

May 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, May 24, 11:30 a.m.–1:30 p.m.

Join Us for an Older Americans Month Luncheon!

On the menu: All-Beef Hot Dog, American Potato Salad, Vegetarian Baked Beans, Fresh Fruit, and Dessert.

Join us as we celebrate Older Americans Month. Join Kate Paz as we learn 10 things you never knew about your brain and try some brain teasers.

Board Games

Monday, April 29, 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.

10 Healthy Habits for Each and Every Day

Wednesday, May 1, 12:45–1:45 p.m.

Join Randi Kant as we explore how incorporating small yet powerful health habits into our daily routine goes a long way in maximizing our physical, emotional, and cognitive health. Over two sessions, we'll examine their remarkable benefits as well as strategies to integrate them into your life. Part 2 will occur on June 12.

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, May 3, 10, 17 & 31, 11:30 a.m.

Enjoy your lunch while you watch a movie! Please share any movie requests. See the Film Friday flyer for upcoming movies.

Sitcom Monday

Monday, May 6, 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!

PO*KE*NO

Wednesday, May 8, 12:30 p.m.

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

Karaoke

Monday, May 13, 12:30–1:30 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!

Simple Crafts

Wednesday, May 15, 12:30–1:30 p.m.

Create simple crafts to take home or donate and brighten someone's day.

Aerobics

Wednesday, May 15, 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.

Game Show Party

Monday, May 20, 12:15 p.m.

Join Jennifer and Rosie as they host a game show! Take your chance at a game such as *Family Feud*, *Jeopardy!*, *Wheel of Fortune*, and more!

Wii Games

Wednesday, May 22 & 29, 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.

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