

PARK RIDGE PARK DISTRICT
SENIOR CENTER

MARCH 2012

100 SOUTH WESTERN AVENUE

847-692-3597

WWW.PRPARKS.ORG

*Registration begins
 March 5*

**Spaghetti
 Opera**

**Registration Open
 Sign up now!**

Susan Bauschke and Steve Arvanites will be back to perform familiar opera from Mozart to the present. A meal of spaghetti with meat sauce, garlic bread, salad, and dessert will be served before the performance. Guests are welcome.

Class	Day	Date	Time	Fee
24542	Sun	Mar 4	12:30pm	\$20



Park Ridge Travel Preview

American Classic Tours and the Senior Center have teamed up to offer a variety of short term and extended trips. Joe Conroy, President of American Classic Tours Inc. will display the trips we will have available. Trips include Niagara Falls and Toronto, Washington DC, Hollywood in Iowa and much more!

Day	Date	Time
Th	Apr 12	10:00am

Registration

Senior Center programming now requires registration through the park district main computer system. Please use the class numbers when filling out the registration form on page 11. You can also register online at www.prparks.org. If you have any questions about this process, please ask for assistance.

New Memberships

Senior Center dues are now half price for new members - January 1 to June 30.



Yearly Membership dues are:
 Single - \$45 resident/\$63 nonresident
 Couple - \$68 resident/\$97 nonresident

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CLUB NEWS

Unless otherwise noted Club events are free to Senior Center members.

Men's Club

Tuesday, March 6 - Please join us for a continental breakfast at 8:30am and a planning meeting following at 9:30am.

Tuesday, March 13 - Men's club will be hosting the President of School District 64, John Heyde at 9:30am; the topic will be an update on the happenings at District 64.

Genealogy Group

Monday, March 12 from 10am - Trace your family roots with the help of the Genealogy Group; come with questions or information to share. Annette Roma leads the group.

"Book Worms"

Thursday, March 1 at 1pm - All are welcome to join this group discussion and to receive next month's book, with group moderator Terry Caldron. A variety of book types are read and discussed.



Money Matters with Chris Valentine

Monday, March 5 & 19 from 10am - Chris Valentine from Edward Jones presents a program of financial tips and answers your questions. Free.

Camera Club

Tuesday, March 27 at 10am - Please join us as we view the fun we had at Teresa Grodsky's Retirement Party by watching the video the Senior Center captured. Members are also invited to bring any questions about new digital cameras.

Opera Arts

Thursday, March 8 at Noon - "The Phantom of the Opera" This is as good as it gets, the music and the production are incredible. The Phantom is a genius whose rapturous music fills the opera house in 1870 Paris and is a solitary soul hiding his disfigurement behind a mask and dwelling in the catacombs below. He can no longer hide his love for young soprano Christine. The "Phantom" emerges in the fatal love triangle that unfurls in splendor, suspense, and in the music of the night.



Thursday, March 22 at Noon - Giuseppe Verdi's "La Traviata" In a new production from Paris, with each of the acts as memorable locations easily identifiable, we have this all-time favorite. Jose Cura, the young lyric-dramatic tenor, portrays Alfredo and Eteri Gvazara portrays Violetta who has a voice that will charm us all. The program is fully subtitled in English.

Refreshments will be served following both programs.

Computer Club

Wednesday, March 7 & March 21 from 1:30pm to 2:30pm - Need a computer refresher- or just help learning the computer? Join computer club! Richard Brandt leads the group. Come with questions!

Golf with the Senior Center

March 26, Men at 1pm and Ladies at 2pm - "Get in the swing" Join us for this informational meeting and become part of one of our Golf Groups. Mark your calendars, Spring is just around the corner!

HEALTH & FITNESS

Table Tennis -Tu/W/Th at 1pm. All abilities are welcome to participate. Free.

Bowl at River Rand Bowl in Des Plaines on Thursdays at 1pm. \$4.50 for two games or \$6.25 for three games. New or experienced bowlers are welcome! Come when you can.



Wii Bowling - Wednesday, March 7 & 21 at 1pm. If you don't know anything about Wii Bowling, stop in and check it out. Hank Hughes is the Wii Master. Free.

Exercise with Jo Buck

This class gives you a variety of activities from stretching, to strength training, and floor exercise. Come and give it a try. Your first class is free.

Day	Time	Fee
M/W/F	9:00am/10:30am	\$2 per class

"Get in the Swing" Golf Seminar

Chris Urgo, Head Golf Professional at Tam Golf Course, will be visiting the Center to talk all things golf. Topics cover the rich history of Tam O'Shanter Golf Course, proper fundamentals and the health benefits of the game. Stop by for the chance to win a free lesson, and bring questions!

Day	Date	Time	Fee
M	Mar 12	1:00pm	Free

Senior Center Tap

Did you always want to learn to tap dance? This class is for those with little or no tap dance experience. We will show you to shuffle, flap, and ball change.



Class	Day	Date	Time	Fee
24488	Tu	3/13-5/1	12:30pm-1:15pm	\$20
24489	Tu	3/13-5/1	1:30pm-2:15pm	\$20

Yoga

New student may try the first class for free. All levels welcome. Instructor is Trish Nealon on Tuesdays and on Thursdays Doug Erickson teaches the class.

Class	Day	Date	Time	Fee
24943	Th	Mar 15-May 3	1:30pm	\$40
24486	Tu	Apr 10-May 29	11:30am	\$40

Classes below are held at the Community Center

Seniorcize in the Pool

This class is designed to increase range of motion in the joints and also strengthen joint muscles, as you develop cardiovascular fitness. No swimming skills necessary. Class is held at the Community Center Pool.

Class	Day	Date	Time	Fee
24178	M	4/2-6/4	10:30am-11:25am	\$50/\$77
24179	W	4/4-6/6	10:30am-11:25am	\$56/\$85

Zumba Gold Tone

Taking the dance rhythms originated in Zumba to a lower level of intensity for participants who may need modifications with the addition of light weight toning sticks. Class is held at the Community Center.

Class	Day	Date	Time	Fee
24218	F	4/6-6/8	11am-Noon	\$50/\$77

CLASSES & ACTIVITIES

Gamers - Play Dominos, Hand and Foot, Scrabble, or Rummikube with this social group on Fridays from 1pm-4:30pm.

Pinochle - Play pinochle the second Monday, third Thursday, and every Saturday of the month at 1:00pm.



Intermediate Bridge

Mary DeSalvo & Fran Bond are the moderators. All students should have a Bridge Basics 3: Popular Conventions by Audrey Grant and a deck of her coded cards should be purchased before the first class. There will be no class 3/28/12.

Class	Day	Date	Time	Fee
24934	W	3/7-5/2	10:00am-Noon	\$12

Woodcarvers

Stop in and see if woodcarving is for you. Most carvers are experienced but always willing to help someone just starting to learn.

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

Ceramics

Students work on projects of their choice and level of experience. Class instruction provided by Mickey Currie. Stop in and see what you can do! Fee is per class.

Day	Date	Time	Fee
M/Tu	Ongoing	9:30am-Noon	\$7

Art Workshop

Talented and experienced, Rae Penzin, can bring out the best in you artistically! All abilities welcome. Instruction is in acrylics.

Class	Day	Date	Time	Fee
24491	M	3/19-5/7	10:00am-Noon	\$60

Chorus

The Senior Center Chorus is ready to start rehearsals in the new year. Choral director, Regina Kucharik invites men and women to join the chorus. No auditions.

Class	Day	Date	Time	Fee
24936	F	Mar 2-Mar 23	1:00pm	\$5
24939	F	Mar 30-Apr 27	1:00pm	\$5

Ukulele

Learn the basics of this musical instrument with experienced instructor, Peg Mistak.



Participants must provide their own ukulele.

Class	Day	Date	Time	Fee
24492	Th	3/29-5/17	2:30pm-3:30pm	\$22

MARCH PROGRAMS

Elder Law Issues Every Senior Should Know

This seminar is intended for seniors or their family members. A wide range of issues are covered, including living trust vs. asset protection trusts, how to pay for long term nursing, Medicaid eligibility, advanced directives, end of life issues with dignity, and the importance of effective instructions for loved ones. Taught by Teresa Nuccio, Attorney at Law.

Class	Day	Date	Time	Fee
22707	Tu	Mar 6	7:00-8:30pm	\$6

Health Forum: "Heart Disease- Silent Killer"

This information presentation will be hosted by Dr. Dean Katsamakakis. Refreshments will be served.

Day	Date	Time	Fee
Th	Mar 1	11:00am	Free

NOTE: March Programs and Events advertised in the February Newsletter are available for immediate registration.

MARCH EVENTS

Just Lunch - March

Lunch this month will be ham, potato, and cheese casserole. Stay after lunch to play cards or visit with friends. Just Lunch is limited to 60 people so don't wait to sign up.

Class	Day	Date	Time	Fee
24595	M	Mar 5	12:30pm	\$6

Women's Club

Elizabeth "Ellie" Carlson, museum curator with a specialty in costumes and a background in theatre, will review her book "Regretting Mr. Wright: Mamah Tells Her Own Story"; the tragic love story of Mamah Borthwick Cheney and Frank Lloyd Wright. Lunch will be herb chicken, mashed potatoes, and California veggies.

Class	Day	Date	Time	Fee
24593	W	Mar 7	12:30pm	\$17

March Bingo & Lunch

Join us for our monthly lunch and bingo program. Fee includes bingo, prizes and lunch. Lunch will be sloppy joes and coleslaw.

Class	Day	Date	Time	Fee
24942	W	Mar 14	12:30pm	\$7

March Lunch

Our annual St. Pat's luncheon is corned beef and cabbage catered by Harrington's. Entertainment by vocalist Heather Braoudakis performing "Kiss Me, I'm Irish."

Class	Day	Date	Time
24473	M	Mar 19	12:30pm

Fee: \$24



Irish Sweepstakes

It's a "Day at the Races" at the Senior Center. Watch actual filmed horse races and place your bets to win great prizes. Box lunch is included.



Class	Day	Date	Time	Fee
24465	Th	Mar 29	12:30pm-3:30pm	\$15

PARK RIDGE POLICE BREAKFAST CLUB

This monthly program is brought to us by the Park Ridge Police Department. Topics are of current interest to seniors. Breakfast is provided free (courtesy of Panera & Jewel) and begins at 9am. The program follows. There is no charge, but please let us know if you plan to attend.

Tuesday, March 20.

MARCH TRIPS

Fair Oaks Farm

Visit and find out about real sustainable dairy farming at Fair Oaks Farm located in Indiana halfway between Chicago and Indianapolis. Tour, lunch, and motor coach transportation are included in ticket price.

Class	Day	Date	Time	Fee
24475	W	Mar 21	8:00am-6:00pm	\$75

Debbie and Doyle Show

This country and western comedy is playing at the Royal George Theatre. It has all original music and has received rave reviews. Lunch is included at Maggiano's.

Class	Day	Date	Time	Fee
24476	W	Mar 28	10:30am-5:30pm	\$88

APRIL EVENTS

April Just Lunch

Lunch this month will be our hearty Sloppy Joes and Coleslaw. Stay after lunch to play cards or visit with friends. Limited to 60 people, so do not wait too long to sign up.

Class	Day	Date	Time	Fee
24480	M	Apr 2	12:30pm	\$6

Travel to Israel

World traveler, Bill Helmuth, will present "Modern Israel, Ancient Traditions." His travelogue will feature Tel Aviv, Haifa, Masada, and much more. There will be a catered luncheon before the program. Menu features chicken, roast beef, green beans, mashed potatoes and salad.

Class	Day	Date	Time	Fee
24484	W	Apr 11	12:30pm	\$15

Pancake Breakfast

The Senior Center Men's Club invites you to their annual all-you-can eat breakfast. Menu includes pancakes, sausage, juice, milk and coffee. The public is invited to attend. Please register in advanced to reserve your spot.



Class	Day	Date	Time
24482	Sat	Apr 14	8:00am-11:00am

Fee: \$4.50 Adults, \$3.00 Children

April Lunch

Celebrate Spring at our monthly luncheon. Catering by Inglebrook includes a plentiful menu of 3 meats, potato, salad, and dessert. Tom Stansfield, musician and vocalist will perform.

Class	Day	Date	Time	Fee
24474	M	Apr 16	12:30pm-3:30pm	\$14

Book Review with Barbara Rinella

Join us as Barbara Rinella brings books to life with her outstanding portrayals. Lunch is included with the book review. A catered lunch will be served: Italian beef, mostacolli, salad and rolls.

Class	Day	Date	Time	Fee
24483	Tu	Apr 24	12:30pm	\$17/\$19

APRIL TRIP

The Magic of Disney

The Elgin Symphony Orchestra performs music from 70 years of Disney Shows. You will hear many of your favorites including music and film clips from Mary Poppins, Aladdin, Beauty and the Beast, and the Lion King. There will be a brunch before the performance. Tour price includes show ticket, brunch and transportation. **Registration deadline: April 1**



Class	Day	Date	Time	Fee
24477	Sun	Apr 22	11:30am-6:30pm	\$95

Save the Date

- May 1: Membership Open House
- May 2: "Leaders of the Band"
- May 3: Meditation Class Begins
- May 7: Just Lunch
- May 15: Four Winds Casino
- May 16: Fashion Show at Café la Cave
- May 21: Monthly Lunch
- May 22: Police Breakfast
- June 14: Volunteer Luncheon

APRIL PROGRAMS

Health Care Forum:

Prescription Drug Abuse

The Health Care Forum is collaborative group of health and wellness professionals and community partners working to bring health education to the community. Topics will address a variety of health issues related to different diseases, prescription drugs, depression, Medicare scams, new Medicaid changes, health screenings, how to prepare for your next doctor's appointment, brain health, and ideas on how to navigate through the health care process. Refreshments will be served. Attendance is FREE.

Class	Day	Date	Time	Fee
24944	Th	Apr 5	11:00am-Noon	Free

Stock and Mutual Fund Investing

Learn about the power of your money. This class will describe the use of relative strength and "point and figure" charts to make investment decisions. Taught by Jim Weaver, CFP at Merrill Lynch.

Class	Day	Date	Time	Fee
24530	Tu	Apr17	7:00pm-8:00pm	\$6

Understanding Estate Planning and Living Trust

A will alone can subject you and your family to the court process with long delays, costly expenses, and may limit access to your assets. Find out how to maintain control and privacy of your affairs and avoid court intervention. Learn why America is abandoning wills and probate in favor of the living trust solution.

Class	Day	Date	Time	Fee
24514	Tu	Apr 24	7:00pm-8:30pm	\$6

Cake Decorating 101

Discover the artistry of icing in this new hands-on class. This course is designed for the baker or artist looking to learn and experiment with the basic of confectionery design. Borders, flowers, and text will be among techniques learned and practiced in this course. Students will be expected to provide a basic set of decorating tools, a list will be provided upon registration.

Class	Day	Date	Time	Fee
24522	Tu	4/10-5/29	7:00pm-9:30pm	\$86

Looking for a place to have a party or event? How about at the Senior Center? You can rent a room or the whole facility. Ask us how!



Service Projects

Pop Tabs for Ronald McDonald House

We are still collecting these!

Box Tops for Education

Drop off in the container on the front table at the Senior Center. There is also a list that indicates what products have the labels and box tops. The collection of these labels have been donated to Park Ridge schools.

Beverly Ellstrand is a familiar face at the Senior Center. As an active member and a loyal art teacher, she has been a fixture at the Center for over thirty years.

When she joined the Senior Center in the early 80s she brought her passion for art and teaching, and immediately began forming art classes for her fellow members. Before long, she was using her vast experience in the Arts to teach classes in everything from watercolor painting to drawing. She organized lectures on topics such as Degas and implemented 'Women in Art' daylong seminars on art, music and film. Her dedication in sharing her passion has been a blessing for the members of the Senior Center—and the Park Ridge Community as a whole—in the many ways she has volunteered her time and her gift.

Beverly has now retired from teaching but continues to use her talent by doing illustrations for books and volunteering with the Kalo Foundation in Park Ridge. She even attends the art classes at the Center and enjoys being the student for a change.

*Thank you,
Beverly!*



SERVICES

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

Blood Pressure and Blood Sugar screening on March 16 from 9am-10:15am. No appointments necessary and no charge.

Social worker, Melissa Versch, a social worker with the North Shore Senior Center, is happy to partner with the Park Ridge Senior Center on Wednesdays, 9:30am until Noon. Melissa is available at the Senior Center on a walk-in basis for counseling and supportive services. You may also reach her at 847-784-6076.

Rules of the Road Review can assist you in reviewing for your upcoming driver's license test. Tuesday, March 6 from 9am-11am. Call the Center to register.

Driver Safety, sponsored by AARP, is a course, that upon completion may entitle you to a discount on your automobile liability insurance. Preregister by calling the Senior Center. The dates are Feb 28 & Mar 1. The charge is \$12 for AARP members; \$14 for non-AARP members.

Volunteer Opportunities

Humanities Moderator: We are currently looking for a volunteer to moderate our weekly Humanities Group. The moderator opportunity would be every Thursday at 10:15am. It would involve reading to the group and discussing current articles provided by the Senior Center Manager. If interested, please contact Jennifer Elliott, 847-692-3007.

The Center is always looking for volunteers to help with our luncheons, dinners, and special events. Please contact the Senior Center Manager, Jennifer Elliott, 847-692-3007, to sign up.

MARCH BIRTHDAYS

Roberta Larsen 1	Gil Powell 9	Mary Harris. 21
Joan Tompkins 1	Nancy Black 10	Joe Pintz 21
Mel Pirok 4	Marilyn Hughes 10	Maureen Brandt. 22
Ralph Scherer 5	Hazel Savolainen 10	Justine Goss 22
James P McMahon. 6	Marilyn Heinz. 11	Bill Hogan 23
Ron Kosach 7	Bonnie Turnquist 11	Connie DePaul 24
Norma Simmons 7	Frank Summers 12	Joyce DeWinter 25
Corinne Bruhn 8	Robert Mickey 13	Jo Hanch 25
Nancy Nesbit 8	Pauline Buerger 14	Jane Baldoni 26
Joan Foerstel 9	Elaine Kopoulos 14	Lillian Havel 26
Ruth Fowler 9	Lou Lusignan. 14	Roberta Jorik 27
	Barbara Bowers 15	Albert Bischof. 28
	Joanna Bischof 17	Thomas Reagan 28
	Pat Henderson 17	Melvin Erickson 29
	Mary Seaman 17	Barbara Schwimmer 29
	Richard Brandt 18	Maureen Lucore. 30
	Helen Kasluga. 19	Marie Mayer. 30
	Betty Knop 19	Jack Montgomery 30
	Judy Sindt 19	Faye Reeder 30
	Joyce Brown 21	





Tax Assistance Program

Between February 6 and April 12 on Mondays, Tuesdays and Thursdays AARP Tax Assistance Program (sponsored by AARP) will be at the Senior Center. This free service is available to everyone, members and nonmembers alike. To schedule an appointment with an AARP Tax Aide Volunteer call the Center at 847-692-3597.



March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9 - Driver's Safety 11 - Health Care Forum 1 - Book Discussion	2	3
4 12:30 - Spaghetti Opera	5 Registration Begins 10 - Money Matters 12:30 - Just Lunch	6 8:30 - Men's B'kfast 9:30 - Men's Club 9 - Rules of the Road 7pm - Elder Law Seminar	7 12:30 - Women's Club 1 - Wii Bowling 1:30 - Computer Club	8 Noon - Opera Arts 1 - Couple's Bridge	9	10 Registration Begins for Non-Members and Non-Residents
11	12 10 - Genealogy 1 - Golf Seminar 1 - Pinochle	13 9:30 - Men's Club	14 12:30 - Bingo & Lunch	15	16 9 - Blood Pressure & Blood Sugar Screening	17
18	19 10 - Money Matters 12:30 - St. Pat's Lunch	20 9 - Police Breakfast	21 8 - Fair Oaks Farm Trip 1 - Wii Bowling 1:30 - Computer Club	22 Noon - Opera Arts 1 - Pinochle	23	24
25	26 10 - Senior Senate 1 - Men's Golf Meeting 2 - Women's Golf Meeting	27 10 - Camera Club	28 10:30 - Debbie & Doyle Show Trip	29 12:30 - Irish Sweepstakes	30	31
Sunday 1 - Bridge Mixer	Monday 9 & 10:30 - Exercise 9:30 - Ceramics 10 - Art Workshop 2:30 - Uketoines	Tuesday 9:30 - Ceramics 11:30 - Yoga Noon - Cards 12:30/1:30 - Tap 1 - Table Tennis	Wednesday 9 & 10:30 - Exercise 9:30 - Social Work'r 10 - Discussion Gr'p 10 - Bridge Class 1 - Table Tennis	Thursday 9 - Woodcarving 10:15 - Humanities 1 - Table Tennis/Bowl'g 1:30 - Yoga 2:30 - Ukulele	Friday 9 & 10:30 - Exercise 9 - Duplicate Bridge 10 - Bazaar Group 1 - Chorus 1 - Gamers	Saturday 1 - Pinochle 

Look for the
Park Ridge Park District 2012
Summer Camp Brochure to
arrive in your mailbox the
week of February 20.

**Registration
begins March 5!**



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

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

SENIOR CENTER
PARK RIDGE PARK DISTRICT