



# Momentum

Senior Center Newsletter

January-February 2018

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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.

## Happy New Year from the Northbrook Park District!

*As the new year approaches us with hopes anew, we wish you and your family a wonderful year ahead.*

### 2018 Senior Center Memberships

Renew your membership: \$30 for residents and \$45 for non-residents.

- Fee is in line with other area senior centers and is first increase in 10 years
- Membership includes drop-in programs at no additional cost, such as:
  - Art Studio
  - Current Events
  - Mahjong
  - Bridge
  - Humanities
  - Poker
  - Bunco
  - Knitting and Crocheting
  - Sewing and Crafts
  - Canasta
  - Social Time
- Momentum newsletter, 6 times a year
- Coffee during drop-in programs
- Membership discount on programs:
  - Day Trips
  - Group fitness
  - Events and celebrations
  - Instructional classes

### 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

### Valentine's Day Luncheon

Wednesday, February 14 from 11:30am-2pm

Celebrate Valentine's Day with your sweetheart or enjoy the day with old friends and new. A catered lunch and entertainment will be provided.

Member: \$19

Code 5940

### St. Patrick's Day Luncheon

Friday, March 16 from 11:30am-2pm

Celebrate everyone's favorite green holiday. Join us for a lunch of corned beef, cabbage and entertainment.

Member: \$19

Code 5936

# 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

## Beautiful The Carole King Musical



### **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. She wrote the soundtrack to a generation. Lunch is included.

Member: \$169

Code: 5939



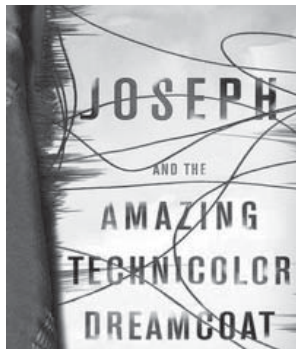
### **Medieval Times – Schaumburg** . . . . . **2**

Monday, February 19 from 12:30pm-5:30pm

A new show featuring the pageantry and thrills of an authentic medieval tournament comes to life inside the walls of the Queen's 11th century-style castle. Six armor-clad knights on horses seek the title of champion amidst heart-pounding combat. A four-course meal is included.

Member: \$109

Code 6027



### **Joseph and the Amazing Technicolor Dreamcoat** . . . . . **1**

#### **Drury Lane Theatre**

Wednesday, February 28 from 10:30am-5pm

Watch Israel's favorite son, Joseph, make his tumultuous ascent to the top in this timeless tale. See the unquenchable thirst of a man with a dream and the courage to forge the destiny of a people through this powerful message of hope. The classic story is paired with exuberant music. Lunch is included.

Member: \$89

Code 6028



### **Hollywood Casino – Joliet** . . . . . **2**

Wednesday, March 14 from 9am-5pm

Is today your lucky day? Try out your luck at the Casino. The Casino has plenty of slots and other games to keep you entertained for hours. Bring money for lunch and a valid photo I.D.

Member: \$19

Code 6029

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.

Resident: \$99/Non-Resident: \$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
Resident: \$85/Non-Resident: \$99 for 6 classes			
Tuesday	6:30-8:30pm	1/9-2/13	5856

Resident: \$69/Non-Resident: \$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 beginner classes. Instruction starts with a review and then moves on to conventions. Declarer play with defense will be emphasized with pre-dealt hands.

Resident: \$99/Non-Resident: \$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.

Member: \$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.

Member: \$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.

Member: \$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.

Member: \$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
Resident: \$79/Non-Resident: \$89 for 6 classes			
Thursday	7-8:30pm	1/11-2/15	5868
Resident: \$65/Non-Resident: \$75 for 5 classes			
Thursday	7-8:30pm	2/22-3/22	5869

## Tap Dancing – Intermediate/Advanced

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

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

Instructor: Ginnie Meyer

Days	Times	Dates	Code
Tuesday	1-2pm	1/9-2/20	5906
Tuesday	1-2pm	2/27-4/10	5907

## Park Larks

Members who enjoy singing show tunes perform at senior centers, retirement homes and health centers, under direction of concert pianist Evelyn Binz. This is not just an average chorus, but a group of entertainers.

Member: \$45 for 2018

Days	Times	Dates	Code
Thursday	9:30-11:30am	1/11-12/20	6030

## 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
Member: \$35 for 6 classes			
Wednesday	1-3pm	1/10-2/14	5937
Member: \$30 for 5 classes			
Wednesday	1-3pm	2/21-3/21	5938

## 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
Resident: \$179/Non-Resident: \$215 for 8 classes			
Tuesday	Noon-3pm	1/9-2/13	5863
Friday	Noon-3pm	1/12-2/16	5984
Resident: \$149/Non-Resident: \$179 for 8 classes			
Tuesday	Noon-3pm	2/20-3/20	5864
Friday	Noon-3pm	2/23-3/23	5865

## AARP Driver Safety Course

Monday and Tuesday, from 9am-1pm

January 8 & 9, February 12 & 13, March 12 & 13

Sharpen your driving skills with a two-day class, geared toward drivers age 50 and older. Review rules of the road and safe vehicle operation, and learn about normal age-related physical changes. Preregistration is required, with checks payable to AARP. Drivers must attend both days of the course. Call the Senior Center at 847-291-2988 to register.

AARP Member: \$15

Non-Member: \$20



# Activities

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

## Lunch and Learn

Enjoy a delicious lunch and 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: \$7

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**.



Member: \$6

Code: 5930

### *Out of Africa*

Tuesday, January 16

A plantation owner has a romantic affair with a big-game hunter. Meryl Streep stars with Robert Redford in this Oscar-winning film.



Member: \$6

Code: 6025

### *Roman Holiday*

Tuesday, February 6

Audrey Hepburn stars as a sheltered princess who escapes her guardians and falls in love with an American newsman in Rome.



Member: \$6

Code: 6026

### *Schindler's List*

Tuesday, March 20

Liam Neeson and Ben Kingsley star in this film about German-occupied Poland during World War II. Oskar Schindler gradually becomes concerned for his Jewish workforce after witnessing their persecution.



Join us for a wonderful, free family event!

Saturday, January 13 from 11am - 1:30pm

Meadowhill Park 1479 Maple Avenue

Activities Include: Horse-Drawn Trolley, Ice Sculpture and Dog Sled Demos,  
Winter Games and Bonfire with S'mores!

No dogs are allowed.

# 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. Save with a swipe card:

Member: \$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
Member: \$55 for 6 classes			
Monday	9:30-11am	1/8-2/12	5803
Wednesday	9:30-11am	1/10-2/14	5804

Member: \$45 for 5 classes

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



## Joints In Motion

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

Member: \$45 for 6 classes

Certified Instructor: Judy Bishop

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



## 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
Member: \$65 for 6 classes			
Tuesday	9:15-10:15am	1/9-2/13	5810

Member: \$55 for 5 classes

Tuesday	9:15-10:15am	2/18-3/18	5811
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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
Resident: \$75/Non-Resident: \$95 for 6 classes			
Wednesday	8-9am	1/10-2/14	5986

Resident: \$65/Non-Resident: \$90 for 5 classes

Wednesday	8-9am	2/21-3/21	5987
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## Sit and BeFIT

Enjoy a lively workout while seated.

Instructor: Carol King

Days	Times	Dates	Code
Member: \$45 for 6 classes			
Wednesday	11am-Noon	1/10-2/14	5821

Member: \$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
Member: \$45 for 6 classes			
Tuesday	10:30-11:30am	1/9-2/13	5823
Member: \$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
Member: \$45 for 6 classes			
Monday	9:30-10:30am	1/8-2/12	5829
Friday	9-10am	1/12-2/16	5830
Member: \$35 for 5 classes			
Monday	9:30-10:30am	2/19-3/19	5989
Friday	9-10am	2/23-3/23	5990

## 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
Member: \$45 for 6 classes			
Thursday	9:15-10:15am	1/11-2/15	5831
Member: \$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
Resident: \$80/Non-Resident: \$100 for 11 classes			
Monday	9-10:15am	1/8-3/12	5841
Monday	10:20-11:35am	1/8-3/12	5842
Resident: \$65/Non-Resident: \$85 for 9 classes			
Tuesday	6:30-7:45pm	1/9-3/6	5837
Thursday	6:30-7:45pm	1/11-3/8	5838
Resident: \$72/Non-Resident: \$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
Member: \$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
Member: \$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

## Senior Center Memberships

Renew your membership for 2018: \$30 for residents and \$45 for non-residents. Members receive discounts and free access to drop-in programs. Questions? Call 847-291-2988

## Welcome New Members

Annette Baez

Paula Baez

Susan Chang

Alan Dabla

Lorraine Datlow

Sherry Goldman

Shelia Goode

Beth Gordon

Patricia Kerrigan

Kenneth Klinger

Ruby Klinger

Ina Luel

Les Lynn

Linda Muslin

Harvey Myers

Christina Newkirk

Marsha Posner

Michele Rosenmutter

Shari Smason

Mary Spallone

Patricia Turim

## Get Well Wishes

Kathy Liuzza from Charlene Urow

## Donations in Memory of...

Husband of Carol Small from Cookie Kanter

Edna Weiss from her friends at the Senior Center

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# Program Spotlights



## Current Events

Bring in articles from the newspaper to discuss with other Senior Center members. Whether it is local issues in your neighborhood or in national headlines, all topics will be discussed. Current Events meets on Tuesdays from 1-2pm and is free for members.

## Pickleball

The hot new sport is available for play at the Leisure Center. Played with a paddle and wiffle ball, this sport is similar to tennis and can be played indoors or outside. Paddles and balls are available free of charge to members. Pickleball is available at the Leisure Center on Fridays from 8am-10:30am. Punch Passes can be purchased at the office or there is a daily rate of \$5 per visit.





# Happy Birthday



## January Birthdays

1	Les Lynn	6	Ruth Wartenberg	15	Gioacchino Accardi	20	Mel Loeb
1	Ilene Olswang	7	Jose Guavita	15	Barbara Wald	20	Larry Schrack
1	Greta Seaton	7	Randi Schwartz	16	Bobbie Levine	20	Eleanor Yale
2	Nick Kyriazopoulos	8	Florence Bell	16	Kathy O'Regan	21	Alice Byrne
2	Jane McCarty	8	Olivia Greco	16	Rob Sowersby	21	Roxanne Levin
2	Bruno Phillip	8	Naomi Weiss	16	Ruth Wintroub	21	Maxine Young
2	Dottie Purpura	10	Leo Becker	17	Ellen Kaplan	27	Sidney J. Goldman
3	Chuck Sansone	10	Seymour Podber	17	Sarah Marks	27	Frank Petrine
4	Miller Kalom	11	Sylvia Novak	17	Pat Thalman	28	Leon Weiss
4	Lloyd Levin	14	Rita Geller	18	Ethel Rechteris	31	Iris Amit
5	Gioacchino Accardi	14	Robert Naughten	19	Mary Beth Byrne	31	Marlene Goldberg
5	Vicki Otis	14	Lee O'Mara	19	Eli Galford	31	Rochelle Ogaz
5	Harriet Rubin	14	Milt Ruchim	19	Patricia Lundin	31	Merna Willner

## February Birthdays

2	Karyn Abrams	7	Robert Lipschultz	13	Ellen Griesemer	21	Ilana Kopinsky
2	T.K. Raghunath	7	Mary Jane McCarthy	13	Linda Rosengard	23	Elaine Helke
2	Eleanor Weiman	8	Christine Densel	14	Karyn Abrams	23	Joann Kuklinski
3	Andrea Kimmel	8	Barry Koller	14	Judy Wason	25	Rochelle Schwartzwald
3	Kerry MacVay	8	Marsha Owens	15	Barbara Canter	26	Barbara Binder
3	Mary Thompson	9	Karen Caplan	15	Beth Gordon	27	Anita Fisher
5	Fern Abeles	10	Arlene Blum	15	Elvira Mazzoni	28	Christine Densel
5	Arlene Dwyer	10	Bruno Cortic	15	Carol Thors	28	Jerry Dolins
5	Ruby Klinger	10	Louise Phillip	17	Edith Berkson	28	Ruth Sutker
5	Sandy Levine	11	Norman Buckman	17	Shelia Wexler	28	Simonne Wysockey
6	Joan Gessler	12	Phil Grossman	17	Lee Saldinger	29	Patricia Young
6	Beverly Grossman	12	Merle Small	18	Norma Buckman		
6	Marilyn Tallman	12	Mitzi Smith	20	Sara Budweg		
7	David Lasich	12	Beverly Smolensky	20	Barbara Oguss		

# Daily Schedule

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



## SENIOR CENTER

Connect with us at [nbparks.org](http://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
11:45am-4pm	Duplicate Bridge
Noon-3pm	Canasta
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 & BeFIT
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

8-10:30am	Pickleball
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.

## January

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
12/31/17	1	2	3	4	5	6
<i>Senior Center Office closed 12/31/17–1/5/18</i>						
7	8 <b>AARP</b> 9am-1pm	9 <b>AARP</b> 9am-1pm <b>Social Services</b> (by appointment)	10 <b>Podiatrist</b> (by appointment)	11 <b>Park Larks</b> 9:30-11:30am	12	13 <b>Winter Carnival</b> 11am-1:30pm Meadowhill Park
14	15 <b>The Ridge Fitness Space Opens</b>	16 <b>Lunch &amp; Movie</b> Noon-3pm	17	18	19	20 <b>NTYA Stلالuna</b> 10am & 1pm
21	22	23 <b>Social Services</b> (by appointment)	24 <b>Beautiful Trip</b> 10:30am-6pm	25	26 <b>Winter Bingo &amp; Lunch</b> 11:30am-2pm	27 <b>NTYA Stلالuna</b> 10am & 1pm
28	29	30 <b>Lunch &amp; Learn</b> Noon-2pm	31			

## February

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
				1	2	3 <b>NTYA Stلالuna</b> 10am & 1pm
4	5	6 <b>Lunch &amp; Movie</b> Noon-3pm <b>Social Services</b> (by appointment)	7 <b>Podiatrist</b> (by appointment)	8	9	10 <b>NTYA Stلالuna</b> 10am & 1pm
11	12 <b>AARP</b> 9am-1pm	13 <b>AARP</b> 9am-1pm	14 <b>Valentine's Day Luncheon</b> 11:30am-2pm	15	16	17 <b>NTYA Stلالuna</b> 10am & 1pm
18	19 <b>Medieval Times Trip</b> 12:30-5:30pm	20 <b>Lunch &amp; Learn</b> Noon-2pm <b>Social Services</b> (by appointment)	21	22	23	24 <b>NTYA Stلالuna</b> 10am & 1pm
25	26	27	28 <b>Joseph Trip</b> 10:30am-4pm			

# The Ridge

the Leisure Center's new workout space!

**Work out in the same building you come to for your Senior Center activities!**

The Ridge is a great addition to the Senior Center, making workouts convenient. The workout space includes two treadmills, one elliptical cross-trainer, one recumbent bike, one upright bike and one dual adjustable pulley weightlift machine. Ridge members have access to towels, a water cooler, a hand sanitizing station and TV inside the room.

Memberships are available at any Registration Office and at [nbparks.org/online-registration](http://nbparks.org/online-registration).

## 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.

# NTYA

Northbrook Theatre  
for Young Audiences

We Stage Musicals!

**Tickets: \$12**  
at [nbparks.org/tickets](http://nbparks.org/tickets)  
or Leisure Center Office.



**Shows Every Saturday Jan. 20 - Feb. 24 10am & 1pm**

*Bring your grandchildren to enjoy this musical presentation  
featuring professional actors, puppetry, live piano and an ASL interpreter.*

*Creators: Janell Cannon, Author Saskia Janse, Playwright Guus Ponsoen, Composer Stellaluna is presented through special arrangement with Plays for Young Audiences.*

**Northbrook Theatre**

**847-291-2995**

**3323 Walters Avenue**