

July 2018 Programs

Join us Monday–Friday, 11:30 a.m.–1:30 p.m., at 7574 N. Lincoln Avenue, Skokie

Anyone age 60 or better can drop in for a midday meal with neighbors and friends.

If you like, stay for programs, games, and more. It's your choice – stay a while, or eat and run!

A \$2 donation is suggested, but not required.

Lunch at the Skokie Public Library, 5215 Oakton Street, Radmacher Room

Friday, July 27, 11:30 a.m.–1:30 p.m.

Join us for a Summer Fiesta Luncheon!

On the menu: Chicken Fajitas, Spanish Rice, Refried Beans, Corn & Red Peppers, Chips & Salsa, Fresh Fruit Salad, and Dessert

Join us for a presentation by Berenice Martinez from the Office of the Illinois Attorney General. Gain the knowledge and tools you need to learn how to better protect yourself from con artists and deceptive business practices.

Sitcom Monday – FREE

Mondays, July 2, 9 & 30, 11:30 a.m.–1:30 p.m.

Enjoy a blast from the past with classic sitcom episodes from *Cheers* to *All in the Family* to *The Golden Girls* and more!

Chair Yoga – FREE

Tuesdays, 12:30–1:30 p.m.

Yoga has been proven to increase flexibility and muscle tone. It is an enduring total body workout. No experience necessary and all skill levels are welcome.

Blood Pressure Screening – FREE

Tuesdays, July 3, 10, 24, & 31, 11:30 a.m.–12:30 p.m.

Do your body good! Get your blood pressure taken by registered nurse Arlene.

Zumba Gold – FREE

Thursdays, 11:00–11:45 a.m.

Zumba is a cardio-based fitness class that fuses Latin and international rhythms and movements. This class can be done from a sitting or standing position. Dance experience is not required.

Film Friday – FREE

Fridays, July 6, 13, & 20 and August 3, 11:45 a.m.

Enjoy your lunch while you join us for a movie and popcorn. Please share any movie requests. See the Film Friday flyer for upcoming movies.

Interested in volunteering? For more information, contact Jennifer at (847) 644.6071 or jbegovic@matherlifeways.com.

Simply Strong – FREE

Wednesday, July 11, 12:45–1:45 p.m.

Join Randi Kant to learn about effective exercises that increase the strength of your muscles and help mobility. Join us for a guided strength training routine that uses your own body weight for resistance and can be done in the comfort of your own home.

Game Show Party – FREE

Monday, July 16, 12:15 p.m.

Join Jennifer and Rosie as they host a game show! Take your chance at a game such as *Deal or No Deal*, *Who Wants to Be a Millionaire*, *Jeopardy!*, *Wheel of Fortune*, and more!

Karaoke – FREE

Monday, July 23, 12:00–1:30 p.m.

Choose your favorite song and sing along! Singing isn't for you? Be a back-up dancer or just come and enjoy the entertainment!

Handmade Crafts – FREE

Wednesday, July 25, 12:15–1:00 p.m.

Try your hand at an easy-to-do craft with Paula! You may choose to keep your craft or donate it to a recipient of home-delivered meals in Skokie and brighten someone's day.

Aerobics – FREE

Wednesdays, July 25 and August 1, 11:30 a.m.–1:30 p.m.

Follow along with exercise videos to get you moving! Videos will continuously play, allowing you the flexibility to come & go as you please!

Wii Games – FREE

Wednesday, August 1, 12:00–1:30 p.m.

You can play tennis, golf, baseball, and even go bowling without leaving the room. Practice your skills or challenge a friend with these easy, fun games.