

November 2018 Program Descriptions

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

Mather LifeWays Friendsgiving Luncheon

Friday, November 2, 11:30 a.m.--2:00 p.m.

We're thankful for you, our wonderful neighbors. Come share some good food, good times, and live entertainment. You'll find all of the above at our early Thanksgiving celebration! **Cost \$13 with advance reservation; \$15 at the door**

Coffee Chat- FREE

Mondays: November 5, 12, 19, 26, 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: November 5, 12, 19, 26, 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.

An Inside Look at Psoriatic Arthritis- FREE

Monday, November 12, 9:30--10:30 a.m.

Psoriatic arthritis is a chronic inflammatory disease that attacks both your skin on the outside and your joints on the inside. This presentation's goals are to understand the nature of psoriatic arthritis, know the treatment options, and take control of the disease.

Workout with Lorena- FREE

Mondays: November 19, 9:30--10:30 a.m.

Let Lorena relieve some of the stress from your mind and body with simple and easy to do exercises.

Coping, Wellness & Joy- FREE

Monday, November 26, 9:30--10:30 a.m.

The presentation will focus on adding things to one's life to make it happier. We will do a wellness survey and get some tips on how to lower your stress and add to your joy! The presentation will be light in style but heavy in practical ways to make life more to smile about! There are some good tips on how to manage stressors, keep stressors more at bay, and to be ready for them before they get there! Come learn and smile! Little trinkets will be handed out.

MG Park District--Better Balance

Mondays: November 5, 12, 19, 26, 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: November 5, 12, 19, 26, 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: November 6, 13, 20, 27, 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: November 6, 13, 20, 27, 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, November 13, 1:00--2:00 p.m.

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

What Gadgets Do You Need?- FREE

Tuesday, November 13, 1:00--2:00 p.m.

Are you interested in buying a smartphone or a tablet? Which one fits your lifestyle and budget? Vivian will update you on the latest technologies and help you find the right gadget for you. (Good for holiday buying)

B/P, Cholesterol & Blood Sugar Screening- FREE

Tuesday, November 20, 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.

AARP Smart Driving Course

Wednesdays: November 7 & 14, 9:00 a.m.--1:00 p.m.

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

Morton Grove Jammers- FREE

Wednesdays: November 7, 14, 21, 28, 3:30--4:30 p.m.

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

MG Public Library on the Go- FREE

Wednesday, November 7, 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: November 7, 14, 21, 28, 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**

MGPL Book Talk- FREE

Wednesday, November 7, 1:00--2:00 p.m.

This November, come learn about the newest adaptations of books into movies or TV shows, and discuss which version is better.

Mary's Book Club- FREE

Wednesday, November 14, 12:00--1:15 p.m.

Living on her family's idyllic lakeside estate in Cornwall, England, Alice Edevane is a bright, inquisitive, innocent, and precociously talented 16-year-old who loves to write stories. But the mysteries she pens are no match for the one her family is about to endure. . . *The Lake House* by Kate Morton.

The Mind Diet- FREE

Wednesday, November 21, 1:00--2:00 p.m.

Learn the 15 dietary components of the Mind Diet, including 10 brain-healthy food groups and how to fit them into your diet.

Bookish Websites- FREE

Wednesday, November 28, 1:00--2:00 p.m.

In need of reading material? Get an online tour of everything books, including popular websites, social media, and how to get free books!

Pinochle Club- FREE

Thursdays: November 1, 8, 15, 29, 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: November 1, 8, 15, 29, 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: November 1, 8, 15, 29, 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, November 1, 8, 15, 29, 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: November 1, 8, 15, 29, 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!

I Am Not an Artist/ What I Learned - Part 1- FREE

Thursday, November 15, 9:30 a.m.--11:00 a.m.

In this class our art facilitator will share what she learned during a one week of art making in Sweden! Techniques and approaches, skills and insights will be shared while we work.

Evening Series: Music & MORE!

Thursday, November 8, 6:30--7:30 p.m.

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

I Am Not an Artist/ What I Learned - Part 2- FREE

Thursday, November 29, 9:30--11:00 a.m.

In this class our art facilitator will share what she learned during a one week of art making in Sweden! Techniques and approaches, skills and insights will be shared while we work.

Needlework Pals- FREE

Fridays: November 2, 9, 16, 30, 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: November 2, 9, 16, 30, 12:00--3:00 p.m.

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

Zumba Gold

Fridays: November 2, 9, 16, 30, 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 participants. No dance experience required. **Cost: \$4 per class**

Ask the Tech Expert- FREE

Friday, November 9, 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!