

December 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, December 28, 11:30 a.m.–1:30 p.m.

Join Us for a New Year's Eve Celebration Luncheon!

On the menu: Chicken Classic with Brandy Supreme Sauce, Roasted Red Potatoes, Sautéed Green Beans, & Peach Cobbler.

Join us for a musical performance by the Mather Jammers, featuring Ovie Salgado, Chuck Freilich, Ben Mercado, Jim Tomasiello, and John Lulias. The Mather Jammers play oldies and goodies! Sing and dance along or sit back and enjoy some great music!

Sitcom Monday – FREE

Monday, December 3, 11:30 a.m.–1:30 p.m.

Enjoy a blast from the past with classic sitcom episodes from *Cheers* to *All in the Family* to *The Golden Girls* 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, December 4 & 18, 11:30 a.m.–12:30 p.m.

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

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, December 7, 14, & 21 and January 4, 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, December 10, 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!

Move More! Eat Better! – FREE

Wednesday, December 12, 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.

Game Show Party – FREE

Monday, December 17, 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!

Handmade Crafts – FREE

Wednesday, December 19, 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, December 19, 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.

Wii Games – FREE

Wednesdays, December 26 and January 2, 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.

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