

January 2019 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, January 25, 11:30 a.m.–1:30 p.m.

Join Us for a Winter Wonderland Luncheon!

On the menu: Stuffed Chicken Breast with Wild Rice and Spinach, Green Beans, Fruit Salad, Multi-Grain Dinner Roll, and Dessert.

Join us for the presentation, *Evolve Your Resolve* with Randi Kant. Learn powerful ways to uncover motivation, form commitment, and build and sustain momentum as we head into the New Year.

Wii Games – FREE

Wednesdays, January 2, 23 & 30, 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, January 4, 11, & 18 and February 1, 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.

Sitcom Monday – FREE

Monday, January 7, 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.

Doctor Visit? You've Got This! – FREE

Wednesday, January 9, 12:45–1:45 p.m.

Effective communication between you and your doctor is vitally important for receiving great care. Learn how to be well prepared for your next visit to get the most out of your valuable time together.

Karaoke – FREE

Monday, January 14, 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!

Blood Pressure Screening – FREE

Tuesdays, January 15 & 29, 11:30 a.m.–12:30 p.m.

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

Handmade Crafts – FREE

Wednesday, January 16, 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, January 16, 11:30 a.m.–1:30 p.m.

Follow along with exercise videos to get you moving! Videos will continuously play, allowing flexibility to come and go as you please.

Game Show Party – FREE

Monday, January 21, 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!

Board Games – FREE

Monday, January 28, 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!

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