

Momentum

Senior Center Newsletter

November-December 2017

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Senior Center

3323 Walters Avenue
Northbrook, IL 60062
Phone: 847-291-2988

Office Hours

Monday-Friday 9am-4pm

Staff

Meri Niehaus

Program Manager

Cory Griffith

Senior Center Supervisor

Kathy Liuzza & JoAnn Nelson

Office Coordinators

Leisure Center Lounge!

Check out the lounge in the Theatre lobby. Read a book, chat with friends, play a game or enjoy a cup of coffee before or after a program.

Senior Center Memberships

Renew now! The current membership fee is only \$24 for Northbrook Park District residents and \$34 for non-residents. Membership for 2018 will be \$30 for residents and \$45 for non-residents. Members receive discounts and free access to drop-in programs.



Thanksgiving Luncheon

Friday, November 17 from
11:30am-2pm

Enjoy turkey and all the trimmings with friends and family at the Senior Center. Follow up the full meal with entertainment by *The 45s*,

singing classics from the '40s through the '70s. **Register by November 13.**

Sponsored by Radford Green and LifeCare

Members: \$15

Code: 22174

Holiday Party

Friday, December 8 from 11:30am-2pm

Sunset Ridge Country Club, Northfield

Celebrate the season with lunch, entertainment and raffle prizes. Menu choice: Sautéed Breast of Chicken or Salmon. Register by December 1.

Sponsored by Whitehall of Deerfield

Member \$35

Code: 22160



Winter Bingo & Lunch

Friday, January 26 from
11:30am-2pm

Warm up inside the Senior Center and enjoy an afternoon of Bingo, along with hot soup for lunch and a yummy dessert.

Sign up for your chance to win fabulous prizes. Register by January 19.

Member \$10

Code: 5941

Trips & Adventures

Register now! Join us for fun, hassle-free excursions with your friends. Advise staff when registering if you need any reasonable accommodations, such as dietary changes. Refunds are limited.

1 Light Walking
Short walking distances and no stairs

2 Mid-Level Walking
Some walking, short periods of standing and some stairs

3 Heavy Walking
Extended periods of walking, standing and stairs



Murder Mystery Lunch – Northbrook 1

Thursday, November 9 from 11:30am-3pm

Come enjoy a lovely plated lunch at Marcello’s Restaurant. Prepare yourself for some laughs and bring your best crime-solving skills to figure out who the culprit is. Everyone who would like to participate in the game will play a part. Transportation to the restaurant is on your own.

Members: \$89

Code: 22665



Christmas Remembered – Rosewood, Delavan, Wisconsin . . 1

Friday, December 1 from 10:30am-6pm

Christmas can mean many things to different people. As we celebrate together, we look back to remember all the songs, hymns and carols that make this a magical time for us all. Sing along with your favorite holiday classics. A meal will be served before the show.

Members \$99

Code: 22666



A Wonderful Life – Theatre at the Center, Munster, Indiana . . 2

Wednesday, December 13 from 10:30am-6pm

The classic movie has come to Theatre at the Center. The Pulitzer Prize and Tony Award-winner Sheldon Harnick captures the magic of the holiday film and brings the world of Bedford Falls to life. Lunch is included and shopping is available for those who are interested.

Members \$119

Code: 21813



Beautiful – Cadillac Palace Theatre, Chicago 2

Wednesday, January 24 from 10:30am-6pm

Beautiful tells the inspiring true story of Carole King’s remarkable rise to stardom, from being part of a hit songwriting team with her husband, to her relationship with fellow writers, to becoming one of the most successful solo acts in popular music history. Along the way, she wrote the soundtrack to a generation.

Member \$169

Code: 5939

Refund Policy: All refunds are subject to an administrative fee of 10% of the program cost. Trips may have nonrefundable deposits and/or special restrictions. Refunds do not apply to program supplies, materials purchased, gift certificates, food and contractual programs.

Classes

All classes and activities are in the Leisure Center unless otherwise noted.

Bridge – Beginner

Learn basic bidding and playing in a stress-free environment. Sign up with a friend or partner or come to meet new ones.

Residents: \$99/Non-Residents: \$115 for 8 classes
ACBL Certified Teacher: Phyllis Bartlett

Days	Times	Dates	Code
Wednesday	6:30-8:30pm	3/14-5/2	5854

Bridge – Intermediate Beginner

Each session combines instruction and play.

ACBL Accredited Teacher: Marcia Plonsker

Days	Times	Dates	Code
Residents: \$85/Non-Residents: \$99 for 6 classes			
Tuesday	6:30-8:30pm	1/9-2/13	5856

Residents: \$69/Non-Residents: \$79 for 5 classes			
Tuesday	6:30-8:30pm	2/20-3/20	5855

Bridge – Advanced Beginner

This class is designed for players who completed beginning classes. Instruction starts with a review and then moves on to conventions. Declarer play with defense will be emphasized with pre-dealt hands.

Residents: \$99/Non-Residents: \$115 for 8 classes
ACBL Certified Teacher: Phyllis Bartlett

Days	Times	Dates	Code
Monday	6:30-8:30pm	3/5-4/23	5853

Canasta – Beginner

Learn the basics, review rules and learn as you play.

Members: \$49 for 4 classes Instructor: Terri Argentar

Days	Times	Dates	Code
Monday	Noon-3pm	1/8-1/29	5918
Friday	Noon-3pm	1/12-2/2	5919

Monday	Noon-3pm	2/19-3/12	5920
Friday	Noon-3pm	2/23-3/16	5921



Canasta – Intermediate

Review the rules and learn strategies as you play.

Members: \$25 for 2 classes Instructor: Terri Argentar

Days	Times	Dates	Code
Monday	Noon-3pm	2/5-2/12	5924
Friday	Noon-3pm	2/9-2/16	5925

Monday	Noon-3pm	3/19-3/26	5926
Friday	Noon-3pm	3/23-3/30	5928

Mahjong – Beginner

New players learn and play Mahjong. Bring a current Mahjong card.

Members: \$49 for 5 classes Instructor: Shirley Merar

Days	Times	Dates	Code
Tuesdays	6-8pm	1/9-2/6	5933
Thursdays	9:30-11:30am	1/11-2/8	5931
Fridays	9:30-11:30am	1/12-2/9	5932

Mahjong – Intermediate

This class is for people who have taken Beginner or those who want to brush up on their skills. Bring a current Mahjong card.

Members: \$55 for 5 classes Instructor: Shirley Merar

Days	Times	Dates	Code
Tuesdays	6-8pm	2/13-3/13	5934
Thursdays	9:30-11:30am	2/15-3/15	5935
Fridays	9:30-11:30am	2/16-3/16	6019

Classes

All classes and activities are in the Leisure Center unless otherwise noted.



Knitting and Crocheting – Keeping You in Stitches

Learn to create works of art with yarn and needles. Our experienced instructor teaches fundamentals and assists with projects. Participants supply materials.

Instructor: Sharon Robbins

Days	Times	Dates	Code
Residents: \$79/Non-Residents: \$89 for 6 classes			
Thursday	7-8:30pm	1/11-2/15	5868
Residents: \$65/Non-Residents: \$75 for 5 classes			
Thursday	7-8:30pm	2/22-3/22	22163

Tap Dancing – Intermediate/Advanced

Tap your troubles away with exciting tap routines. Previous tap dancing experience is required, along with tap shoes.

Residents: \$79/Non-Residents: \$89 for 7 classes

Instructor: Ginnie Meyer

Days	Times	Dates	Code
Tuesday	1-2pm	11/7-12/19	22561
Tuesday	1-2pm	1/9-2/20	5906

The Palette Pals (Oil/Acrylics)

Learn the fundamentals of shading, composition and perspective. A supply list is available at registration; bring materials to the first class.

Instructor: Kathy Kathrein

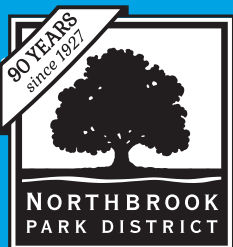
Days	Times	Dates	Code
Members: \$30 for 5 classes			
Wednesday	1-3pm	11/7-12/20	22176
Members: \$35 for 6 classes			
Wednesday	1-3pm	1/10-2/14	5937

Ceramics – Open Workshop

Express your creativity with clay, using the potter's wheel and hand-building techniques from sculpture to jewelry. Students at all levels receive individual attention, along with a variety of clays, glazes and basic tools. We provide all materials.

Instructor: Sharon Robbins

Days	Times	Dates	Code
Residents: \$179/Non-Residents: \$215 for 8 classes			
Tuesday	Noon-3pm	1/9-2/13	5863
Friday	Noon-3pm	1/12-2/16	5984
Residents: \$149/Non-Residents: \$179 for 8 classes			
Tuesday	Noon-3pm	2/20-3/20	22158
Friday	Noon-3pm	2/23-3/23	22381



Stay connected to Park District park/facility projects, meetings and events at nbparks.org!

Activities

Register at the Senior Center or call 847-291-2988.



Lunch and Learn

Enjoy a delicious lunch and enjoy informative presentations from **noon-2pm**.

■ Understanding Long-Term Care Benefits Tuesday, January 30

Learn about your long-term care coverage from expert Mitchell Abrams. He will go over general tips and things to look for in your coverage, as well as answer questions about your specific coverage. Bring your policy if you have one.

Member \$10

Code: 5929

■ Leslie Goddard as Georgia O'Keeffe Tuesday, February 20

One of the most acclaimed artists of the 20th century, Georgia O'Keeffe, is renowned for her brilliant paintings of flowers, nature, and the landscape around her home in New Mexico. Learn about the creation of these paintings, as well as the complex woman whose mythmaking encompassed both her paintings and her life.

Member \$10

Code: 6023

■ Northbrook Police Department Talks Scams Tuesday, March 6

Join the Northbrook Police Department to discuss the latest scams and learn what to watch out for to protect yourself and your family.

Member \$7

Code: 6024

Lunch and Movie

Enjoy a catered lunch and watch a movie with friends from **noon-3pm**.



Tuesday, November 14

The Martian

Matt Damon plays an astronaut who becomes stranded on Mars after his team assumes he is dead. He must rely on his ingenuity to find a way to signal to Earth that he is alive.

Members: \$6

Code: 22166



Out of Africa

Tuesday, January 16

In 20th century colonial Kenya, a Danish baroness and plantation owner has a romantic affair with a big-game hunter. Meryl Streep stars alongside Robert Redford in this Oscar-winning film.

Members: \$6

Code: 5930



Ocean's Eleven

Tuesday, December 12

Danny Ocean, portrayed by George Clooney, and his eleven accomplices attempt to rob three Las Vegas casinos simultaneously. Will their brilliant plan work?

Member \$6

Code: 22656

Fitness Classes

Register at the Senior Center or call 847-291-2988.

Check out the Park District Guide for additional Fitness programs for Adults.



Low Intensity

Heart rate is 68-92 beats/min.



Moderate Intensity

Heart rate is 93-to-118 beats/min.



High Intensity

Heart rate is over 119 beats/min



Cardio-Rhythmics

Focus on fitness with light weights.

Mondays, Wednesdays and Fridays from 9:15-10:15am

Drop-in fee is \$5 per class (No class 11/24)

Save with a swipe card:

Members: \$36 for 12 classes, \$60 for 24 classes

Instructors: Phyllis Williams (M, F), Carol King (W)



Chair Yoga

Exercises are done in a chair or standing.

Instructor: Olga Rudiak

Days	Times	Dates	Code
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Members: \$55 for 6 classes

Monday	9:30-11am	1/8-2/12	5803
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Wednesday	9:30-11am	1/10-2/14	5804
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Members: \$45 for 5 classes

Monday	9:30-11am	2/19-3/19	5805
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Wednesday	9:30-11am	2/21-3/21	5806
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Joints In Motion

Exercises are designed for those with arthritis, stenosis, fibromyalgia or joint replacements.

Members: \$45 for 6 classes

Certified Instructor: Judy Bishop

Days	Times	Dates	Code
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Friday	10:45-11:45am	1/12-2/16	5808
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Tuesday	10:45-11:45am	1/9-2/13	5807
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Tuesday	10:45-11:45am	2/20-3/27	5809
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Friday	10:45-11:45am	2/23-3/30	5985
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Morning Mindfulness Meditation

Begin the day with guided meditation. We will use chairs for seated meditation or bring a mat if you prefer.

Certified Instructor: Laurie Amram

Days	Times	Dates	Code
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Members: \$65 for 6 classes

Monday	9:15-10:15am	1/8-2/12	5810
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Members: \$55 for 5 classes

Monday	9:15-10:15	2/19-3/19	22203
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Pilates Plus Weights

This vigorous mat class offers strength-building sequences in lying, standing and kneeling positions for overall body strength. Bring a towel.

Certified Instructor: Margaret Armour

Days	Times	Dates	Code
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Residents: \$75/Non-Residents: \$95 for 6 classes

Wednesday	8-9am	1/10-2/14	5986
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Residents: \$65/Non-Residents: \$90 for 5 classes

Wednesday	8-9am	2/21-3/21	22688
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Sit and BeFIT

Enjoy a lively workout while seated.

Instructor: Carol King

Days	Times	Dates	Code
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Members: \$45 for 6 classes

Wednesday	11am-Noon	1/10-2/14	5821
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Members: \$35 for 5 classes

Wednesday	11am-Noon	2/21-3/21	5822
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Fitness Classes

Register at the Senior Center or call 847-291-2988.



Tai Chi

This Chinese exercise improves balance and flexibility.

Instruction: Tai Chi Society

Days	Times	Dates	Code
Members: \$45 for 6 classes			
Tuesday	10:30-11:30am	1/9-2/13	5823
Members: \$40 for 5 classes			
Tuesday	10:30-11:30am	2/20-3/20	5824

Total Body Conditioning

Try three types of fitness: aerobics, strength training and flexibility exercises.

Location: Northbrook Sports Center

Certified Instructors: Leslye Jones-Beatty (Monday)
Anne Hansen (Friday)

Days	Times	Dates	Code
Members: \$45 for 6 classes			
Monday	9:30-10:30am	1/8-2/12	5829
Friday	9-10am	1/12-2/16	5830
Members: \$35 for 5 classes			
Monday	9:30-10:30am	2/19-3/19	5989

W.O.W. (Wonderful Overall Workout)

This cardio class will work your muscles and strengthen your core while using hand weights.

Instructor: Carol King

Days	Times	Dates	Code
Members: \$45 for 6 classes			
Thursday	9:15-10:15am	1/11-2/15	5831
Members: \$36 for 5 classes			
Thursday	9:15-10:15am	2/22-3/22	5832

Yoga

Slow, sustained stretching movements and breathing exercises keep your body in tune.

Certified Instructor: Maxine (25+ years of experience)

Days	Times	Dates(#)	Code
Residents: \$80/Non-Residents: \$100 for 11 classes			
Monday	9-10:15am	1/8-3/12	5841
Monday	10:20-11:35am	1/8-3/12	5842
Residents: \$65/Non-Residents: \$85 for 9 classes			
Tuesday	6:30-7:45pm	1/9-3/6	5837
Thursday	6:30-7:45am	1/11-3/8	5838
Residents: \$72/Non-Residents: \$92 for 10 classes			
Friday	9-10:15am	1/12-3/16	5839
Friday	10:20-11:35am	1/12-3/16	5840

Zumba Gold

This dance workout uses Latin music and easy-to-follow dance moves mixed with aerobics.

Drop-in fee is \$10 per class

Instructors: Lissette Jimenez (Monday),
Oxana Ivlicheva (Tuesday & Thursday)

Days	Times	Dates	Code
Members: \$49 for 6 classes			
Monday	6-7pm	1/8-2/12	5845
Tuesday	9:30-10:30am	1/9-2/13	5846
Thursday	10:30-11:30am	1/11-2/15	5847
Members: \$45 for 5 classes			
Monday	6-7pm	2/19-3/19	5848
Tuesday	9:30-10:30am	2/20-3/20	5849
Thursday	10:30-11:30am	2/22-3/22	5850

Welcome New Program Manager – Meri Niehaus



The Senior Center is pleased to introduce Meri Niehaus as the new Program Manager at the Leisure Center. Meri started in September. She will provide operational oversight to the Senior Center as well as oversee other Leisure Center programming. Meri was most recently with the Lombard Park District as a Program Manager where she was responsible for programs, special events and fine arts. Prior to this, she worked at Tinley Park-Park District as a Recreation Supervisor overseeing their senior center.

Meri attended Illinois State University where she attained a Master's Degree in Recreation Administration and a Bachelor's Degree in Parks and Recreation Administration with a minor in Business Administration.

Meri enjoys being active, reading a good book, trying new recipes, and going on long walks with her two dogs. She is very excited to be a part of the Northbrook Park District Team and looks forward to seeing all the programs, events, and connecting with all the Senior participants!

Welcome New Members

Andy Anderson	Donna Fish	Arlene Handler	Guenter Schroeder
Cheryl Anderson	Lynn Fischer	Ray Handler	Virginia Schultzy
Renee Bass	Fred Fisher	Judith Klein	Randi Schwartz
Judith Blacklidge	Lois Fisher	Avy Lee	Margo Serlin
Sarah Budweg	Cindy Fleischer	David Lee	Lois Shapiro
Carole Cohen	Shari Flores	Joan Levy	Katherine Sutton
Bruno Cortic	Fred Forman	Gail Meyers	Linda Torp
Niles Dwyer	John Gran	Sherwin Meyers	Tom Torp
Phyllis Edelstein	Beverly Grossman	Bernice Rosenstein	Donna Yesner

GET WELL WISHES

Thelma Weiner from Marilyn Feirstein

Ulfer and Carol Thors for a speedy recovery for your son, Bernie, from Fern Kaplan and Carole Dunn

Donations in Memory of...

John "Jack" Brady from Doris Batz, Sue Winer, Diana Schneeberger, Marilyn Ramirez, Usha Vakharia and Mary Lynn Saks

Happy Birthday



November Birthdays

1 Arlene Gelman	7 Ira Silverman	15 Carmel Gingiss	26 Robert Lisco
2 Fred Hakimian	8 Elaine Flitman	16 Barb Dubman	26 Carolyn Steinway
2 Karen Pedersen	9 Rochelle Rosenthal	16 Janet Merydith	26 Ed Walsh
3 Sandra Ikenn	10 Erika Gasperik	18 Carole Small	27 Sondra Mount
4 Diane Barounis	10 Ray Ogaz	19 Irma Cravath	27 Rudra Nadhan
4 Bernard Fine	10 Linda Tepper	19 Karen Goldblatt	27 Hermino Velazquez
4 Meryl Kay	11 Gerri Menn	24 Rudy Bonjoc	28 Howard Gelber
4 Barbara Libauer	11 Joan Wojcik	25 Tina Mazzetti	28 Elda Sansone
6 Carol Goff	13 Edward Bass	25 Rita Meyers	29 Joanne Liberman
6 Mary Hayes	13 Sharon Rothstein	25 Faith Stone	29 Ellen Romick
7 Jack Kolof	13 Lois Shapiro	25 Hy Weiner	30 Sam Dorne
7 Janet Milbrandt	14 Sandra Sklar	26 Rita Goone	30 Burt Zis
7 Sharon Robbins	15 Lois Armstrong	26 John Gran	

December Birthdays

1 Marcy Zerwic	10 Roberta Silbar	15 Olga Machado	24 JoAnn Bauman
2 Barbara Gonzalez	10 Alyce Taxe	16 Karen Bonner	24 Dale Lindermeier
2 Abel Kolchinsky	10 Eleanor Zeman	16 Diane Friedman	24 Sharon Samuels
4 Casper Braverman	11 Anita Becker	17 Barabara Brandin	27 Stanley McCracken
4 Jacob Brody	11 Hollis Chalem	17 Stanley McCracken	27 Dalia Rabinowitz
4 Lenore Cooper	11 Lai Kwok	18 Eileen Fine	28 Harriet Rudenberg
4 Shirlee Rosenberg	11 Greta Seaton	19 Elana Golgin	28 Hedda Schless
5 Al Lambert	11 Marcie Segall	19 Tammy Greenfield	29 Dorthy S. Leviton
5 Barbara Levin	11 Marianna Spatzek	19 Joan Jernstorm	29 Sherwin Polinsky
6 Diane Friedman	12 Ina Begoun	20 Louis Elovitz	29 Ann Schrack
7 Cinda Horwitz	12 Abel Kolchinsky	21 Sherwin Brook	29 Marilyn Tolsky
8 Armand Poteshman	12 Felicia Lerner	22 Jody Gale	30 Sheila Peskin
9 Joanne Finer	12 Sue Winer	22 Carmela Ginardi	31 Jean Davidson
9 Cinda Horwitz	13 Linda Blackstone	22 Cecilia Moran	31 Jerry Guberman
10 Bobbie Jacobson	13 David Helman	23 Roberta Finkel	
10 Clara Mueller	15 Fred Forman	23 Marvin Klein	

Daily Schedule

Programs shown in color are free for members. Just drop in!



SENIOR CENTER

Connect with us at nbparks.org and follow us on Facebook!
Questions? Call 847-291-2988

Monday

9:15-10:15am	Cardio Class
9:30-10:30am	Total Body Cond.
9:30-10:30am	Chair Yoga
10am-2pm	Sewing and Crafts
11:30am-4pm	Mahjong
Noon-3pm	Canasta
Noon-4pm	Duplicate Bridge
12:30-4pm	Men's Poker
6-7pm	Zumba Gold
6:30-8:30pm	Bridge - Adv. Beg.

Tuesday

9-11am	Social Time
9:30-10:30am	Zumba Gold
9:30-10:30am	Morning Mindfulness Meditation
9:30am-Noon	Bridge
10:30-11:30am	Tai Chi
10:45-11:45am	Joints in Motion
11:30am-4pm	Mixed Poker
12:30-3:30pm	Social Services (1st and 3rd week)
1-2pm	Tap Dancing
1-2pm	Current Events
6:30-8:30pm	Mahjong Class
6:30-8:30pm	Bridge - Int. Beg.

Wednesday

9:15-10:15am	Cardio Class
9:30-11am	Chair Yoga
10am-Noon	Knit/Crochet
11am-Noon	Sit & Be Fit
11:30am-4pm	Canasta
Noon-3:30pm	Dr. Berman Podiatrist (by appt.) (2nd week)
12:30-4pm	Men's Poker
1-3pm	Palette Pals
5:30-6:30pm	Tap Dancing
6:30-8:30pm	Bridge - Beg.

Thursday

8:45-9:45am	Zumba Gold
9:15-10:15am	W.O.W.
9:30-11:30am	Park Larks
9:30-11:30am	Mahjong Class
11:30am-4pm	Mahjong
11:30am-4pm	Mixed Poker
Noon-3pm	Canasta
Noon-3:30pm	Art Studio

Friday

9-10am	Total Body Cond.
9:15-10:15am	Cardio Class
9:30am-Noon	Humanities
10:45-11:45am	Joints in Motion
Noon-3pm	Canasta
12:30-4pm	Men's Poker
1:30-3pm	Bunco (2nd & 4th week) Dates subject to change

Saturday

11am-3:30pm	Mahjong
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Sunday

11am-3:30pm	Mahjong
11:30am-3:30pm	Mixed Poker

Event Calendar

Register for events at the Senior Center or call 847-291-2988.

November

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
			1 Lunch & Bingo 11:30am-2pm	2	3	4
5	6	7 Leslie Goddard Noon-2pm Social Services (by appointment)	8	9 TRIP: Murder Mystery Lunch 11:30am-3pm	10 Veterans' Day Breakfast 9:30-11am Bunco 1:30-3pm	11
12	13 AARP 9am-1pm	14 AARP 9am-1pm Lunch & Movie Noon-3pm	15	16	17 Thanksgiving Luncheon 11:30am-2pm	18
19	20	21 Social Services (by appointment)	22	23	24	25
26	27	28	29	30		

December

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
					1 TRIP: Christmas Remembered at Rosewood 10:30am-6pm	2
3	4	5 Social Services (by appointment)	6 Podiatrist (by appointment)	7	8 Bunco 1:30-3pm	9
10	11 AARP 9am-1pm	12 AARP 9am-1pm Lunch & Movie Noon-3pm Social Services (by appointment)	13 TRIP: A Wonderful Life 10:30am-6pm	14	15	16
17	18	19 Social Services (by appointment)	20	21	22 Bunco 1:30-3pm	23
24/31	25	26	27	28	29	30

Senior Center Office closed 12/24/17-1/2/18

Coming Soon!

The Ridge

the Leisure Center's new workout space!



Make the Leisure Center your one stop!
Work out in the same building you come to
for your Senior Center activities.

The Ridge is a great addition to the Leisure
Center and Senior Center, making workouts
convenient. Exercise equipment has been
installed and renovations are almost
finished. The workout space will open
in early November. Two treadmills, one

elliptical cross-trainer, one recumbent bike, one upright bike and one dual, adjustable
pulley weightlift machine will be available for use. Ridge Members will have access to
towels, a water cooler, a hand sanitizing station and TV inside the room.

Memberships are available at any Registration Office.

The Ridge Membership Fees

Senior Resident Fee	\$95
Senior Non-Resident Fee	\$119

Senior Center Members receive 10% off through March 1

Senior Center Member, Resident Fee	\$85.50
Senior Center Member, Non-Resident Fee	\$107.10

To schedule a walk-through of The Ridge and
find out how a Ridge Membership can enhance
your workout routine, call Meri Niehaus,
Program Manager, at 847-291-2995.

