



Momentum

Senior Center Newsletter

March-April 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 Shea
Recreation 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.



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

Senior Week – April 16-20

Tell your friends to come enjoy free drop-in programs all week long from 9am-4pm. Guests can check-in at the front desk, get a tour and see what the Senior Center is all about!

Volunteer Luncheon

Friday, May 4 from 11:30am-2pm

Gather with us to thank the Senior Center volunteers for all they do. A catered lunch and entertainment will be provided for all attendees. Volunteers attend free with invitation but registration in advance is required.

Member: \$10

Code: 7463



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 cost (see page 10 for details).
- *Momentum* newsletter, 6 times a year
- Coffee during drop-in programs
- Membership discount on programs:
 - Day trips
 - Events and celebrations
 - Group fitness
 - Instructional classes

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



Hollywood Casino, Joliet, IL. 2

Wednesday, March 14 from 8:30am-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



42nd Street at The Fireside, Fort Atkinson, WI. 1

Wednesday, April 18 from 8:30am-6pm

An aspiring chorus girl comes to the big city and lands her first job on Broadway and before opening night, the leading lady breaks her ankle. Will she be able to step in and become a star? Lunch is included.

Member \$129

Code 7247



Tour and Tea at the Drake, Chicago. 3

Wednesday, April 25 from Noon-5pm

The guided History Tour and Tea brings The Drake Hotel history to life in a dramatically animated fashion. You will learn of celebrity/royalty tales, legendary paranormal encounters, high profile Chicago crimes and architecture facts accompanied by afternoon tea for a day steeped in notable history.

Member \$119

Code 7234



South Pacific at Drury Lane, Oakbrook Terrace, IL. 2

Wednesday, May 23 from 10:15am-5pm

This Rodgers and Hammerstein musical proves that even the backdrop of a tropical paradise cannot shelter its residents from the prejudices of World War II. *South Pacific* is the winner of the 1950 Pulitzer Prize for Drama and ten Tony Awards including Best Musical. Lunch is included and will be enjoyed at Drury Lane.

Member \$89

Code 7224

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

Come and learn the most stimulating partnership card game around. Learn basic bidding and playing in a stress-free environment. Sign up with a friend or partner or come to meet new ones! You will be playing bridge at the end of this class.

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
Wednesday	6:30-8:30pm	6/6-7/25	7117

Bridge – Intermediate Beginner

Takes your beginner game to the next level. Each session combines instruction and play.

ACBL Accredited Teacher: Marcia Plonsker

Days	Times	Dates	Code
Tuesday	6:30-8:30pm	4/3-5/8	7119

Resident: \$85/Non-Resident: \$99 for 6 classes

Tuesday	6:30-8:30pm	5/15-6/12	7118
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Bridge – Advanced Beginner

This class is for the player who wishes to improve their skills in bidding, playing and defending. Competitive bidding and judgment are emphasized. Pre-dealt hands will reflect the lesson of the day.

ACBL Certified Teacher: Phyllis Bartlett

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

Resident \$89/Non-Resident: \$105 for 7 classes

Monday	6:30-8:30pm	6/4-7/16	7116
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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	4/2-4/23	7225
Friday	Noon-3pm	4/6-4/27	7226

Member: \$39 for 3 classes (No class 5/28)

Monday	Noon-3pm	5/14-6/4	7227
Friday	Noon-3pm	5/18-6/8	7228

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

Monday	Noon-3pm	4/30-5/7	5924
Friday	Noon-3pm	5/4-5/11	5925

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	4/3-5/1	7243
Thursdays	9:30-11:30am	4/5-5/3	7241
Fridays	9:30-11:30am	4/6-5/4	7242

Mahjong – Intermediate

This class is designed for people who have taken beginning Mahjong and 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	5/8-6/5	7244
Thursdays	9:30-11:30am	5/10-6/7	7245
Fridays	9:30-11:30am	5/11-6/8	7246

Classes

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



AARP Driver Safety Course

March 12 & 13, April 9 & 10, May 14 & 15,
June 11 & 18 from 9am-1pm

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

Knitting and Crocheting – Keeping You in Stitches

Learn to create works of art from a simple pair of needles and yarn. New and experienced students are welcome. Our experienced instructor teaches fundamentals and helps with difficult projects. Participants supply materials.

Resident: \$79/Non-Resident: \$89 for 6 classes
Instructor: Sharon Robbins

Days	Times	Dates	Code
Thursday	7-8:30pm	4/5-5/10	7134

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.

Member: \$35 for 6 classes Instructor: Kathy Kathrein

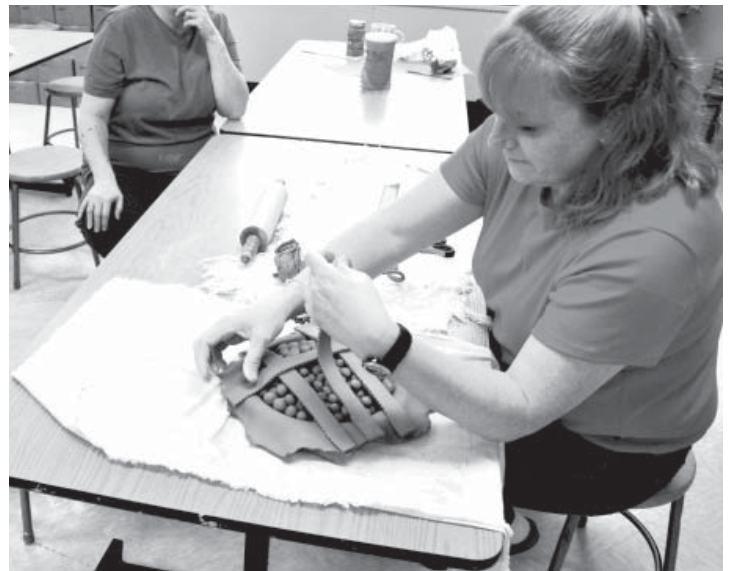
Days	Times	Dates	Code
Wednesday	1-3pm	4/4-5/9	7248

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. All materials provided.

Resident: \$179/Non-Resident: \$215 for 6 classes
Instructor: Sharon Robbins

Days	Times	Dates	Code
Tuesday	Noon-3pm	4/3-5/8	7126
Friday	Noon-3pm	4/6-5/11	7129



Activities

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

Lunch and Learn

Commemorating April Fool's Day

Wednesday, April 4 from noon-2pm

Commemorate April Fool's Day by learning about some of the biggest fools in history. Discuss leaders from the past that made mistakes and decisions that have shaped our world today. Lunch is included.

Member: \$7

Code: 7235

Lunch and Movie

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



Schindler's List

Tuesday, March 20

Liam Neeson and Ben Kingsley star in this film about German-occupied Poland during World War II.

Member: \$6 Code: 6026



The Roy Hobbs Story

Tuesday, April 10

An unknown, middle-aged batter with a mysterious past takes a losing 1930s baseball team to the top.

Member: \$6 Code: 7238



Miss Congeniality

Tuesday, May 15

Sandra Bullock is an FBI agent that must go undercover as a contestant in the Miss United States beauty pageant to uncover a terrorist.

Member: \$6 Code: 7239

Spring Into Bingo with Lunch

Friday, April 27 from 11:30am-2pm

Welcome the warm weather at the Senior Center and enjoy an afternoon of Bingo. Enjoy lunch and a delicious dessert. Sign up with your friends for your chance to win fabulous prizes. Register by April 20.

Member: \$10

Code: 7253

Healthy Aging Into Your Future

Tuesday, May 1 from 2pm-4pm

Famous Food Network Star and Nationally Known Chef, Gale Gand joins us this year to kick off our series! Come and learn from Gale with a cooking demonstration and delicious and easy-to-make recipe! Questions and answers are encouraged throughout her presentation. Sponsored by Home Instead and Northbrook Inn.

Member: \$7

Code 7236

Barbara Rinella

– Book Dramatization & Lunch

Thursday, May 17 from 11:30am-2pm

Barbara Rinella acts out the novel *Where the Light Falls* by Author Allison Pataki. This story has a wonderful blend of historical and fictional characters during the French Revolution and highlights the role women played.

Member: \$39

Code 7462

Opera Appreciation

Fridays, May 18 & May 25 from Noon-2pm

In this two --part course, learn all about opera and a local resident's involvement over the past 65+ years in the art. You will listen to and discuss various recordings that span more than half a century. Lunch is included both days.

Member: \$15

Code 7465

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)



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
Tuesday	10:45-11:45am	4/3-5/8	7064
Friday	10:45-11:45am	4/6-5/11	7065

Morning Mindfulness Meditation

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

Member: \$55 for 5 classes

Certified Instructor: Laurie Amram

Days	Times	Dates	Code
Tuesday	9:15-10:15am	4/3-5/1	7068

Pilates Plus Weights

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

Resident: \$75/Non-Resident: \$95 for 6 classes

Certified Instructor: Margaret Armour

Days	Times	Dates	Code
Wednesday	8-9am	4/4-5/9	7079

Chair Yoga

Exercises are done in a chair or standing.

Member: \$65 for 6 classes

Instructor: Olga Rudiak

Days	Times	Dates	Code
Monday	9:30-11am	4/2-5/7	7060
Wednesday	9:30-11am	4/4-5/9	7061

Sit and BeFIT

Enjoy a lively workout while seated.

Member: \$40 for 5 classes

Instructor: Carol King

Days	Times	Dates	Code
Wednesday	11am-Noon	4/4-5/2	7081

Fitness Classes

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

Tai Chi

This Chinese exercise improves balance and flexibility.
Member: \$45 for 6 classes Instruction: Tai Chi Society

Days	Times	Dates	Code
Tuesday	10:30-11:30am	4/3-5/8	7083

Total Body Conditioning

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

Location: Northbrook Sports Center

Certified Instructor: Anne Hansen

Days	Times	Dates	Code
Member: \$40 for 5 classes			
Monday	9:30-10:30am	4/2-4/30	7089

Member: \$35 for 4 classes

Friday	9-10am	4/6-4/27	7090
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W.O.W. (Wonderful Overall Workout)

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

Member: \$45 for 6 classes Instructor: Carol King

Days	Times	Dates	Code
Thursday	9:15-10:15am	4/5-5/3	7093



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: \$65/Non-Resident: \$85 for 9 classes			
Monday	9-10:15am	4/2-6/4	7105
Monday	10:20-11:35am	4/2-6/4	7106
Thursday	6:30-7:45am	4/3-5/29	7101

Resident: \$65/Non-Resident: \$85 for 9 classes

Thursday	6:30-7:45am	4/5-5/31	7102
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Resident: \$72/Non-Resident: \$92 for 10 classes

Friday	9-10:15am	4/6-6/8	7103
Friday	10:20-11:35am	4/6-6/8	7104

Zumba Gold

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

Drop-in fee is \$10 per class.

Member: \$49 for 6 classes Certified Instructors:

Hilary Weisman (Monday & Wednesday)

Oxana Ivlicheva (Tuesday & Thursday)

Days	Times	Dates	Code
Monday	6-7pm	4/2-5/7	7109
Tuesday	9:30-10:30am	4/3-5/8	7110
Wednesday	11am-Noon	4/4-5/9	7400
Thursday	10:30-11:30am	4/5-5/10	7111



The Ridge

See page 8 for details on the new workout space!

The Ridge

the Leisure Center's new workout space!

Enjoy time for yourself while getting active and fit! The Ridge is a great addition to the Leisure Center, making workouts convenient for Senior Center Members.

Grand Opening Celebration/Open House!

Friday, March 16 from 11am-2pm

Join us for this celebration/open house. Take a tour, check out our equipment and meet our staff.



What's Available

- Two treadmills
- One elliptical cross-trainer
- One recumbent bike
- One upright bike
- One dual, adjustable pulley weightlift machine
- Balance balls, mats and free weights

Inside the room, members have access to towels, a water cooler, a hand sanitizing station and TV.

The Ridge Membership Fees

Adult (18+) Resident Fee	\$120
Adult (18+) Non-Resident Fee	\$150
Senior (65+) Resident Fee	\$95
Senior (65+) Non-Resident Fee	\$119

Personal Training

Have a Certified Personal Trainer design a simple, effective and fun workout program just for you! Sessions are 45 minutes long and a fitness assessment will be provided. The Ridge Membership is not required for Personal Training sessions. Training is provided by Leslye Jones-Beatty.

1-Person Sessions

- 1 Session \$60
- 4 Sessions \$220 (\$55 per session)
- 8 Sessions \$400 (\$50 per session)

2-Person Sessions

- 1 Session \$110 (\$55 per person)
- 4 Sessions \$400 (\$50 per person/per session)
- 8 Sessions \$720 (\$45 per person/per session)

Schedule a walk-through of The Ridge and find out how a Ridge Membership can enhance your workout routine, call the Leisure Center at 847-291-2995.

Yearly Memberships are available at nbparks.org/online-registration and at any Northbrook Park District Registration Office!

Happy Birthday



March Birthdays

1 Fred Fisher	13 Muriel Lipschutz	19 Sybil Gimbel	25 Arlene Handler
1 Richard Powell	13 Thelma Weiner	19 Herbert Miller	26 Kathleen Krone-Slepicka
3 Myra Zell	14 Diane Chase	19 Edith Phillips	26 Ben Smolensky
6 Beverly Avery	14 Teena Crane	20 Joan Nasiatka	27 Maureen Caufield
6 Naomi Weiss	14 Kurt Youngmann	21 Virgilio Batang	27 Elaine Christopher
6 Marcia Walanka	15 Becky Byambaa	21 Nereida Flores	27 Lorraine Datlow
7 Janet Hiton	15 Jean Sodeman	21 Peter Roknich	27 Goeffrey A. Lewis
7 Jerry Nussbaum	16 Patricia Dworsky	21 Larry Stern	28 Jo Ann Koller
9 Donna Yesner	16 Becky Ofsaiof	22 Cheryl Anderson	28 Linda Torp
10 Lenore Bernstein	16 Carol Pondel	22 Kathy Berhrendt	28 Tina Verheist
10 Sheldon Cooper	17 Barbara Bredehoeft	22 Janet Brady	29 Margo Serlin
10 Phyllis Edelstein	17 Etta Katz	22 Anita Musick	31 Barbara Nolan
11 Fran Hakimian	17 Barbara Woods	23 Irv Cohn	
11 Kathy Kathrein	18 Debbie Sorkin	23 Marilyn Roth	
13 Ellyn Greenbaum	19 Nina Dordek	24 Faye Stickler	

April Birthdays

4 Bachi Bilimoria	14 Gail Pestine	20 Shyrlee Schor	23 Barb Kopka
4 Edith Weinbaum	14 Usha Vakharia	20 Annette Starr	25 Eileen Brottman
5 Ricki Schwartz	16 Ellen Roth	21 Mary Hickey	25 Beatriz Moffa
7 Lorraine Kroll	16 Sharon Warner	21 Sharon Schy	25 Stan Sklar
7 Janet Pepoon	17 Luella Bintz	22 Daryl Bonner	25 Moe Wisel
7 Sharon Robbins	18 Margaret Herzon	22 Marlyne Kaplan	27 Maureen Caufield
8 Martha Drake	19 Daisy Zivin	22 Ann Koster	28 Judith Blacklidge
8 Marjorie Stewart	20 Stuart Borg	22 Elaine Leahy	29 Susan McCracken
14 Margot Molay	20 Eileen Brottman	22 Barb Marianetti	

Daily Schedule

Programs shown in green 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 Rhythmics
9:30-10:30am	Total Body Cond.
9:30-11am	Chair Yoga
10am-2pm	Sewing and Crafts
11:30am-4pm	Mahjong
Noon-3pm	Canasta
11:30am-3:30pm	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
9:30am-Noon	Bridge
10am-1pm	Walking Club
10:30-11:30am	Tai Chi
10:45-11:45am	Joints in Motion
11:30am-4pm	Mixed Poker
Noon-3pm	Ceramics
12:30-3:30pm	Social Services (1st and 3rd week)
1-2pm	Tap Dancing
1-2pm	Current Events
6-8pm	Mahjong Class
6:30-8:30pm	Bridge - Int. Beg.

Wednesday

9:15-10:15am	Cardio Rhythmics
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
6:30-8:30pm	Bridge - Beg.

Thursday

10:30-11:30am	Zumba Gold
9:15-10:15am	W.O.W.
9:30-11:30am	Park Larks
9:30-11:30am	Mahjong Class
10am-Noon	Bocce
11:30am-4pm	Mahjong
11:30am-4pm	Mixed Poker
12:45pm-4pm	Art Studio
7-8:30	Knitting and Crocheting

Friday

8-10:30am	Pickleball
9-10am	Total Body Cond.
9:15-10:15am	Cardio Rhythmics
9:30-11:30am	Mahjong 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.

March

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6 Lunch & Movie Noon-3pm Social Services (by appointment)	7	8	9	10 Northbrook Theatre Children's Company <i>Yo, Vikings</i> 12:30 & 4pm
11	12 AARP Driver Safety 9am-1pm	13 AARP Driver Safety 9am-1pm	14 Trip: Hollywood Casino 8:30am-5pm Podiatrist (by appointment)	15	16 St. Patrick's Day Luncheon 11:30am-2pm	17
18	19	20 Lunch & Movie Noon-3pm Social Services (by appointment)	21	22	23	24
25	26	27	28			

April

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	2	3 Social Services (by appointment)	4 Lunch & Learn Noon-2pm	5	6	7 NSSRA Do-Wop Red Riding Hood 5pm
8 NSSRA Do-Wop Red Riding Hood 1pm	9 AARP Driver Safety 9am-1pm	10 Lunch & Movie Noon-3pm AARP Driver Safety 9am-1pm	11 Podiatrist (by appointment)	12	13	14 Northbrook Theatre Jr. Company <i>Madagascar a Musical Adventure, Jr.</i> 12:30 & 4pm
15 NTJC Madagascar a Musical Adventure, Jr. 12:30 & 4pm	16	17 Social Services (by appointment)	18 Trip: 42nd Street at the Fireside 8:30am-6pm	19	20	21 NTJC Madagascar a Musical Adventure, Jr. 12:30 & 4pm
Senior Week						
22	23	24	25 Trip: Tour and Tea at The Drake Noon-5pm	26	27 Spring into Bingo with Lunch 11:30am-2pm	28
29	30					

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 today!

Welcome New Members

Sue Block	Kenneth Johnson
Arthur Bluestone	Anne Leiser
Adrienne Gallander	Richard Powell
Gerald Goldman	Herman Reisman
Sherry Goldman	Sharon Reisman
Adela Guavita	Marilyn Rogoff
Jose Guavita	Virginia Russell
Gloria Hoffman	Rae Stone
Barbara Johnson	David Taylor



2018 Winter Bingo and Lunch

Get Well Wishes

Florence Bell from Thelma Weiner
Doris Batz from her friends at the Senior Center

Program Spotlights



Humanities

A discussion group that focusses on short fictional stories. The group decides which book to discuss and reading is done outside of the meeting time. Lively and informative discussions are facilitated by Bill Schwartz. Senior Center members meet from 9:30am-noon on Fridays.

Drop-In Art Studio

Bring your own supplies and get creative. Expert guidance is available for various mediums like oils, pencils and acrylics. Bring your own artwork and work in a creative space with other art enthusiasts. Senior Center members meet from 12:45-4pm on Thursdays.

