

February 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, February 22, 11:30 a.m.–1:30 p.m.

Join Us for an Oscar Party Luncheon!

On the menu: Chicken with Red Wine Apricot Sauce, Garlic Mashed Potatoes, Glazed Baby Carrots, Mixed Salad Greens, and Dessert. **Join us for a presentation, 2019 Academy Award Best Picture Nominees.** Sharon from the library's Audio/Visual department will give a short description and show a clip from this year's nominees. Cast your ballot for a chance to win a prize!

Board Games – FREE

Mondays, January 28 and February 25, 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!

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, January 29 and February 12 & 26, 11:30 a.m.–12:30 p.m.

Get your blood pressure taken by registered nurse Arlene.

Wii Games – FREE

Wednesdays, January 30 and February 27, 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, February 1, 8, & 15 and March 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, February 4, 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!

Tech Help – FREE

Wednesday, February 6, 11:30 a.m.–1:30 p.m.

Bring your mobile phone, tablet, or laptop and any questions to our tech expert Vivian. Don't forget to bring any needed passwords.

Karaoke – FREE

Monday, February 11, 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!

Fitness Facts and Fallacies – FREE

Wednesday, February 13, 12:45–1:45 p.m.

Physical activity can add years to your life and life to your years. Yet pervasive and persistent myths and misinformation can leave us confused and possibly even injured. Join us as we debunk the most common fitness fallacies and uncover the truth once and for all!

Game Show Party – FREE

Monday, February 18, 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, February 20, 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, February 20, 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.

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