

# March 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, March 22, 11:30 a.m.–1:30 p.m.

Join Us for a Chicago State Street Luncheon!

On the menu: Pollock de Jonge, Au Gratin Potatoes, Coleslaw, Fresh Melon Salad, Rye Bread, and Dessert.

Join us for a presentation, *State Street: The Great Street*. Local historian and author Eric Bronsky offers an interactive presentation about historic State Street in Chicago, including a block-by-block tour of iconic businesses, especially the department stores.

### Board Games

**Mondays, February 25 and March 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

**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

**Tuesdays, February 26 and March 12 & 26, 11:30 a.m.–12:30 p.m.**

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

### Wii Games

**Wednesdays, February 27 and March 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

**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

**Fridays, March 1, 8, 15, & 29, 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.

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

### The Challenge of Change

**Monday, March 4, 12:30–1:30 p.m.**

Change is a constant in today's world. Join us and explore how change can affect one's quality of life and learn healthy living tips that can help you continue finding joy and peace in your everyday life.

### \*NEW\* Pokeno

**Wednesday, March 6, 12:30 p.m.**

Try your hand at an easy-to-play game of Pokeno!

### Karaoke

**Monday, March 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!

### Why Does a Walnut Look Like a Brain?

**Wednesday, March 13, 12:45–1:45 p.m.**

Well it just so happens that many healthy, whole foods resemble the organs they benefit! Is Mother Nature trying to tell us something? You be the judge! Join Randi Kant and discuss these amazing foods.

### Game Show Party

**Monday, March 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!

### Simple Crafts

**Wednesday, March 20, 11:30 a.m.–1:30 p.m.**

Make a simple craft to take home and enjoy or donate and brighten someone's day.

### Aerobics

**Wednesday, March 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.