ARLINGTON HEIGHTS SENIOR CENTER

July / August 2020

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

Senior Center Modified Opening

The Village of Arlington Heights along with our tenant agencies at the Senior Center have been thoughtfully making plans to safely offer programs and services. Health and safety is of the upmost importance for our patrons, volunteers and staff. Our tentative plan is to have modified services in early July, with guidance and approval from the Illinois Department of Public Health and the Village of Arlington Heights. Please check in with us for confirmation. The Arlington Heights Senior Center will be open under the following guidelines:

Pre-register for programs offered in this issue of the newsletter. Please call ahead for your class/ program.

No drop in programs or visits will be offered during this phase of reopening.

If you do not feel well or experience new symptoms, please do not come to the Senior Center. Symptoms include but not limited to cough, fever, chills, shortness of breath, or flu like symptoms.

A face mask or face covering must be worn when entering the building. If you do not have a mask, one can be provided for you. Face coverings need to be worn at all times inside the building.

Before entry to the Senior Center a health screen, temperature check and data page need to be filled out. (This will ensure the safety of everyone coming into the building).

Adhere to the social distancing guidelines of 6 feet.

Frequent hand washing and use of hand sanitizer is requested.

Report to your registered program and leave at the conclusion.

Bring your own filled water bottle. Vending machines and café are not in service.

Senior Center operational Monday through Friday 8:30 a.m. to 4:30 p.m.

Adherence to these guidelines ensures that everyone is safe.

Please contact the Senior Center Manager, Tracey Colagrossi if you have further questions

Be a Hero and Save on Taxes

The CARES Act, which provided many Americans with a $1200 direct economic stimulus payment also offered additional one-year additional tax saving benefits. Realizing that 501(c)3 not-for-profit organizations like Arlington Heights Senior Center, Inc. were also hurt by reduced charitable giving, Congress included a clause in the Act that allows for a $300 “above the line” deduction for tax filers who benefit from taking the increased standard deduction and who otherwise would not qualify for the charitable deduction credit on their 2020 taxes.

By writing a check to support Arlington Heights Senior Center, Inc. of up to $300, your gift not only helps support the programs that we offer to those in the community, but it also reduces the amount of income that you are taxed on. Consider making a tax-deductible contribution before the end of the year.

ARLINGTON HEIGHTS SENIOR CENTER, INC.

WHAT’S INSIDE?

Agency Contact Information ● 2
Featured Programs ● 3
Health & Social Services ● 22-23
Library Programs ● 10
Luncheon Program ● 24
Northwest Community Healthcare ● 18-19
Park District Programs ● 12-14
Senior Center Clubs & Games ● 16
Subscription Form ● 27
Volunteer Information ● 20-21

Senior Center Agency Contact Information

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

Village of Arlington Heights Senior Center - Main Office

Tracey Colagrossi, MS, Senior Center Manager
Karie Van Grinsven, Program Coordinator / Newsletter Editor
Sharon Swanson, Volunteer Coordinator
Helen Cooke, Administrative Assistant
Linda Ratajczak, Office Assistant

Phone: 847.253.5532
Email: seniorcenter@vah.com
Web: www.vah.com
Newsletter link: http://bit.ly/2JQ1Yzn
Hours: Mon - Fri: 8:30 am - 4:30 pm
NOTE: Evening and weekend hours temporarily discontinued

Arlington Heights Memorial Library

Phone: 847.392.0100
Web: www.ahml.info
Reading Room Hours:
Temporarily CLOSED
Computer Lab Hours:
Temporarily CLOSED

Arlington Heights Park District

Phone: 847.797.5341
Web: www.ahpd.org/50plus
Hours: By advance registration only

Arlington Heights Nurses Club

Phone: 847.797.5315
Lending Closet Hours - by appointment only:
Mon: 1:00 pm - 3:00 pm
Tues: 10:00 am - 12:00 pm
Wed: 10:00 am - 12:00 pm
Thurs: 10:00 am - 12:00 pm
Fri: 10:00 am - 12:00 pm
NOTE: Evening and weekend hours temporarily discontinued

Catholic Charities Community Development & Outreach Services

Phone: 847.797.5354
Web: www.catholiccharities.net
Hours: Mon - Fri: 8:30 am - 4:00 pm
Lunch Served: Curbside Pickup available. Please call for more information

Catholic Charities Northwest Senior Services

Phone: 847.253.5500
Web: www.catholiccharities.net/ccnw
Hours: By appointment

Escorted Transportation Service, Northwest

Phone: 847.222.9227
Web: www.etsnw.org
Hours: Mon - Fri: 8:30 am - 2:30 pm

Northwest Community Healthcare

Phone: 847.618.1000
Web: www.nch.org
Hours: vary

Senior Center Tours
Wednesdays at 10:00 am

The Arlington Heights Senior Center is open to persons age 55 and over from any community. No membership required. Tours of the Senior Center are offered every Wednesday at 10:00 am - by appointment only.

*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 (Email).

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, Inc.* does not endorse any of the products or services advertised in this publication. For advertising rates and information, contact Alex Nicholas, Liturgical Publications, Inc. at 1.800.950.9952.

Featured Programs

Americana Song and Dance - VIRTUAL
a Marquee Film Talk with Steven Frenzel

Wednesday, 7/8, 1:30p-2:30p

With Americana Song and Dance, you'll enjoy a music celebration of the towns, cities, and states that make up this great country. You'll have fun with musical numbers from movies such as *Yankee Doodle Dandy, Oklahoma, Meet Me in St. Louis, Holiday Inn,* and *The Music Man.* There will be several montages, featuring Chicago, New York, and lots of fireworks! We even wrap up this super patriotic program with the great Kate Smith singing *God Bless America!* Let's celebrate this marvelous land of ours with songs and dancing, and reignite that spark that says that we're all in this together!

To register for this free Zoom program, call the Senior Center at 847.253.5532 and register with your name, email address and phone number. You will be emailed a link to the program one day prior.

Great Decisions 2020 - VIRTUAL
a Foreign Policy Association Program

Remaining Saturdays: 7/11, 8/1, 9/12, 10/3, 11/7, 12/5 & 1/9/21, 1:30p-2:30p

Register for this FREE Senior Center Great Decisions 2020 discussion group with Professor Gary Midkiff by calling 847.253.5532. Once registered, you will be sent a link to the Zoom session at least one day prior.

The first session was conducted back in June, but there are a few spots remaining. Although the program fee has been waived, participants are responsible for securing their own book, which is available in hard copy from https://www.fpa.org/ or in E-book format from other sources.

Register with the Senior Center *prior to* purchasing the book, to be sure the program is not already filled.

Program funded by
Arlington Heights Senior Center, Inc.

Village Quarterly Update - VIRTUAL

Wednesday, 7/15, 12:00p-1:00p

Join us over lunch (from your own home) while we hear from Arlington Heights Village Manager, Randy Recklaus as he highlights and reviews ongoing projects of interest in the Village.

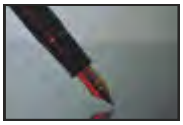
Call 847.253.5532 to sign up. Once registered, you will be sent a link to the Zoom session at least one day prior.

Consuming and Discussing Political News - VIRTUAL

Monday, 7/20, 6:00p-7:30p
It takes hard work to be a good citizen in a democratic republic. Part of that work includes consuming a balanced diet of political news from a variety of trusted sources while avoiding the Siren's Song emanating from the seductive Echo Chamber. Another part of that work is discussing political news in a way that promotes communication and understanding rather than causing conflict and polarization. Professor Gary Midkiff will provide suggestions and share examples for how you can become more effective dealing with political news as we approach the 2020 elections.

Call 847.253.5532 to sign up. Once registered, you will be sent a link to the Zoom session at least one day prior.

Pen Pal Program



Although the state is opening up more as we progress through the different phases of the *Restore Illinois* plan, there are still those who aren't able to get out and about - and there are some who can't have visitors. We'd like to bring those folks some joy through a good, old fashioned letter or card in the mail.

As such, we are starting up an interest list for a new pen pal program with those living in a nearby long-term care facility. All that is needed is to give us a call at 847.253.5532 with your name, phone number and address. You will be contacted with next steps once the program is established.

Be Informed, Stay Informed

Cook County Department of Public Health
https://www.cookcountypublichealth.org

Illinois Department of Public Health
http://www.dph.illinois.gov

Center for Disease Control
cdc.gov

Farewell from Karen Hansen, Retired Senior Center Manager

My Dear Friends,

As I write this on March 26, 2020, it is uncertain if we will ever see each other again. My last day will be May 1, when I cross to the "other side of the desk." I have been your Senior Center Manager since 1989, starting at Park Place Senior Center.

Thank you for all the fun we have had, for all the examples you have shown and for all the things you taught me, especially about courage and conviction, as well as for all the love you have shown. Your spirit is indomitable.

It has been an honor to work for a very nice boss, a great organization, with an exceptional staff, with incredibly committed agencies and their staff, the most dedicated volunteers that ever existed and my favorite group of people, senior citizens. From age 14, I wanted to work with senior citizens and now proudly join your ranks.

As some of you know, my husband and I bought property in coastal South Carolina in 2008, sold our Arlington Heights home in 2018 and built a home on a rural island in 2019. Since my husband, my home and my life are in South Carolina, I'd best get there myself.

My husband spends his time kayaking up and down the rivers and the coast, bike riding and serving on his church's council. My plans for the future are to distribute my families' heirlooms and mementos so that I do not become the unwilling curator of a several impromptu family "museums." My other goals include putting my own affairs in order, unpacking and decorating our new home, and writing "love letters" for my loved ones. My hopes are to enjoy walks on the beach, horseback riding, bike riding, reading, and to return to driving a Mustang convertible

My daydreams include helping people whom I call "serial caregivers" find some order and quietude in their disrupted lives, teaching special needs kids to interact with horses, working with animal shelters to rehabilitate power breed dogs, or maybe I'll just swing a hammer for Sea Islands Habitat for Humanity.

So, if the Coronavirus pandemic precludes us from saying goodbye, please know I never wanted to say good-bye, but I always wanted to say thank you. Thank you.

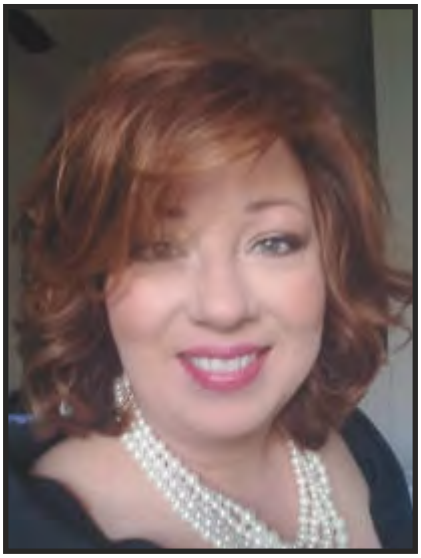
Be well. Stay courageous. Remain hopeful. Be happy. Spread joy.

Peace and Serenity,
Karen Hansen

Retirement "Well Wishes" to Karen

We realize many of you will not have had the chance to say "farewell" to Karen before she officially retired, so we wanted to provide an opportunity for you to do just that! When the Senior Center reopens, blank note cards will be available in the lobby for you to write her a little something and leave it in the designated basket of "well wishes." We'll take care of mailing them out to her in the month of August. We're quite certain she'll enjoy hearing from you!

Welcome, Tracey Colagrossi, MS, Senior Center Manager

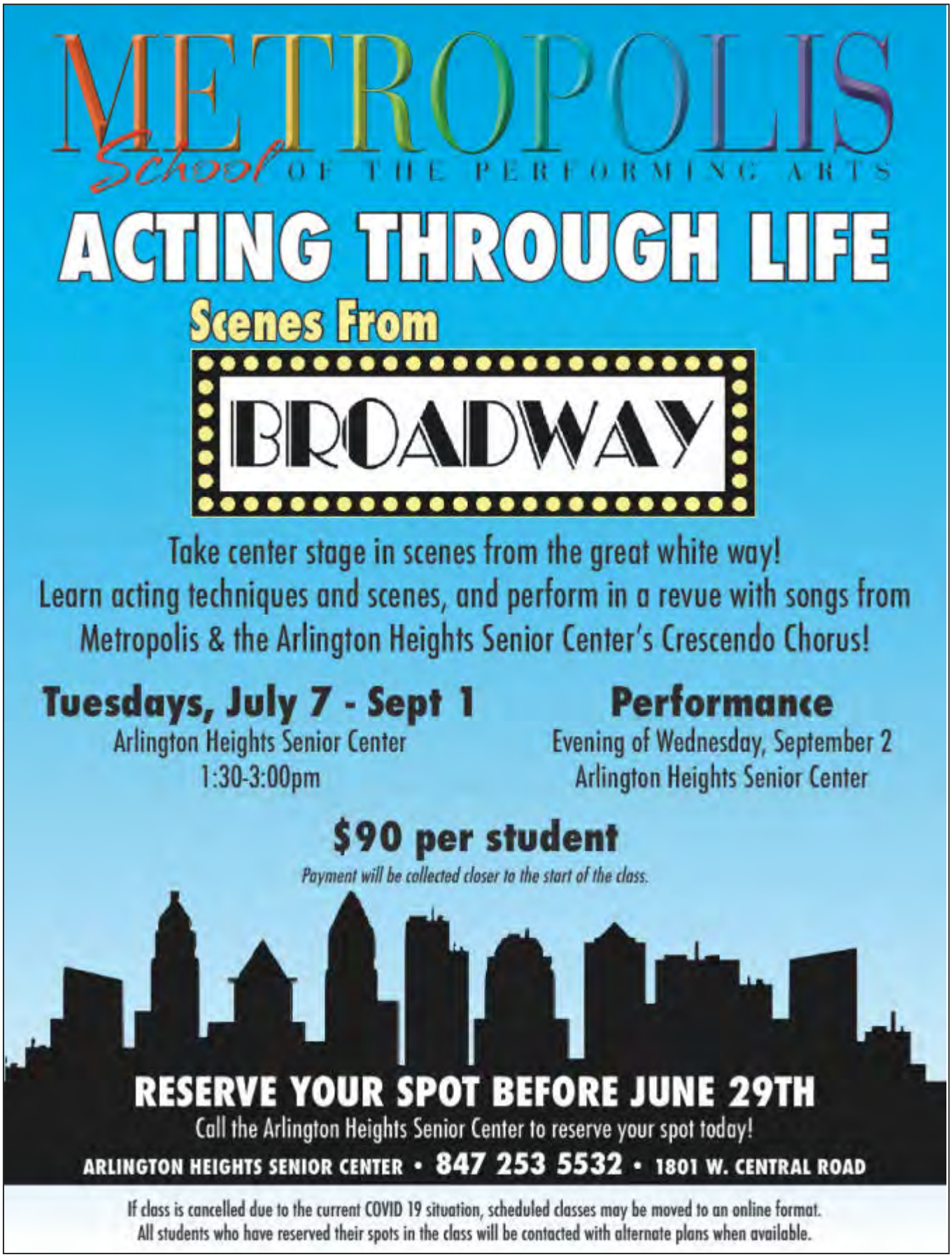


Greetings! My name is Tracey Colagrossi, your new Senior Center Manager. I have big shoes to fill with Karen Hansen's retirement to South Carolina. She has left an incredible legacy in the Senior Center Professionals field. Her dedication and passion for serving is an inspiration to me. I am thrilled to join the team of Helen, Karie, Linda, and Sharon. The Arlington Heights Senior Center is a fantastic place.

I grew up in Rolling Meadows and lived in the area for 24 years. After high school, I attended the American Academy of Art in Chicago and taught art classes to folks at the Tamarack Retirement home in Palatine on the weekends. After graduation, I taught ceramics, painting, and crafts at the Friendship Village of Schaumburg for six years. I taught on and off while my children were little then came to work at Hanover Township Senior Center as a full-time Visual Arts Coordinator in 2005. I was the Program Manager then Director of the Senior Center in 2015 until joining Arlington Heights. While working, I also returned to school, getting a Bachelor's Degree in Management and Organizational Leadership and a Masters in Gerontology Aging Services from the University of Massachusetts, Boston.

I am a proud mom of my adult children Nico and Anna. I am looking forward to living closer to work, gardening, and creating art. My passion is serving the community to ensure that they are socially engaged, try and learn new things, and, most importantly, have fun! I would love to hear from you. Feel free to give me a call!

Metropolis School of the Performing Arts - Acting



Metropolis School of the Performing Arts - Singing

METROPOLIS
School OF THE PERFORMING ARTS

CRESCENDO CHORUS

Songs From

BROADWAY

Learn vocal technique and songs from the musical theatre canon.
Perform in a revue with scenes from
Metropolis & the Arlington Heights Senior Center's Acting Through Life!

Rehearsals: Senior Center
Mondays, July 6 - August 17 @ 6:30-7:30pm
Mondays, August 24, 31 @ 6:15-7:45pm

Performance
Evening of Wednesday, September 2
Arlington Heights Senior Center

$90 per student
Payment will be collected closer to the start of the class.

RESERVE YOUR SPOT BEFORE JUNE 29TH
Call the Arlington Heights Senior Center to reserve your spot today!
ARLINGTON HEIGHTS SENIOR CENTER • 847 253 5532 • 1801 W. CENTRAL ROAD

If class is cancelled due to the current COVID 19 situation, scheduled classes may be moved to an online format.
All students who have reserved their spots in the class will be contacted with alternate plans when available.

Metropolis School of the Performing Arts - Ukulele

Making Music

Drum Circle - VIRTUAL

Are you looking for something fun, engaging, therapeutic, educational, rhythmic, and experiential all in one? Check out Drum Circle Therapy, led by Chris Lavidas of *Breaking Grounds in Drumming, Inc.*

Chris has created a curriculum of a number of building block classes that instruct the basics of rhythm, coordination, drum history, tone, melody, and musical creativity to name a few.

Don't miss these interactive and informative classes that are full of energy and enthusiasm. Absolutely no music experience is necessary! Remaining 2020 dates, 10:00a-10:45a: Tuesdays, 7/28, 8/25, 9/22, 10/27 & 11/24 (no session in December).

This free program will be held via Zoom until further notice. To receive the Zoom meeting information, please call 847.253.5532 to register with your name, phone number and email address and a link will be sent to you at least one day prior.

Senior Center Musical Group

Fridays, 7/17, 7/24, 7/31, 8/7, 8/21 & 8/28, 1:00p-2:30p
By advance registration only - call 847.253.5532 to sign up for any of the July/August dates. Limited number of spots available.

Also known as the "Senior Band," this group plays assorted Broadway, movie and patriotic tunes as well as other music. It's all easy music! Free program; just bring your instrument to the jam session! Reminder to register before coming to the Senior Center!

Library Programs

Arlington Heights Memorial LIBRARY
adding value in your life

CALL 847.870.3712 FOR MORE INFORMATION ABOUT LIBRARY PROGRAMS AT THE SENIOR CENTER

The library has resumed hold pickups for Arlington Heights cardholders at our main library on Dunton Avenue (cardholders will be notified when their items are ready for pickup) and is in the process of planning and adding other services consistent with guidelines for phases of the Restore Illinois plan. For now, our Senior Center branch will remain closed. If you originally requested items for pickup at the Senior Center, those items will be redirected for pick up at the library when they become available as long as our Senior Center branch is closed. Visit ahml.info for the most current information about library hours, programs and services.

What You Can Do from Home
Visit our website at ahml.info for the latest information about the wide variety of programs, services and resources available through the library online. Many of our programs for all ages are now virtual! Use your library card to check out over 100 popular magazines in digital form and thousands of eBooks and eAudiobooks online. If you are a resident of Arlington Heights and don't have a library card yet, you can get one online for access to our digital items.

Contact Us
Library staff are now available to answer your questions and provide help with our online resources Monday – Saturday. Contact us via the chat box on our website (near the bottom of every page), email us at info@ahml.info, or call us at 847-392-0100.

Virtual: Computer Interest Group

Wednesdays, July 8 and August 12, 1 p.m.
Novice and experienced computer users discuss current technology, exchange tips and offer advice for solving problems on PCs, tablets, and smart phones. You must register to participate in this live session, held on Zoom. Register online at ahml.info/attend/events or call us at 847.870.3712.

Virtual: Learn to Zoom

Fridays, July 10, 24, August 7, or 21, 10 –11 a.m.
Zoom is a free video conferencing application that many organizations and individuals are using to host programs, seminars and meetings.

Register for one of these 1-hour Zoom practice sessions where Digital Services staff from the Arlington Heights library will assist you to troubleshoot issues and provide tips and best practices so that you can ZOOM too. You need a PC, Mac, iPad or iPhone, or another brand of smartphone to use Zoom.

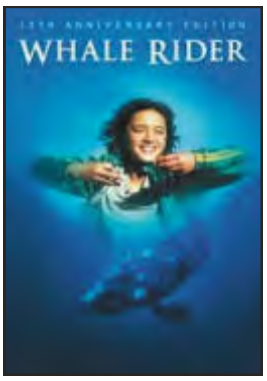
Register online at ahml.info/attend/events or call the Senior Center at 847-253-5532.

We will contact you by email in advance of your session with instructions on how to join.

Virtual: Film Discussion Circle

Tuesdays, July 7 and August 4, 2:30 – 3:30 p.m.
Our July film is Academy Award nominated *A Man Called Ove (2016),* 116 minutes, PG-13, Swedish with English subtitles.

In August, discuss *Whale Rider*, 101 minutes, PG-13. A young Maori girl fights to fulfill a destiny her grandfather refuses to recognize.



Watch the films at your convenience, then join us on Zoom for a discussion. Arlington Heights cardholders can borrow the films from the library's Hoopla collection online.

You can register online at ahml.info/attend/events or call us at 847.870.3712. You will receive instructions on how to join by email one day prior to our discussion. If this is your first time using Zoom, check out our guide: https://www.ahml.info/zoom.

Movies

Free Friday movies are funded by Arlington Heights Senior Center, Inc.
Movies have closed captioning and are available at time of print; subject to change without notice.
ADVANCE REGISTRATION REQUIRED. Reduced/limited seating capacity for each showing.
Call 847.253.5532 to register for the 10:00a or 1:00p movie time. Sorry, no walk-ins permitted. No refreshments served.

Ford vs. Ferrari

Friday, July 10 at 10:00a or 1:00p

American car designer Carroll Shelby and driver Ken Miles battle corporate interference and the laws of physics to build a revolutionary race car for Ford in order to defeat Ferrari at the 24 Hours of Le Mans in 1966.

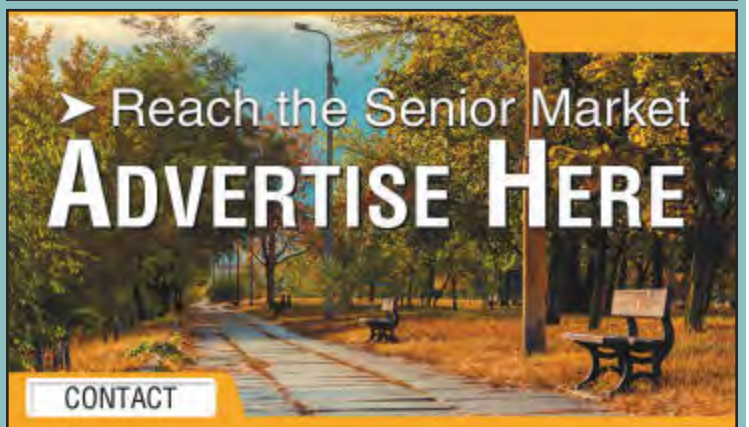
Twentieth Century Fox; 2019;
Rated PG-13; 152 minutes;
Directed by James Mangold; Starring Matt Damon, Christian Bale, John Bernthal

A Beautiful Day in the Neighborhood

Friday, August 14 at 10:00a or 1:00p

Writer Lloyd Vogel is tasked with creating a profile of Fred Rogers, the creator and star of the successful children's program *Mister Rogers' Neighborhood*. When the interviewee suddenly becomes the interviewer, magic begins to happen.

Columbia Pictures Industries Inc.; 2019;
Rated PG; 109 minutes;
Directed by Marielle Heller; Starring Tom Hanks, Matthew Rhys, Chris Cooper



Contact Alex Nicholas to place an ad today! anicholas@4LPi.com or (800) 950-9952 x2538

Park District Programs

Arlington Classic Tours

Do you like to go out to see musicals, museum exhibits, concerts, casinos and other recreational destinations, but most importantly, like to have fun? Arlington Classic Tours is the tour club for you! Let the Park District do all the planning — you just have to register for the tour, check-in on the day of the tour, sit back and relax in a luxury motor coach while we do the driving. You get to enjoy all the activities that tour has to offer.

Arlington Classic Tours Membership has its benefits:

- Receive the bi-monthly tour schedule mailed to your home by first class mail
- Priority registration for members
- Members pay $15 less than non-members on each one-day tour
- Members receive 10% discounts on Gift Store purchases

Membership is $25/single or $35/household (two people living at the same address). Membership typically runs from January — December; however if you go on at least two tours, the membership discount pays for your membership.

Due to COVID-19, Arlington Classic Tours will be off for the summer and will resume in late August/early September barring any future State orders. The Park District wants to protect our Tour Club members and will take all necessary precautions needed to provide a safe environment for our participants once the Tour Program resumes.

The Park District Misses You!

We hope you and your family are safe. The Park District will continually monitor best practices and will make program adjustments as necessary. With a new normal, the Park District Staff is striving to offer quality programming with strict minimums to comply with social distancing.

All class/program printed information is subject to change. Thank you for your patience and understanding as the Arlington Heights Park District adapts to these unprecedented times.

Pop Up Virtual Classes

Do you have a computer?
Check out ahpd.org for any new pop up virtual Zoom classes.

Fork & Cork Dining Experience

This new dining group will be going to a variety of restaurants, somewhere new every month. If you love to eat, come join us. If you are looking for company to go out to eat with and have good conversation, come join us. If you want to go to restaurants a little farther away and do not want to drive, come join us.

The fee includes meal, gratuities and motor coach transportation.

The launch of the Fork & Cork Program has been postponed due to COVID-19.

It's Tool Time at the Wood Shop

Do you enjoy working on wood working projects or talk to fellow wood workers who share your passion? Stop by the Wood Shop located in the Senior Center and see all it has to offer. Equipment includes: SawStop 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! Eight complete workstations are available.

Hours of Operation*:
Monday/Tuesday/Wednesday, 9:00a-12:00p
Thursday, 12:30p-3:30p

Annual Wood Shop Safety Training/Certification is required prior to becoming a member and purchasing punch passes for shop visits.

Punch Pass Fee Options:
$80 - good for 10 visits; $48 - good for 6 visits; $14 daily use fee

*Note: Due to COVID-19, the Wood Shop will be closed during the months of June, July and August. The Wood Shop is scheduled to reopen in September.

Beginning Wood Working Class

Learn how to use Wood Shop equipment correctly and safely while making a beautiful wood project. No experience necessary. Each class session has beginner type projects. Past students are always welcome. Supplies/wood included.

*Note: Due to COVID-19, the Wood Shop will be closed during the months of June, July and August. The Wood Shop is scheduled to reopen in September.

Arlington Athletic Club

The weather is getting warmer. Stay cool while you exercise. Join the Arlington Athletic Club located in the Senior Center where it is always dry and temperature controlled. The Park District offers a multi-direction Cybex weight station, recumbent bikes, Star Trac and Precor treadmills, NuStep recumbent steppers, Rowing Machines and Elliptical Machines along with free weights. AAC Tours and Certifications are given at 10:00 am Tuesday – Friday.

NOTE: Once the Arlington Athletic Club (AAC) in the Senior Center is open to the public, use of the AAC will be by reservation only and a limited number of participants may be able to use the club due to social distancing guidelines.

Fun & Fit Membership:

Fun & Fit Aerobics/Strength & Conditioning
Unlimited attendance to Fun & Fit Classes held at Senior Center:
Monday - Fun & Fit Aerobic 9:00a-9:45a
Tuesday - Strength & Conditioning 8:40a-9:45a
Wednesday - Fun & Fit Aerobic 9:00a-9:45a
Thursday - Fun & Fit Aerobic 9:00a-9:45a
Friday - Strength & Conditioning 8:40a-9:45a

NEW!!! Fun & Fit Memberships also include the following classes at Recreation Park:

Flex-Ability	Mondays	10:30-11:30am
Tone 'N Sculpt	Tuesdays	9:00-10:00am
Flex-Ability	Thursdays	10:30-11:30am

Fun & Fit Fees:
Annual pass = $215 ($205 renewal fee)
Six-month pass = $144 ($134 renewal fee)
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? A six month Play Pass is available.

Combo Membership: Arlington Athletic Club PLUS Fun & Fit

Combo Pass includes:
Unlimited visits to the Arlington Athletic Club PLUS unlimited attendance to all Fun & Fit classes.

Combo Pass Fees:
Annual pass = $335 ($310 renewal fee)
Six-month pass = $187 ($175 renewal fee)

***All six-month memberships must be consecutive.* Prior to purchasing your membership, you will need to be certified by one of our fitness instructors, Tuesday—Friday at 10:00a by appointment only.

Arlington Heights Park District Classes Held at the Senior Center

Note: Due to COVID-19, the Park District Office in the Senior Center is currently closed until further notice.
Register for these classes at ahpd.org

Zumba Gold
Fees: $64
Fridays, 7/10-8/28 — 11:00-Noon

Zumba Gold Seated
Fees: $64
Fridays, 7/10-8/28 — 1:30-2:15p

Zumba Gold Seated Toning
Fees: $57
Tuesdays, 7/7-8/25 — 2:00-2:45p

Tap Dance/Continuing
Fees: $69
Thursdays, 7/9-8/27 — 1:15-2:15p

Theater Dance
Fees: $69
Thursdays, 7/9-8/27 — 2:15-3:15p

Be Moved Dance
Fees: $69
Tuesdays, 7/7-8/25 — Contracted — 12:45-1:45p

Ballroom Dance Evening
Fees: $69
Tuesdays, 7/7-8/25 — 6:30-8:00p

Works of Art
Fees: $112
Mondays, 7/6-8/24 — 2:00-4:30p

Art of Acrylics
Fees: $112
Thursdays, 7/9-8/27 — 9:30a—Noon

Watercolor & Mixed Media
Fees: $56
Fridays, 7/31-8/21 — 9:30a-Noon

Freeing Your Artistic Spirit II
Fees: $70
Tuesdays, 7/14-8/11 — 9:30a-Noon

Sign up for Park District classes early. Decisions for classes to be held are made one week prior to the start date.

Quilting Basics & Beyond

Tuesdays, 7/7-8/25	6:00-8:00p	Fee: $56
Wednesdays, 7/8-8/26	10:00-Noon	Fee: $56

Pieced Machine Quilting

Mondays, 7/13-8/10	6:15-8:15p	Fee: $38

Bridge/Beginning

	Fee: $72
Mondays, 7/6-8/24	9:30-11:30a
Thursdays, 7/9-8/27	6:30-8:30p

Bridge/Intermediate

	Fee: $72
Thursdays, 7/9-8/27	10:00a-Noon

Bridge/Advanced

	Fee: $72
Tuesdays, 7/7-8/25	1:00-3:00p

Best Bridge Ever Adv/Inter

Wednesdays, 7/8-8/26	5:45-7:45p	Fee: $72
Thursdays, 7/9-8/27	1:00-3:00p	Fee: $72

Bridge Potpourri

Mondays, 7/6-8/24	4:00-6:00p	Fee: $72

Canasta

Monday, 7/6-8/24	8:45-10:45a	Fee: $88

MOVING FROM COVID-19 RESPONSE TO RECOVERY, AND RETURNING TO FUN!

Check the Arlington Heights Park District web site for the most current information on park district facilities:

www.ahpd.org

Chair Yoga

Mondays, 7/6-8/24	2:00-3:00p	Fee: $66
Thursdays, 7/9-8/27	10:15-11:15a	Fee: $66
Fridays, 7/10-8/28	12:15p-1:15p	Fee: $66

Gentle Yoga

Mondays, 7/6-8/24	12:15-1:45p	Fee: $86
Mondays, 7/6-8/24	3:15-4:45p	Fee: $86
Wednesdays, 7/8-8/26	11:15a-12:45p	Fee: $86

Tai Chi - Beginning

Tuesdays, 7/7-8/25	10:00-11:00a	Fee: $69

Tai Chi - Intermediate

Tuesdays, 7/7-8/25	11:15-12:15p	Fee: $69

Tai Chi - Advanced

Tuesdays, 7/7-8/25	11:15-12:15p	Fee: $69

NEW CLASS

Breathwork

Wednesdays, 7/8-8/26	10:00--11:00a	Fee: $64

This class teaches the essential element of body and brain fitness. By managing your breath, you can accumulate energy, stimulate your body's natural ability to restore and recharge, and increase your powers of concentration and awareness.

Gift Store

Located in the Park District Office at the Senior Center

"Name the Gift Store"

The Park District Gift Store needs a name. Submit clever name entries to the Park District Office for a chance to win free merchandise. Entries need to be submitted before 9/1.

Kenneth Hood Senior Service Award

On July 31, 2007, his 100th Birthday, Dr. Kenneth Hood addressed his peers, friends and family and advocated carrying forward the torch of service on behalf of today's senior citizen population. He spoke with the satisfaction and confidence of a man who had lived a good life and had brought the goals he had set for himself to a full completion. He spoke passionately to the assembled crowd about his life of service to family, country, Arlington Heights and to the Senior Citizen Community in Arlington Heights. He indicated that his time was nearly completed and it was time to pass on the torch. Dr. Kenneth Hood passed away on December 15, 2007.

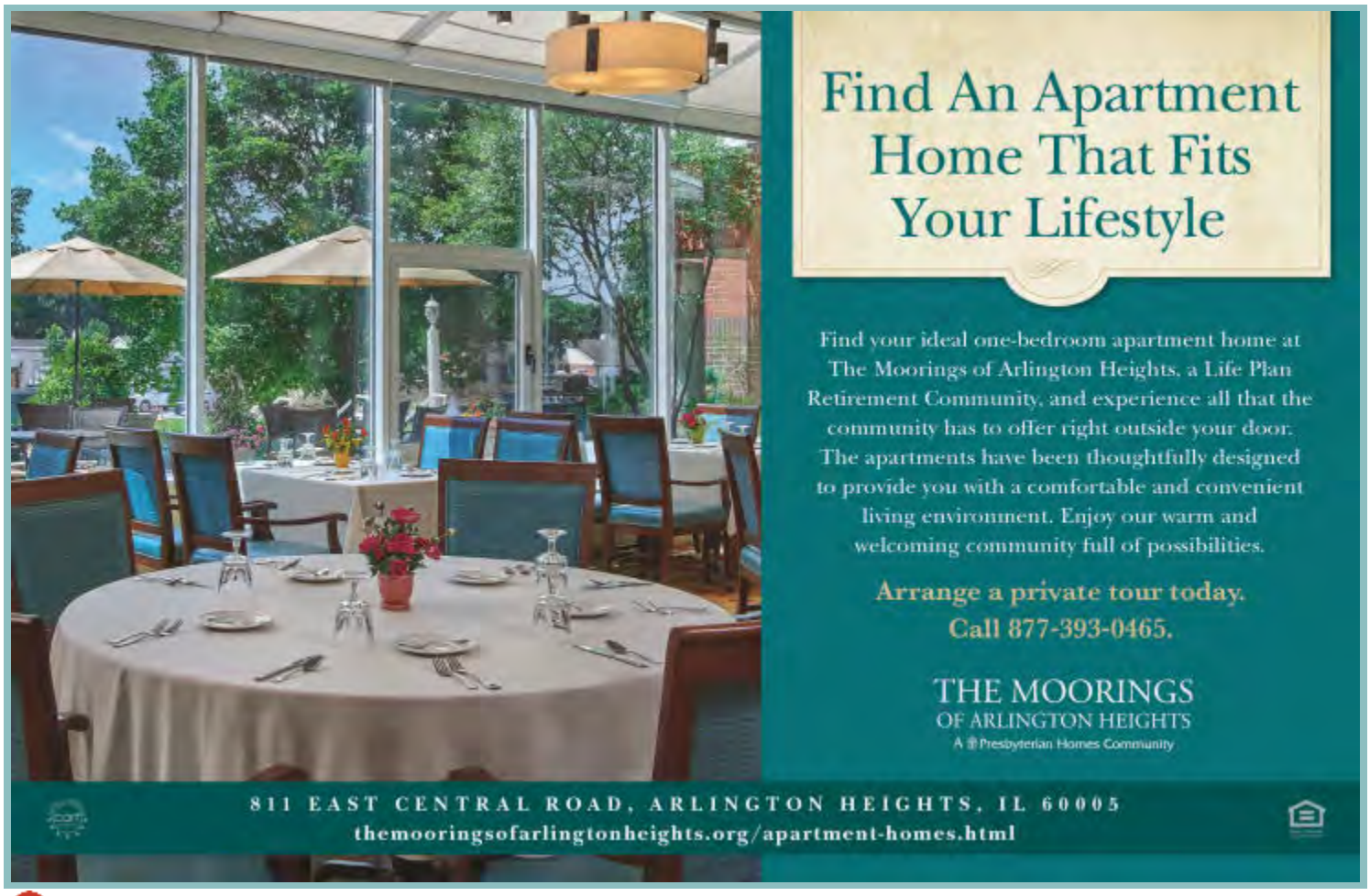
Arlington Heights Senior Citizens Commission Seeking Nominations for Kenneth Hood Senior Service Award

Eligibility Requirements

The Dr. Kenneth Hood Senior Service Award recognizes individuals and/or organizations who have carried forward the torch of service on behalf of today's senior citizens population. Candidates must have exhibited some or all of the following:

- A significant history of service to the senior community.
- Developed, provided, or conducted programs or services that enhance the quality of life for senior citizens.
- Embraced or nurtured activities that affect in a positive way the lives of the senior citizen population.
- They must set an example by contributing their efforts toward the above with zest for the joy of living.
- Candidates just reside, work, and/or volunteer in the Village of Arlington Heights.
- Preferably, the award will be granted to a living individual, but it can be awarded posthumously.

Nominations forms for the award are available by calling 847.253.5532 or through the Village of Arlington Heights web site: www.vah.com.



Clubs & Games

Northwest Suburban Genealogy Society

"Family History Research in Illinois and Wisconsin"
Speaker: Maureen Brady
Saturday, 8/29

The presentation will examine the similarities between Illinois and Wisconsin records and also the unique records each state holds including ethnic, religious, governmental archives and repositories.

Maureen Brady has made numerous presentations to Illinois and Wisconsin genealogical societies and at the NGS Conference and the Central Florida History Conference. She is a member of the Genealogical Speakers Guild, the Association of Professional Genealogists and numerous genealogical and family history societies.

PLEASE CHECK THE WEB SITE FOR MEETING LOCATION DETAILS: www.nwsgs.org. A few days prior to the meeting, information will be shared on the web site about a possible Zoom presentation.

Scrapbooking Club - POSTPONED

Friday Scrapbooking and All-Day Crops at the Senior Center are postponed until further notice.

Coloring Club - POSTPONED

The Senior Center meetings of the Coloring Club are postponed until further notice.

Sudoku Club - POSTPONED

The Senior Center meetings of the Sudoku Club, facilitated by John Fischer, are postponed until further notice.

Chess Club - POSTPONED

The Senior Center meetings of the Chess Club are postponed until further notice.

Laughter Club - DISCONTINUED

This program has been discontinued until further notice. Our faithful facilitator, Celeste Magers, has stepped back from her volunteer position for this program. We thank Celeste for her many years of volunteer service and wish her the very best!

Wii Bowling - POSTPONED

Wii Bowling at the Senior Center is postponed until further notice.

Ping Pong - POSTPONED

The Senior Center ping pong program is postponed until further notice.

Billiards - POSTPONED

Billiards play at the Senior Center is postponed until further notice.

Investment Clubs - POSTPONED

The Senior Center meetings of the Park Place Investment Club and Portfolio Investment Club are postponed until further notice.

M2M (Memories to Memoirs) Writers Club - POSTPONED

Share the unique memories of your life with your children, grandchildren, and beyond. Your written memories will be greatly treasured by your family and you will enjoy the support from fellow M2M Writers Club members in a non-critical atmosphere.

The Senior Center meetings of the M2M Writers Club are postponed until further notice.

Mah Jongg - POSTPONED

The Senior Center's Thursday Mah Jongg program, as well as open Mah Jongg play anywhere in the building is postponed until further notice.

Drop-in Cribbage - POSTPONED

The Senior Center's Tuesday morning cribbage program is postponed until further notice.

Open Card Room - POSTPONED

The Senior Center's card room is closed until further notice. Card playing anywhere in the building is postponed until further notice.

Bingo - POSTPONED

The Senior Center's Bingo program is postponed until further notice.

Luncheon Program

Lunch-n-More
CATERING AND FOOD SERVICE ENTERPRISE

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

Curbside Pickup Tuesdays and Thursdays from 11:30 am - 12:30 pm

Call to reserve a meal: 847-797-5354

If you are 60 years or older, we invite you to participate in our meal program

Call to reserve your two or three refrigerated/frozen meals or a box containing five frozen meals. We provide enough meals for five days. Each meal is nutritionally balanced, containing protein, starch, fruits and vegetables.
Drive through our Curbside Pick Up located in the back of the Senior Center.

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

Call 847-797-5354 for meal availability. Suggested donation: $4.00 per meal.

Home Delivered Meal Volunteers Needed to Deliver Meals in Wheeling Township

Catholic Charities provides meals Monday thru Friday to Home Bound Seniors throughout Wheeling Township.

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 and ready to be picked up at the Arlington Heights Senior Center at 10:30 am. Each route has around 8 to 12 Clients and takes no more than two hours to complete.

A commitment of one day each week is greatly appreciated. Please call 847.797.5350 and leave a message.

AGEOPTIONS

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 on Aging and the Federal Administration on Aging.

Northwest Community Healthcare

We Miss You! We'll Get Through This Together - - - nch.org

NCH Community Nurse Rose Jensen, MSM, MSN, RN is available to answer your healthcare questions or concerns, free of charge, in-person at the Senior Center by appointment only.
To schedule a Tuesday one-on-one appointment with Rose, to be conducted between the hours of 10 a.m. and 1:00 p.m., call 847.776.9570.

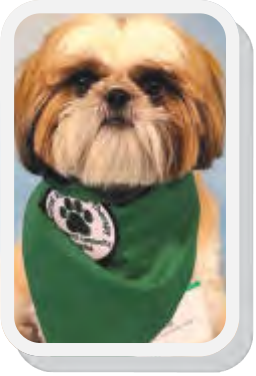
If you are unable to meet with Rose in-person, she can be reached for healthcare questions by phone or email:

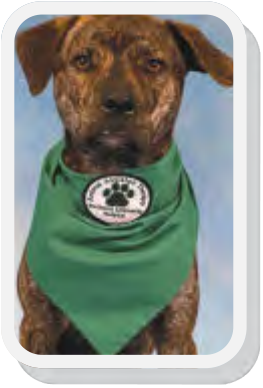
847.776.9570
rjensen@nch.org

Walkers' Club is not currently meeting at the Senior Center. If you are interested in the program and would like to be notified when the Walkers' Club resumes, please call 847.618.5575 and provide your name and phone number. While the Clinic is closed, the logbook will not be available.

This club is co-sponsored by NCH and the Arlington Heights Senior Center.

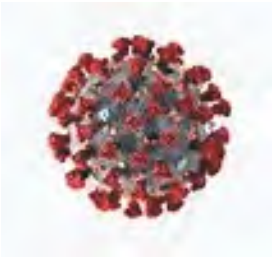
It's been RUFF without you!
We miss you more than you know.
Animal therapy visits to return soon!





nch Northwest Community Healthcare

Protect yourself and others from COVID-19



There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.

Stay home as much as possible and avoid close contact with others. Wear a cloth face covering that covers your nose and mouth in public settings. Clean and disinfect frequently touched surfaces. Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

cdc.gov/coronavirus

For more information about the Coronavirus, call the Illinois Department of Public Health at 1-800-889-3931.

Medicare Senior Health Insurance Program (SHIP)

Maureen Centeno, NCH Senior Services Specialist and SHIP (Medicare) Counselor is available to answer your Medicare questions by phone on Mondays, 8:30 a.m. - noon.

For more information, call Maureen at 847-618-5575, or mcenteno@nch.org.

MEDICARE

SENIOR HEALTH INSURANCE PROGRAM
Illinois Department on Aging

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at

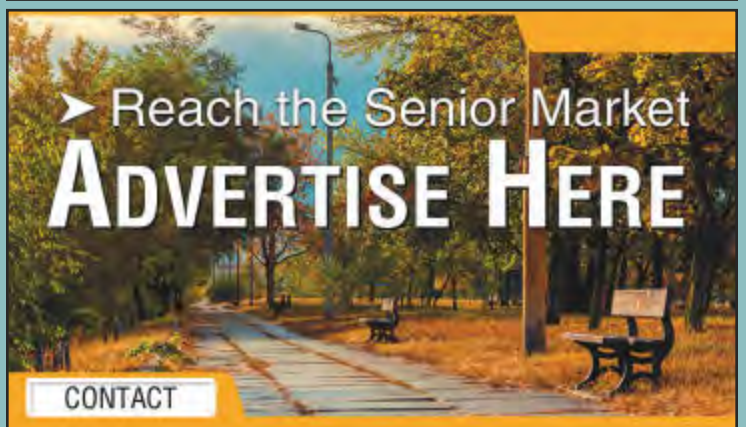
www.ourseniorcenter.com

WE'RE HIRING
AD SALES EXECUTIVES

Join our team

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers



Contact Alex Nicholas to place an ad today! anicholas@4LPi.com or (800) 950-9952 x2538

Volunteer Information

Volunteer Buzz ...From The Hive

Sharon Swanson, Volunteer Coordinator

Greetings! In 2019, we had 323 active volunteers and the total number of hours that they served was 26,771! Although we were not able to honor each of our volunteers this past April, I would like to thank every one of you for your service to the Arlington Heights Senior Center. The Senior Center is similar to a bee colony. All bees work together to ensure the survival of the colony. Without your dedication to our Center, it wouldn't be possible to provide such services as the home delivered meals program, rides to doctor's appointments or the lending of medical equipment. In a bee colony, every bee has a special job to help keep the colony healthy. This is also true of our volunteers. The Arlington Heights Senior Center actually has thirty-four different volunteer descriptions! Bees also use different dances to communicate with each other. If there is not enough worker bees on hand to help take in the nectar, they will perform a special dance, called the "tremble dance," to encourage other worker bees to help with this job. So, if you see me dancing a "tremble dance," check out the volunteer opportunities!

I miss all of you and cannot wait until the Senior Center is buzzing with activity again!

We would like to congratulate the following volunteers who have reached milestones in their service to the Arlington Heights Senior Center in 2019:

1000 Hours

Katherine Kinney
Mary Lucas
Penelope Moroney
Corydon Olson
Nancy Sauls
Emil Schumaier

2000 Hours

Fred Masek
Julia Meyer
Edward Michalski
Peggy Vaughan

3000 Hours

Patrick Barrett
Rose Osebold

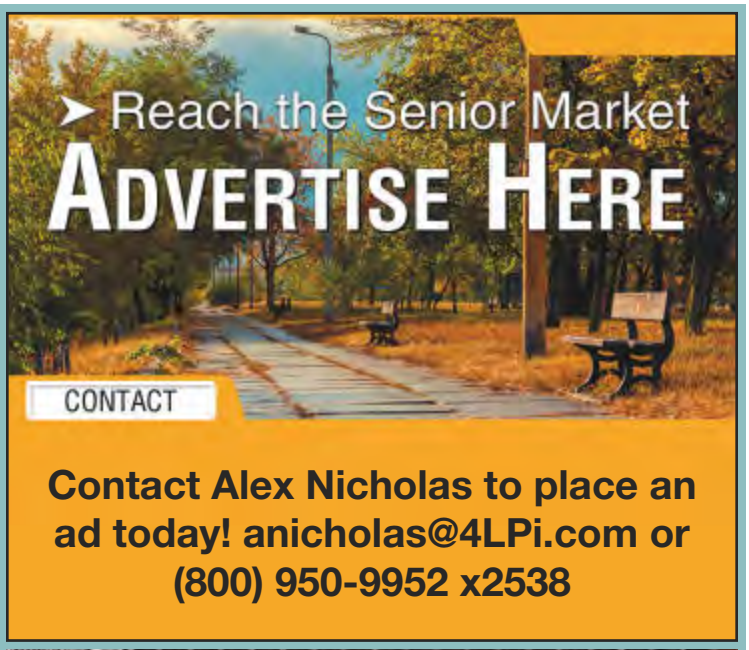
5000 Hours

George Weber

6000 Hours

George Galvan

We would also like to thank all of our volunteers for your service to the Arlington Heights Senior Center!



Movie Projectionist - NEW!
The Senior Center needs a volunteer once a month to run our Friday movie program. Responsibilities include operating the Bluray/DVD system, taking count of attendees and returning the movie to the front office when the movies is finished. Movies are held on the 2nd Friday of each month. Volunteer hours approximately 12:30-3:30 p.m.

Arlington Heights Nurses Club
Volunteers are needed to help in the Lending Closet. The Lending Closet offers durable medical equipment to Arlington Heights residents of all ages. The closet is manned by volunteers six days a week, Monday through Saturday, in just a 2-hour shift. We are looking for a volunteer on Mondays, 1-3pm. Retired nurses are especially welcomed, but no experience is necessary. Some computer knowledge is helpful and light lifting is required. Please contact Sharon Swanson in the Main Office, if interested, or call 847.253.5532.

Escorted Transportation Service
Older adults in the NW suburbs need your help! Assist senior citizens in your community in getting to their routine (non-urgent) medical check-ups by becoming a volunteer driver. This volunteer opportunity is completely FLEXIBLE. You set your schedule based on your availability. No weekly commitment required. For more information, stop by our office in the Senior Center, call 847-222-9227, visit www.etsnw.org >How to Help > Volunteer or email: info@etsnw.org.

Catholic Charities, Northwest Senior Services
Several different volunteer opportunities are available including: Volunteer Receptionist, Outreach Volunteer (assists at health fairs), Special Projects Volunteer (Excel knowledge required), Filer (requires standing/bending), Volunteer Caller (making weekly check-in calls) and Data Entry Volunteer (computer experience required). Interested individuals can contact Debbie Bohli-Mitchell in the Catholic Charities Northwest Senior Services office in the Senior Center, or call 847.253.5500 with questions and/or to apply.

Catholic Charities, Senior Nutrition Program
Drivers are needed to deliver meals to homebound seniors in the surrounding area one day a week - or more if you choose. Timeframe is approximately 2 hours per route. For more details, stop by the office or call Jim Tobin at 847.797.5350.

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

Life Enriching Experiences Can Be Yours at Addolorata Villa

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

Schedule your personal appointment today by calling (847) 808-4421 and discover just how rewarding this vibrant, carefree retirement lifestyle can be.

ADDOLORATA VILLA
FRANCISCAN COMMUNITIES
555 McHenry Rd., Wheeling, IL 60090
www.addoloratavilla.com
Sponsored by the Franciscan Sisters of Chicago

The greatest breakthrough in senior care?
Mom's cozy cottage.

COMPANIONSHIP CARE | 24-HOUR CARE | MEMORY CARE | HOSPICE SUPPORT | MEALS & NUTRITION | TRANSPORTATION

Home Instead SENIOR CARE
To us, it's personal.
847.690.9825
HomeInstead.com/205

Each Home Instead Senior Care franchise is independently owned and operated. © 2018 Home Instead, Inc.

Health, Wellness & Social Services

Are you a family member caring for a loved one at home? Under the current COVID-19 pandemic stay-at-home restrictions, it has been more stressful for many family caregivers, making it even more difficult to get a needed break. There are a number of resources available to support you in your caregiving journey. One resource is Catholic Charities Northwest Senior Services, located at the Arlington Heights Senior Center. Caregiver Specialists at Catholic Charities are experts in linking you to resources that may assist with your specific needs. The resources available include caregiver support groups, caregiver educational programs and respite. While the Catholic Charities staff is currently working remotely from home, the Caregiver Specialists are still able to assist you by phone. To learn more information and have a Caregiver Specialist contact you, call Catholic Charities at 847.253.5500.

In addition to contacting Catholic Charities, there are resources you can connect with online and/or by telephone. The Wellmed Charitable Foundation provides assistance and education to family caregivers, including through free telephone educational topics on a variety of topics such as legal issues, health and wellness, Alzheimer's and dementia and, care planning. To learn more about these programs and the schedule, you can call 1-866-390-6491 or go to their website at: wellmedcharitablefoundation.org.

Remember, as a family caregiver, it is important to care for yourself, so that you can better care for your loved one. We like to use the analogy of flying on a plane: The flight attendant gives instructions for the use of the oxygen masks in the event of an emergency and always says to put oxygen on yourself first before assisting others who need help.

33rd Annual Community Paint-A-Thon

If the *exterior* of your home needs painting, consider applying for the 33rd Annual Community Paint-A-Thon program. Contact Catholic Charities Northwest Senior Services for more information and to be added to the application list. This year's Paint-A-Thon will be held Saturday, September 19, 2020. Call Catholic Charities Intake for more information at 847.253.5500.

CHURCH CREEK SENIOR LIVING –
Care-free Living
FOR
ARLINGTON HEIGHTS SENIORS

OFFERING:
- Independent & Assisted Living
- Memory Care
- Respite/Short-Term Stays
- Skilled Nursing Care

CHURCH CREEK
FIVESTAR SENIOR LIVING™
1250 West Central Road
Arlington Heights, IL 60005
847-506-3200
www.ChurchCreekRetirement.com

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,
Medicare & Medicaid Assistance and Referrals
Wills & Trusts
Probate & Trust Administration

Jo Segalla
jsegalla@dkmolaw.com

National Academy of Elder Law Attorneys, Inc. Member

DK M&O
DROST KIVLAHAN
MCMAHON & O'CONNOR LLC
Building lasting relationships since 1987
11 S. Dunton Avenue, Arlington Heights, IL 60005 • 847-577-2227• www.dkmolaw.com

Village of Arlington Heights Health Services Department Blood Pressure Clinics at the Senior Center - BY APPOINTMENT ONLY

Mondays, 8:30a-10:00a
Appointments will be conducted in 15-minute increments, by appointment only. To register in advance for a Monday morning blood pressure screening, please call 847.253.5532.

Arlington Heights Nurses Club Lending Closet - CURBSIDE BY APPT. ONLY

Please call 847.797.5315 for information and details on scheduling curbside check-out and return of equipment. This is a free service for Arlington Heights residents of any age. Please note that the Lending Closet is NOT able to accept any donations at this time.

Medication Disposal at Police Dept.

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 24 hours/day.

The take back program accepts prescription or over-the-counter drugs in an enclosed container or original packaging. Not accepted are liquids or sharps (syringe, lancet, etc.). 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 Dept. is located at 200 E. Sigwalt St., next to village hall.

Sharps Disposal - MODIFIED

Sponsored by SWANCC, the Sharps disposal will be available to drop off inside the lobby of the Senior Center. Visitors will need to go through a health screen before entering the building.

Korean American Parkinson's Support Group - POSTPONED

The Senior Center meetings of the Korean American Parkinson's Support Group are postponed until further notice.

Meditation Sessions - DISCONTINUED

This program has been discontinued until further notice. Our faithful facilitator, Celeste Magers, has stepped back from her volunteer position for this program. We thank Celeste for her many years of volunteer service and wish her the very best!

Senior Health Insurance Program (SHIP) - PHONE APPOINTMENTS ONLY

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

Call 847.253.5532 to schedule a Friday morning phone appointment with a SHIP counselor.

Alzheimer's/Dementia Caregiver Support Group - VIRTUAL

Meetings are held the 2nd Monday of the month, 12:30p-2:00p. Join us: 7/13, 8/10, 9/14, 10/12, 11/9 & 12/14.

Facilitated by Jim Harbaugh, this support group will allow you to meet others who face similar challenges in caring for a loved one with Alzheimer's/ Dementia.

This free program will be held via Zoom (video or phone-in) until further notice. To receive the Zoom meeting information, please call 847.253.5532 to register with your name, phone number and email address and a link will be sent to you at least one day prior.

Village of Arlington Heights Nursing Services - Wellness Clinics

In response to the Governor Pritzker's expansion of Restore Illinois to Phase 3, Nursing Services is excited to reopen our Wellness Clinics held at the Village Hall.

To adhere to the safety guidelines established, it will be necessary to require appointments to ensure appropriate physical (social) distancing.

Wellness Clinic Hours by Appointment at Village Hall Only:

- Monday afternoon from 3:00 p.m. - 4:30 p.m.
- Thursday mornings from 8:30 a.m. – 10:00 a.m.

To make an appointment, please call 847-368-5760

Blood Pressure Screenings – Cost: Free
Mondays 3:00 p.m.-4:30 p.m. & Thursdays 8:30 a.m.-10:00 a.m.

B-12 Injections - Cost: $3
Mondays 3:00 p.m.-4:30 p.m. & Thursdays 8:30 a.m.-10:00 a.m.
You must bring your own medication supply with doctor order or in current prescription vial.

Cholesterol Screenings - Cost: $20
Cholesterol Screenings for total, HDL & LDL (12 hour fast required & drink plenty of water) will be done on an appointment basis the second Wednesday of each month.

Diabetic/Blood Sugar Screenings - Cost: $3
Mondays 3:00 p.m.-4:30 p.m. & Thursdays 8:30 a.m.-10:00 a.m.

INR/Anti-Coagulation Testing - Cost: $7
Mondays 3:00 p.m.-4:30 p.m. & Thursdays 8:30 a.m.-10:00 a.m.
You must bring your physician's fax number.

Tuberculosis (TB) Skin Testing – Cost: $15
Testing on Mondays 3:00 p.m.-4:30 p.m. You must return the following Thursday between 8:00 a.m.-4:30 p.m. for results.

Hepatitis B Adult Vaccine - Cost: $55 (Recommend to call for availability)
Mondays 3:00 p.m.-4:30 p.m. & Thursdays 8:30 a.m.-10:00 a.m.

Tdap (Tetanus, Diphtheria, Pertussis) Vaccine - Cost: $45 (Recommend to call for availability) Mondays 3:00 p.m.-4:30 p.m. & Thursdays 8:30 a.m.-10:00 a.m.

Payment is due at time of service. Cash or check accepted.
We are not an insurance provider and cannot bill your insurance. Prices subject to change.

Driver Services

Rules of the Road Review Course - VIRTUAL

Thursdays, 8/13 & 12/10, 10:00a-12:00p
This free course, conducted by the Office of the Illinois Secretary of State, is designed to give drivers the knowledge and confidence needed to renew or obtain a driver's license. The review course combines an explanation of the driving exam with a practice written exam.

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

Please note: until further notice, this program will be conducted virtually. Advance registration required.

To sign up for either the August 13th or December 10th class, call the Senior Center at 847.253.5532 and provide your name, email address, mailing address and phone number. You will then be contacted prior to the course date with further details.

AARP Smart Driver™ Course Canceled

AARP has canceled its in-person AARP Smart Driver™ courses through December 2020. For information regarding online classes, go to aarpdriversafety.org.

When you take the AARP Smart Driver™ online course, you could be eligible for a multi-year discount on your auto insurance (check with your insurance company for details). Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

- Important facts about the effects of medications on driving
- How to reduce driver distractions
- How to maintain the proper following distance behind another car
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today
- Techniques for handling left turns, right-of-way, and roundabouts
- Age-related physical changes and how to adjust your driving to compensate

NOTE: AARP has also canceled its Smart DriverTEK & CarFit Events through December 2020.

For ad info. call 1-800-950-9952 • www.4lpi.com Arlington Heights Senior Center, Arlington Heights, IL I 4C 01-1374

Escorted Transportation Service, Northwest

Stay-at-Home

We are happy to report that ETS was able to continue taking passengers to their life-sustaining dialysis rides during the stay-at-home period. Because other medical appointments were cancelled, we were not taking any other rides. However, that did not stop ETS and our amazing volunteers from helping out our seniors. Our volunteers made regular friendly calls to our community members and sent notes as well. Both ensured our seniors were getting the care and services they needed, but also provided a bit of social interaction during the time of isolation. We can't thank our volunteers enough for stepping up during this difficult time.

Back to Work

And now it is back to work. ETS began to offer rides to certain medical appointments on June 15th. We have implemented additional guidelines for both our passengers and volunteers in an effort to keep both safe. The additional guidelines were developed using the recommendations of the CDC and IDPH and included required face masks, screening questions, etc.

We do have a limited number of volunteers at this time. Because of that we are prioritizing rides for those that are most critical (macular degeneration eye shots, INR blood level tests, checkups with oncologists, cardiologists and other specialties, etc.). We are not yet accepting rides for non-urgent care such as teeth-cleaning, eye exams (for glasses) and nail checks at the podiatrist. We hope that as additional volunteers return to driving, we will be able to expand our service to include all medical rides as before.

A Big Shout Out

We want to take a moment to send an extra-special THANK YOU to Amy G, our Director of Program & Operations. She has gone above and beyond for our passengers, volunteers and the organization during this very difficult time. Her caring, compassion and dedication is so very much appreciated. Thank you!

Glueckert Funeral Home Ltd.

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.

- Express Your Own Unique Wishes
- Relieve Your Family From Making Decisions Under Stress
- Cost Protection Options
- Help Qualify for Medicaid
- Transferable
- Eliminate Emotional Overspending

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.

(847) 253-0168 GlueckertFH.com

1520 North Arlington Heights Road - Arlington Heights

Edward Jones®

MAKING SENSE OF INVESTING

Member SIPC

• STOCKS • BONDS
• MUTUAL FUNDS

- 401K Options
- IRA's • CD's
- 529 Plans
- Insurance Needs

Craig Schuessler
Financial Advisor

847-392-6870
1500 North Arlington Hts. Road
Arlington Heights

Newsletter Subscription Form

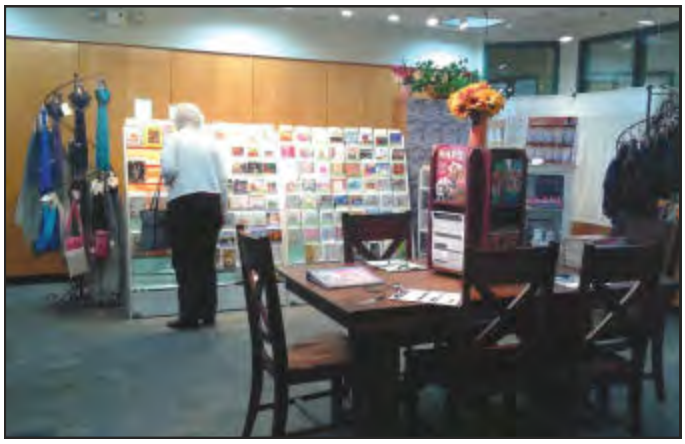
1801 W. Central Road ● Arlington Heights ● Illinois ● 60005
Phone: (847) 253-5532 ● **Fax**: (847) 253-4476
seniorcenter@vah.com ● www.vah.com

- Subscription to this publication is voluntary. You will receive a letter when your subscription is up for renewal.
- Available to persons age 55 and over.
- Due to funding requirements, some Senior Center agencies may have eligibility requirements of 60 years or over.
- One spouse, partner or relative in your household may enroll with your subscription (fill in "Name #2" below).
- The cost is $15.00 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
- One-time 10% discount in the Arlington Heights Park District Gift Shop at the Senior Center*
- One free trial day in the Arlington Athletic Club - club orientation required prior to the free trial*
- One free Wood Shop trial - must attend free safety training prior to trial*

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



Pictured above: Park District Gift Store at the Senior Center

To become a subscriber, please tear out this full page and submit it along with the $15.00 payment to the Main Office at the Arlington Heights Senior Center - or mail to the above address. 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:** _____

Emergency Contact: _____ **Relationship:** _____

Contact's Phone: _____ **Contact's Other Phone:** _____

Please check the appropriate box: ☐ **This is a new subscription** ☐ **This is a renewal of my subscription**

OFFICE USE ONLY

Date: _____ Cash / Check Number: _____

Received by: _____ New / Renewal (circle one)

Subscription Expires: Jan/Feb March/April May/June July/Aug Sept/Oct Nov/Dec Year: _____

ARLINGTON HEIGHTS SENIOR CENTER

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

Arlington Heights Senior Center, Inc. Wishes to Thank Sponsors of the Senior Services Expo 2019

Platinum Sponsors

DKM&O Attorneys

Physical Therapy Solutions

The Moorings of Arlington Heights

Transitional Care of Arlington Heights

Gold Sponsors

Comfort Keepers In-Home Care
Glueckert Funeral Home
Home Instead Senior Care
Sacred Way Organics, LTD
The Lutheran Home
The Radcliff Senior Living
United Healthcare

Silver Sponsors

Arboria of Long Grove
Belmont Village Senior Living
Legacy Health Care
The Auberge

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).