

# July 2018 Program Descriptions

Questions? Want to register for a program? Call us at (847) 663.3073

## Mather LifeWays All-American Picnic

**Friday, July 13, 11:30 a.m.--2:00 p.m.**

Choose to dine inside or out at this patriotic celebration. Enjoy a delicious buffet along with the sunny company of friends and some great tunes.

**Cost: \$13 with advance reservation; \$15 at the door**

## Coffee Chat- FREE

**Mondays: July 9, 16, 23, 30, 9:00 a.m.--12:00 p.m.**

Join us Monday mornings for fun and fellowship—and plenty of laughs over a cup of coffee. All are welcome!

## Humanities- FREE

**Mondays: July 9, 16, 23, 30, 9:30 a.m.--12:00 p.m.**

Learn something new every Monday morning! Join us for fascinating presentations on a variety of topics.

## Medicare Patrol Presentation- FREE

**Monday, July 9, 9:30--10:30 a.m.**

The Illinois Senior Medicare Patrol empowers Medicare beneficiaries and caregivers to protect, detect, and report Medicare Fraud. New Medicare cards are coming to Illinois. Please come in to this presentation to learn how to prevent scams, learn more about our program and what you can do to protect yourself from this and other possible Medicare fraud scams.

## EmPOWERED to Serve: FREE

**Mondays, July 16--September 10, 9:30--11:00 a.m.**

In this 8-week heart health program created by the American Heart/American Stroke Association, you'll learn how to improve your heart health. We'll start with measuring your blood pressure and weight, giving you a starting point for your own action plan. In addition to lectures, we'll get physical, learn CPR, get a healthy cooking demo, and more! Snacks and bottled water provided. Enter a raffle for a prize drawing at each session!

## MG Park District--Better Balance

**Mondays: July 9, 16, 23, 30, 10:00--11:00 a.m.**

This class is designed to enhance core strength, balance, coordination, stability, and flexibility. Wednesday classes are also available. **Cost: \$40 for 8 weeks**

## Wii Games- FREE

**Mondays: July 9, 16, 23, 30, 12:30--2:30 p.m.**

Who needs a bowling alley or a golf course when you have a Wii game system! Try something new and bowl or golf at the Civic Center.

## Bingo Club

**Tuesdays: July 10, 17, 24, 31, 10:00 a.m.--12:00 p.m.**

B-I-N-G-O! Join us for friendly games full of fun, laughter, and prizes. **(\$0.50 per card)**

## Mah-Jongg Club- FREE

**Tuesdays: July 10, 17, 24, 31, 12:00--3:00 p.m.**

Grab your Maj card, and see what all the fun is about! You'll discover great company and coffee along with rousing games.

## Advisory Commission on Aging- FREE

**Tuesday, July 10, 1:00--2:00 p.m.**

Learn about valuable services and programs for Morton Grove residents. Everyone is welcome.

## B/P, Cholesterol & Blood Sugar Screening- FREE

**Tuesday, July 17, 11:00 a.m.--12:00 p.m.**

It takes only three minutes (and a simple finger stick blood test) to find out if your blood sugar level is where it should be. Also have your blood pressure screened. It will do your heart good.

## Understanding Your Phone- FREE

**Tuesday, July 17, 1:00--2:00 p.m.**

Come learn some basic skills on your iPhone or Android phone. We will go over things like adding contacts, sending text messages, and downloading apps. All questions are welcome!

## AARP Smart Driving Course

**Wednesdays: July 11 & 18, 9:00 a.m.--1:00 p.m.**

Refresh your driving knowledge with this two-day course. **Registration required. Cost \$15**

## Lunch and Bingo

**Wednesdays: July 11, 18, 25, 10:30 a.m.--1:30 p.m.**

The only thing better than bingo? Bingo and lunch! Check the bulletin board for the day's menu. **Registration required by 12:00 p.m. Tuesday. Cost \$7**

## Mary's Book Club- FREE

**Wednesday, July 11, 12:00--1:15 p.m.**

*Little Fires Everywhere* by Celeste Ng witnesses the mysteries of arson, kinship and community in late-'90s suburban America.

## For the Love of Food- FREE

**Wednesday, July 11, 1:00--2:00 p.m.**

Learn new ideas for preparing meals for a few friends or just yourself with practical tips and shared stories.

## 10 Healthy Habits for Each and Every Day- FREE

**Wednesday, July 25, 1:00--2:00 p.m.**

Incorporating small yet powerful health habits into our daily routine goes a long way in maximizing our physical, emotional, and cognitive health. We'll examine the benefits of 10 healthy habits, as well as strategies to integrate them into your life.

## Morton Grove Jammers- FREE

**Wednesdays: July 11, 18, 25, 3:30--4:30 p.m.**

Bring your guitar, harmonica, or musical instrument of your choice, and meet other musicians to make music together!

## Pinochle Club- FREE

**Thursdays: July 12, 19, 26, 9:00 a.m.--12:45 p.m.**

Join us for a round of pinochle, when we'll be dealing out fun and friendly play!

## Movie

**Thursdays: July 12, 19, 26, 11:00 a.m.--1:00 p.m.**

Join us for a movie and bring your own lunch. Stop by the Civic Center for the movie schedule and to register.

## I Am Not an Artist/ Preparation for Exhibit- FREE

**Thursday, July 12, 10:00--11:30 a.m.**

In this class we will continue to prepare for our upcoming summer exhibit in August where we will showcase our work, progress and processes. Please be sure to bring in all artwork you might have at home that you would like to show!

## Evening Series: Music & MORE!

**Thursday, July 19, 6:30--7:30 p.m.**

Join us for live entertainment by Bill Dunnam and dessert. **Registration requested. Cost: \$5**

## Gentle Yoga

**Thursdays: July 12, 19, 26, 1:00--2:00 p.m.**

Come to chair yoga class! Yoga has been proven to increase flexibility and muscle tone. It is an enduring total body workout. No experience necessary and all skill levels welcome. **Cost: \$4 per class**

## Poker Club- FREE

**Thursdays: July 12, 19, 26, 1:00--4:00 p.m.**

Seven-card stud. . . five-card draw. . . every hand in this Thursday afternoon game is dealer's choice, so come ready to call 'em!

## I Am Not an Artist/ We Are Ready for the Art Exhibit- FREE

**Thursday, July 26, 10:00--11:30 a.m.**

We will be finishing up everything we need for our August 7 showing, including writing artist statements. Please be sure to bring in all artwork you might have at home that you would like to show!

## Needlework Pals- FREE

**Fridays: July 13, 20, 27, 9:30--11:30 a.m.**

Bring your crocheting, knitting, needlepoint, quilting, or embroidery, and work in a fun and social environment. Share your skill or learn something new from your fellow needle workers.

## Men's Poker- FREE

**Fridays: July 13, 20, 27, 12:00--3:00 p.m.**

A Friday afternoon must—this weekly men's game is dealer's choice.

## Zumba Gold

**Fridays: July 13, 20, 27, 2:00--3:00 p.m.**

Zumba is a cardio-based fitness class that fuses Latin and international rhythms and movements. Zumba Gold format is designed for the active older adult or the beginner participant. No dance experience required. **Cost: \$4 per class.**

## Ask the Tech Expert- FREE

**Friday, July 27, 10:00 a.m.--1:00 p.m.**

Have a computer glitch? Locked out, password issues or can't get email? See the expert for your quick tech solutions!

## Free Services at the Civic Center for your convenience:

- **FREE** Notary
- **FREE** Industrial Shredder
- **FREE** Expired Medicine Disposal
- **FREE** Needle Disposal