



November / December 2016

1801 W. Central Road, Arlington Heights, Illinois 60005
Phone: 847.253.5532



THANK YOU TO ALL OUR VETERANS!

Join us for a "VA Aid and Attendance" Informational Presentation
Thursday, November 10, 9:30a
see page 17 for more information - complimentary refreshments served

HAPPY HOLIDAYS!

from the staff of the Arlington Heights Senior Center

FEATURED ENTERTAINMENT & FESTIVITIES

Professional Musician, Russ Knutson

Thursday, November 17, 1:00p

Advisory Council Holiday Luncheon

Friday, December 2, 12:00p

Professional Musician, Jerry May

Monday, December 5, 1:00p

Des Plaines Harmonaires

Tuesday, December 6, 10:45a

New Year's Eve Party

Friday, December 30, 1:00-3:00p

see pages 3 & 4 for more details...



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Bulletin Board



Arlington Heights Senior Center

1801 West Central Road
Arlington Heights, Illinois
60005

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Karen Hansen - Manager
Karie Van Grinsven - Editor

HOURS:

Monday / Wednesday
8:30 AM - 8:00 PM
Tuesday / Thursday / Friday
8:30 AM - 4:30 PM
Saturday
8:30 AM - 12:30 PM

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For advertising rates and information:
Dan Hrdi,
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1.800.950.9952

Register Early for Programs & Classes!

It's a shame if we have to cancel a terrific class or program due to low enrollment/registration. Be sure to sign up early rather than wait til the last minute, as it might be too late! Some of our classes require a minimum enrollment number to make the class a "go!"

Blood Drive at Senior Center

Friday, November 4, 2016
8:00a-12:30p

LifeSource-Village of Arlington Heights Blood Drive

Call Patti at the Village Hall to make an appointment: 847.368.5762. Eat a good breakfast and drink plenty of water that morning. Identification required.

Community Announcement Board

Check out the community happenings taking place outside the walls of our building. A variety of information is posted on the announcement board, located on the wall between the Meals Registration Office and the Wood Shop.

Lost & Found

Please check with us! We have a lost and found collection overflowing with personal items - everything from a woman's diamond ring and wallet to keys and items of clothing. These valuable items may be yours! Please stop by the desk and provide a detailed description of what you are missing and we'll check our lost and found.

NOTE: All remaining unclaimed items will be donated to charity at the end of the year.

Open Card Room Hours

The card room is available on a first-come, first-served basis:

Wednesdays	8:30 am - 8 pm
Thursdays	12:30 pm - 4:30 pm
Fridays	8:30 am - 4:30 pm
Saturdays	8:30 am - 12:30 pm

When the Card Room is full, feel free to play in the lobby. Tables are available on a first-come, first-serve basis.

Senior Center Tours Wednesdays at 10 am

Conducted by members of the *Arlington Heights Senior Center Advisory Council*, tours of the Senior Center are offered **every Wednesday at 10 am.**

No appointment or reservations are needed; just show up!

The Senior Center is open to persons age 55 and over from any community.

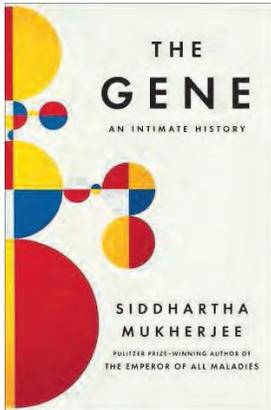


Featured Programs

The Gene - An Intimate History

Book Review Presented Via Slide Show by D.T. Schmidgall

Tuesday, 11/15, 10:00a



Join us for a one-hour book review of Pulitzer Prize-winning and best-selling author, Siddhartha Mukherjee's *The Gene - An Intimate History*. Get a "glimmer" of what the 600-some pages entail. Described as eye-opening and mind-boggling, attendees are sure to enjoy this enthusiastic slide presentation and accompanying commentary.

Free presentation. No registration is required.

Tossed Treasures

an Academy of Nutrition and Dietetics program and an initiative of the Future of Food, presented by Tracy Williams

Monday, 11/7, 10:00a

The objective of this program is to teach adult audiences how to cut food waste in their homes. Tracy will discuss the importance of:

- identifying the amount of food wasted and how it impacts the American picture of hunger
- knowing how food waste impacts the environment
- learning ways to reduce food waste

Advance registration requested. Stop by the Main Office or call 847.253.5532 to reserve a seat by noon on Friday 11/4.

Tracy Williams is a graduate of Dominican University with a degree in Nutrition and Dietetics. She began her career as a medical ambassador for her local office of the American Cancer Society.



She is now a spokesperson for the Academy of Nutrition and Dietetics and presents to a variety of organizations.

She is also interested in freelance writing on a variety of nutrition topics. You can visit her website at www.tracysplate.com to see some of her previous articles.

Advisory Council Programs

HOLIDAY LUNCHEON

Friday, 12/2, 12p (doors open at 11:30a)

Kick off the month of December with a lovely luncheon at Atlantis Banquets, complete with fabulous entertainment by the Rita McConville Quintet (dance floor provided)!

Tickets: \$20 per person (cash or check payable to Arlington Heights Senior Center, Inc.) **Limited number of tickets on sale beginning Tuesday 11/1!**

Tableside service with menu that includes:

- Rolls & Butter
- Cream of Broccoli Soup
- Tossed Green Salad with Choice of Two Dressings
- Baked Half Chicken Duetto (Lemon/Herb Seasoned)
- Mixed Vegetables California Style
- Oven Brown Potatoes
- Ice Cream Parfait
- Coffee, Hot/Cold Tea & Water
- To-go containers provided
- No alcoholic or other beverages served at luncheon

Entertainment funded by Arlington Heights Senior Center, Inc.



NEW YEAR'S EVE "EVE" PARTY

Friday, 12/30, 1:00-3:00p

Join us for a fun- and entertainment-filled Friday afternoon at the Senior Center before the holiday weekend - to close out 2016. We're going to ring in 2017 just a little early...and you won't want to miss it!! The afternoon will be complete with surprise entertainment that everyone will be talking about well into the new year! Join us for complimentary appetizers, sparkling cider, sweet treats and party favors.

The event is free, but we ask that you **pick up a ticket at the Main Office by Thursday afternoon, 12/29** so we know how many to expect.

Everyone's ticket will be entered into a **FREE PRIZE DRAWING**, to be drawn when the clock strikes 2:00p! Be there or be square!

Curious for more details?! You'll just have to get a free ticket, show up on the 30th...and find out for yourself!



Music Programs



Two Professional Music Performances

FREE tickets for both shows now available at the Main Office.

The Music Performance Fund has partnered with the National Council on Aging to bring free music performances to the Arlington Senior Center. Come enjoy the final two performances for 2016!

Thursday, 11/17, 1:00p

RUSS KNUTSON

Russ is an amazingly versatile musician who plays the drums, tympani, marimba, and vibes, just to name a few! He has done commercials, recorded parts in studios, performed with symphony orchestras and taught many students, both young and mature. He is well-known in the music business and proficient in percussion instruments.



Monday, 12/5, 1:00p

JERRY MAY

Jerry will perform holiday music and other favorites on the accordion. Featured as a solo act or part of a trio, Jerry has been on many stages over the years, entertaining audiences of all kinds. You won't want to miss this one-of-a-kind show, sure to get you in the holiday spirit!

The Des Plaines Harmonaires

Tuesday, 12/6, 10:45a

The Des Plaines Harmonaires return to perform a great variety of lovely melodies for the holiday season! They have been performing at the Senior Center for many years and always draw a nice crowd with their Broadway, contemporary (and comical) songs that make their performances so enjoyable.

Free to attend. No tickets or reservations needed. Complimentary refreshments served.



Falconaires Orchestra Combo

Mondays, 11/7 & 12/5, 5:30p-7:30p

\$7/person - drop-in performance / dance

American Favorite Songs Sing-a-Long



Join **Paula Druess** as she leads our monthly acapella sing-a-longs. Remaining 2016 sessions:
Thursdays, 11/10 & 12/8, 1:30p-2:30p.

No experience needed.
Free, drop-in program.

Senior Center Musical Group

Have you ever played a band instrument and it's now collecting dust? Can you also read simple music? Why not get out that instrument and come join our little band from **1:00p-2:30p on Fridays** (not meeting 12/2) at the Senior Center? We play assorted Broadway, movie and patriotic tunes as well as other music. It's all easy music. Come join the fun. Free program; just bring your instrument. Some sheet music provided.



Drum Therapy

Led by Chris Lavidas of Breaking Grounds in Drumming, sessions focus on building one's coordination, learning all about the different rhythms to music, and more. Absolutely no music experience or education required. **FREE**, drop-in program.

Join Chris
**Tuesday, 11/22,
11:30a-12:15p**
(no session in December).



American Heroes

Wednesday, November 9, 5:30p-7:30p
Fee: \$19

John Boda will review many of the great American patriotic songs and stories behind them! John traces America's wars with songs that emerged from each conflict, starting with the Revolutionary War, Civil War, WWI, WWII, Korean War, Vietnam and Gulf War. After the brief history, John will perform and invite you to sing along. Songs include: *Yankee Doodle Dandy*, *Battle Hymn of the Republic*, *America the Beautiful*, *My Country Tis of Thee*, *God Bless America*, *God Bless the U.S.A.*, *the Star Spangled Banner* and a tribute is performed for U.S. Veterans with an Armed Forces medley!



Looking Back, Looking Ahead

Wednesday, December 7, 1:00p-2:30p
Fee: \$19

Each year, Barry Bradford presents his choices for the top 10 news stories of the previous year and then makes his predictions for what will be the top news stories of the next year. And, just to keep Barry honest, he'll review his past predications to see how well he did. This is one of our most eagerly anticipated programs of the year! We will also look at well-known people we lost in the past year and begin thinking about the challenges and the possibilities of the new year.



Harper College Lifelong Learning Institute (LLI) classes listed on this page are held at the Senior Center. No LLI membership is required, but advance registration is necessary. Register and pay in person at the Main Office (cash or check payable to Harper College).

TO ENSURE THAT A CLASS WILL BE HELD AS SCHEDULED, REGISTER AT LEAST SIX (6) DAYS PRIOR TO THE CLASS.

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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Be sure you have the starting power that you need. Visual inspection and test of battery using Rotunda Micro-490 tester. Hybrid battery test excluded. See service advisor for details.



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Clubs & Games



Northwest Suburban Genealogy Society

Located in Chicago's Northwest Suburbs, the Northwest Suburban Genealogy Society was initially formed in 1977. We focus on history and genealogy in Mt. Prospect, Arlington Heights and surrounding suburbs. Our major purposes were, and still are, to:



- promote the study of genealogy and history
- conduct programs and workshops
- encourage preservations of private and public records
- assist members in the study of family history

SOUND RESEARCH PRACTICES: SOURCES & CITATIONS

Speaker: Ginger Frere

Saturday, November 5, 2016

Doors open at 9:00 a.m. with socializing activities. We encourage people to bring their research problems, achievements or interesting tips to share with each other. The main portion of the meeting begins promptly at 9:45a.

If you're a beginning genealogist or have ever scratched your head trying to re-create previous research, this session is for you. Learn the basics of evaluating a document and the information it contains. Find out how to cite sources appropriately. We'll also discuss resources to guide you in becoming a better genealogist.

Ginger Frere, MLIS, is a professional researcher doing business through her company, Information Diggers. She provides a variety of research services to authors, professional historians, film makers and individuals interested in genealogy. Her primary research interests include Chicago history and the creation of online tools for genealogists. In addition to researching, Ginger is a frequent speaker in the Chicago-land area and a regular instructor in the Newberry Adult Education seminar program. Ginger previously worked as a genealogy reference librarian at Chicago's Newberry Library where she was co-director of the ChicagoAncestors.org website. Ginger has attended the National Institute for Genealogical Research, the Institute of Genealogy and Historical Research, and the Genealogical Institute of Pittsburgh.

Everyone is welcome. No registration or fee is required.

No meeting in December; happy holidays!

Investment Clubs

Park Place Investment Club

Tuesdays, 11/22 at 1:00p

Portfolio Investment Club

Wednesdays, 11/16 & 12/21 at 1:00p

Laughter Club

Facilitated by Celeste Magers, Certified Laughter Yoga Teacher, laughter club is held **EVERY MONDAY!** The next sessions are **Mondays, 11/7, 11/14, 11/21 & 11/28 and 12/5, 12/12 & 12/19, 2:15p-3:00p.**

Free; no registration needed.



Sudoku Club

Facilitated by John Fischer, the FREE, drop-in club meets on **Mondays, 11/14 & 11/28 and 12/12, 1:00p-2:00p.**

Scrapbooking Club

No fee or registration needed for Friday scrapbook club. Bring your own photos and supplies. A variety of tools, including a Cricut machine and Sizzix are available for your use. Beginners are welcome. **Remaining 2016 Fridays: 12/2 & 12/16, 8:30a-3:15p.**

All-day scrapbooking crop: **Monday, 11/14, 8:30a-7:45p.** Advance registration required. Stop by the Main Office or call 847.253.5532 to sign up.



Wii Bowling

Tuesdays & Fridays, 12:15p DROP IN; no reservations needed!

Bingo

Wednesdays, 12:15p-2:30p DROP IN; no reservations needed!

Ping Pong

Monday afternoons: **11/7, 11/28 and 12/19, 12:30p-3:00p**
Saturday mornings: **11/19, 12/3 and 12/17, 9:00a-12:00p**

Free, drop-in. No reservations needed.

Drop-in Cribbage

Tuesdays, 10:00a-12:00p

Enjoy the playing the game of cribbage with others! Cribbage boards provided. Free program.

Escorted Transportation Service / NW



Join the ETS/NW Volunteer Family!

Who We Are: Escorted Transportation Service Northwest (ETS/NW) is a 501(c)(3) nonprofit organization founded in 2006 to drive community seniors to their crucial medical appointments.

The ETS/NW “Family”: We use local volunteer drivers to get seniors to their appointments. Our average volunteer driver has been with us for six years! Why the loyalty? They’ll tell you it’s because they get more from the experience than the seniors they’re serving. The average age of our passengers is 87, so they really need and appreciate our help to stay independent and healthy.

Our Volunteer Schedules are Flexible: We work with you and your schedule. We have snowbirds that leave in the winter and other volunteers who take the summer off to babysit grandkids. We understand! We have short drives (dialysis patients, which are a one-way drop-off) and our normal drives where you stay with our passengers and bring them back home. We’ll accommodate your schedule and your personal time.

Getting Started as a Volunteer: Call us or stop by (we’re located in the Arlington Heights Senior Center) to receive more information.

Why it’s a Great Opportunity: Our passengers are so grateful – they adore our drivers. You’ll soon have your very own “fan club!” If you enjoy helping others, love to meet new people, and like to feel appreciated, this is the community outreach program for you.

Join our award-winning organization and become a part of the ETS/NW family! We’ve provided more than 24,175 round-trip rides since 2006. For more information, stop by our office in the Senior Center, visit www.etsnw.org, or call us at 847.222.9227.

Four of our terrific volunteer drivers clockwise from top left: Daraius Patel, Marilyn Tonn, Ron Carlow & Michael Knapcik



Library Programs

CALL 847.870.3710 FOR MORE INFORMATION ABOUT LIBRARY PROGRAMS AT THE SENIOR CENTER

Travelogs*

Enjoy travel movies and documentaries on **Fridays at 10 am.**
Titles subject to change without notice. DROP IN

Nov. 4	Iran (60 min)
Nov. 18	France (67 min)
Dec. 2	Historic Pathways (68 min)
Dec. 9	From Moscow to Irkutsk (53 min)
Dec. 16	Cattle Baron Estates (48 min)
Dec. 23	European Christmas (60 min)

Current Events

Thursdays, November 3, 10, 17 and December 1, 8 and 15, 10 am.

Seating is limited to 50. DROP IN

Computer Interest Group

Wednesdays, November 9, and December 14, 1 pm

Novice and experienced computer users discuss current technology and exchange advice on personal computer problems. Tablet users welcome. DROP IN

Senior Tech Classes

PC-based classes as well as a variety of iPad and iPhone classes feature small class size and hands-on instruction. Try our new Windows 10 Essentials class or our new Internet class using Google's Chrome web browser.

Schedules for winter session (January through March) classes will be available online at ahml.info/techclasses and in the Reading Room beginning December 9. Registration opens Monday, January 30 at 9 am. Register online at: ahml.info, by phone: 847.392.0100, or in person. In-person registration for winter will be held at the Senior Center on Monday, January 30, from 9 am - noon. No fees. Call 847.870.3694 for additional information.

Popular Books Discussion



Wednesday, November 9, 10 am

Join the discussion of *Saint Mazie* by Jamie Attenberg. Books are available in the Reading Room 4 weeks prior to discussion. DROP IN

The Men of Omaha Beach

Tuesday, November 8, 10-11 am

Award-winning local author Robert Mueller paints the picture of Omaha Beach on 6 June 1944 and provides insight into how and where the Normandy Invasion took place. Learn the stories of the brave men responsible for the success of the risky endeavor we call D-Day and end with a visit to Normandy American Cemetery, site of the bloodiest of the fighting and now, a fitting tribute to these men's sacrifices. DROP IN

Pearl Harbor – A Day of Infamy

Wednesday, December 7, 10-11 am

On December 7, 1941, Japanese warplanes appeared over the Hawaiian Islands to launch a surprise aerial bombardment of American air and naval installations. Award-winning author and battlefield expert, Robert Mueller, commemorates the 75th anniversary of the event that propelled the United States into the Second World War. Using the individual stories of the men who responded to the attack, Mr. Mueller presents the tactics and the consequences of the most treacherous assault ever launched upon American soil; reviews the surviving relics; and concludes with a visit to National Memorial Cemetery of the Pacific. DROP IN

Film Discussion Circle

Tuesdays, November 1 and December 6, 1 pm

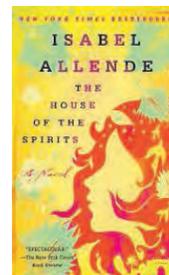


In November, discuss the 1996 Academy Award winning film, *Sling Blade*.

NOTE: Rated R for strong language, including descriptions of violent and sexual behavior.



December's film is *Dear Frankie*. A discussion led by Ted Balcom follows a free showing of the film. DROP IN



Modern Classics Book Discussion

Monday November 14, 10 am

Discuss *The House of the Spirits*, by Isabel Allende. Books are available in the Reading Room 4 weeks prior to discussion. DROP IN



Suggestion Box Articles

- Q) Could someone fill the soap dispenser in the men's east bathroom?
 A) Of course we'll take care of this and have been. Since it's such an important item, please feel comfortable to mention this at our front desk so we can attend to this sooner.
- Q) Please consider using chairs in room 183A that have cushion seats. The chairs are pretty uncomfortable for events lasting longer than an hour.
 A) You are welcome to bring your own cushion. The nature of the senior center's central core programming rooms are that those are turned around into different set ups several times each day, necessitating a type of stacking/sled based chair and those are usually found only in hard shell varieties.
- Q) Whenever there's a singalong we should have song sheets so everyone can sing along.
 A) We may need more information to know whether the song selection was predetermined or whether people simply called out their suggestions. What we worked out with you is that you'll let us know when you're attending, so that we can contact the entertainer in advance and quite possibly address your need.
- Q) The pool players should not put the two-seated bench in the walkway. Please tell them to stop. It is blocking the pathway.
 A) We'll talk with the pool players. It may be in their way when they're shooting, but we'll ask them to move it back when those tables aren't in play and to make sure that they leave the greatest amount of path available.
- Q) I attend the fun and fitness classes five days a week. Lately, the loudspeakers have been intermittent, either very loud or very soft. Please have them fixed.
 A) We checked with the Park District which operates those classes and they told us that this is the first they're hearing of this. Now that they're aware, we'll get those looked into.
- Q) We would love to get a yodeling group together. Please help...Contact Carrie...Cheers.
 A) Let's see how high the level of interest is on this. You may want to give us a way of contact you.
- Q) A movie suggestion to consider: *Deep End of the Ocean*.
 A) We'll refer onto the movie selection committee.
- Q) Please clean the mirror in the coat room. Thanks.
 A) Done. You're welcome.



Hearthstone Assisted Living at Lutheran Home offers a welcoming, home-like atmosphere that helps residents and family members feel at home. Our Assisted Living residences are built in a way that encourages interaction. Opportunities for social outings and events are offered daily and residents enjoy many enriching activities and productive ways to spend their time, which helps them to stay active and engaged—mentally, physically and socially.

At Hearthstone, personal rhythms of life, abilities and daily schedules are respected. Our dedicated team nurtures and encourages independence at every turn. Residents receive just the right amount of dignified support and daily help in a safe and reassuring environment.



**Schedule a tour of
Hearthstone Assisted Living today!
Call (847) 368-7400.**

800 West Oakton Street | Arlington Heights, IL 60004
 (847) 368-7400 | LutheranHome.org
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 across all generations.

Since 1892, Lutheran Life Communities has faithfully served seniors and their families.




Park District Programs



Holiday Cheer Party

Thursday, 12/8, 11:00a-2:30p Fee: \$29

Celebrate the holidays with your friends from the Park District! For your main course, choose from the roast sirloin of beef, salmon, or chicken marsala (chicken breast with mushrooms and marsala wine sauce). Also enjoy salad, green beans almandine, twice baked potato, rolls & butter, coffee or tea and New York Black Cherry ice cream for dessert. Doors open at 11 am and lunch is served at noon. Our entertainment is A Very Classical Blast Christmas, known for their medleys of popular holiday and classic rock songs. Members of this talented 5 piece band have performed with the Trans Siberian Orchestra, Mannheim Steamroller, Andrea Bocelli and more! Expect to hear the classics with a unique twist this year! Tickets are not sold at the door. Cash bar. Complimentary fruit punch served before lunch. The location for the Holiday Cheer Party is The Meridian Banquets, 1701 Algonquin Road, Rolling Meadows. The party is sponsored by Village Bank and Trust of Arlington Heights. Please notify Park District staff of any food restrictions when you register, not the day of the event. Menu substitutions not allowed. This is a contracted event, non-refundable.

The Holidays Are Upon Us, And A Great Way To Celebrate Them Is With The Arlington Classic Tour Club!

AMERICA'S BAKING & SWEETS SHOW

Friday, 11/11, 1:00p-5:30p

Do you have a sweet tooth? Do you still bake around the holidays? This is North America's first baking and sweets event. This show will take you on a gourmet grand tour of the most delectable and hottest trends in the world of sweets and beyond. From scrumptious chocolates to luscious fudge, exquisite candy to rare and gratifying Thanksgiving treats and caramel corn, this show is a unique place where the autumnal and sweet-tooth cravings are mixed in a joyous tradition. Visit the multitude of magical sweets vendors or engage in friendly banter with the dessert makers. You can attend live demonstrations by celebrities through the afternoon. Be dazzled by the multi-cultural sweets vendors, from ice creams and gelatos to French macaroons to gourmet coffee; all under one roof.

This tour includes show admission ticket and motor coach transportation.

Fee: \$57/member; \$67/non-member

FESTIVE FUN IN CHICAGO

Tuesday, 12/20, 9:00a-6:00p

Are you ready for some holiday fun in Downtown Chicago? Our group will begin this tour with a delicious breakfast buffet at the historic Palmer House. Then you will have free time to visit Macy's Walnut Room holiday tree, decorated with more than 2,000 ornaments and over 6,600 sparkling lights. Take a stroll on Holiday Lane, gaze at the Tiffany vaulted ceiling on the 5th floor, or see the beautifully decorated windows on State Street.

Take time to visit Christkindlmarket located in Daley Plaza to enjoy traditional German food and see authentic German goods, and then see the beautifully decorated Festival of Trees, with authentic ornaments reflecting the particular country in City Hall.

The final stop of the day is at Eli's Cheesecake Factory for a "Tasting and Traditions" experience. After a presentation on the history of Eli's, you will be able to taste a selection of their desserts along with a cup of Coffee or Hot Chocolate. There will be time for you to shop and stock up on your holiday dessert needs.

Fee: \$85/member; \$95/non-member

DIE FLEDERMAUS - LIGHT OPERA WORKS

Wednesday, 12/28, 11:30a-6:00p

Enjoy this wonderful production in English at the Cahn Auditorium in Evanston. See Johann Strauss' ode to champagne and indiscretion - with melodies we all know and love. Our group has main floor seating for this performance.

Lunch for this tour will be at Zhivago's Restaurant in Skokie. This three course meal will start off with a Garden Salad, Bread and Gourmet Spread Platter, entrée choice of Grilled Mediterranean Chicken or Province Beef Tenderloin Brochette or Tilapia Florentine. An assortment of homemade pastries will be served family style.

Fee: \$108/member; \$118/non-member

If you would like to sign up or have any questions, please stop by the Park District Office/Gift Store in the Senior Center or call 847.797.5341. Ask for details on the Year-End Tour Club Membership Promotion.

Wanna Move Those Feet? Drop in one of our weekly dance classes

Back to the Basics Line Dancing with the Toomeys
Thursdays, 7:00p-10:00p Fee: \$7/person, pay at the door

New and Challenging Line Dancing with the Toomeys
Wednesdays, 7:15p-10:15p Fee: \$7/person, pay at the door

Western Style Square Dance with the Arlington Squares
2nd, 4th & 5th Fridays, through May 2017
For more information, go to www.arlingtonsquares.com or call Al Gain at 847.392.1547.
7:30p-10:00p Fee: \$7 at the door

Dance

Be Moved Dance with Mary Jo Irbe
Tuesdays, 10/25-12/13, 12:45p-1:45p Fee: \$58

Tap Dance - Beginning with Pam Zeidman
Thursdays, 10/27-11/17, 1:15p-2:15p Fee: \$29

Tap Dance - Intermediate with Pam Zeidman
Thursdays, 10/27-11/17, 2:15p-3:15p Fee: \$29

Advanced Round Dance
Mondays, 10/24-12/12, 7:00p-8:30p Fee: \$65

Sunday Afternoon Round Dances with the Hoffmans
Sundays, 11/13 & 12/11, 2:00p-4:30p Fee: \$7 at door

Knitting, Quilting & Crochet

Knit One, Purl Too Mondays, 10/24-12/12, 9:00a-11:00a Fee: \$65

Machine Quilting - Beginning Mondays, 10/24-12/12, 6:15p-8:15p Fee: \$43

Quilting Basics and Beyond Wednesdays, 10/26-12/14, 10:00a-12:00p Fee: \$43

Beginning Crochet Mondays, 10/24-12/12, 11:10a-1:10p Fee: \$65



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& ASSOCIATES**



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Plan. To Make it Right.®



Planning your funeral services in advance is a responsible, caring act that can reduce stress for your grieving loved ones. It's easy to understand how making decisions now about your final arrangements can help assure those left behind that your wishes are being honored. *Prearranging is the obvious choice.*

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Cards

Bridge - Beginning

Mondays, 10/24-12/12, 8:30a-10:30a Fee: \$60

Bridge - Intermediate

Tuesdays, 10/25-12/13, 10:00a-12:00p Fee: \$60

Bridge - Advanced

Tuesdays, 10/25-12/13, 1:00p-3:00p Fee: \$60

Best Bridge Ever!

Wednesdays, 10/26-12/14, 5:45p-7:45p Fee: \$53

Thursdays, 10/27-12/15, 1:00p-3:00p Fee: \$53

Bridge Potpourri

Mondays, 10/24-12/12, 4:00p-6:00p Fee: \$60

Arlington Bridge B's

Every Saturday, 9:30a-11:30a Fee: \$7 pay at the door

Mah Jongg - Continued Beginning

Tuesdays, 11/8-12/13, 1:00p-3:00p Fee: \$37

Choosing Your Hands

Fridays, 11/4-12/16, 1:00p-3:00p Fee: \$37

Arts & Crafts

Beaded Jewelry Making

Tuesdays, 11/1-11/29, 10:00a-12:00p Fee: \$72

Experiment with Charcoals and Pastels - NEW!

Tuesdays, 11/8-12/13, 1:00p-3:30p Fee: \$72

Mixed Media Art

Fridays, 10/28-12/16, 9:30a-12:00p Fee: \$83

Silk Painting

Tuesday, 11/8, 1:00p-3:00p Fee: \$49

Studio Art

Thursdays, 10/27-12/15, 9:30a-12:00p Fee: \$83

Watercolor Greeting Cards - NEW!

Tuesdays, 11/15-11/29, 1:00p-3:30p Fee: \$35

CNC Machine in the Wood Shop

The CNC (Computer Numerical Control) machine was donated by Arlington Heights Senior Center, Inc. This amazing machine can actually carve signs, pictures and even photographs onto wood surfaces. With the help of our skilled Wood Shop Supervisors, the CNC can produce detailed signs and photographs right before your very eyes! Stop by the Gift Shop in the Senior Center to learn more about this exciting machine. The CNC machine is open to the public on Fridays from 9:00a-12:00p.

It's Tool Time!

State of the art equipment includes Delta 10" table saw, 14" band saw, variable speed drill press, Dewalt 12" sliding compound miter saw, Grizzly 15" planer, belt sander, disk sander, 12" lathe, Delta 6" jointer, Dewalt variable speed 20" scroll saw, router, Rikon mini-lathe, JET drum sander and more! Six complete workstations are available.



Hours of Operation:

Drop in shop time is Monday, Tuesday & Wednesday, 9:00a-12:00p and Thursday, 12:30p-3:30p.

Wood Shop Classes:

You learn beginning through advanced techniques and skills while creating the class project under the direction of Shop Instructors.

Punch Pass Fees*:

\$50 good for 10 visits -- \$30 good for 6 visits -- \$10 daily use fee
No annual membership charge.

*Annual Wood Shop Safety Training/Certification is required prior to shop visit punch pass purchases. Punch passes expire one year from the date of purchase.

The Wood Shop is a joint venture with the Village of Arlington Heights, Arlington Heights Senior Center, Inc. and the Arlington Heights Park District.

Woodcarving

Wednesdays, 10/26-12/14, 1:00p-3:00p Fee: \$40

Learn to carve one-of-a-kind relief plaques, simple figures and other special projects through this specialized art form that is both fun and relaxing with Instructor, Mike Spilotro.

Holiday Wood Shop Project

Thursdays, 11/3-11/17, 9:00a-12:00p Fee: \$55

Join the festivities in the Wood Shop as they teach you the fine craftsmanship and skills needed to create a few holiday themed items. These one-of-a-kind items will make wonderful holiday gifts! Talented Wood Shop Supervisors conduct this unique class. They provide personal attention so you can create masterpieces even if you are a beginner to the Wood Shop.

Arlington Athletic Club

Club Features

State-of-the-art exercise equipment including a multi-direction Cybex weight station, three recumbent bikes, two Schwinn airdyne bikes, one upright cycle, five Star Trac treadmills, two rowing machines, stairmaster, three Elliptical machines, three NuStep recumbent steppers, free weights and closed circuit TV.

Club Hours

Monday-Friday, 8:30a-4:00p; extended hours on Mon. & Wed.

Club Fees

Annual membership = \$173 (\$143 renewal fee)
 Six-month membership = \$111 (\$101 renewal fee)
 Punch Card: \$75 for 14 Club visits

Group Fitness Play Pass: New! Silver Level Play Pass (previously called Fun & Fit)

Group Fitness Silver Level Play Pass includes:

Unlimited attendance to aerobic classes held at Senior Center:

Monday - Fun & Fit Aerobic 9a-9:45a
 Tuesday - Strength & Conditioning 8:40a-9:45a
 Wednesday - Fun & Fit Aerobic 9a-9:45a
 Thursday - Fun & Fit Aerobic 9a-9:45a
 Friday - Strength & Conditioning 8:40a-9:45a

NEW classes included in the Silver Level Play Pass:

Tuesday - Flex Ability & Core 10:30a-11:15a at Recreation Park
 Thursday - Tone & Sculpt 9a-10a at Camelot Park

Silver Level Play Pass fees:

Annual pass = \$207 (\$197 renewal fee)
 Six-month pass = \$139 (\$129 renewal fee)
 Silver Level Punch card = \$75 for 14 classes

Six Month Rate:

Interested in joining the Club but don't want to invest in a full annual membership? You choose the months; however months must be consecutive.

Combo Membership: Arlington Athletic Club PLUS Silver Level Group Fitness Play Pass

Combo Pass includes:

Unlimited visits to the Arlington Athletic Club PLUS unlimited attendance to all fitness classes available with the Group Fitness Silver Level Play Pass.

Combo Pass Fees:

Annual pass = \$325 (\$300 renewal fee)
 Six-month pass = \$180 (\$170 renewal fee)

***All six-month memberships must be consecutive.*

Prior to purchasing your membership, you need to take a tour of the Athletic Club with our Fitness Instructor. Tours are 10 am, Tuesday-Friday.

Wellness Classes

Tai Chi - Beginner

Tuesdays, 10/25-12/13, 10:00a-11:00a Fee: \$55

Tai Chi - Intermediate

Tuesdays, 10/25-12/13, 11:15a-12:15p Fee: \$55

Tai Chi - Advanced

Tuesdays, 10/25-12/13, 11:15a-12:15p Fee: \$55

Chair Yoga - All Levels

Mondays, 10/24-12/12, 1:30p-2:30p Fee: \$60
 Fridays, 10/28-12/16 (no class 11/25), 12:15p-1:15p Fee: \$53

Chair Yoga - Continuing

Thursdays, 10/27-12/15 (no class 11/24), 10:15a-11:15a Fee: \$53

Gentle Yoga - Beginning

Mondays, 10/24-12/12, 3:15p-4:45p Fee: \$78

Gentle Yoga - Intermediate

Wednesdays, 10/26-12/14, 11:15a-12:45p Fee: \$78
 Thursdays, 10/27-12/15 (no class 11/24), 11:30a-1:00p Fee: \$69

Gentle Yoga - Advanced

Mondays, 10/24-12/12, 11:15a-12:45p Fee: \$78

Yogacise

Wednesdays, 10/26-12/14, 10:00a-11:00a Fee: \$60

Take part in this unique exercise class that offers an interesting blend of traditional Yoga and Pilates stretches and overall conditioning exercises. The class goes through warming and cool-down exercises in a gentle and non-strenuous manner with a good amount of mat time. You will focus on improving the core muscles. Special focus is placed on slenderizing techniques to sculpt problem areas like the abdomen, buttocks, hips and thighs.

Zumba Gold

Fridays, 10/28-12/16, 11:00a-12:00p Fee: \$53

Saturdays, 10/29-12/17, 10:00a-11:00a Fee: \$53

Want to exercise and have fun at the same time? Zumba is your class. Zumba is an aerobics class combined with dance set to Latin and international music. The music puts the fun back in fitness with a little salsa, merengue, mambo, and more. This class is a fusion of body sculpting movements with easy to follow dance steps especially designed for the over fifty body.



Luncheon Program



Catholic Charities Lunch N' More Catering Enterprises - No Senior Goes Hungry!



Senior Meal Program

Lunch is available Monday thru Friday from 11:30 am - 12:30 pm



For Here OR Take It To Go!

Nutritionally balanced, delicious meal available for lunch - a different meal each day.

If you are 60 years or older, we invite you to participate in Catholic Charities Senior meal program.

All participants are required to register by completing a required AgeOptions intake form.

To ensure a meal is available for you, you may reserve a meal. **Call 847-797-5354** for meal availability.

Suggested donation: \$4.00 for those 60 years and over with completion of the AgeOptions form.

Catholic Charities Home Delivered Meals

Catholic Charities provides a daily hot meal Monday thru Friday to Home Bound Seniors in Wheeling and Maine Township plus many other communities throughout Suburban Cook County. If you know a Senior in need of Home Delivered Meals, call:

Maine Township: North Shore Senior Center, 847.784.6000
Wheeling Township: Catholic Charities Intake, 847.253.5500



We are looking for a few good people to deliver meals and help to ensure our Seniors can remain at home.

Can you help?

Meals are prepared fresh each morning and ready to be picked up at the Arlington Heights Senior Center at 10:30 am. Each route has around 10 to 16 clients and takes no more than 2 hours to complete.

A commitment of one day each week is greatly appreciated.

Stop in the Senior Center Nutrition Office to pick up the Volunteer Driver Application or call 847.797.5350 and leave a message.

Some Hot Meals coming in November & December

Hawaiian Meatballs
Beef Stuffed Pepper
Chicken Fried Steak
Pork Roast
Fettucine Alfredo
Beef & Cheese Casserole
Turkey Cutlet
Baked Fish
Veal Parmesan
Baked Ham
BBQ Pork Ribs
BBQ Chicken Quarter
Sloppy Joe
Sliced Turkey w/Gravy
Spaghetti w/Meatsauce
Salisbury Steak w/Gravy



Enjoy music with Dave Gauger on the keyboard every Wednesday during lunch!



Funds in whole or in part were provided through an award from AgeOptions under Title III of the Older Americans Act as administered through the Illinois Department on Aging and the Federal Administration on Aging.



Driver Services

AARP Smart Driver™ Course

The 2-day course is offered at the Senior Center the first consecutive Monday and Tuesday of each month (unless there's a holiday). Course fee is \$15 for AARP members and \$20 for non-members. The next sessions are: **Monday & Tuesday, 11/7 & 11/8 or 12/5 & 12/6, 9:00a-1:00p. Must attend both days.** Advance registration required. Stop by the Main Office or call 847.253.5532 to sign up.

Rules of the Road

Thursday, 12/8, 9:30a-11:45a

Offered every other month, this free course helps students become familiar with Illinois traffic laws and helps alleviate any apprehensions or fears one might have when faced with renewing a driver's license. There is no charge, but advance registration is required. Please register at the Main Office or call 847.253.5532. The class is sponsored by the Secretary of State and taught by knowledgeable volunteers, Julie Wright and Jack DeCarlo.

Super Senior Day - Save the Date!

Tuesday, 3/21/17, 10:00a-2:00p
Sponsored by the Secretary of State

Super Seniors is a convenient and voluntary program for driver's license renewal, which includes Rules of the Road classroom instruction. The Rules of the Road Course also includes a review of safe driving techniques and Illinois driving laws. The only service that requires registration on Super Senior Day is the Rules of the Road class which runs from 10:00a-11:30a. Stop by the Main Office or call 847.253.5532 to sign up.
No road tests are given.

Take this opportunity to get a FREE State ID card! The State ID for those 65 and up is good for a lifetime.

For specific questions or further information about renewing your driver's license, please call the Secretary of State at **312.814.3676.**



Alexian Brothers Medical Center

SENIOR AND COMMUNITY RESOURCE CENTER

The Alexian Brothers Medical Center Senior and Community Resource Center is comprised of staff who offer a variety of valuable and informative resources and programs for older adults, their family members, the community and professionals.

WE PROVIDE:

- Free consultations to help identify appropriate benefit programs and resources
- Medicare counseling
- Advanced directives
- Education and workshops
- Health and blood pressure screenings
- Caregiver support group and counseling
- Information and referral

CONTACT US

Feel free to contact us even if you don't have a specific question but need someone to talk to about your situation or the needs of a loved one.

1-847-956-5465

SeniorandCommunityResourceCenter@Alexian.net

A Healthy Community Begins with Alexian Brothers.

www.AlexianBrothersHealth.org

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Health & Social Services



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 David Robb, Disability Services Coordinator at 33 S. Arlington Heights Road, Arlington Heights, Illinois 60005, (847) 368-5763 (Voice), (847) 368-5980 (Fax) or drobb@vah.com.

Village of Arlington Heights Health Services Department Clinics at the Senior Center

Blood Pressure Screening - Mondays, 8:30a-10:00a

No appointment necessary. Cost: Free

Diabetic/Blood Sugar Screening - Mondays, 8:30a-10:00a

No appointment necessary. Cost: \$3.00

The best way to obtain a blood sugar is to fast. You can also test three hours after you eat.

Cholesterol Screening

Wednesdays, November 9 - at the Senior Center &

December 14 - at Village Hall. Screenings conducted by appointment only. To schedule an appointment, stop by the Main Office or call 847.253.5532. 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.

Arlington Heights Nurses Club Lending Closet

Arlington Heights residents of any age may borrow medical equipment from the Arlington Heights Nurses Club Lending Closet, located in the Senior

Center. This is a free service; equipment and maintenance are supported through donations. Lending Closet hours:



Mondays	12:00p - 3:00p
Tuesdays	10:00a - 12:00p
Wednesdays	10:00a - 12:00p & 6:00p - 8:00p
Thursdays	10:00a - 12:00p
Fridays	10:00a - 12:00p
Saturdays	10:00a - 12:00p

Equipment may be borrowed for up to three months at a time. For more information, please call **847.797.5315** during the hours noted above.

Meditation Sessions

Sessions alternate between periods of meditation and reading/discussing a handout - which varies and is about aspects of mind and consciousness (e.g. the topic of gratitude). The many benefits of meditation include that it helps to quiet the mind, increases creativity, reduces stress and helps with sleep/insomnia.



Facilitated by **Celeste Magers**, meditation sessions are held **EVERY MONDAY!** The next sessions are **Mondays, November 7, 14, 21 & 28 and December 5, 12 & 19, 3:00p-4:30p.**

Free, drop-in program; no registration needed.

Prescription Drug* & Sharps Disposal Program

Thursdays, November 3 and December 1, 11:00a-1:00p only.

The Senior Center is not able to accept medications of any kind outside the dates and hours listed here. *Sharps needles accepted anytime.* ***NOTE: No controlled substances will be accepted. Personal/residential waste only; no commercial waste.**

Senior Health Insurance Program (SHIP)

SHIP counselors can answer questions about: Medicare; Medicare Supplement Insurance; Medicare Advantage Plans; Long Term Care Insurance; Medicare Claims and Appeals; Medicare Beneficiary Rights and Guarantees; and Prescription Drug Coverage through Medicare and other sources.



SHIP is a free counseling service provided by the Illinois Department on Aging. SHIP does not sell or solicit insurance. SHIP is not an insurance plan. Stop by the Main Office or call 847.253.5532 to schedule a one-on-one appointment.

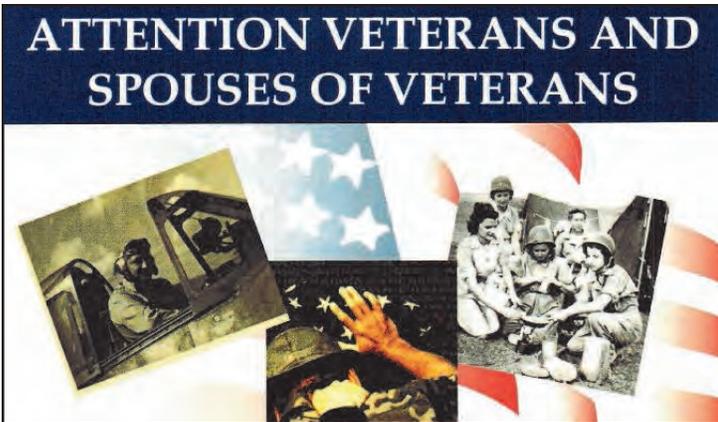
IMPORTANT NOTE:

Part D Annual Enrollment ends December 7. Every year, prices change for Medicare and Part D plans. Are you paying too much? Let the Senior Health Insurance Program (SHIP) volunteer experts help you find the best Medicare Part D plan that fits the needs of the prescriptions that you take.

Additional Tuesday morning appointments have been added to the SHIP schedule during open enrollment.



The VA Aid and Attendance Benefit *an informational presentation*



Thursday, November 10, 9:30a

Veterans age 65 and older who served during war time may be eligible for the tax-free Aid & Attendance benefit awarded by the Department of Veterans Affairs, which provides financial aid to veterans and their surviving spouses to help cover the cost of long-term care. Jim Ahmann, an Amerivets® advocate will provide an informative seminar on this benefit and how to apply.



Through the VA Aid and Attendance program, you may be eligible for funds that will allow you to live a safe, independent life in your own home, an assisted living facility or a nursing home.

Amerivets® is one of the nation's leading providers of information needed to assist veterans, their spouses or their surviving spouse with applying and qualifying for the VA Aid and Attendance program. Amerivets® works with families to assist them in gathering the necessary forms and supporting documentation to present a valid claim to the VA.

Up to \$24,636 per year for veterans

The VA Aid and Attendance program can provide up to \$24,636 of TAX FREE income per year to help you pay for things with which you may need help...simple things such as housekeeping, cooking, lawn maintenance...or bigger things such as assisted living facilities and nursing home expenses.

Up to \$13,344 for surviving spouses

And, if you are the surviving spouse of a veteran, you may be eligible to receive up to \$13,344 of TAX FREE income per year to pay for these expenses.

Advance registration requested. Please stop by the Main Office or call 847.253.5532 to reserve a seat. Complimentary refreshments served.

Alzheimer's/Dementia Caregiver Support Group

Facilitated by Jim Harbaugh and Henry Blim (pictured below, left to right), this support group will allow you to meet others who face similar challenges. We are grateful to these two gentlemen who have been faithfully serving for years at the Senior Center, giving of themselves to help others.

Meetings are held the 2nd Tuesday of The month; 11/8 & 12/13, 2:00p-3:30p.

There is no fee to attend and it is offered on a drop-in basis. No advance reservations needed.



Mended Hearts



Mended Hearts™

Mended Hearts Satellite Chapter S-102 will conclude meeting at the Senior Center at the end of 2016. The final meetings will be:

Monday, November 7, 6:15p - topic TBD - at the Senior Center
Monday, December 5 - Christmas Celebration; location and time TBD - call Tina Zagroba at 847.277.9272 for details and to sign up

Caregiver Support Group



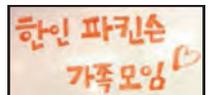
Sponsored by Catholic Charities Northwest Senior Services, the support group meets the third Wednesday of each month;
11/16, 7:00p-8:30p (no meeting in December).

November is Caregiver Appreciation Month! Come join fellow caregivers on November 16 at 7:00p for camaraderie and cake. For more information, call Donna Newbold at Catholic Charities

NW Senior Services at 847.253.5500 x 383.



Korean American Parkinson's Support Group



Meetings typically held the second Saturday of the month; **November 12 & December 10, 10:00a-12:00p.** For more information, please call Rosa Kim, Korean Parkinson's Support Group Coordinator, at 630.400.4082.

Movies



Free Friday Movies - 1:00p

No Reservations Needed ~ Refreshments Served
Movies funded by Arlington Heights

Senior Center, Inc.

Movies and closed captions available at time of print; subject to change.



Bonus Free Movie Days - 12:30p

No Reservations Needed ~ Refreshments Served
Movies funded by Arlington Heights

Senior Center, Inc.

Movies and closed captions available at time of print; subject to change.



Miracles from Heaven - Friday, November 18, 1:00p

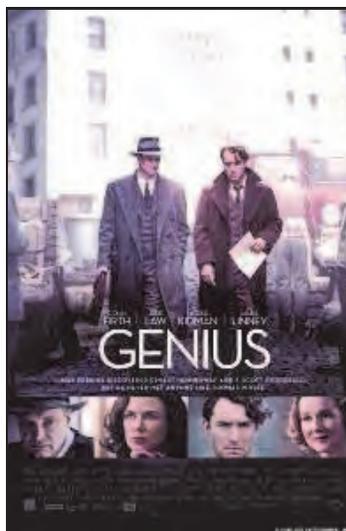


In this religious drama based on a true story, a mother is devastated to learn that her ten-year-old daughter, Anna, has an incurable digestive disorder that causes her chronic pain. But when Anna is mysteriously cured of the ailment following a serious accident in which she falls three stories, her mom begins to believe that her recovery is a miracle.

Starring: Jennifer Garner, Queen Latifah, Brighton Sharbino, John Carroll Lynch, Martin Henderson, Courtney Fansler

Directed by Patricia Riggen; Columbia Pictures Industries Inc.; 2016; Rated PG; 109 minutes

Genius - Monday, November 21, 12:30p

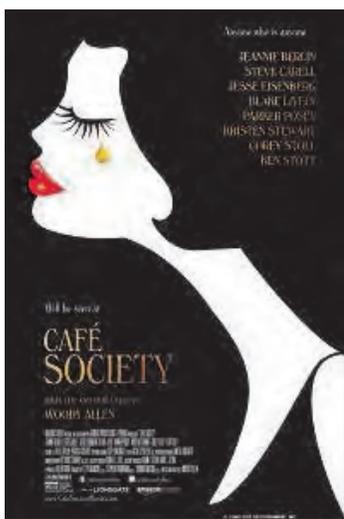


Colin Firth stars in this biopic of famous literary editor Max Perkins, which centers on his personal and professional relationship with eccentric author Thomas Wolfe. As Wolfe becomes consumed with his lengthy novels and begins to alienate his lover, Aline Bernstein, Perkins struggles to reel in his talent in order to deliver another best-seller for Scribner Publishing during the 1930s.

Starring: Colin Firth, Nicole Kidman, Jude Law, Laura Linney, Dominic West, Guy Pearce

Directed by Michael Grandage; Lions Gate Films, Inc.; 2016; 104 minutes

Café Society - Friday, December 9, 1:00p



A New Yorker named Bobby moves to Hollywood in the 1930s to work for his Uncle Phil, a powerful and well-connected agent. He soon falls for Phil's secretary, Vonnie, unaware that she's secretly having an affair with his uncle. In time, a disillusioned Bobby returns home to run a nightclub for his gangster brother.

Starring: Steve Carell, Jesse Eisenberg, Blake Lively, Parker Posey, Kristen Stewart, Corey Stoll

Directed by Woody Allen; Lions Gate Films, Inc.; 2016; Rated PG-13; 96 minutes

Florence Foster Jenkins - Monday, December 19, 12:30p



Florence Foster Jenkins, an heiress from NYC always wanted to be a concert pianist and play Carnegie Hall. An injury in her youth deterred that dream. So she sets out to sing her way to Carnegie Hall knowing the only way to get there would be "Practice, Practice, Practice." Her husband supports her venture and the true story of Florence Foster Jenkins playing Carnegie Hall becomes a truly historic event.

Starring: Meryl Streep, Hugh Grant, Simon Helbert, Rebecca Ferguson, Nina Arlanda

Directed by Stephen Frears; Paramount Pictures; 2016; Rated PG-13; 111 minutes



Volunteer Opportunities

Receptionist

Catholic Charities is in need of a receptionist on Monday afternoons, from 12:30 to 4:30 pm. The volunteer will provide assistance with clerical and receptionist duties, such as answering phones and data entry. Qualifications include a professional phone presentation and the ability to maintain confidentiality.

Computer Room Monitor

The monitor insures the equipment is operational and is available to assist users with questions about internet access or software applications available on the computer. They are responsible for reporting equipment problems to tech support, monitoring patrons' compliance with usage rules, replenishing paper, changing printer cartridges and keeping the room in order. Due to the public service nature of this position, consistent attendance is required. We are currently in need of volunteers to work from 12 noon to 4:00 pm on Monday or Tuesday afternoons.

Drivers – Catholic Charities & ETS

We need drivers to deliver meals to residents in the community! The time commitment for the Meals on Wheels program is once a week for two hours. We also need volunteers to drive our seniors to medical and dental appointments. A valid Illinois driver's license and current liability insurance is required.

If you are interested in volunteering for any of these positions, please contact Sharon Swanson at 847.253.5532 or stop by the Senior Center Main Office!




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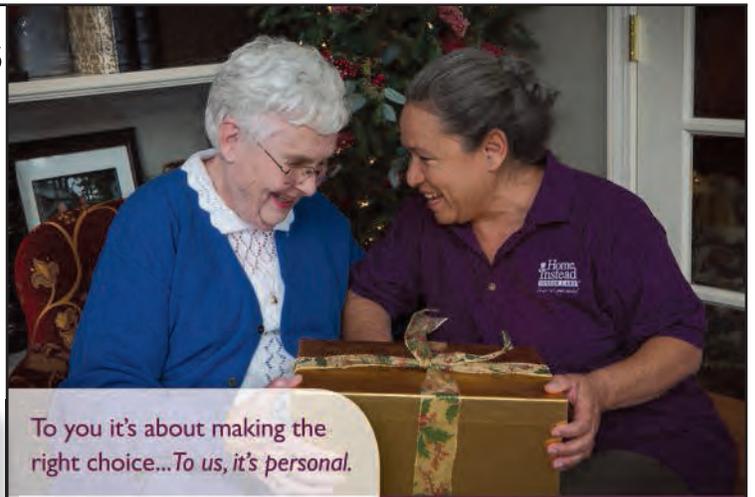
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Craig Schuessler
Financial Advisor

847-392-6870

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Arlington Heights



To you it's about making the right choice... To us, it's personal.

Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead can help.

Call for a free, no-obligation appointment
847.690.9825

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- Meal Preparation
- Light Housekeeping
- Medication Reminders
- Incidental Transportation
- Shopping and Errands
- Alzheimer's/Dementia Care
- Bathing and Dressing

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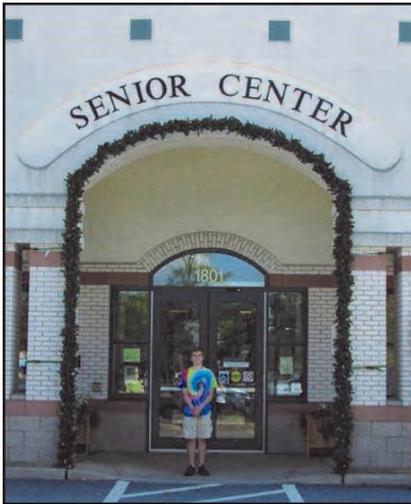


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Rolling Meadows, IL 60008
847-496-4179 financialementsincc.com



Volunteer Appreciation



Ean Losselyoung completed his Eagle Scout project here at the Arlington Heights Senior Center. Ean constructed a holiday arch for our patrons to enjoy during the holiday season. Thank you, Ean, and congratulations!!

On September 10th, members of **Our Savior's Lutheran Church** painted our back hallway in conjunction with a day of serving at their church. Thank you for beautifying our facility!



Welcome **students from District 214!** Each week, District 214 will send three students from their Life Transition Program to volunteer at the Senior Center. They will be cleaning the equipment in the Athletic Club on Thursdays.



FUNERAL AND CREMATION SERVICES

"Our Family Serving Yours"



PEACE OF MIND FUNERAL PRE-ARRANGEMENT

Today more people are planning their funerals in advance and our Funeral Pre-arrangement options can give you Peace of Mind by taking care of all the details before the need arises.

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When you are ready, a Glueckert Funeral Home representative will meet with you at a convenient time and location for your free Funeral Pre-arrangement consultation.

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GlueckertFH.com

1520 North Arlington Heights Road - Arlington Heights

Jo Segalla is an Elder Law attorney who provides compassionate guidance and advocacy, backed by years of experience, for senior citizens and their families.

Our services include:

- Estate Planning • Powers of Attorney
- Long Term Care Planning
- Nursing Home Issues
- Medicare & Medicaid Assistance
- Wills & Trusts
- Probate & Trust Administration

Jo Segalla
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 National Academy of Elder Law Attorneys, Inc. Member





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Free Income Tax Assistance

FREE INCOME TAX ASSISTANCE TAX PREPARATION - AARP TAX-AIDE PROGRAM General Appointment Information

The Senior Center Main Office will begin accepting appointments for income tax return preparation as of Tuesday, January 3, 2017.

This free service is offered through the AARP Tax Counseling for the Elderly (TCE) program. Appointments are required and will be conducted beginning in early February and running through mid-April. Stop by the Main Office or call 847.253.5532 to schedule your appointment. If you have broker statements, please make your appointments for later March or early April.

ALL RETURNS WILL BE E-FILED!

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

IF FILING A JOINT RETURN, BOTH SPOUSES MUST BE PRESENT OR, BRING A SIGNED POWER OF ATTORNEY.

See page 22 for more information and a list of what items to bring to your tax appointment

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Phone 847.261.4708 1655 N. Arlington Heights Road
www.duttonelderlaw.com Arlington Heights, IL 60004
Appointments also available via video conferencing or telephone.

Both Janna Dutton and Kathryn Casey are Certified Elder Law Attorneys and have been named as 2 of the top 10 Elder Law Attorneys in IL by Leading Lawyer Network.

PRACTICE AREAS

- ◆ Estate, Special Needs, and Long-Term Care Planning
- ◆ Probate and Trust Administration
- ◆ Will and Trust Litigation
- ◆ Senior Housing Contracts, Admissions and Discharges
- ◆ Medicaid Planning and Applications

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Free Income Tax Assistance (cont.)



(continued from page 21)

BRING THE FOLLOWING ITEMS TO YOUR TAX APPOINTMENT:

1. Picture ID **and** Social Security Card, Medicare card, or SSA-1099.
2. Copies of all your W-2, 1099-INT, 1099-DIV, 1099-R, 1099-B forms which you have received for year 2016.
3. Copy of your 2015 federal and state income tax forms filed in 2016.
4. Receipts and information for all planned itemized deductions (i.e. medical and dental expenses, taxes and interest you paid, gifts to charities and other miscellaneous deductions). Please total your receipts before coming.
5. Real estate tax bills for property taxes paid in 2016.
6. Closing statements for any real estate sold in 2016. Also, original cost of property and cost of any improvements.
7. Social Security SSA-1099 for 2016.
8. Railroad retirement forms for 2016, RRB-1099 and RRB-1099R.
9. Any Affordable Care Act Forms (i.e.1095).
10. Check from your bank for possible direct deposit or direct debit information.
11. If using **Power of Attorney**, you must bring copy of official form.



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 F: 847.983.4756

HANOVER PARK
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 Hanover Park, IL 60133
 T: 630.855.5339
 F: 630.855.5349

CHICAGO
 2705 W. Devon Ave.
 Chicago, IL 60659
 T: 773.654.1236
 F: 773.654.1240

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Ask-the-Nurse



NCH nurses are available to answer your healthcare questions or concerns. Stop in on **Tuesdays and Wednesdays, 10 a.m. to noon, Room 152**



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Please note:
Ask-the-Nurse is not available on 11/23 and 12/28.

Healthy Eating with Rose Jensen

Learn how to make these nutritious and easy recipes.
Led by NCH Community Nurse, Rose Jensen

**Wednesday, November 9
9 to 10 a.m.**

Thanksgiving Healthy Side Recipes:
Green beans with lemon-almond pesto



**Wednesday, December 14
9 to 10 a.m.**

Healthier and Delicious Holiday
Treats: Spiralized apple tartlets



Registration is required.
**Stop by the main office or call
847-253-5532 to make your
reservation.**

Pet a Pooch

**Thursday, November 3
9 to 10:30 a.m.**

**Thursday, December 1
9 to 10:30 a.m.**

Teams of NCH trained Animal-Assisted Therapy dogs and their handlers visit the senior center once a month in the lobby.

Registration is not required.



Walkers' Club

Friday, December 9, 10 to 11 a.m.

Please note: There are no club meetings in November due to Veterans Day and Thanksgiving, and only one in December because of the Christmas holiday.

This club is co-sponsored by NCH and the Arlington Heights Senior Center. Registration is not required.

New members are always welcome!



Diabetes Education and Support Group



Holiday and Special Occasion Eating
Tuesday, November 8, 9 to 10:30 a.m.

Medication That Can Increase Your Blood Sugar
Tuesday, December 13, 9 to 10:30 a.m.

Both sessions are led by Sue Drogos, RN, BSN, MPA, CDE and NCH Diabetes Services Manager. Diet and medication will also be discussed. **Registration is required. Call 847-618-4968 to make your reservation.**

Managing Your Diabetes 101

For people who have pre-diabetes, diabetes or family members of people with diabetes. Led by NCH Diabetes Services.

Wednesday, November 9, 9 to 10:30 a.m.

Wednesday, December 14, 5 to 6:30 p.m.

Registration is required. Call 847-618-4968 to make your reservation.



NCH Lectures and Events in November and December

PLEASE NOTE: Registration is required for these programs. Early registration ensures these programs take place. Please stop by the main office or call 847-253-5532 to make your reservation today.



Honoring Veterans Throughout Life

Thursday, November 3, 11 a.m. to noon

It is never too late to give America's veterans a hero's welcome home. This program will explore the unique experiences and health concerns of Veterans based on their era of service, discuss issues that can arise in end-of-life care and explain what resources are available to help. JourneyCare's participation in the "We Honor Veterans" national initiative - a pioneering program focused on respectful inquiry, compassionate listening and grateful acknowledgment - will be discussed.

Led by Linda Rockwell, MPA - Veterans Program Coordinator, JourneyCare

Registration is required. Stop by the main office or call 847-253-5532 to make your reservation.

Exercise: Fact vs. Fiction

Thursday, November 10, 11 a.m. to noon

This presentation will provide facts about exercise and will discuss the myths and fiction in the fitness industry.

Led by Marilee Kelly, NCH Certified Personal Trainer

Registration is required. Stop by the main office or call 847-253-5532 to make your reservation.

Cholesterol: What You Need to Know

Thursday, November 17, 11 a.m. to noon

This presentation will define cholesterol, review recommendations and provide action steps for cholesterol screenings.

Led by Christine Kolzow, NCH Wellness Consultant



Registration is required. Stop by the main office or call 847-253-5532 to make your reservation.

A Healthier You

Four-part Series on Type 2 Diabetes and Weight Management

According to the American College of Lifestyle Medicine, a healthy lifestyle can prevent as much as 80% of chronic disease. **No medicine can do this!**



This December, join Dr. Motto for the first two installments of his *Healthier You* series. He will provide updates on the American College of Lifestyle Medicine's annual conference and apply the latest theories on living well with diabetes.

Thursday, December 1, 11 a.m. to noon

Thursday, December 8, 11 a.m. to noon

Led by George S. Motto, M.D., CWP
Board Certified Endocrinology & Metabolism Specialist
Founder, The Metabolism, Weight, & Lifestyle Institute, Ltd.

Registration is required. Stop by the main office or call 847-253-5532 to make your reservation.



Anxiety Education and Support Group

Thursdays, November 10 and December 8, 10 to 11 a.m.

This educational/support group will discuss anxiety symptoms and the relationship between anxiety and depression. Participants will learn best approaches for dealing with anxiety and how to understand and control triggers. Led by NCH Behavioral Health Navigator, Lisa Feliciano-Gutierrez, MA. Registration is required. Stop by the main office or call **847-253-5532** to make your reservation.

Brainwaves Stroke Support Group

Thursdays, November 17 and December 15, 2 to 3:30 p.m.

Brainwaves support group is for survivors of strokes or brain injuries who want to socialize with others and be part of a friendly group. Having a stroke or brain injury can feel isolating, but learning about living with the challenges and meeting new people reflects a positive attitude toward recovery. Caregivers and family members are welcome. Call **847-618-4968** to register.

Depression Support Group

Mondays, November 21 and December 19, 10 to 11 a.m.

Learn strategies for healthy aging and discover life-affirming strategies for the challenges we face. The group is a safe place to share and listen. Registration is preferred, but walk-ins are always welcome. Stop by the main office or call **847-253-5532** to make your reservation. Led by Carla Craig, MSW, LCSW from NCH Behavioral Health Services.

Parkinson's Support Group

This group is for individuals with Parkinson's Disease as well as their families, friends and caregivers. There will be an open discussion on **Wednesday, November 16**. On **Wednesday, December 14**, there will be a holiday party. Feel free to bring a snack or treat to share. Both sessions are **6:30 to 8 p.m.**, Room 183. For more information, call Seema Ganjawalla at 847-618-7790. Registration is not required. Meetings are free.

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Pictured above: Park District Gift Store at the Senior Center



Pictured above: Wood Shop at the Senior Center

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Arlington Heights Senior Center Agency Contact Information

Village of Arlington Heights Senior Center

(847) 253-5532

www.vah.com

Arlington Heights Memorial Library

(847) 870-3710

www.ahml.info

Arlington Heights Park District

(847) 797-5341

www.ahpd.org/50plus

Arlington Heights Nurses Club

(847) 797-5315

www.ahnc.info

Catholic Charities Community Development & Outreach Services

(847) 797-5354

www.catholiccharities.net

Catholic Charities Northwest Senior Services

(847) 253-5500

www.catholiccharities.net

Escorted Transportation Service Northwest

(847) 222-9227

www.etsnw.org

Northwest Community Healthcare

(847) 618-1000

www.nch.org



11/11 - Veterans Day - Senior Center CLOSED (some senior center agencies open; check with agency directly)
11/24-11/26 - Thanksgiving Holiday - Senior Center CLOSED
12/23-12/26 - Christmas Holiday - Senior Center CLOSED (some senior center agencies open; check with agency directly)



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).



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