

ONGOING EVENTS

ALL EVENTS ARE FREE UNLESS NOTED!

CALL (847) 663.3075 OR STOP IN TO REGISTER

6140 Dempster Street, Morton Grove
(Inside the American Legion Memorial Civic Center)

LIFELONG LEARNING

Coffee Chat

Mondays, 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

Mondays, 9:30 a.m.–12:00 p.m.

Learn something new every Monday morning! Join us for fascinating presentations on a variety of topics.

MG Public Library on the Go

**Wednesday, February 6,
9:40–10:00 a.m.**

Join us on the first Wednesday of the month to get an update on current Morton Grove Public Library offerings.

MGPL Book Talk: Celebrating Polish Culture

**Wednesday, February 6,
1:00–2:00 p.m.**

To support Coming Together: Celebrating Polish Culture in our community, this February we'll feature a selection of titles both fiction and nonfiction about Poland, Polish culture and the Polish-American experience.

Advisory Commission on Aging

**Tuesday, February 12,
1:00–2:00 p.m.**

The Commission is composed of older adult residents and representatives of public and private organizations serving the needs of older adult residents of Morton Grove. Please consider joining the Commission as we explore opportunities to enhance the well-being of older adult residents of Morton Grove.

Mary's Book Club

**Wednesday, February 13,
12:00–1:15 p.m.**

This month's selection is *Pachinko* by Min Jin Lee.

HEALTH & WELLNESS

B/P, Cholesterol & Blood Sugar Screening

**Tuesday, February 19,
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.

JUST FOR FUN

Wii Games

Mondays, 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, 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

Tuesdays, 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.

Rummikub

Wednesdays, 1:00–3:00 p.m.

Join Norman as he takes you through the rules and action of Rummikub, a title-based game for two to four players, combining elements of the card game rummy.

Lunch and Bingo

Wednesdays, 10:00 a.m.–1:30 p.m.

The only thing better than bingo? Bingo and lunch! Check the front desk for the day's menu. *Registration required by 12:00 p.m. Tuesday. Cost \$7*

Bridge Club

Thursdays, 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!

Pinochle Club

Thursdays, 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

Thursdays, 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.

Poker Club

Thursdays, 1:00–4:00 p.m.

Seven-card stud... five-card draw... every hand in this Thursday afternoon game is dealer's choice, so come ready to call 'em!

Needlework Pals

Fridays, 9:30–11:30 a.m.

Bring your crocheting, knitting, needle-point, 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

Fridays, 12:00–3:00 p.m.

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

DISCOVER WAYS TO AGE WELLSM IN MORTON GROVE

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MATHER LIFEWAYS FIRST LADIES LUNCHEON

Friday, February 1

11:30 a.m.–2:00 p.m.

Everyone notes Presidents Day... but what about the First Ladies? Travel back in time to Camelot to meet up with friends for a fine meal and let "the White House staff" do the cooking and cleaning. *Cost: \$14 with advance reservation; \$15 at the door*

EVENING SERIES: Music & MORE

Thursday, February 7,

6:30–7:30 p.m.

Join us for live entertainment plus dessert. Registration requested. *Cost: \$5*

FREE! Explore Spain: Madrid

**Tuesday, February 19,
1:00–2:00 p.m.**

Enjoy two episodes from *Rick Steve's Europe*, *The Majesty of Madrid*. After each episode, Claire Lenell will share her own experiences in Spain, as well as photos from her travels there.

FREE! Morton Grove Jammers Wednesdays, 3:30–4:30 p.m.

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

FREE! I Am Not an Artist/ Still Life

Thursday, February 7, 9:30–10:30 a.m.

We will work with a traditional still life and practice what we have studied of perspective, shadow and light. We will work with watercolors, oil pastels, pencil, papers, and images, brushes and sponges along with other materials.

Gentle Yoga

Thursdays, 1:00–2:00 a.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 is necessary and all skill levels are welcome. *Cost: \$4 per class*

FREE! I Am Not an Artist/ Islamic Art, Part 1

Thursday, February 21, 9:30–10:30 a.m.

In this class, we will study Traditional Islamic art and the tradition of calligraphy and repeated patterns and colors. This class will focus on conversation and learning. We will work with watercolors, oil pastels, pencils, papers, and images, brushes and sponges, along with other materials.

Zumba Gold

Fridays, 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 participant. No dance experience is required. *Cost: \$4 per class*

FREE! Telling a Life Story

Monday, February 4, 9:30–10:30 a.m.

Everybody's life story is worth telling and can be told in different ways. Morton Grove Public Library will show you how to get started using library resources, including our specialized recording equipment.

FREE! Keeping Safe at Home

**Monday, February 11,
9:30–10:30 a.m.**

Learn about the Morton Grove Fire Department's Residential Knox Box Program as well the Medical Alert Systems.

FREE! Alterations in Cognition, Part 2

Monday, February 18, 9:30–10:30 a.m.

We'll review the anatomical and physiological changes in older adults that may impact changes in mobility, such as osteoarthritis, fractures, and osteoporosis.

FREE! Genealogy, Part 2

Monday, February 25, 9:30–10:30 a.m.

Learn how to make an online family tree that your relatives can see and add to for FREE. Learn how to search for records that tell your ancestors' stories, and attach them to that family tree.

MG Park District: Better Balance

Mondays, 10:00–11:00 a.m.

This class is designed to enhance core strength, balance, coordination, stability, and flexibility. *Cost: \$40 for 8 weeks for Morton Grove residents; \$50 for non-residents*

FREE! Tax Assistance

Mondays and Fridays, 9:00 a.m.–3:00 p.m.

Trained AARP Tax-aide volunteers will help you prepare your tax return. Please bring your 2017 tax return and 2018 income statement. Appointments will be available Mondays and Fridays, February 11 thru April 12. Make an appointment by calling (847) 663.3070.

FREE! How to Use Amazon

Tuesday, February 12, 1:00–2:00 p.m.

Learn about online shopping on Amazon.com as well as Amazon services and gadgets such as Amazon Prime, Echo, and Kindles.

American Legion Memorial Civic Center • 6140 Dempster Street • Morton Grove • (847) 663.3075

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

February 2019

					1 9:30-11:30 Needlework Pals 11:30-2:00 Mather LifeWays Luncheon 12:00-3:00 Men's Poker 2:00-3:00 Zumba Gold	2
3	4 9:00-12:00 Coffee Chat 9:30-12:00 Humanities 9:30-10:30 Telling a Life Story 10:00-11:00 Better Balance 12:30-2:30 Wii Games	5 10:00-12:00 Bingo Club 12:00-3:00 Mah-Jongg Club	6 9:40-10:00 MG Library on the Go 10:00-1:30 Lunch & Bingo 1:00-3:00 Rummikub 1:00-2:00 MGPL: Book Talk 3:30-4:30 MG Jammers	7 9:00-12:45 Pinochle Club 9:00-11:00 I Am Not an Artist 11:00-1:00 Movie – 6th Sense 11:30-3:00 Bridge Club 1:00-2:00 Gentle Yoga 1:00-4:00 Poker Club 6:30-7:30 Music and MORE	8 9:30-11:30 Needlework Pals 12:00-3:00 Men's Poker 2:00-3:00 Zumba Gold	9
10	11 9:00-12:00 Coffee Chat 9:00-3:00 Tax Assistance 9:30-12:00 Humanities 9:30-10:30 Fire Prevention Bureau Coordinator 10:00-11:00 Better Balance 12:30-2:30 Wii Games	12 10:00-12:00 Bingo Club 12:00-3:00 Mah-Jongg Club 1:00-2:00 Advisory Commission on Aging 1:00-2:00 How to Use Amazon	13 10:00-1:30 Lunch & Bingo 12:00-1:15 Mary's Book Club 1:00-3:00 Rummikub 3:30-4:30 MG Jammers	14 9:00-12:45 Pinochle Club 11:00-1:00 Movie – Book of Henry 11:30-3:00 Bridge Club 1:00-2:00 Gentle Yoga 1:00-4:00 Poker Club	15 9:00-3:00 Tax Assistance 9:30-11:30 Needlework Pals 12:00-3:00 Men's Poker 2:00-3:00 Zumba Gold	16
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