

April 2019 Program Descriptions

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

Mather LifeWays Let's Cruise Luncheon

Friday, April 5, 11:30 a.m.--2:00 p.m.

All aboard! Join your neighbors and friends for a fun-filled, cruise-themed party, where ports of call include a delectable buffet and live entertainment. **Cost \$14 in advance (\$15 at the door)**

Coffee Chat- FREE

Mondays: April 1, 8, 15, 22, 29, 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: April 1, 8, 15, 22, 29, 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.

The Changing Face of Aging- FREE

Monday, April 8, 9:30--10:30 a.m.

This continuing education program is designed to review essential information regarding the body's functions and the potential impact of age. It will also review how the pharmacokinetics (actions) of administered drugs and possible drug interactions may impact older adults.

Exercise with Lorena- FREE

Monday, April 15, 9:30--10:30 a.m.

Please join Lorena for a chair-friendly exercise session! We'll play your favorite throwbacks to keep you motivated and moving during this light-weight oriented workout!

TED Talk – What Makes You Special- FREE

Monday, April 22, 9:30--10:30 a.m.

When journalist Mariana Atencio was seven, her father sent her from her home in Venezuela to a summer camp in Brainerd, Minnesota. Unsurprisingly, she was treated like an outsider. Over the course of many more such camps and a senior year in an American high school, she discovered that the best way to belong was to embrace the qualities that made her different. In this deeply personal talk, Atencio describes how these early lessons helped her succeed as an immigrant and as a journalist.

MG Park District--Better Balance

Mondays: April 1, 8, 15, 22, 29, 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**

Wii Games- FREE

Mondays: April 1, 8, 15, 22, 29, 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: April 2, 9, 16, 23, 30, 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: April 2, 9, 16, 23, 30, 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, April 9, 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, April 16, 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.

Line Dancing

Tuesdays: April 16-June 4, 2:00--3:00 p.m.

This eight-week beginners' class is perfect for getting the feel of line dancing. Our instructor specializes in working with older adults. **Registration required. Cost \$40 for 8-week course.**

MG Public Library on the Go- FREE

Wednesday, April 3, 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: April 3, 10, 17, 24, 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: April 3, 10, 17, 24, 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—FREE

Wednesday, April 3, 1:00--2:00 p.m.

In honor of National Library Week, our book talk will focus on books about books, libraries, bookstores, and more. Fiction and nonfiction titles will be featured.

Mary's Book Club- FREE

Wednesday, April 10, 12:00--1:15 p.m.

A Spark of Light - The lives of ordinary people become intertwined when a gunman takes hostages at a women's clinic. By Jodi Picoult

Morton Grove Jammers- FREE

Wednesdays: April 3, 10, 17, 24, 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: April 4, 11, 18, 25, 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: April 4, 11, 18, 25, 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: April 4, 11, 18, 25, 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: April 4, 11, 18, 25, 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: April 4, 11, 18, 25, 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, April 11, 6:30--7:30 p.m.

Join us for live entertainment by Russ Goeltenbolt and dessert. **Registration required. Cost: \$5**

I Am Not an Artist/ Islamic Art Part 2- FREE

Thursday, April 4, 9:00--11:00 a.m.

In this class we will continue to look at the rich tradition of art we find in the Islamic world. We will work with watercolors, oil pastels, pencil, papers, brushes, and sponges, along with other materials.

I Am Not an Artist/ Spring Still Life - FREE

Thursday, April 18, 9:30--11:00 a.m.

If spring is not here by then, we create our spring inside! A classic spring still life will be the focus. We will work with watercolors, oil pastels, pencil, papers, brushes, and sponges, along with other materials.

Needlework Pals- FREE

Fridays: April 5, 12, 19, 26, 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: April 5, 12, 19, 26, 12:00--3:00 p.m.

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

Zumba Gold

Fridays: April 5, 12, 19, 26, 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**