

Mather LifeWays Grand Ole Opry

Friday, May 3, 11:30 a.m.--2:00 p.m.

Grab your cowboy hat and amble in to a country-and-western celebration. We'll provide a hearty buffet lunch, toe-tappin' music you can two-step to, and more. **Cost \$14 in advance (\$15 at the door)**

Humanities- FREE

Mondays: May 6, 13, 20, 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.

Heartbeat- FREE

Monday, May 6, 9:30--10:30 a.m.

This program is intended to address factors which impact functions of the older adult's heart. It will review anatomy and physiology of the heart and peripheral vascular system, and will examine conditions which affect the cardiovascular system by identifying manifestations, diagnostic studies, and appropriate interventions for older adults' health status.

Organize, Downsize, and Sell- FREE

Monday, May 13, 9:30--10:30 a.m.

If you ready for downsizing, come and learn how to organize and prepare your home to get top dollar for it.

Learn to Love Yourself - FREE

Monday, May 13, 10:30--11:30 a.m.

Learn two dozen techniques to use to help ourselves appreciate who we are! We care about others so much and this does not have to stop at all. Let's add ourselves to the list of people we care about.

Exercise with the Wellshire- FREE

Monday, May 20, 9:30--10:30 a.m.

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

MG Park District--Better Balance

Mondays: May 6, 13, 20, 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: May 6, 13, 20, 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: May 7, 14, 21, 28, 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: May 7, 14, 21, 28, 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.

Explore Brussels with Claire-FREE

Tuesday, May 7, 1:00-2:00 p.m.

Visit Brussels through the eyes of Claire.

Advisory Commission on Aging-FREE

Tuesday, May 14, 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, May 21, 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.

Choose to Stress Less- Tools for Change-FREE

Tuesday, May 28, 1:00--2:00 p.m.

Would you believe that over 2/3 of office visits to physicians are for stress-related illnesses and concerns?! Learn how stress affects both our physical and psychological health as well as practical and effective strategies for managing stress and minimizing its impact.

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**

MG Public Library on the Go- FREE

Wednesday, May 1, 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 May 1, 8, 15, 22, 29, 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: May 1, 8, 15, 22, 29, 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.

MGPL Book Talk--FREE

Wednesday, May 1, 1:00--2:00 p.m.

Beach reads. Get ready for summer with this selection of upbeat, engaging, and light-hearted books.

AARP Smart Driving Course

Wednesdays: May 8 & 15, 9:00 a.m.--1:00 p.m.

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

Mary's Book Club- FREE

Wednesday, May 8, 12:00--1:15 p.m.

Where the Crawdads Sing - For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So, in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. By Della Owens

Morton Grove Jammers- FREE

Wednesdays: May 1, 8, 15, 22, 29, 3:30--4:30 p.m.

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

Building Bone, Avoiding Falls, Preventing Fractures- FREE

Wednesday, May 15, 1:00--2:00 p.m.

Though bones can weaken over time, much can be done to boost our bone health. Discover the actions you can take today to reduce your risk of falls and fractures tomorrow.

Pinochle Club- FREE

Thursdays: May 2, 9, 16, 23, 30, 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: May 2, 9, 16, 23, 30, 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: May 2, 9, 16, 23, 30, 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: May 2, 9, 16, 23, 30, 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: May 2, 9, 16, 23, 30, 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, May 9, 6:30--7:30 p.m.

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

I Am Not an Artist/ Something About Folk Art- FREE

Thursday, May 2, 9:00--11:00 a.m.

In this class we will take a look at some American Folk Art and be inspired. We will work with different materials, watercolors, oil pastels, pencil, papers, brushes, and sponges.

I Am Not an Artist/ Finishing Up and Preparing for Exhibit - FREE

Thursday, May 16, 9:30--11:00 a.m.

We will be finishing up work and prepare for our summer exhibit in August. We will work with watercolors, oil pastels, pencil, papers, brushes, and sponges.

Foot Screening- FREE

Friday, May 3, 1:00--3:00 p.m.

Alice Cisneros, DPM, with De "Feet" Pain Center, will be providing podiatry screenings. Get your questions answered and a free foot screening **Registration required.**

Needlework Pals- FREE

Fridays: May 3, 10, 17, 24, 31, 9:30--11:30 a.m.

Bring your crocheting, knitting, needlepoint, quilting, or embroidery, and work in a fun and social environment.

Men's Poker- FREE

Fridays: May 3, 10, 17, 24, 31, 12:00--3:00 p.m.

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

Zumba Gold

Fridays: May 3, 10, 17, 24, 31, 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**