

December 2018 Program Descriptions

Questions? Want to register for a program? Call us at (847) 663.3075

Mather LifeWays A Very Merry Festivity Luncheon Friday, December 7, 11:30 a.m.--2:00 p.m.

Kick off your holiday season with this joyful jubilee featuring a delicious buffet lunch and some toe-tapping entertainment, plus plenty of merrymaking with good friends and neighbors. **Cost \$15**

Coffee Chat- FREE

Mondays: December 3, 10, 17, 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: December 3, 10, 17, 9:30 a.m.--12:00 p.m.
Learn something new every Monday morning! Peer-leader Arlene Golub moderates fascinating presentations on a variety of topics.

Potpourri with Hope Hornstein- FREE

Monday, December 3, 9:30--10:30 a.m.
A little bit of this, a little bit of that--a mix of self-care, fun, and reminiscence.

The Changing Face of Aging- FREE

Monday, December 10, 9:30--10:30 a.m.
The program is designed to identify and address the transitions that impact older adults and their families. It is intended to assist older adults' identification and understanding of common changes that impact the face of aging.

Learn More about Ankylosing Spondylitis- FREE

Monday, December 17, 9:30--10:30 a.m.
Ankylosing Spondylitis is a chronic inflammatory autoimmune disease that primarily attacks the spine and lower back. This presentation will discuss signs and symptoms, causes, early diagnosis, and current treatments.

MG Park District--Better Balance

Mondays: December 3, 10, 17, 10:00--11:00 a.m.
This class is designed to enhance core strength, balance, coordination, stability, and flexibility. Wednesday class also available. **Cost: \$40 for 8 weeks**

Wii Games- FREE

Mondays: December 3, 10, 17, 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: December 4, 11, 18, 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)**

Don't Fall in Love with Your Medicare Part D Plan- FREE

Tuesday, December 4, 11:30 a.m.--12:30 p.m.
Find out the new 2019 premiums, deductibles, and co-pays. Learn how to search Medicare Prescription drug plans to get the lowest cost for your medicine.

Buying Holiday Gifts Online- FREE

Tuesday, December 4, 1:00--2:00 p.m.
Want to avoid the busy crowd? Try shipping instead of shopping. Vivian will walk you through the most popular websites to purchase traditional to personalized gifts.

Mah-Jongg Club- FREE

Tuesdays: December 4, 11, 18, 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, December 11, 1:00--2:00 p.m.
Learn about valuable services and programs for citizens of Morton Grove. Everyone is welcome.

B/P, Cholesterol & Blood Sugar Screening- FREE

Tuesday, December 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.

MG Public Library on the Go- FREE

Wednesday, December 5, 9:45--10:00 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: December 5, 12, 19, 10:00 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**

MGPL Book Talk--Best of 2018- FREE

Wednesday, December 5, 1:00--2:00 p.m.
It's that time of the year again when we gather and share our favorite, most discussed and recognized books of the year. Be ready to talk about your favorites and check out a book or five.

Mary's Book Club- FREE

Wednesday, December 12, 12:00--1:15 p.m.
Eleanor is a character like no other – an unusual and insightful woman who looks at the world in a slightly different way, a woman with whom you feel exasperated, with whom you'll laugh and cry, and a woman who will win your empathy in the most heartbreaking of ways. *Eleanor Oliphant is Completely Fine* is the 2017 debut novel of Gail Honeyman, and the winner of the 2018 Costa Debut Novel Award. It deals with themes of isolation and loneliness.

Morton Grove Jammers- FREE

Wednesdays: December 5, 12, 19, 3:30--4:30 p.m.
Bring your guitar, harmonica, or musical instrument of your choice, and meet other musicians and make music together!

Pinochle Club- FREE

Thursdays: December 6, 13, 20, 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- FREE

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

Gentle Yoga

Thursdays: December 6, 13, 20, 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: December 6, 13, 20, 1:00--4:00 p.m.
Seven-card stud. . . five-card draw. . . every hand in this Thursday afternoon game is dealers' choice, so come ready to call 'em!

Evening Series: Music & MORE!

Thursday, December 13, 6:30--7:30 p.m.
Join us for live entertainment by the North Shore Harmonizers and dessert. **Registration required. Cost: \$5**

I Am Not an Artist/ Finishing Up Our Work, Part 1- FREE

Thursday, December 6, 9:00 a.m.--11:00 a.m.
In this class we will focus on finishing up unfinished work, go over some techniques and discuss art to display. We will work with watercolors, oil pastels, pencil, papers, and images, brushes, and sponges along with other materials.

I Am Not an Artist/ Finishing Up Our Work, Part 2- FREE

Thursday, December 20, 9:30--11:00 a.m.
In this class we will look back to the collages we made in January 2018 and how your year has been. We will make a reflective collage and compare it with the collage we made in January. No problems if you did not do a collage in January 2018! We will work with watercolors, oil pastels, pencil, papers, and images, brushes, and sponges along with other materials.

Needlework Pals- FREE

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

Zumba Gold

Fridays: December 7, 14, 21, 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 beginner participants. No dance experience required. **Cost: \$4 per class**

Ask the Tech Expert- FREE

Friday, December 14, 11:00 a.m.--1:00 p.m.
Have a computer glitch? Locked out, password issues, or can't get e-mail? See the expert for your quick tech solutions!