

March 2019 Program Descriptions

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

Mather LifeWays Pi Day Luncheon

Friday, March 1, 11:30 a.m.--2:00 p.m.

We're celebrating Pi Day (3.14) a little early, with a special luncheon where we can indulge in dessert first and enjoy some toe-tapping entertainment.

Cost: \$14 with advance reservation; \$15 at the door

Coffee Chat- FREE

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- FREE

Mondays, 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.

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. Wednesday class also available. **Cost: \$40 for 8 weeks; \$50 for non-residents**

Wii Games- FREE

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.

Tax Assistance- FREE

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 through April 12. Make an appointment by calling (847) 663.3070.

Energy Assistance- FREE

Monday, March 11, 9:30--10:30 a.m.

This presentation is by the Citizens Utility Board, which is a non-profit group that fights for the rights of utility consumers throughout Illinois.

Exercise with Lorena- FREE

Monday, March 18, 9:30--10:30 a.m.

Lorena is playing your favorite throwbacks to keep moving during this light-weight chair workout!

Short Story Time- FREE

Monday, March 25, 9:30--10:30 a.m.

Join us to read and discuss a fun short story. Program led by Hope Hornstein.

Bingo Club

Tuesdays, 10:00 a.m.--12:00 p.m.

Join us for friendly games full of fun, laughter, and prizes. **(\$0.50 per card)**

Mah-Jongg Club- FREE

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.

Advisory Commission on Aging- FREE

Tuesday, March 12, 1:00--2:00 p.m.

Learn about valuable services and programs for citizens of Morton Grove. Everyone is welcome.

Explore Spain: Barcelona & Catalunya- FREE

Tuesday, March 12, 1:00--2:00 p.m.

Enjoy two episodes from Rick Steve's Europe, followed by discussion and shared photos from Travel Enthusiast Claire Lenell's travels there.

B/P, Cholesterol & Blood Sugar Screening- FREE

Tuesday, March 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.

Cat Care and Behavior- FREE

Tuesday, March 26, 1:00--2:00 p.m.

Learn about how to best care for your pet cat, and what certain behaviors mean, and how to read their "tail language."

Lunch and Bingo

Wednesdays, 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, 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.

MG Public Library on the Go- FREE

Wednesday, March 6, 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.

AARP Smart Driving Course

Wednesdays, March 6 & 13, 9:00 a.m.--1:00 p.m.

Refresh your driving knowledge with this two-day course. Registration required. **Cost: \$15**

MGPL Book Talk—Women's History Month- FREE

Wednesday, March 13, 1:00--2:00 p.m.

March is Women's History Month! Celebrate by finding a new book to read written by or about notable women. Both fiction and nonfiction titles will be featured.

Mary's Book Club- FREE

Wednesday, March 13, 12:00--1:15 p.m.

This month's selection is *Britt-Marie Was Here* by Fredrik Backman.

Morton Grove Jammers- FREE

Wednesdays, 3:30--4:30 p.m.

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

More Good News on Brain Health- FREE

Wednesday, March 27, 1:00--2:00 p.m.

Hear about recent neuroscience findings on how lifestyle choices can help cognition and even reduce risk of dementia.

Pinochle Club- FREE

Thursdays, 9:00 a.m.--12:45 p.m.

Join us for a round of pinochle when we'll be dealing out fun

Movie- FREE

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.

Bridge Club- FREE

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!

Gentle Yoga

Thursdays, 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, 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, March 7, 6:30--7:30 p.m.

Join us for live entertainment by the Mather Jammers and dessert. Registration required. **Cost: \$5**

I Am Not an Artist/Different Sculptures- FREE

Thursday, March 7, 9:00--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/Sculpturing in Foil- FREE

Thursday, March 28, 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, 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, 12:00--3:00 p.m.

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

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 beginner participants. No dance experience required. **Cost: \$4 per class**

6140 Dempster, Morton Grove (847) 663.3075
(Inside the American Legion Memorial Civic Center)

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

SUNDAY



MONDAY



WEDNESDAY

March

THURSDAY

FRIDAY

SATURDAY

1

9:00-3:00 Tax Assistance
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

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9:00-12:00 Coffee Chat
9:00-3:00 Tax Assistance
9:30-12:00 Humanities
10:00-11:00 Better Balance
12:30-2:30 Wii Games

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10:00-12:00 Bingo Club
12:00-3:00 Mah-Jongg Club

6

9:00-1:00 AARP Smart Driving Course
9:40-10:00 MG Library on the Go
10:00-1:30 Lunch & Bingo
1:00-3:00 Rummikub
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 – *First Man*
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

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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

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11

9:00-12:00 Coffee Chat
9:00-3:00 Tax Assistance
9:30-12:00 Humanities
9:30-10:30 Energy Assistance
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 Explore Spain: Barcelona and Catalunya

13

9:00-1:00 AARP Smart Driving Course
10:00-1:30 Lunch & Bingo
12:00-1:15 Mary's Book Club
1:00-3:00 Rummikub
1:00-2:00 MGPL: Book Talk
3:30-4:30 MG Jammers

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9:00-12:45 Pinochle Club
11:00-1:00 Movie – *Mama Mia - Here We Go Again*
11:30-3:00 Bridge Club
1:00-2:00 Gentle Yoga
1:00-4:00 Poker Club

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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

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18

9:00-12:00 Coffee Chat
9:00-3:00 Tax Assistance
9:30-12:00 Humanities
9:30-10:30 Exercise with Lorena
10:00-11:00 Better Balance
12:30-2:30 Wii Games

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10:00-12:00 Bingo Club
11:00-12:00 B/P, Blood Sugar & Cholesterol Screening
12:00-3:00 Mah-Jongg Club

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10:00-1:30 Lunch & Bingo
1:00-3:00 Rummikub
3:30-4:30 MG Jammers

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9:00-12:45 Pinochle Club
9:00-11:00 I Am Not an Artist
11:30-3:00 Bridge Club
11:00-1:00 Movie – *Black Panther*
1:00-2:00 Gentle Yoga
1:00-4:00 Poker Club

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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

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9:00-12:00 Coffee Chat
9:00-3:00 Tax Assistance
9:30-12:00 Humanities
9:30-10:30 Short Story Time
10:00-11:00 Better Balance
12:30-2:30 Wii Games

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10:00-12:00 Bingo Club
12:00-3:00 Mah-Jongg Club
1:00-2:00 Cat Care and Behavior

27

10:00-1:30 Lunch & Bingo
1:00-3:00 Rummikub
1:00-2:00 More Good News on Brain Health Part 2
3:30-4:30 MG Jammers

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9:00-12:45 Pinochle Club
9:30-10:30 I Am Not an Arist
11:30-3:00 Bridge Club
11:00-1:00 Movie – *Bohemian Rhapsody*
1:00-2:00 Gentle Yoga
1:00-4:00 Poker Club

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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