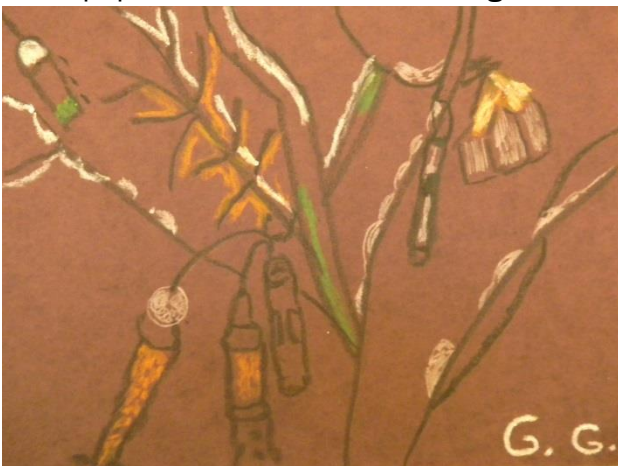


Around the Day Program In art therapy groups, participants have been experimenting drawing on dark paper, and painting with white paint on black paper. The results are stunning!



A recent travel discussion focused on Italy's Amalfi Coast. We discussed the history of the area, popular places to visit, culture, and dining. Participants especially enjoyed the information about the history of pizza and sharing their favorite kind of pizza.

Active games are a popular activity. We recently played bag toss and mini golf.

Participants are often joyous, engaged, and supportive of one another. There's a lot of laughter, exuberant cheering and clapping for one another. One participant said, "We're having too much fun here!"

From Mind Matters—Early Memory Loss Program



Mind Matters celebrated the 54th anniversary of the Beatles coming to the U.S. with trivia games and a "Wheel of

Fortune" style game with Beatles song titles – *yeah, yeah, yeah!*

The group celebrated Valentine's Day by reminiscing about their first dates, and the music that was popular at that time.

A recent focus theme included a discussion about home safety. We discussed the importance of checking homes for items that could cause trips, including loose throw rugs and electrical cords.

Tax Reminder Certain expenses incurred for long-term care of a person with Alzheimer's disease may be tax deductible. Consider consulting with a tax advisor when preparing your income taxes.



Special Lunch Program Our special lunch in honor of the spring holidays will be held on Friday, March 16. The menu is penne-Mediterranean (fresh spinach/roasted red pepper/kalamata olive/feta blended with marinara sauce), garlic bread sticks and dessert.

Emergency Closings In the event of severe weather, we may have to close. This would be announced on radio stations WGN-720AM,

WBBM-780AM, and TV channels CBS-2, NBC-5, ABC-7, WGN-9, FOX-32 and CLTV. Listen for North Shore Senior Center. If the North Shore Senior Center closes, House of Welcome Adult Day Services will be closed, since we are one of its programs. Check online at www.emergencyclosings.com, or call 847-238-1234, looking for North Shore Senior Center. **You should also call us directly at 847-242-6250 to confirm whether or not we are open. We sometimes close when the rest of the Center is open.**

Alzheimer's Family Support Group House of Welcome Adult Day Services hosts a monthly support group for family members of people who have memory loss from Alzheimer's disease and other dementias. There is no fee and registration is not required. The next meeting is March 13 from 1:00 to 2:30 p.m. in the Katarski Room at North Shore Senior Center.

Other Programs and Services

- **Bathing, hairdressing, podiatry and massage therapy** are available for day program participants
- **Alzheimer's Family Support Group** for family members of persons with Alzheimer's disease and other dementias
- **Mind Matters Family Support Group** for family members of Mind Matters participants
- **Education Programs** on dementia-related topics
- **North Shore Senior Options** offers consulting, guidance and support to families and their older adult relatives, on a fee basis, to address immediate and future care needs
- **North Shore Senior Center's Senior and Family Services Department** offers in-home and community-based supportive services
- **North Shore Senior Center's Lifelong Learning Department** offers a variety of programs and classes

2018 Schedule

Following are the 2018 late openings and closings. **These dates are subject to change, so please review them each month.** Family members must communicate this information to caregivers, drivers, and others needing to know. Thank you.

Please note the following change in date:

- ◆ **Friday, 2-23:** Open at 10:30 a.m.
- ◆ **Friday, 3-16:** Open at 10:30 a.m.
- ◆ **Friday, 4-20:** Open at 10:30 a.m.
- ◆ **Friday, 5-18:** Open at 10:30 a.m.
- ◆ **Monday, 5-28:** CLOSED for holiday
- ◆ **Friday, 6-1:** CLOSED for in-service day, supported by *The Edna F. Weber Program for Training and Professional Development*
- ◆ **Friday, 6-15:** Open at 10:30 a.m.
- ◆ **Wednesday, 7-4:** CLOSED for holiday
- ◆ **Friday, 7-20:** Open at 10:30 a.m.
- ◆ **Friday, 8-17:** Open at 10:30 a.m.
- ◆ **Wednesday, 8-29:** CLOSED for NSSC Staff Appreciation Day
- ◆ **Monday, 9-3:** CLOSED for holiday
- ◆ **Friday, 9-21:** Open at 10:30 a.m.
- ◆ **Friday, 10-5:** CLOSED for in-service day, supported by *The Edna F. Weber Program for Training and Professional Development*
- ◆ **Friday, 10-19:** Open at 10:30 a.m.
- ◆ **Friday, 11-16:** Open at 10:30 a.m.
- ◆ **Thursday/Friday, 11-22 & 11-23:** CLOSED for holidays
- ◆ **Friday, 12-21:** Open at 10:30 a.m.
- ◆ **Monday/Tuesday, 12-24 & 12-25:** CLOSED for holidays
- ◆ **Monday/Tuesday, 12-31 & 1-1-2019:** CLOSED for holidays

The mission of the North Shore Senior Center is to foster the independence and well being of older adults, enhance their dignity and self respect, and promote their participation in and contribution toward all aspects of community life.

