Metropolis Performing Arts Centre"

Participants will learn Broadway history, act alongside their peers, and sing classic tunes through the works of Rodgers and Hammerstein. A Final Showcase will be held on November 17th, for friends, family and other guests!



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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Music Appreciation: Punk Music

Wednesday, September 23

1:00 - 2:00 p.m.

Fee: \$2

Discover the history and energy of punk rock in this engaging Music Appreciation program. Learn about the origins of this influential genre, which emerged in the 1970s, along with the artists, sound, and cultural movement that shaped its legacy. Enjoy creative expression, rhythm exploration, and interactive activities that build musical knowledge and support cognitive wellness. Percussion instruments will be provided, so everyone can join in the fun. Facilitated by Chris Lavidas of Breaking Grounds in Drumming.



Evening Concert: Andrew Blendermann

Wednesday, September 30

6:00 - 7:00 p.m.

Fee: \$2

Back by popular demand, pianist Andrew Blendermann returns with his all-request sing-along piano show! With more than 2,000 songs in his repertoire—from Frank Sinatra and Neil Diamond to Doo-Wop and Disco—there's something for everyone. Bring your requests and get ready for a fun-filled evening of music and sing-alongs!



Imaginary Journey to Ancient Pompeii – Signs of Life

Saturday, October 3

10:00 - 11:00 a.m. • Fee: \$2

Step back in time on an imaginary walking tour of ancient Pompeii with presenter Denise Laurin, M.A. in Art History. Explore the city's homes, streets, and artifacts to discover what daily life was like before the eruption of Mount Vesuvius. Drawing on the latest scholarship, this fascinating presentation reveals how Pompeii's preservation offers a unique glimpse into the ancient world.



Evening Concert: Michael Joseph – Spooktacular Serenades

Monday, October 5

6:00 - 7:00 p.m.

Fee: \$2

Celebrate the season with an evening of spooky fun and great music!

Michael Joseph's Spooktacular Serenades features Halloween favorites like *Monster Mash*, *Love Potion No. 9*, *Black Magic Woman*, and *Abracadabra*, along with beloved sing-along classics such as *Sweet Caroline* and *How Sweet It Is*. Get ready to sing, clap, and enjoy an entertaining evening of festive tunes!



76 Moments in American History, Part IV – 1935 to 1954

Wednesday, October 7

1:30 - 3:00 p.m. • Fee: \$2

To celebrate the 250th birthday of our country in 2026 Gary Midkiff has assembled a six-part program that describes the 76 most important moments in our history from 1776 to 2026. These moments will include Supreme Court Decisions, inventions, pharmaceutical progress, wars, Presidential decisions and cultural turning points. Highlights for Session 4 include: D-Day, Jackie Robinson breaks the "color barrier" in major league baseball and Brown v. Board of Education.



Artful Saturday: Pressed Flower Pumpkins

Saturday, October 10

9:00 - 10:30 a.m. • Fee: \$4

We will be using the decoupage method to decorate a cream foam pumpkin with dried florals, leaves, ribbon and raffia. Join Senior Center Manager, Tracey Colagrossi, for this fun fall project.



MEET UP!

Goebbert's Pumpkin Farm

40 W. Higgins Rd., South Barrington

Tuesday, October 13 • 12:30 p.m.

Enjoy a relaxing fall outing to Goebbert's Pumpkin Farm! Spend the day exploring the beautiful farm, taking in the seasonal scenery, and strolling among the pumpkins and colorful displays. Enjoy lunch at the café, then browse the farm market for unique gifts, fresh produce, and the perfect pumpkin to take home. Attendees will pay on their own. Discounted tickets for those 65+ cost \$18 if you would like to participate in most of the Fall Festival activities.

Otherwise you are welcome to shop, lunch and stroll other areas without a ticket. Visit

<https://goebbertspumpkinfarm.com/fall-festival/ticket-prices/> for more information. *Please note, you must provide your own transportation.* After registration we will reach out with further instruction.



meetup

Ways to Register

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

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- Non-subscribers: starting **August 20**
- Online registration begins: **August 20**
- 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

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



Shoreline Morgues

Wednesday, October 14

4:30 - 5:30 p.m.

Fee: \$2

Discover the tragic stories of three Great Lakes shipwrecks with Dr. Emilie Le Beau Lucchesi. From the sinking of the Lady Elgin in 1860 to the Eastland disaster of 1915, which claimed 844 lives on the Chicago River, explore why these devastating events have largely faded from public memory despite their profound impact on Chicago history.



Provençal Cuisine of France:

Cooking Demo

Saturday, October 17

10:00 - 11:00 a.m.

Fee: \$2

Chef Susan Maddox returns focusing on the Provence region by exploring all the vibrant, Mediterranean style of cooking from southern France. She will emphasize fresh, seasonal ingredients and simple rustic preparations. Recipes and tasting included!



ARLINGTON HEIGHTS
Senior Center, Inc.

INC Sponsor Speaker Series

Luther Village: Senior Living

Wednesday, October 21

9:30 - 10:30 a.m. • Free

The Arlington Heights Senior Center, Inc. (foundation) is pleased to have Mark Trinka of Luther Village present "Senior Living." Join Mark Trinka, Corporate Operations Director of LCS Brokerage Luther Village for an insightful presentation on senior living. As an industry expert, Mark will share current senior living trends and highlight the features of the Luther Village Independent Living Community in Arlington Heights, IL.



LUTHER VILLAGE

Film Noir: Hollywood's Darkest Timeline

Saturday, October 24

10:00 - 11:00 a.m.

Fee: \$2

Skip the monsters and ghosts—Hollywood's real dark side is film noir. Translated as "black cinema," film noir brims with gritty plots, seedy characters, and shadowy cities—including Chicago. In this hour-long talk, Dr. Kelli Marshall guides you through noir's French origins, cultural influences, aesthetics, and recurring character types. Along the way, you'll revisit classics like *Double Indemnity* and *Murder, My Sweet* and discover lesser-known gems such as *Undertow*—all part of America's darkest, most psychologically unsettling era of filmmaking.



Pizza & Movie: Knives Out

Wednesday, October 28

5:00 - 7:30 p.m.

Fee: \$2

Starring: Daniel Craig, Chris Evans, Ana de Armas, Jamie Lee Curtis

Directed by: Clint Bentley

PG-13, 2 h. 10 min., 2019

When renowned crime novelist Harlan Thrombey is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc is mysteriously enlisted to investigate.



MURDER MYSTERY 1920S SPEAKEASY



MONDAY, OCTOBER 19

5:30 - 7:00 P.M.

FEE: \$2

Put your detective skills to the test at this interactive Murder Mystery event! Step into character, uncover clues, and work with fellow guests to solve the mystery in this fun-filled evening of suspense and laughter. Awards will be presented for Best Acting, Best Death Scene, and Best Outfit!

Feel free to dress the part!
Light refreshments will be served.

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

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- Non-subscribers: starting **August 20**
- Online registration begins: **August 20**
- 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



FREE FRIDAY MOVIES

ARLINGTON HEIGHTS SENIOR CENTER

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Good Will Hunting **Friday, September 11** **1:00 p.m.**

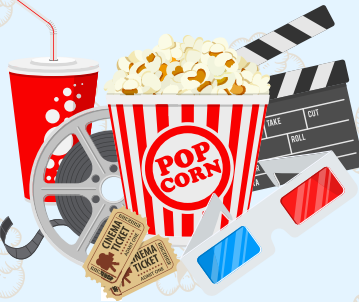
Starring Robin Williams, Matt Damon, Ben Affleck

Directed by: Harold Ramis
R, 2 h. 6 min., 1997

Will Hunting (Matt Damon), a brilliant young janitor at MIT, is discovered after solving a challenging math problem. When legal trouble lands him in court, a professor offers him a second chance—if he agrees to work with therapist Sean Maguire (Robin Williams). This acclaimed drama is a powerful story of friendship, healing, and discovering one's potential.



FREE FRIDAY MOVIES



Drop-in!
No registration
required.

Edward Scissorhands **Friday, October 9** **1:00 p.m.**

Starring: Richard Dreyfuss, Ron Howard, Paul Le Mat

Directed by: George Lucas
PG-13, 1 h. 45 min., 1990

An unfinished creation leaves his isolated castle and enters a suburban world eager to embrace him ~ until his differences become impossible to ignore. What begins as a modern fairy tale gradually becomes a story about loneliness, and beauty.



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8 a.m. to 8 p.m., seven days a week*

Visit: **EssenceHealthcare.com**

*You may reach a messaging service on weekends from April 1 through September 30 and holidays. Please leave a message, and your call will be returned the next business day. Essence Healthcare includes HMO and PPO plans with Medicare contracts. Enrollment in Essence Healthcare depends on contract renewal.

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- Respite care

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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Arlington Heights Senior Center Inc., Arlington Heights, IL

01-1374



Social Work Office Hours at the Senior Center

**Every 2nd and 4th Monday
9:00 - 11:30 AM**

All are welcome to stop by and learn more about Social Services offered in Arlington Heights and meet Senior and Disability Social Worker: Hannah Kane, LCSW



Widow and Widower Grief Support Group THURSDAYS | 11:00 AM - 12:00 PM

Clinician-led support group. Questions? Reach out to facilitator, Hannah Kane, LCSW at hkane@vah.com or 847-368-5793. Free. Please register, space is limited.



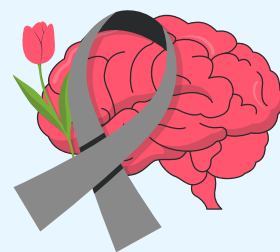
Caregiver Connection & Resources Support Program

Caregiver Connection & Resource Support Group
TUESDAYS
SEPTEMBER 15 - NOVEMBER 3
3:00 - 4:00 PM

The Arlington Heights Senior Center is offering a new, free Caregiver Connection & Resource Program. This 5-week support group is designed to assist individuals caring for loved ones with Alzheimer's disease, dementia, or other memory-related conditions. This program will be in-person. Participants will join a small, confidential group where they can share experiences, learn practical caregiving strategies, and connect with others facing similar challenges. Each session will focus on key topics such as understanding dementia related behaviors, managing stress, navigating family dynamics, and accessing community resources. The program emphasizes real-life strategies and peer support rather than clinical or therapeutic intervention.

Parkinson's Club of AH 2nd THURSDAY EACH MONTH SEPTEMBER 10 & OCTOBER 8 1:00 - 2:00 PM

The Parkinson's Club of Arlington Heights is a Volunteer led monthly meeting for individuals with Parkinson's Disease, Parkinsonism, Parkinson's related disorders, family members, friends and caretakers. The Club is sponsored by the Arlington Heights Senior Center (a part of the Village of Arlington Heights Health and Human Services Department). At every meeting, we will have time to share what has gone well for each of us, and what challenges we have faced. At some meetings, visitors from the medical field, government agencies and the community will join our discussion. This is a drop-in program, and no pre-registration is required.



Korean American Parkinson's Support Group
SATURDAYS
SEPTEMBER 12 & OCTOBER 10
10:00 AM - 12:00 PM

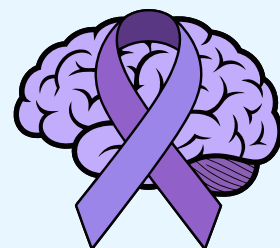
Korean American Parkinson Support Network (KAPSN) supports Korean-American Parkinson patients and families since September 2009.

Alzheimer's/Dementia Caregiver Support Group

MONDAYS
SEPTEMBER 14 & OCTOBER 12
***11:00 AM - 12:30 PM**

New Members

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





CLUBS, GAMES AND MORE!

ARLINGTON HEIGHTS SENIOR CENTER

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Baggo (bean bag toss game)

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

Bocce Ball @ Sunset Meadows Park

Thursdays: 1:30 - 3:00 p.m.

Billiards

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

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

Billiards League

Fridays • 9:30 - 11:30 a.m.

Drop-in for some friendly competition!



Bingo *Arrive early and bring quarters!

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

25 cent cards

Canasta (Aces & 7's) (canceled 10/30)

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

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

Fridays: 9/4, 10/2, 10/16

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

CULINARY CURIOSITY CLUB



Culinary Curiosity Club!

1:15 - 2:15 p.m.

Thursday, September 17:

Apple & Apple Cider Recipes

Thursday, October 15:

German Dishes/ Recipes with Beer

A relaxed and fun club where food lovers bring recipes, cookbook favorites, and restaurant discoveries to share. Members trade cooking inspiration, attempt copycat versions of beloved dishes, and sometimes meet at restaurants to enjoy great food together. Each month has a different theme, chosen by club members. Free, drop in!

Coloring Club

1st & 3rd Monday

10:00 - 11:30 a.m.

Coloring supplies provided or bring your own



Cribbage

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

Cribbage boards provided.

Duplicate Bridge

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

Euchre

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

Friendly Bridge

Wednesdays & Fridays

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

MORE PLAYERS WELCOME!

Gin Rummy (canceled 9/17)

Thursdays: 1:30 - 3:30 p.m.

Hand & Foot Card Club

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

M2M (Memories to Memoirs)

Writers Club

9/15 & 10/20

1:30 - 3:30 p.m.

Mah Jongg (canceled 9/17)

Mondays: 9:30 a.m. - 4:00 p.m.

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

Game sets provided on a first come first served basis.

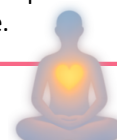


Meditation Sessions

1st/3rd Mondays:

9/21, 10/5, 10/19 • 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

Ping Pong

Mondays: 12:30 - 7:30 p.m.

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

PLAYERS WANTED!

Pinochle

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

Poker

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

Portfolio Investment Club

9/23 & 10/28

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

Mondays

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

Scrabble Club

2nd & 4th Wednesdays

2:00 - 4:00 p.m.



ATTENTION PLEASE!

Program on pgs. 9 & 10 are drop-in unless otherwise noted. You are welcome to attend card/game clubs any time during the time frame allotted.

**Scrapbooking and More!**

Fridays: 9/4, 10/2, 10/16

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: 9/24, 10/22

10:00 a.m. - 3:00 p.m.

*REGISTER for Zoom link.

**Texas Hold 'em Poker**

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

**BOWLING****Wii Bowling**

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

Women's Wealth Investment Club

10/28 · 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.

**Senior Center Musical Group**

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

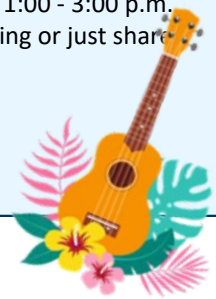
Haven't played for years?

This is the place to come! Dust off that old band instrument! We play a wide range of music and most of it is very easy!

Ukulele Singing Circle

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

Join in to play, sing or just share the music!



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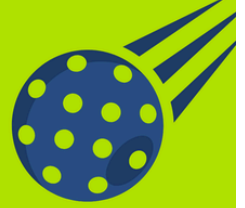
PICKLEBALL TOURNAMENT

SATURDAY, SEPTEMBER 19, 2026
8:30 AM TO 1:00 PM

\$45

Per Person

- 10 Outdoor courts
- Round-Robin format
- No rain date
- Players receive tournament giveaway & Snacks



Register Online

QR code or

<https://www.eventbrite.com/e/ahsc-inc-pickleball-tournament-tickets-1988404268694?aff=oddtcreator>



For more information

847.253.5532 or seniorcenter@vah.com

AT DRYDEN SCHOOL
PICKLEBALL COURTS

842 S Dryden
 Arlington Heights, IL



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Experience vibrant senior living in one of Illinois' finest 55+ communities.

Move to Luther Village and become part of this active-adult community in the heart of Arlington Heights. Find new friends and enjoy top-notch services and amenities; all in a secure environment. Enjoy the relaxing lifestyle, our low monthly fees, and all the benefits of cooperative ownership.

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- Midrise Buildings



LutherVillage.com

847-238-9669 • info@LutherVillage.com
 1220 Village Drive • Arlington Heights, IL



Luther Village is a nondenominational development. Offered by LCS Brokerage.





Blood Pressure Screening

MONDAYS | 8:30-10:00 AM

No appointment necessary.

Cost: Free



Nurse 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.



Diabetic/Blood Sugar Screening

MONDAYS | 8:30-10:00 AM

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.



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 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.



Cholesterol Screening

September 9 @ Senior Center
October 21 @ Village Hall
8:30-9:45 AM

Appointment only: 847.368.5760.

Cost: \$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.



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.



A1C Screenings

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.

Library Programs and Services



Browse and check out materials. Register your library card from any Illinois library for checkout privileges. Returns of any Arlington Heights library materials can be made to the Reading Room or to the outside book drop to the west of the Senior Center entrance.

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

Library Program Registration

R Registration required. Register for library programs online at ahml.info/events or call 847-392-0100.

NO SYMBOL Programs without a symbol do not require registration unless otherwise noted.

Travelogues Fridays at 10 a.m.

Sept 4	Hollywood Hummingbirds	(55 min)
Sept 11	9/11: Inside the Pentagon	(54 min)
Sept 18	Copper Canyon Railway	(45 min)
Sept 25	Black Forest / Berlin	(50 min)
Oct 2	New Zealand – West Coast	(42 min)
Oct 9	Museum Alive	(54 min)
Oct 16	Katavi – Sanctuary	(55 min)
Oct 23	Pandas	(40 min)
Oct 30	Milan / Tuscany	(50 min)

Drop in and enjoy travel movies and documentaries.

Film Discussion Circle

Tuesdays, September 1 and October 6, 1 p.m.

September's film is *The Long Game* (2023), 112 minutes, rated PG. In October, join us for *Don't Let's Go to the Dogs Tonight* (2024), 99 minutes, rated R. A discussion follows the free film. Drop in.

Current Events

Thursdays, September 3, 10, 17, 24, and October 1, 8, 15, 22 and 29 10–11:15 a.m. / In Person or Zoom

Register by calling 847-870-3712. **R**

NEW Reading Room Hours:

The library has adopted the Reading Room pilot hours as permanent.

Monday, Tuesday, Thursday, Friday: 9 a.m. – 4:30 p.m.

Wednesday: 9 a.m. – 6 p.m.

Saturday: Closed

NEW Computer Room Hours:

Beginning September 2, the Computer Room's Wednesday hours will change to accommodate regularly scheduled morning technology classes and programming. All other Senior Center hours will remain unchanged.

Monday, Tuesday, Thursday, Friday: 9 a.m. – 2 p.m.

Wednesday: noon – 5:30 p.m.

Saturday: Closed

PLEASE NOTE: The Reading Room and Computer Room will be closed all day Monday, September 7.

Senior Center Book Discussions

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

Popular Books Discussions

Wednesdays, 10 a.m.

September 9 and October 14

In Person or Zoom

In September, join us for highly acclaimed novel, *The Secret Book Society* by Madeline Martin. In October, discuss the historical fiction novel, *Isola* by Allegra Goodman. **R**



Modern Classics Book Discussions

Mondays, 10 a.m.

September 28 and October 26

In Person or Zoom

Join us in September for national bestseller, *A Guardian and a Thief* by Megha Majumdar. In October, discuss *Culpability* by Bruce Holsinger. The novel explores themes of technology, morality and family dynamics. **R**





Craftnoon Project
July 10, 2026

Craftnoon in the Reading Room

Wednesday, September 9
4–5:30 p.m. or
Friday, September 18, 1:30–3 p.m.

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

Senior Center: Tech Support

Wednesday, September 2, 1:30–3 p.m. / Computer Room

Have a tech 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.

What is Artificial Intelligence?

Friday, October 2, 1:30–3 p.m. / In Person

What's the deal with AI and where did it come from? Learn the basics as well as discover how these services and tools may already impact your daily life. This program is presented as part of One Book, One Village. **R**

AI and Library Resources

Monday, October 26, 1:30–2:30 p.m. / In Person

Artificial Intelligence is now being implemented in different ways to support library activities and research. Discover and explore how AI-powered tools in popular library services can help you find reliable information faster, lead you to your next great read, create a résumé, summarize legal cases, and support lifelong learning. **R**

SENIOR CENTER TECH CLASSES

Classes feature small class size and hands-on instruction. All classes are held in person in the Computer Room.

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

Android Phone Basics (two-day class)

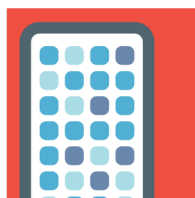
Thursdays, September 10 and 17, 2–4 p.m.
Mondays, October 12 and 19, 2–4 p.m.

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

Android Phone Settings

Monday, September 28, 2–4 p.m.
Tuesday, October 27, 2–4 p.m.

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



iPhone & iPad Basics (two-day class)

Mondays, September 14 and 21, 2–4 p.m.
Thursdays, October 1 and 8, 2–4 p.m.
Tuesdays, October 13 and 20, 2–4 p.m.

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

iPhone & iPad Beyond Basics (two-day class)

Tuesdays, September 22 and 29, 2–4 p.m.
Wednesdays, October 21 and 28, 10 a.m.–noon

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

iPhone & iPad Settings 1

Wednesday, September 16, 10 a.m.–noon
Friday, October 9, 2–4 p.m.

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

iPhone & iPad Settings 2

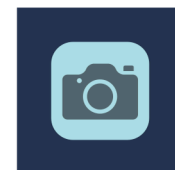
Wednesday, September 30, 10 a.m.–noon
Friday, October 23, 2–4 p.m.

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

iPhone & iPad Camera Basics

Friday, September 11, 2–4 p.m.
Tuesday, October 6, 2–4 p.m.

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



Windows 11 Essentials (two-day class)

Tuesdays, September 8 and 15, 2–4 p.m.
Thursdays, October 22 and 29, 2–4 p.m.

Prerequisite: Basic mouse and keyboarding skills
Customize your desktop and find, copy, and organize files.



Volunteers needed

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 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!**

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Meals on Wheels
FOR NORTHERN ILLINOIS
COMMUNITY & NUTRITION SERVICES FOR SENIORS

Meals on Wheels for Northern Illinois (MOWFNI)

Visit the **Arlington Heights Community Café** for lunch, or enroll in home-delivered meals for Maine and Wheeling Townships.

Arlington Heights Community Café

Arlington Heights Senior Center
 1801 Central Rd
 Arlington Heights, IL 60005

Manager:

Caitlin Wilson
 (847) 797-5350
ArlingtonHeightsMeals@mowfni.org

Sit Down Dining: 12pm-1pm, Mon-Fri

Home-Delivered Meals offer dietitian-approved food and security checks from trained drivers, and the Community Café serves as a local center for lunch and activities.

MOWFNI is a donation-based nonprofit, no one is ever turned away if they are unable to make the suggested donation for a meal.

Get Involved! If you have a few hours every month to be a volunteer meal driver, or know a resident age 60 or older who would benefit from a home-delivered meal or lunch at the Community Café, take action now. **Visit mowfni.org or call (847) 797-5350** today!

CULINARY CURIOSITY CLUB

New theme each month!

Thurs, Sept. 17, 1:15-2:15: Apple & Apple Cider Recipes
 Thurs, Oct. 15, 1:15-2:15: German Dishes/ Recipes with Beer

Share Recipes

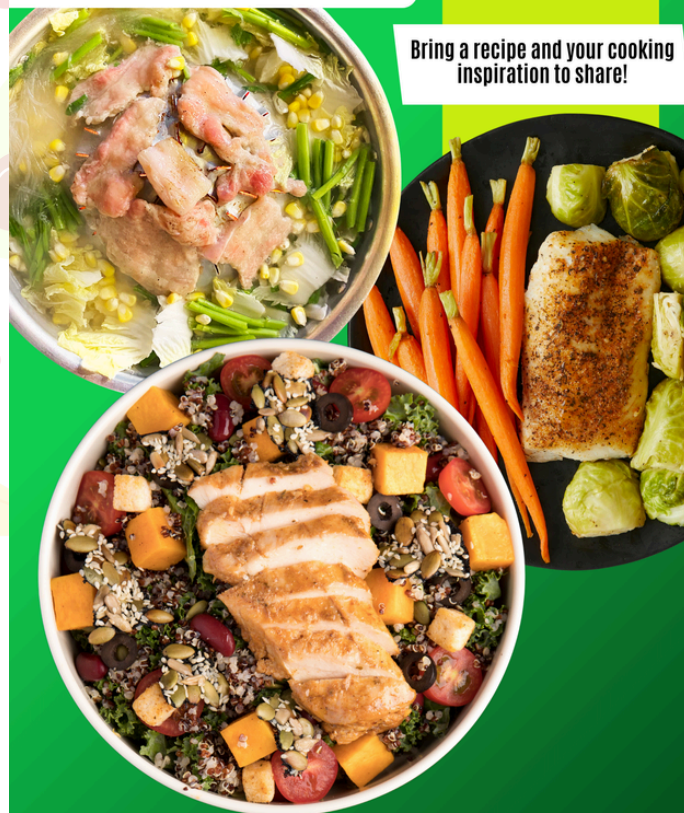
Discuss Restaurants

Healthy Eating & Meal Prepping

Anything related to FOOD!

**FREE,
 DROP-IN
 PROGRAM**

Bring a recipe and your cooking inspiration to share!



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



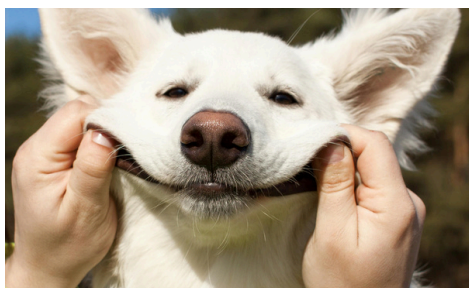


Ask the Nurse

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

Nurse unavailable September 29

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



Animal Assisted Therapy Visits

Thursdays: Sept. 3 and Oct. 1

9:00 - 10:30 a.m.



Podiatry Clinic

Wednesdays: Sept. 2 & 23 and Oct. 7 & 21
12:00 - 4:00 p.m.

AHSC Front Desk has new patient forms can schedule appointments. Please verify co-pays and deductibles with your insurance prior to appointment. NO WALK-INS! Podiatry of AH are independent providers and not affiliated with Endeavor Health.



Parkinson's Exercise Class

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

Medical clearance required prior to attending class. **Registration required.** Call 630-527- 6363, ask for Jay.

\$4.00/class payable on the day of class to the class instructor. Led by Endeavor Health Physical Therapy Staff

**Room temperature can vary, please dress accordingly.*



Walkers' Club

Fridays: Sept. 11 & 25 and Oct. 9 & 23
10:00 - 11:00 a.m.

Led by Endeavor Health Physical Therapy Staff



Bone Density Screening

Tuesdays: Sept. 1 and Oct. 6
9:00 - 10:00 a.m.

Appointment Required
Call 847-618-5575 to schedule

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, NBC-HWC.



Diabetes and Pre-Diabetes Education

Mondays: Sept. 21 and Oct. 19
9:00 - 10:30 a.m.

Registration Required:
847-253-5532

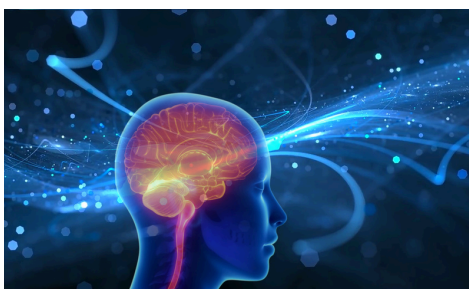
Diabetes Support

Tuesdays: Sept. 22 and Oct. 20
9:00 - 10:00 a.m.

Registration Required:
847-253-5532



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



Brainwaves Support Group

Thursday: Sept. 17 and Oct. 15
3:00 - 4:00 p.m.

Discussion and presentations for stroke or brain injury survivors, caregivers and family members. *Led by Endeavor Health staff Brooke Gorski, DPT and Marina Baker, RN*

LECTURE SERIES

Balance System and What You Can Do to Improve It

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

Build Strength. Improve Balance. Prevent Falls. Discover how simple strength and balance exercises can help reduce your risk of falls, increase independence, and improve your overall quality of life.

*Presented by: Endeavor Health PT Staff
Stamatios Taktikos, DPT, PT*
Registration required - 847-253-5532



Hearing and Brain Health



Monday, Oct. 12 | 11:00 a.m. - 12:00 p.m.

Attendees will learn about the importance of hearing and hearing help and how it is connected to brain health!

*Presented by: Northwest Speech and Hearing Center,
Dr. Marie Vetter, AuD*
Registration required - 847-253-5532



HealthyEating
with Rose Jensen, MSM, MSN, R.N.

Healthy Eating

Tuesday, October 13 | 9:00 - 10:00 a.m.

Registration Required - 847-253-5532

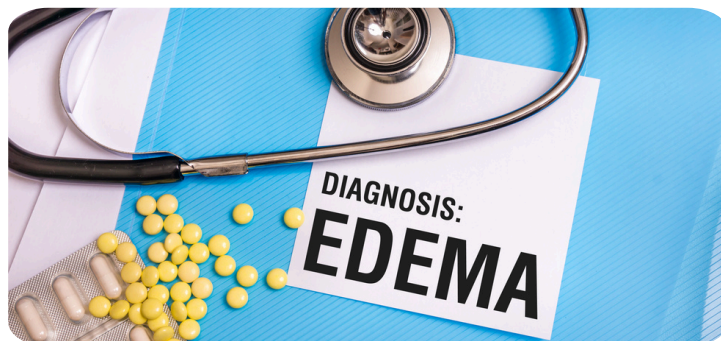
Chili: Naturally Rich in Protein and Fiber

*Led by Endeavor Health Community Nurse, Rose Jensen,
MSM, MSN, RN NBC-HWC*

Healthy Eating will not be held in September

Coffee & Conversation

Rose Jensen, MSM, MSN, RN, NBC-HWC, Endeavor Health Community Nurse, leads an engaging talk on important topics of interest!



Common Types of Edema

Tuesday, September 22 | 9:00 - 10:00 a.m.

Registration required - 847-253-5532

Edema refers to swelling caused by excess fluid trapped in your body's tissues. The most common types and the areas affected including: legs, arms, feet, hands, brain, lungs and lymphatic system.

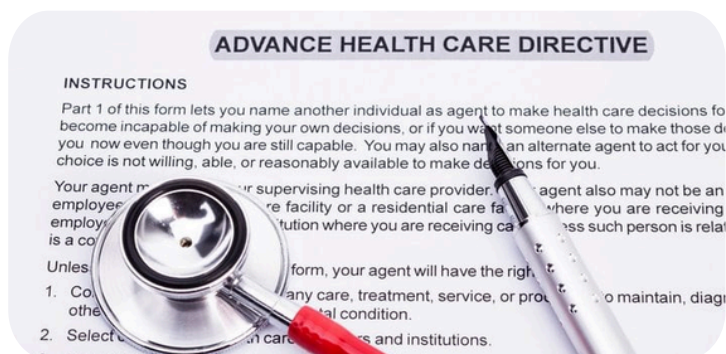


Chart Your Care: The Directive Update

Tuesday, October 27 | 9:00 - 10:00 a.m.

Registration required - 847-253-5532

Learn about healthcare directives, why keeping them updated and documented is vital, and how to help doctors and family know your choices.

Fall Risk Screening

Friday, September 18 | 10:00 a.m. - 2:00 p.m.

Appointment Required - Call 630-527-6363

Led by Endeavor Health PT

Free Screening to learn your risk of falling and what you can do to prevent falls.



SUGGESTION BOX

ARLINGTON HEIGHTS SENIOR CENTER

19

Many seniors no longer have gardens, so it would be nice if the vegetables grown in the Senior center Garden would be put out for seniors to take. I was told that used to be done, but know they donate to a food pantry, yet many here need them.

Thank you for your thoughtful suggestion. The patio garden was created to provide fresh vegetables to local food pantries and help support community members experiencing food insecurity. When the garden produces an abundant harvest, we occasionally make fresh vegetables available in our café for participants to enjoy.

We appreciate your feedback and welcome additional thoughts. Please feel free to contact me at 847-253-5532 if you'd like to discuss it further.

Make trips to Obama Library.

AHPD has received many inquiries about a visit to the Obama Presidential Center. We hope to have a trip booked for 2027!

Lunch was really disappointing. The hot dog wasn't good, and it was lukewarm. What happened to Toasty Cheese? The Senior Center's program usually requires a fee while the Park District and library have lots of free food for teens, kids, etc, we really feel dissed. Also, the programs you have are always sold out. You need a bigger venue or multiple sessions (e.g. Talk with the Village Manager) nobody likes to be patronized.

Thank you for sharing your feedback. We are sorry the complimentary lunch at the June 18 Live Well, Age Well Expo did not meet your expectations. The meal was generously sponsored by the Arlington Heights Senior Center Foundation and coordinated with Meals on Wheels Northern Illinois. We will share your comments regarding the food quality with our partner. We understand your concerns about program fees.

While we occasionally offer complimentary food through sponsorships, many Senior Center events include a modest \$3-\$5 fee to help offset food costs and keep programs affordable. Our goal is to provide meaningful, high-quality experiences for older adults while remaining fiscally responsible. We also recognize that popular programs can fill quickly. We continue to evaluate attendance and look for opportunities to expand high-demand offerings whenever possible.

I am interested in using a medical alert device. A look on the internet quickly gave me a list of 12 choices, each claiming to be the best. Any chance of having a safety fair that would include representatives of these companies? I would like to see and handle the various devices.

Thank you for this suggestion. We are looking into offering targeted programs for folks to live independently in their homes. Stay tuned for further updates on programs!

Please put a big arrow on the wall outside the bathrooms. I've been coming for 7 years and still not sure which way to turn when I exit the bathroom!

Thank you for the suggestion! We appreciate you taking the time to share ideas that could improve the experience for everyone.

Our restrooms are located on both the east and west sides of the building. As a helpful tip, when exiting either restroom into the hallway, turning left will lead you north toward the main lobby and building exit. We'll keep your suggestion in mind as we continue to evaluate our building signage and look for ways to make navigation easier for visitors.

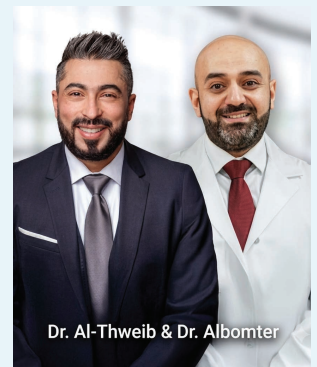
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Arlington Heights Senior Center Inc., Arlington Heights, IL

01-1374

Dance & Wellness Classes

Get moving and stay active with AHPD!

Ballet Basics

Monday 8/24-10/5 | 1-2pm

Fee: \$66

Beginning Tap

Tuesday 8/25-10/6 | 1-2pm

Friday 8/28-10/9 | 12:30-1:30pm

Fee: \$70 (Tues), \$70 (Fri)

Chair Yoga - NEW SECTION!

Saturday 8/29-10/10 | 9:30-10:30am

Fee: \$50

Chair Tap

Tuesday 8/25-10/6 | 2:15-3:15pm

Fee: \$70

Dancing to...

Broadway: Thurs 8/27-10/8 | 11am-12pm

Oldies: Friday 8/28-10/9 | 11:15am-12:15pm

Fee: \$56 (Thurs), \$56 (Fri)

Functional Fitness Training

Thursday 9/3-10/8 | 3:30-4:15pm

Fee: \$60

Gentle Yoga & Meditation - NEW DAY!

Saturday 8/29-9/19 | 11am-12pm

Saturday 9/26-10/10 | 11am-12pm

Fee: \$30 (August start), \$30 (Sept. Start)

Let's Get Tapping

Thursday 8/27-10/8 | 2:15-3:15pm

Fee: \$70

Stretch, Strength & Balance - NEW!

Wednesday 8/26-10/7 | 1:45-2:30pm

Fee: \$70

Tai Chi Moves

Intro: Tuesday 8/25-10/6 | 11-11:45am

Inter: Tuesday 8/25-10/6 | 12-12:45pm

Fee: \$70 (Intro), \$70 (Inter)

Zumba Gold

Wednesday 8/26-10/7 | 12:45-1:30pm

Fee: \$70

Ask AHPD for Yoga & more Chair Yoga info.

Art & Crafting Classes

Release your inner artist!

50 Shades of Colored Pencils

Tuesday 8/25-10/6 | 9:30am-12pm

Friday 8/28-10/9 | 12:30-3pm

Fee: \$109 (Tues), \$109 (Fri)

Art of Acrylics

Thursday 8/27-10/8 | 9:30am-12pm

Thursday 8/27-10/8 | 12:30-3pm

Fee: \$109 (AM), \$109 (PM)

Calligraphy

Tuesday 8/25-10/6 | 3:15-4:30pm

Fee: \$96

Clay Class at Thrown Elements Pottery

Tuesday 8/25-10/6 | 10am-12pm

Fee: \$290, non-refundable

Crochet Beginners

Monday 8/24-10/5 | 9:45-10:45am

Fee: \$48

Crochet with Friends Drop-In

Monday 8/24-10/5 | 11am-1pm

Fee: \$8 per visit

Drawing

Tuesday 8/25-10/6 | 12:30-3pm

Fee: \$109

Japanese Origami Workshop

Tuesday 9/22 | 3-4pm

Fee: \$10

Quilting with Friends Drop-In

Wednesday 8/26-10/7 | 10am-12pm

Fee: \$8 per visit

Studio Art

Monday 8/24-10/5 | 1:30-4:00pm

Fee: \$93 full session, \$18 drop-in

Watercolor

Monday 8/24-10/5 | 9-11:30am

Friday 8/28-10/9 | 12:30-3pm

Fee: \$83 (Mon), \$97 (Fri)

Cards & Games Programs

Sharpen strategy and learn something new!

Arlington Bridge B's Drop-In

ACBL Game for players with 300 points or less.

Saturdays 9:30-11:30am

Fee: \$8 Cash only

Bridge Beginning

Tuesday 8/25-10/6 | 10am-12pm

Fee: \$98

Bridge Intermediate

Tuesday 8/25-10/6 | 12:30-2:30pm

Fee: \$98

Best Bridge Ever! Int/Adv

Thursday 8/27-10/8 | 2:15-4:15pm

Fee: \$98, non-refundable

Canasta Beginner

Tuesday 8/25-9/15 | 3:30-5:30pm

Fee: \$52

Canasta Intermediate

Tuesday 9/22-10/6 | 3:30-5:30pm

Fee: \$39

Ask AHPD for Mah Jongg Beginner & Intermediate info.

Woodshop Classes

Safely develop your craftsmanship!

Beginner Woodcarving

Thursday 9/24-10/15 | 12:15-3:15pm

Fee: \$62

Carve On

Wednesday 8/26-10/7 | 12:30-2:30pm

Fee: \$39

Musical Theatre



PERFORMANCE

Saturday, October 24 | 5PM
Arlington Heights Senior Center

Tickets: \$5 per person,
available at AHPD office

**AHPD
SENIOR
ART SHOW**

**Wednesday, October 14
4-7PM
Arlington Heights Senior Center**

FREE ADMISSION & REFRESHMENTS

Questions? Call 847.797.5341

Refreshments Sponsor



Special Events

SELF-CARE RETREAT **NEW!**

Friday, September 18 | 9:30AM-1PM
Arlington Heights Historical Museum
Code: 99120 | \$17 per person

Rain Date: Thursday, September 24

Get in touch with a happier, healthier, more grounded you at the first ever self-care retreat for adults ages 50+. At the event, select the activities that interest you and show yourself some love and care!

MOVEMENT

- 10AM: Tai Chi or Chair Yoga
- 11AM: Yoga or Chair Fitness
- 12PM: Stretch, Strength & Balance Class

PAMPERING

- 10:30AM: Chair Massages
- 12PM: Mature Skincare Presentation

REFLECTION & CONNECTION

- 10AM: Therapy Dogs
- 12PM: Mental Health Presentation
- All day: Crafting Station and Quiet Corner

EXPLORATION

- 10AM: Historic Home tours from the Arlington Heights Historical Museum
- 10AM: Access to Museum exhibits

NOURISHMENT

- All day: Refreshment buffet

EACH REGISTRATION INCLUDES:

- Swag bag with self-care goodies
- A journal and pen

Event takes place primarily place outdoors. Please dress for weather.

TO REGISTER:

- Call 847.797.5341
- Go to ahpd.org
- Visit AHPD at the Senior Center

Sponsors: Lutheran Home, Oak Street Health and Right at Home Northwest

Community Partners: Endeavor Health, TruYou Beauty and Village of Arlington Heights

FRIENDSGIVING LUNCHEON

A VILLAGE OF ARLINGTON HEIGHTS
& AHPD COMBINED EVENT

Thursday, November 12 | 11:30AM-2PM
Arlington Heights Senior Center
Code: 99116 | \$17 per person

Gather together, share a meal, connect with one another and meet new friends!

Join us for a delicious meal and an afternoon filled with fun Thanksgiving-themed activities alongside friends and new acquaintances!

BUFFET:

- Roasted turkey and gravy
- Mashed potatoes
- Brown sugar glazed carrots
- Dinner rolls with butter

Dessert, apple cider and bottled water included.

Limited space available. Registration not available day of event. Seating is not assigned for this event. Check in begins at 11:30AM. Lunch served at 12PM. This is a contracted program, non-refundable and non-transferable upon registration.

Registration opens
Thursday, September 17

- Call 847.797.5341
- Go to ahpd.org
- Visit AHPD at the Senior Center

Dessert Sponsor


Encore Village
SCHAUMBURG



Woodshop Membership

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!

A safety evaluation and certification is needed before purchasing a Woodshop membership. Participants must be 18 years or older to operate Woodshop equipment.

Once evaluated and certified, you may purchase a membership to grant access to the shop located right in the Senior Center. Call AHPD at 847.797.5341 for more info.

WOODSHOP HOURS

Monday-Thursday, 9am-12pm
First Saturday of each month, 9am-12pm

WOODSHOP MEMBERSHIP FEES

Annual: \$118 | 10 Pass: \$82
6 Pass: \$49 | Daily Fee: \$14

LEARN MORE

about AHPD at the Senior Center memberships! Call 847.797.5341

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

Unless otherwise noted, memberships expire one year after purchase.

Fun & Fit Membership

Weekday fitness classes throughout the year!
Membership required.

AEROBICS

Mondays, Thursdays | 9-9:45am
Fridays | 10-10:45am

DANCE FITNESS

Tuesdays | 9-9:45am
Thursdays | 12:15-1PM

STRENGTH

Tuesdays | 10-10:45am
Thursdays | 10-10:45am, 1:15-2pm
Fridays | 9-9:55am

CARDIO STRENGTH

Wednesdays | 9-9:45am

FUN & FIT MEMBERSHIP FEES

Annual Membership: \$221
6-Month Membership: \$148
Punch card: \$77 for 14 classes
Drop In: \$10 for 1 visit

Arlington Athletic Club

Discover a world of fitness!

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

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

AAC HOURS

Monday - Friday, 8:30am-4:30pm
Saturdays, 8:30 am-12:30pm

AAC MEMBERSHIP FEES

Annual Membership: \$183
6-Month Membership: \$121
Punch card: \$77 for 14 visits
Daily: \$8 per visit

AAC + Fun & Fit

COMBO MEMBERSHIP FEES

Annual pass: \$345 | 6-month pass: \$193



Arlington Classic Tours

Restaurants! Musicals! Museums! Sporting events! Sound fun?

If so, Arlington Classic Tours (ACT) is for you! You just register, check-in on the day of the tour, relax in the motor coach bus and enjoy the activities. With over 50 one-day tours each year, there's something for everyone!

Become an ACT member to enjoy:

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

MEMBERSHIP FEES: Individual: \$25 | Household: \$35



ARLINGTON HEIGHTS PARK DISTRICT AT THE SENIOR CENTER

Mondays - Fridays, 8:30 am - 4:30 pm | Saturdays, 8:30 am-12:30 pm
847.797.5341 | www.ahpd.org

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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 at 847-253-5532, ext 314 or visit www.connectionstocare.org.

Meals on Wheels for Northern IL Delivery Drivers: Do you value creating relationships and helping area seniors? Meals on Wheels for Northern Illinois needs drivers to deliver meals to homebound residents and on-site kitchen help to register diners and pass out meals. One day a week or more if you choose. Time commitment is approximately 2 hours per route. Contact Jennifer at 815-263-7587 or Karyn at 224-500-2365 or visit www.MOWFNI.org/volunteer for more information.

Kid Connections: Would you like to participate in monthly activities with Hersey High School students? Join our Kid Connections group! We will meet with a class of students each month for different activities.

Participants in this program must complete the Village of Arlington Heights's Background Check, and you can get that application in the office.

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.

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

Nurse's Lending Closet: Helpful volunteers needed! You will lend, record, and clean medical equipment - medical experience not necessary. Morning, evening, and weekend opportunities available.

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 Commissioner's Corner will continue to bring you news and information of the Commission activities and the Age-Friendly Initiative.

The 2026 recipient of the Dr. Kenneth Hood award for outstanding volunteer service to the senior citizen population is Mark Gunther. Mr. Gunther has been the Service Over Self teacher at John Hersey High School for the past 24 years. He consistently goes far beyond his role in the classroom. He believes in bridging generational gaps and has transformed that belief into programs and experiences that deeply enrich the lives of senior citizens throughout the Arlington Heights community.

This past year, Mr. Gunther piloted the Kid Connections program at the AH Senior Center, bringing students and older adults together monthly through activities including a Back to School event at Hersey High School, Senior Olympics, a Ginger Build contest, a Blankets for Betsy service project, and more. The program concluded with a Graduation Walk celebration; students shared their future plans with their parents and senior participants.

The impact on our senior population and patrons at the Senior Center was considered to be extraordinary. Participants spoke

about the joy of forming positive relationships with teenagers and the meaningful connections that the program provided.

Mark has created opportunities for seniors to engage socially, to laugh, to share stories, and to feel valued and connected.

Mr. Gunther has not only improved the lives of senior citizens - he has transformed them. He has created friendships, reduced isolation, inspired younger generations to value older adults, and builds a lasting culture of intergenerational connections within our Arlington Heights community.

For his volunteer work to our senior citizens Mark Gunther is the deserving recipient of the 2026 Dr. Hood annual award for outstanding service to the Village of Arlington Heights senior citizens. We congratulate him!!!!

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.



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IT'S BACK FOR '26-'27!
KID CONNECTIONS

ONCE A MONTH, STUDENTS FROM HERSEY HIGH SCHOOL'S SERVICE OVER SELF CLASS WILL VISIT THE SENIOR CENTER FOR FUN, INTERGENERATIONAL ACTIVITIES. JOIN US TO MAKE CONNECTIONS AND ENJOY TIME WITH OUR HIGH SCHOOL STUDENTS!

Tuesday, August 25, 11:45-12:45: Meet and Greet
 Tuesday, September 22, 11:45-12:45: Trivia
 Friday, October 2: Back to School *Tentative, time tbd
 Wednesday, October 21, 11:45-12:45: The Great Pumpkin Social - Halloween Fun!



Please see or call the front desk to sign up for these programs. 847-253-5532




Gerry's Cafe **changing lives**
 ONE CUP AT A TIME



Arlington Heights Senior Center Lobby
 1801 W Central Road
 Arlington Heights



www.gerryscafe.org

Pop-Up Café!
9 AM - 11 AM

Friday, September 18
Friday, October 2
Friday, October 9




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

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952





Medicare News for September/October

The annual Medicare open season for the Rx Drug Program (Medicare Part D) for those in traditional Medicare, and the open season for those in Medicare Advantage (MA) which includes all three basic coverages, Part A (Hospital), Part B (Medical), and Part D (Rx Drugs) begins mid-October, lasting through the first week of December. Appointments for Tuesday and Friday mornings with a SHIP counselor can be made by phone: 847-253-5532. Appointments are at the Senior Center.

As you may know Medicare will now be covering GLP-1 weight loss drugs with some restrictions. Some (e.g. diabetic patients) will be covered automatically. Some other conditions will also be covered automatically. Others (for instance those with serious weight issues) will also be covered, but those who are only marginally overweight (e.g. perhaps up to 10% to 30% overweight) will have to meet other requirements. For details you can search Medicare.gov for 'restrictions to GLP-1 or weight loss Rx drug coverage'. Since most of these newer drugs are brand named, your out of pocket cost will be capped at the current annual 'Out of Pocket cap', which for 2026 is: \$2,100.

Medicare has begun a test program until 2032 for beneficiaries in 'traditional Medicare' who are living at home with dementia or other condition that would permit Long Term Care who are designated, "in Hospice", who have a spouse or family member as their caretaker, willing/able to do the extra work to keep them at home. The program is called "GUIDE" and was begun to assist the family member caretaker with 'respite care'. The program allows up to five days of in-patient care at a Long Term Care facility per billing period for the normally 'stay at home' Hospice patient, in essence giving the family caregiver 'respite' (rest) and is administered through the Hospice provider. If you believe this applies to your spouse or family member in traditional Medicare, you should contact the Hospice provider for details. For those beneficiaries in Medicare Advantage, this is considered an 'extra' which not all plans have, so you should check with your MA plan to see if 'respite care' is covered.

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. - 12:00p.m.

Wed: 10:00 a.m. - 12:00p.m. and 6:00 p.m. - 8:00 p.m.

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

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

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



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



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/](https://www.thrivingwithpride.org/) or call 847.253.5532.



Catholic Charities Northwest

Senior Services provides 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.

A Comprehensive Care Coordination assessment is completed in the home.

Available services include:

- Community Care Program (CCP)
 - In-Home Homemaker
 - Adult Day Services
 - Emergency Home Response Services
 - Automated Medication Dispenser
- Chore Housekeeping
- Home Delivered Meals
- Choices for Care assessments
- Determination of Eligibility (DOE)

To contact them: call 847-253-5500.
infoccnw@catholiccharities.net



1001 Rohlwing Road
 Elk Grove Village, IL 60007
 847-524-8800

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.

Contact Information

Phone: 847-524-8800

Caregiver Resource Center

The Caregiver Resource Center is staffed by Caregiver Specialists who provide education, resources, and self-care tips to support care-givers. 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 **In-Person** 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



Kenneth Young Center will offer Savvy Caregiver, a free, six-week, evidence-based class that teaches the practical skills needed to address the stress behaviors that can occur in people living with dementia. Self-care and decision making in complex situations are included. The class is a combination of lectures, group activities, and coaching. Students practice the skills at home, share with the class the skill that they tried, and receive coaching and feedback.

Research has shown that caregivers who participated in Savvy Caregiver used better coping strategies and tended to be less anxious and depressed than caregivers who did not take the class. Persons living with dementia were prescribed fewer medications used to address stress behaviors after their caregivers completed the Savvy Caregiver class than those whose caregivers did not complete Savvy Caregiver.

Class: Mondays, 10/5/26 – 11/16/26
from 11:00 a.m. - 1:00 p.m.

Location: 650 E. Algonquin Rd., Suite 104 Schaumburg, IL 60173

To register, call Kathleen Bolger at (847)524-8800 x168



SENIOR CENTER FIRST SIX MONTHS COMPARISON

January – June 2025 vs. January – June 2026

MORE
PROGRAMS.
PARTICIPATION.
CONNECTION.

PARTICIPATION AT THE SENIOR CENTER (MySeniorCenter Data)

Active
Participants MSC



↑ 6.3%
increase
+158 more
participants

New
Participants MSC

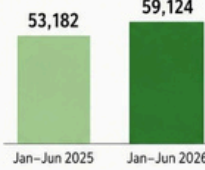


↑ 8.8%
increase
+95 more
participants



ATTENDANCE (MONDAY-SATURDAY)

First Six Months
Attendance
(Monday-Saturday)



↑ 11.2%
increase
+5,942 more
attendances

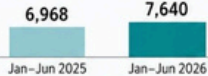
VILLAGE PROGRAMS

Planned
Village Programs



↑ 11.3%
increase
+157 more
programs

Village Program
Attendees

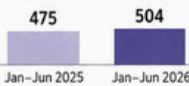


↑ 9.6%
increase
+672 more
attendees



VOLUNTEER IMPACT

Volunteers
Utilized



↑ 6.1%
increase
+29 more
volunteers

Total
Volunteer Hours



↑ 7.7%
increase
+393 more
hours

OVERALL PROGRAMS & PARTICIPATION

Total planned programs
(Village, Park District,
Endeavor, AHML)



↑ 14.9%
increase
+400 more
programs

Total planned
participants
(Village, Park District,
Endeavor, AHML)



↑ 11.9%
increase
+2,862 more
participants

First Six Months data (January – June) comparison: 2025 vs. 2026
MSC = MySeniorCenter Data

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Get Car-Fit!
Saturday, Sept. 26th, 10:00 a.m. - 12:00 p.m.
Senior Center Parking Lot

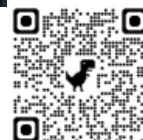
Car-Fit is a free educational program that helps older drivers make adjustments in their car to help ensure the safest "fit" for each driver's safety and comfort. A trained occupational therapist and trained Car-Fit technicians will guide you to get properly "fit" in your vehicle. The event is FREE to all. PRE-REGISTRATION IS REQUIRED. CALL (847) 253-5532. SHOW UP IN YOUR VEHICLE BETWEEN 10 AM-12 PM. FIRST COME FIRST SERVED. Technicians and an occupational therapist will review a 12 point checklist to help you properly fit in your vehicle.

AARP Smart Driver Classroom Course
Tuesday, September 29 & Thursday, October 1
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.

Walk to End Alzheimer's
Join our team!
Sunday, September 27 at 8:00 a.m.

The Arlington Heights Senior Center, Inc (Foundation) is joining the Walk to End Alzheimer's on Sunday, September 27 at 8 am in Busse Woods. 7 million Americans are living with the disease. Would you like to join our team and the walk! Click the QR code below or stop by the Senior Center Front desk to fill out a form.



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ARLINGTON HEIGHTS SENIOR CENTER

31

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- 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 1801W Central Road, Arlington Heights, IL 60005.

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

Name #1:	_____	Year of Birth :	_____
Name #2:	_____	Year of Birth :	_____
Address (street, city, state, zip): _____			
Home Phone:	_____	Other Phone:	_____
Email:		_____	
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1801 W. Central Rd., Arlington Heights, IL 60005



Arlington HeightsSeniorCenter

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 complaintwiththeIllinois Department on Aging. For information call 1-800-252-8966 (Voice & TDD).