

January 2019 Program Descriptions

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

Mather LifeWays New Year's Gala Luncheon Friday, January 4, 11:30 a.m.--2:00 p.m.

Our New Year's resolution is to welcome 2019 together, with good friends and neighbors, festive entertainment, and a hearty buffet. **Cost \$14 in advance (\$15 at the door)**

Coffee Chat- FREE

Mondays: January 7, 14, 21, 28, 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: January 7, 14, 21, 28, 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.

Curing Disease and Achieving the Fountain of Youth in Your Future- FREE

Monday, January 7, 9:30--10:30 a.m.
The presentation reviews 1) the history and causes of disease, 2) what scientists and doctors are working on today to cure disease in the next 30 years, 3) how aging will be reversed in the next 50 years, and 4) lots of amazing facts about the human body.

Alterations in Cognition - Cerebral Infarctions/-strokes--FREE

Monday, January 21, 9:30--10:30 a.m. The program is designed to review components of cerebral vascular accidents (CVA)/cerebral infarctions/strokes. Etiologic factors, manifestations which differentiate alterations in cognition, guidelines in therapeutic intervention and community resources to assist patients and caregivers with alterations, will be presented.

Introduction to Online Genealogy-- FREE

Monday, January 28, 9:30--10:30 a.m.
Find your family in U.S. Census Records and other online records, using FREE genealogy databases like FamilySearch.org and FindMyGrave.com. Bring a few written family birth, marriage, and death dates and places, if you have them, to use in class. If you have email, know how to access it (web address, username, password).

MG Park District--Better Balance

Mondays: January 7, 14, 21, 28, 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: January 7, 14, 21, 28, 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: January 8, 15, 22, 29, 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: January 8, 15, 22, 29, 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, January 8, 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, January 15, 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.

More Good News on Brain Health- FREE

Wednesday, January 30, 1:00--2:00 p.m.
Hear about recent neuroscience findings on how lifestyle choices can help cognition and even reduce risk of dementia.

The Skin You're In- FREE

Tuesday, January 15, 12:30--1:30 p.m.
Learn how your skin changes with age, possible effects of these changes, and what you can do to protect your skin and enhance its appearance

All about Uber & Lyft-- FREE

Tuesday, January 22, 1:00--2:00 p.m.
Discover two smartphone applications that offer cheaper, more efficient transportation than taxis. You must have a smartphone for this class.

MG Public Library on the Go- FREE

Wednesday, January 2, 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: January 2, 9, 16, 23, 30, 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**

Rummikub-- FREE

Wednesdays: January 2, 9, 16, 23, 30, 1:00--3:00 p.m.
Join Norman as he takes you through the rules and action of Rummikub, a tile-based game for two to four players, combining elements of the card game rummy.

MGPL Book Talk--Travel Books- FREE

Wednesday, January 2, 1:00--2:00 p.m.
Join us this January as we travel to far-flung locations like Australia, South America, and more—anywhere there's sun! Both fiction and nonfiction titles will be featured.

Mary's Book Club- FREE

Wednesday, January 9, 12:00--1:15 p.m.
The Cuban Affair - Set in 2015 during the early days of the thaw between the U.S. and Cuba, this is an action-packed, relentlessly paced thriller from bestseller Nelson DeMille.

Morton Grove Jammers- FREE

Wednesdays: January 2, 9, 16, 23, 30, 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: January 3, 10, 17, 24, 31, 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: January 3, 10, 17, 24, 31, 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: January 3, 10, 17, 24, 31, 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: January 3, 10, 17, 24, 31, 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: January 3, 10, 17, 24, 31, 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, January 10, 6:30--7:30 p.m.
Join us for live entertainment by the Antonio Duca and dessert. **Registration required. Cost: \$5**

I Am Not an Artist/ Perspectives- FREE

Thursday, January 3, 9:00 a.m.--11:00 a.m.
In this class we will focus on understanding and practicing perspectives, such as distance and three-dimensional objects. This topic will be an ongoing class throughout the year. We will work with watercolors, oil pastels, pencil, papers, and images, brushes, and sponges along with other materials.

I Am Not an Artist/ Shadows- FREE

Thursday, January 17, 9:30--11:00 a.m.
In this class we will continue to work on our "perspective works" and add shadows in order create and better understand what makes an image/picture feel more three-dimensional. We will work with other materials.

Needlework Pals- FREE

Fridays: January 4, 11, 18, 25, 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: January 4, 11, 18, 25, 12:00--3:00 p.m.
A Friday afternoon must—this weekly men's game is dealer's choice.

Zumba Gold

Fridays: January 4, 11, 18, 25, 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**

Understanding Rheumatoid Arthritis- FREE

Friday, January 25, 1:00--2:00 p.m.
Get expert insights into RA—what you should ask your doctor, the latest treatment options, and lifestyle changes that can make RA easier to live with.