

# November 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, November 16, 11:30 a.m.–1:30 p.m.

Join Us for an Autumn Harvest Luncheon!

On the menu: Roast Turkey, Bread Stuffing, Mashed Potatoes, Peas & Carrots, Cranberry Jell-O, and Pie

Join us for an overview of the most popular social media platforms. Vivian Chazen

will guide you so that you learn which ones are right for you and your interests.

### Board Games – FREE

**Mondays, October 29 and November 26, 12:00–1:30 p.m.**

Bring a friend or make a new one as you enjoy playing a classic board game such as Scrabble, Rummikub, Clue, chess, 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, October 30 and November 13 & 27, 11:30 a.m.–12:30 p.m.**

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

### Wii Games – FREE

**Wednesday, October 31 and November 28, 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.

### 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, November 2, 9 & 30, 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.

### Karaoke – FREE

**Monday, November 5, 12:00–1:30 p.m.**

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

### Tech Help – FREE

**Wednesday, November 7, 11:30 a.m.–1:30 p.m.**

Bring your mobile phone, tablet, or laptop and any questions to our tech expert Vivian. Don't forget to bring any needed passwords.

### Game Show Party – FREE

**Monday, November 12, 12:15 p.m.**

Join Jennifer and Rosie as they host a game show! Take your chance at a game such as *Family Feud*, *Who Wants to Be a Millionaire*, *Jeopardy!*, *Wheel of Fortune*, and more!

### Physical Activity – Rethinking Our Approach – FREE

**Wednesday, November 14, 12:45–1:45 p.m.**

Our own thoughts either empower or undermine our efforts to live a physically active life. Join Randi Kant to ponder questions to help you move toward your physical activity goals in a way that makes sense and feels right to you.

### Closed Caption Telephones – FREE

**Monday, November 19, 11:30 a.m.–1:30 p.m.**

Join Susie Koleff from ClearCaptions and learn how to qualify for a free closed caption telephone for your home.

### Handmade Crafts – FREE

**Wednesday, November 21, 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

**Wednesday, November 21, 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 and go as you please.

Interested in volunteering? Would you like more information? Contact Jennifer at (847) 644.6071 or [jbegovic@matherlifeways.com](mailto:jbegovic@matherlifeways.com).