

# September 2018 Program Descriptions

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

## Mather LifeWays Vito Las Vegas

**Friday, September 7, 11:30 a.m.--2:00 p.m.**  
Everyone's a winner at this Vegas-style party, with performance by the popular Vito Zatto and a hearty buffet. You'll enjoy the show so much you'll be singing "Vito, Las Vegas!" **Cost: \$13 with advance reservation: \$15 at the door**

## Coffee Chat- FREE

**Mondays: September 10, 17, 24, 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: September 10, 17, 24, 9:30 a.m.--12:00 p.m.**  
Learn something new every Monday morning! Join us for fascinating presentations on a variety of topics.

## 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!

## Brain Health as You Age: You Can Make the Difference Monday, September 17, 9:30-10:30 a.m.

This workshop will teach you how to reduce the risks related to brain health. This presentation addresses normal aging of the brain, threats to brain health, and healthy aging for the body and brain.

## Disorders of the Skin - FREE

**Monday, September 24, 9:30-10:30 a.m.**  
The program is designed to familiarize participants with the largest organ in the body: the skin. It will review structure and functions, selected assessments of abnormal findings, and interventions needed for healing.

## MG Park District--Better Balance

**Mondays: September 10, 17, 24, 10:00--11:00 a.m.**  
This class is designed to enhance core strength, balance, coordination, stability, and flexibility. **Cost: \$40 for 8 weeks**

## Wii Games- FREE

**Mondays: September 10, 17, 24, 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: September 4, 11, 18, 25, 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: September 4, 11, 18, 25, 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, September 11, 1:00--2:00 p.m.**  
The Commission is composed of older adult residents and representatives of public and private organizations serving the needs of older adult residents of Morton Grove. Please consider joining the Commission as we explore opportunities to enhance the well-being of older adult residents of Morton Grove.

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

**Tuesday, September 18, 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.

## Do You Need a Ride?- FREE

**Tuesday, September 18, 1:00--2:00 p.m.**  
An overview of how Uber and Lyft changed the transportation industry and how to start using them. (Required: Smartphone)

## Falls—Take Control- FREE

**Tuesday, September 25, 1:00--2:00 p.m.**  
Did you know that up to 40% of people 65 and older fall each year? That those who fall are 2-3 times more likely to fall again? And that 10-20% of falls cause serious injuries. Don't become a statistic! Learn how to implement and sustain positive health behaviors and discover how it can manifest within the framework of your own unique life.

## AARP Smart Driving Course

**Wednesdays: September 5 & 12, 9:00 a.m.--1:00 p.m.**  
Refresh your driving knowledge with this two-day course. **Registration required. Cost \$15**

## MG Public Library on the Go- FREE

**Wednesday, September 5, 10:15--10:30 a.m.**  
Join us on the first Wednesday of the month to get an update on current Morton Grove Public Library offerings.

## Lunch and Bingo

**Wednesdays: September 5, 12, 19, 26, 10:30 a.m.--1:30 p.m.**  
The only thing better than bingo? Bingo and lunch! Check the front desk for the day's menu. **Registration required by 12:00 p.m. Tuesday. Cost \$7**

## MGPL Book Talk- Mysteries Not to Miss- FREE

**Wednesday, September 5, 1:00--2:00 p.m.**  
This month we'll discuss some of the recent mystery releases featuring private investigators, amateur sleuths, and their beloved sidekicks.

## Mary's Book Club- FREE

**Wednesday, September 12, 12:00--1:15 p.m.**  
*The Woman in the Window* by A.J. Finn An agoraphobic with a zoom lens thinks she sees something.

## Whole-Person Wellness- FREE

**Wednesday, September 26, 1:00--2:00 p.m.**  
Earn about an innovative way of life and get tips for living a wellness lifestyle uniquely suited to you.

## Morton Grove Jammers- FREE

**Wednesdays: September 5, 12, 19, 26, 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: September 6, 13, 20, 27, 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!

## I Am Not an Artist/ Memories- FREE

**Thursday, September 6, 9:30--11:00 a.m.**  
In this class we will take a look at our memories and how we would depict our memories. Using collages is one common technique when working with memories, as well as fades images art. We will work with watercolors, oil pastels, pencil, papers, and images, brushes, and sponges.

## Movie

**Thursdays: September 6, 13, 20, 27, 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.

## Bridge Club- FREE

**Thursdays: September 6, 13, 20, 27, 11:30--3:00 p.m.**  
Come join us on the right-hand side for an afternoon of relaxing and social bridge. Come prepared to play duplicate bridge. Let the bidding and play begin!

## Evening Series: Music & MORE!

**Thursday, September 13, 6:30--7:30 p.m.**  
Join us for live entertainment by country music artist and writer Andrew Salgado and dessert. **Registration requested. Cost: \$5**

## Gentle Yoga

**Thursdays: September 6, 13, 20, 27, 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: September 6, 13, 20, 27, 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- Forms, Forms & More Forms- FREE

**Thursday, September 20, 9:30--11:00 a.m.**  
In this class we will study forms and how different forms play with each other in one and the same object. Please feel free to bring your own object with an interesting form. We will work with watercolors, oil pastels, pencil, papers, and images, brushes, and sponges.

## Needlework Pals- FREE

**Fridays: September 7, 14, 21, 28, 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.

## Ask the Tech Expert- FREE

**Friday, September 21, 10:00 a.m.--1:00 p.m.**  
Have a computer glitch? Locked out, have password issues, or can't get email? See the expert for your quick tech solutions!

## Men's Poker- FREE

**Fridays: September 7, 14, 21, 28, 12:00--3:00 p.m.**  
A Friday afternoon must—this weekly men's game is dealer's choice.

## Zumba Gold

**Fridays: September 7, 14, 21, 28, 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.**