

PARK RIDGE PARK DISTRICT
SENIOR CENTER

MARCH 2011

100 SOUTH WESTERN AVENUE

847-692-3597

WWW.PRPARKS.ORG

*We're celebrating
our 30th anniversary!*

**30th Anniversary Celebrations
continue through the year!!
Come and join us for the fun.**

Bowling

The Bowling Club is hosting a bowling party at River Rand Bowling Alley, 191 S. River Road, Des Plaines. The charge includes 2 games of bowling and shoe rental. There will plenty to eat and fun to be had - don't miss the fun! Reservations are required in advance and should be made according to our current registration policy.

Day	Date	Time	Fee
Thursday	Mar 24	1pm	\$15

CONTENTS

Birthdays	6
Calendar	7
Classes	4
Club News.....	2
Community Projects	5
Discussions	3
Events	9
Fun & Games	4
Programs	3, 8
Registration	11
Services	5
Tidbits from Teresa	6
Trips	8
Writer's Workshop	10



Memberships

Memberships are important to the Senior Center and its programming. We are always seeking new members and encourage you to reach out and tell your friends of the wonderful activities, programs and events they can be a part of at the Senior Center.

Membership dues are:

Single - \$35 resident/\$53 nonresident

Couple - \$58 resident/\$87 nonresident
(couples must be living at the same address)

Memberships run from July 1 to June 30
of each year.

Membership at the Senior Center is open year-round. New and prospective member meetings are held quarterly.

CLUB NEWS

Men's Club

March Meetings:

Tuesday, March 1 - Continental breakfast at 8:30am, planning meeting at 9:30am, Men's Follies meeting at 10:15am.

Tuesday, March 8 - Continental breakfast at 8:30am, business meeting at 9:30am. Guest speaker for the day is member, Roger Loeffler. He will show a Dept. of Energy film about the testing of the first hydrogen bomb in the Atomic Energy Commission's Pacific Proving Grounds and tell us of his participation as a cryptographer. Senior Center men and women and their guests are invited to attend.

Upcoming Men's Club events:

Tuesday, March 29 @ 1pm - Meeting for men's golf group

Sunday, April 10 - Final round of the Masters

Saturday, April 16 - Pancake Breakfast

Golfers

Come meet other golfers and hear our plans for 2011. We will meet for the first time this year to discuss the upcoming season on March 29. Men will meet at 1pm and Ladies at 2pm.

If you can't attend, but would like to be part of the group, call the Center and give us your name. The season begins the end of April.



Genealogy Group

This group assists beginner or experienced genealogists in their quest to trace their family tree. They meet on Monday, March 14 at 10am. Barb Ingolia leads the group.

Duplicate Bridge

This club meets every Friday and begins play at 9am sharp! This is a dedicated group that loves the challenge of the game. If you would like to play, let the Center know and we'll put you in touch with the members in charge. You must have a partner and the cost is \$1.00 per person to play. Prizes are given.

Camera Club

Camera Club meets Tuesday, March 22 at 10am. World traveler Joanne Giannoulus will present her photos of China, today and tomorrow. Joanne's brilliant photos are always accompanied by vivid description of the geography and history of the country. Included will be the Great Wall and Tiananmen Square. Interested in sending photos as e-mail attachments? Call Elfriede Rieger, 847-825-6827 for information or to set up an appointment with a mentor.

Opera-Arts

Opera-Arts, with Leo Rizzetto, meets on March 10 & 24 at 12:30pm. Please be on time.

Thursday, March 10. We will view Victor Herbert's "Naughty Marietta". This is one of the composer's most enduring operettas, with favorites "Ah, Sweet Mystery of Life," "Italian Street Song," and "I'm Falling in Love with Someone." This production is from 1955 of a live telecast, and follows the original story line, not the drastically altered one in the 1935 film.

Thursday, March 24. We will watch Sondheim's "Sweeney Todd, The Demon Barber of Fleet Street". Be warned, this is "R" rated for the necessary violence portrayed. This is the award-winning musical thriller with Johnny Depp in the lead. This has been touted as 'A Work of Extreme Genius'! It should definitely be in the category of great operas.

DISCUSSIONS

Discussion groups are interesting! The Senior Center has two groups that meet weekly. Both are free. Check out our Monthly groups, too!

On Wednesday morning **Current Events** group meets at 10am in the Senior Center library. The group shares their thoughts on what is going on locally, state wide, nationally, and internationally. Rita Johnson is the group moderator.

On Thursday morning **Humanities Discussion** group meets at 10:15am. Discussion is from issue books from the National Issues Forum. Currently the topic is "Gambling: Is It a Problem? What Should We Do?"



"Bookworms"

Book Worms Book Discussion is a great opportunity to read a variety of books and discuss them in a small group setting.

Books are distributed and discussions are held on the 1st Thursday of each month; the March date is Thursday, March 3 at 1pm in the Center library. Terry Caldron leads the discussion.

Money Matters Discussion

Money Matters with Chris Valentine can keep you up to date on how to best manage your money during tough economic times. Come with your questions and suggestions for topics. They meet twice a month; Monday, March 7 & 21 at 10am. Guests welcome.

Park Ridge Senior Center
100 S. Western Ave
847-692-3597
www.prparks.org

MARCH PROGRAMS

Understanding Your Sleep

Is drowsiness hurting you? Learn the dynamics of sleep and everyday tips for a good night's sleep. Michelle Corrado from the North Shore Senior Center will give this program. Please let us know if you plan to attend.

Day	Date	Time	Fee
Mon.	Mar 7	1:00pm	Free



"Soup for Soup"

with The Heritage of Des Plaines.

Join us as the Heritage Chef prepares a delicious pot of soup to benefit the Local Food Pantry. All you need to do is come with a can of soup (any size, any variety) and you'll enjoy fresh home-made soup in exchange. This is a great way to enjoy a warm cup of soup with friends and help others in need. Call and register by Friday, March 11.

Day	Date	Time	Fee
Wed.	Mar 16	11:30am-1pm	Free

BREAKFAST CLUB

WITH THE PARK RIDGE POLICE DEPARTMENT

The Park Ridge Police Department invites all seniors to their monthly Breakfast Club on Tuesday, March 15 at 9am. A free breakfast will be followed by a general interest program covering safety, identity theft and other topics presented by the Police Department. Please RSVP by calling the Senior Center at 847-692-3597.

CLASSES

Tap Dance

We begin a new 8 week session on Tuesday, March 22. New students are always welcome! Fee is per session.

Level	Day	Time	Fee
Beg/Beg Adv	Tu	12:30pm-1:15pm	\$12
Adv	Tu	1:30pm-2:15pm	\$12

Yoga Class

Yoga classes welcome new students to attend one or two classes per week. The new sessions begin on Tuesday, March 1 and Thursday, March 24. Instructors are Doug Erickson and Trish Nealon. If you would like to see if yoga is the class for you, you may try the first class for free.

Level	Day	Time	Fee
All Levels	Tu	11:30am-12:30pm	\$40
All Levels	Th	1:30am-2:30pm	\$40

Ukulele Class

Peg Mistak leads this enthusiastic group. There is no charge to join, but you must provide your own uke! All participants, so far, are beginners, so you don't need any experience to join. The group is growing and really having fun learning to play. Stop in and visit.

Level	Day	Time	Fee
All Levels	M	2:30pm	Free

Woodcarvers

Woodcarvers get together weekly on Thursday mornings at the Senior Center. Most carvers are experienced, but if you would like to learn stop in and see what the group does. There is no charge.

Level	Day	Time	Fee
All Levels	Th	9:00am	Free

CLASS NOTES

Get in the exercise habit! Exercise Class will begin our annual 8 week Fitness Challenge the week of March 7. This year's challenge will be a combination of class attendance and/or walking. You must attend 18 out of 23 classes or walk a certain number of steps. We will provide you with the pedometer and you do not have to be in the exercise class to take part in the walking challenge. The walking challenge begins on Wednesday, March 9. Questions?? See Jo Buck or Teresa at the Center.

FUN & GAMES

Gamers gather Friday's at 1pm. Most participants play dominos or Hand and Foot, but other games are welcome.

Bingo will be Wednesday, March 9. Lunch is at 12:30pm followed by bingo at 1:15pm. Lunch will be pizza and salad. Sign up by Monday, March 7. There is a \$6 charge.

Bowling is now every Thursday at River Rand Bowl, 191 S. River Road in Des Plaines. Please note new location! This is not a league and all abilities are welcome. The charge is \$4.50 for two games or \$6.25 for three games.

Table Tennis is played on Tuesday, Wednesday, and Thursday beginning at 12:30pm. This is a friendly and free drop-in group that welcomes all abilities.

Wii Bowling is loads of fun and you don't have to lift a ball! Bowling is on a screen. We play on Wednesday, March 2 & 16 at 1pm. Come early and receive a lesson from Wii Master, Hank Hughes.

SERVICES

These services are offered to any area senior, members and nonmembers.

Income tax assistance is offered at the Senior Center Tuesday through Thursday until April 15. This is a free service provided by volunteer counselors. Appointments are necessary. Call the Center soon to make your appointment as we fill up quickly!

Social Worker, Cynthia Phon is at the Senior Center to answer your questions, provide resource information or just to listen on Wednesday mornings from 9:30am-Noon. No appointments are necessary. Free of charge.

Rules of the Road Review can help you to prepare for your upcoming drivers license test. Earl Nicholas gives this free two hour review. The date is Tuesday, April 5 at 9am. Call to register at 847-692-3597.

Free Notary Service is available weekdays by appointment. All you need is proper identification and the document to be notarized.

Driver Safety, sponsored by AARP, is a defensive driving course, that, upon completion may entitle you to a discount on your auto liability insurance. The class is to be held on Tuesday and Thursday, March 22 & 24 from 9am-1pm. The charge is \$12 for AARP members; \$14 for non-members. Checks should be made payable to AARP and sent in advance to register.

Spring 2011 registration begins March 7 at 7am online at www.prparks.org and at Maine Park Leisure Center.

Wellness Screening is next scheduled for Thursday, April 21 from 8am - 11:30am. This comprehensive blood test is an excellent way to keep a check on your good health. Call to register in advance. Payment is made that day. The charge is \$69.



Blood pressure and blood sugar screening are provided free on Friday, March 18 from 9am-10:15am. Nurse Nora will take your blood pressure and Katie from St. Matthews Center for Health will test your blood sugar.

Community Service Projects

- Thanks to all who have contributed the labels and box tops for education. The collections have been very much appreciated by Park Ridge schools. We are continuing to collect them and a list of accepted items can be found on the front table at the Senior Center.



- Canned food is always accepted and regularly donated to the Maine Township Food Pantry. Bring these items in anytime.
- The response to the empty prescription bottles have been overwhelming! Continue to bring in those bottles with the labels removed.
- Pop tabs are being collected for recycling by Ronald McDonald House.

*Discover the Fun at the
Park Ridge Park District!*

MARCH BIRTHDAYS

Roberta Larsen	1
Mel Pirok	4
Ralph Scherer	5
Lucille Colletti	6
Jim McMahan	6
Ron Kosach	7
Norma Simmons	7
Corinne Bruhn	8
Ken Butterly	8
Nancy Nesbit	8
Joan Foerstel	9
Ruth Fowler	9
Gil Powell	9
Nancy Black	10
Marilyn Hughes	10
Hazel Savolainen	10
Marilyn Heinz	11
Bonnie Turnquist	11
Frank Summers	12
Robert Mickey	13
Pauline Buerger	14
Elaine Kopoulos	14
Lou Lusignan	14
Barbara Bowers	15
Grace Kaepplinger	16
Phyllis Verbrugghe	16
Joanna Bischof	17
Sheila Cawley	17
Mary Seaman	17
Richard Brandt	18
Helen Kasluga	19
Loisann Koestler	19
Jack Mullin	19
Judy Sindt	19
Joyce Brown	21
Joe Pintz	21
Jean Blitt	22
Maureen Brandt	22
Bill Hogan	23
Connie DePaul	24
Joyce DeWinter	25
Jo Hanch	25

Joyce Nixon	25
Jane Baldoni	26
Lillian Havel	26
Roberta Jorik	27
Albert Bischof	28
Mel Erickson	29
Helen Charchut	30
Virgil Grand	30
Maureen Lucore	30
Marie Mayer	30
Jack Montgomery	30
Faye Reeder	30

<i>UPCOMING DATES</i>
Senior Expo at Golf Mill Friday, April 29
Men's Follies Thursday, May 5
Fashion Show at Café la Cave Wednesday, May 18
Volunteer Recognition Day Wednesday, May 25

TIDBITS FROM TERESA

There is still more time to take part in the All on the Road fundraiser. It goes until March 31, so if you haven't picked up the punch card at the Senior Center or at All on the Road yet, do it soon! Thanks to all who have participated!

Orders are being taken now for our 30th Anniversary edition of our cookbook, "Savory Faire." The cost is \$12. A big thank you to the cookbook committee; Marilyn Hughes, Cathy Lanahan, Rita Johnson, Helen Roppel, Fern Barushok, and Dorothy Carlson. Cookbook orders are listed on the registration form in this issue of the newsletter.

The first meeting of the Men's Follies will be held on Tuesday, March 1 following the Men's planning meeting at 10:15am. Any Senior Center man is invited to join the group. We will fit you in... singing, dancing, etc. The show will be held on Thursday, May 5. Be sure to come and check it out. The group is fun and the practices are enjoyable. Call if you have questions!

Our first "Just Lunch" program was held on February 7 with 40 people attending. Thanks to the cooks who prepared the vegetable beef soup, bread and dessert. They were Barb Ingolia, Barb Hameder, Cathy Lanahan, Harry Monroe and Carolyn Monroe. Be sure to buy a ticket for the next lunch on March 7. The menu will be baked mostaccioli with garlic bread. Tickets are \$6 and must be purchased in advance.

Teresa Grodsky

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30—Men's B'fast 9:30—Men's Planning 12:30 & 1:30—Tap	2 1—Wii Bowling	3 1—Book Discussion	4	5
6	7 10—Money Matters 11—Writer's W'kshop Noon—Just Lunch 1—Sleep Program	8 8:30—Men's B'fast 9:30—Men's Club	9 12:30—Lunch & Bingo	10 12:30—Opera 12:30—Couples Bridge	11	12 5:30—Stars on Ice
13	14 10—Genealogy 1—Pinochle	15 9—Breakfast Club 12:30—Old Hickory	16 1—Wii Bowling 1—Bridge Mixer	17 1—Pinochle	18 9—Blood Pressure & Blood Sugar Screening	19
20	21 10—Money Matters 11—Writer's W'kshop 12:30—M'thly Lunch	22 9—Driver's Safety 10—Camera Club 12:30 & 1:30—Tap	23 12:30—Women's Club	24 9—Driver's Safety 12:30—Opera 1—Bowling Party	25	26
27	28 10—Senior Senate 1—Bridge Mixer	29 12:30 & 1:30—Tap 1pm&2pm—Golf M'ting	30 10:45—"Aida"	31 12:30—Day at the Races		
Sundays 1—Bridge Mixer	Mondays 9 & 10:30—Exercise 9:30—Ceramics 10—Art W'kshop 2:30—Ukulele Class	Tuesdays 9:30—Ceramics 11:30—Yoga Noon—Cards 1—Table Tennis	Wednesdays 9 & 10:30—Exercise 9:30—Social Worker 10—Discussion Gr'p 1—Table Tennis 1—Drama	Thursdays 9—Diet Club 9—Computer Club 9—Woodcarving 10:15—Humanities 1—Table Tennis 1—Bowling 1:30—Yoga	Fridays 9 & 10:30—Exercise 9—Duplicate Bridge 10—Bazaar W'kshop 1—Gamers 1—Chorus	Saturdays 1—Pinochle
		INCOME TAX	INCOME TAX	INCOME TAX	INCOME TAX	INCOME TAX

APRIL TRIPS

Reservations are required in advance and should be made according to our current registration policy.

Gershwin in Blue

The Elgin Symphony Orchestra and Elgin Choral Union will present some of the most loved Gershwin moments. From *Rhapsody in Blue* to *Porgy and Bess*, Gershwin was a champion bringing the sounds and vibrancy of American cultures to the concert stage. There will be a buffet lunch at the Hemmens Theatre before the show. Also included will be a pre-show program with one of the Elgin Symphony Orchestra's conductors. Fee includes lunch, show, and transportation.

Day	Date	Time	Fee
Friday	Apr 15	10:15am-5pm	\$68

High Tea at the Drake and Tour of the Museum of Contemporary Art

Our first stop will be the very unique Museum of Contemporary Art for a docent lead tour. After the tour, we will go to the Palm Court at the Drake for High Tea. You will be served an elegant assortment of finger sandwiches, fruit bread, scones, and pastries, as well as tea or coffee. Be sure to have lunch before you leave, the High Tea will not be until later in the afternoon. Fee includes the tour of the art museum, High Tea, and motorcoach transportation.

Day	Date	Time	Fee
Thursday	April 28	12:30pm-5:30pm	\$70



APRIL PROGRAMS

Reservations are required in advance and should be made according to our current registration policy.

Women's Club

Women's Club for April will feature a program by the Amazing Women History Theatre presenting "Two Divas and a Gossip." Three women will play the parts of Divas Mary Garden and Lillian Russell, and Gossip Hedda Hopper. Lunch menu will feature sandwich loaf, fruit and dessert. Guests are welcome. Fee includes lunch and entertainment.

Day	Date	Time	Fee
Wednesday	Apr 6	12:30pm	\$13

Monthly Luncheon

April's luncheon will be catered by Inglenook and features 3 meats with potato, vegetables, salads, and dessert. Entertainment follows with music by Dennis Colby. Take a musical tour with Dennis and revisit the great musical moments created in the 40's, 50's and 60's by such greats as Frank Sinatra, Dean Martin, Sammy Davis Jr., Bobby Darin, Elvis, Jerry Lee Lewis, and more.

Day	Date	Time	Fee
Monday	Apr 18	12:30pm	\$14

RIDDLES from Jean

1. What did the calendar say to the director of the Marching Band?
2. What's another name for a cat's house?
3. Why did the skeleton cross the road?
4. What did the can say to the can opener?

Answers for February

1. Pear
2. Its petals were broken.
3. A book
4. Because it has many currents.

APRIL EVENTS

Reservations are required in advance and should be made according to our current registration policy.

Just Lunch

Every 1st Monday of the month we will now be serving a lunch at the Center. Take advantage of this chance to get together for lunch and to socialize. You are welcome to stay after lunch and play cards or games if you like. The menu for April will be mild chili with corn bread. Don't forget the registration is required in advance for all of our 'Just Lunch' meals. Guests are welcome.

Day	Date	Time	Fee
Monday	Apr 4	12:30pm	\$6

Final Round of the Master's

The Men's Club invites Center men and women to watch the final round of the Master's on the big screen at the Senior Center. The afternoon is free, but please indicate on the registration form if you plan to attend. Snacks provided.

Day	Date	Time	Fee
Sunday	Apr 10	1pm	Free

"Hangin' Around the Malt Shop!"

Sponsored by the Senior Center Chorus, April's anniversary celebration will be a 50's theme party! We'll be serving Steak and Shake; a double steakburger with fries and cole slaw washed down with an old fashioned root beer float! There will be music and a chance to sing or listen to your friends sing 50's and 60's music Karaoke style. Dress up in your 50's clothes and come on over.

Day	Date	Time	Fee
Monday	April 11	12:30pm	\$11

Pancake Breakfast

This annual fundraiser sponsored by the Men's Club is an 'all-you-can-eat' delicious breakfast of pancakes, sausage, orange juice and coffee prepared by our own members. Tickets will be available at the door, but purchasing your tickets in advance is strongly suggested. Bring your friends and family. All are welcome to this fundraiser.

Day	Date	Time	Fee
Saturday	Apr 16	8am-11am	\$4



March Event Reminders

March 7 – **Just Lunch**

Time: 12:30pm Cost: \$6

March 12 – **"Stars on Ice"**

Time: 5:30pm Cost: \$68

March 15 – **Meet Andrew Jackson**

Time: 12:30pm Cost: \$13

March 21 – **Monthly Luncheon**

Time: 12:30pm Cost: \$23

March 23 – **Women's Club**

Time: 12:30pm Cost: \$14.50

March 24 – **Anniversary Bowling Party**

Time: 1pm Cost: \$15

March 30 – **"Aida" at Drury Lane**

Time: 10:45am Cost: \$68

March 31 – **A Day at the Races**

Time: 12:30pm Cost: \$15

WRITER'S WORKSHOP

Who's Yer Daddy? By Jerry Warych

That may seem like a rhetorical question, but many of us can readily answer it. If you're from a traditional two parent family you also know where your father was born, where he went to school, what his hobbies were, and what he did for a living. But ask these questions about somebody's great granddaddy, on their mother's side and you're likely to be greeted by a blank stare. You'll be lucky if they can come up with the surname.

If you're talking to someone in their teens or twenties you can expect a reply of "Who cares?", or "Does it really matter?" To many it may not, but to a few the idle curiosity becomes a quest.

My quest began when I decided to write my autobiography. As I waxed eloquently about my youth, it occurred to me that I should also cover my origins. Unfortunately I have a very prominent procrastination gene, so all my sources of information are no longer available. So much for the verbal history.

A dead end? Not! Enter the techniques of genealogy. If you want to take the first step on your own I would recommend looking around the house for information. I found my mother's birth certificate and discovered her surname was spelled differently at that time. I have no idea when, or why it was changed. The birth and death certificates, that I came across, had the mother's maiden name on them. Both are readily available in Chicago, or from a currency exchange. My family members were collectors of funeral Mass cards. These are a source of birth dates and death dates. If you're lucky, you have access to

a family photo album that's heavily annotated with names and locations. I've got the album, but no information. A scanner is useful for duplicating these old pictures and e-mailing to other family members for identification.

Another recommendation I heard was to start a separate notebook for each family member. That may be overkill in the initial stages at least. I tend to be succinct in my writing, this article notwithstanding, so I would go with a binder and dividers for each family member. Help is also available on the internet either at home, or the library. Be aware that not all of that information is free of charge.

Finally, much can be gained from communication with others on the same quest. The Park Ridge Senior Center hosts a genealogy group, which meets the second Monday of every month at 10:00am. Interested guests are welcome.

Writing Tip

From time to time we'll try to share technique suggestions for writers. The following appeared in the February 2011 issue of Writer's Digest: "Reduce by a third the word count of one of your recent efforts without losing its essence. Don't constantly reread what you've written; if you memorize it, self-editing will be tougher. Put it away for a few days, then read it fresh." — from Art Spikol

The next workshop meeting is Monday, March 21, 2011 at 11am in the PRSC Library.

NOTE: The Newsletter deadline has changed. Writers submitting articles for consideration on this page for a specific month must get the draft to the facilitator by the first of the month prior to the published month. Example: To submit material for the May newsletter get a draft to Renata by April 1 in order allow enough time to prepare the layout.

For more information, call 1-847-685-9044 or e-mail Renatahg@msn.com

REGISTRATION

NAME _____ PHONE NUMBER _____

The following information is the special procedure for trip and special event registration. Please have a separate check for each event. Failure to do so may delay your request.

Event	Day	Date	Cost	# of People
"Just Lunch"	Mon	Apr 4	\$6.00	
Women's Club	Wed	Apr 6	\$13.00	
Final Round at the Master's	Sun	Apr 10	Free	
"Hanging Out at the Malt Shop"	Mon	Apr 11	\$11.00	
Gershwin in Blue	Fri	Apr 15	\$68.00	
Pancake Breakfast	Sat	Apr 16	\$4.00	
Monthly Lunch	Mon	Apr 18	\$14.00	
High Tea at the Drake	Thurs	April 28	\$70.00	
Cookbook			\$12.00	

Registration must not be mailed until the 10th of the month. If the 10th falls on a Sunday, the 11th becomes the mail date. "Postmarks" prior to mail date, will be placed at bottom of stack for 2 days. We will process mail as we receive it—as stacked and bundled by the carrier, top letter first. **WALK-IN OR PHONE-IN REGISTRATION BEGINS TUESDAY, MARCH 22**

Make checks payable to: PARK RIDGE SENIOR CENTER • 100 S. Western, Park Ridge, IL 60068

Credit Card Payment: _____ Visa _____ Master Card

(PRSC reserves the right to change a payment to reflect the correct fee)

Account Number: _____ Expiration Date: _____

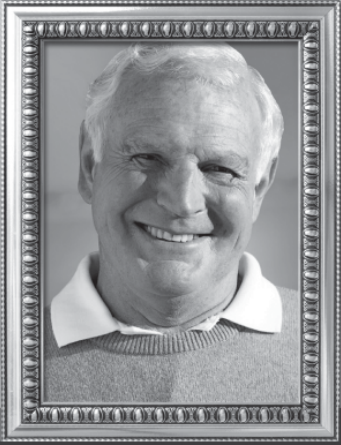
Cardholder Name _____ Authorized Signature _____

Be aware that in signing up and participating in this program/trip/outing, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damage or loss which you might sustain as a result of participating in any or all activities connected with and associated with the above trips and events. (including transportation services and vehicle)

I agree to waive and relinquish all claims I may have as a result of participating in the program(s) against the Park Ridge Park District and its officers, agents, servants, and employees from any and all claims from injuries, damage or loss which I may accrue to me on account of my participation in the program(s). I further agree to indemnify and hold harmless and defend the PRPD and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me and arising out of, or in any way associated with the activities of the program(s). I have read and fully understand the above Program Details and Waiver Release of all Claims. **WAIVERS MUST BE SIGNED BY PARTICIPANT(S).** Facsimile signatures will be considered as original by the District.

PARTICIPANTS NAME _____

DATE _____



I am the face of
The Summit of Uptown,
 a vibrant, active retirement community.

join us.

Thursday, March 31st at 1:30pm
 Information for seniors and their families.
HOW CAN I AFFORD ASSISTED LIVING?
FREE program and light refreshments

Please RSVP by March 28th
 to 847-825-1161 x129



PARK RIDGE

THE SUMMIT OF UPTOWN

Life Happens Here

Call 847.825.1161 or visit today.

Retirement & Assisted Living

SUMMITOFUPTOWN.COM 10 NORTH SUMMIT AVENUE PARK RIDGE ILLINOIS 60068



STANDARD MAIL
 U.S. POSTAGE PAID
 PERMIT NO. 144
 PARK RIDGE, IL 60068

SENIOR CENTER
 PARK RIDGE PARK DISTRICT
 100 S. WESTERN AVE
 PARK RIDGE, IL 60068
 CHANGE SERVICE REQUESTED