

Pool Party Luncheon

Friday, June 7, 11:30 a.m.--2:00 p.m.

Make a splash at this pool-party themed festivity in the comfort of our air-conditioned hall. We're serving up a delicious buffet lunch, fun entertainment by the Mather Jammers, and the company of friends and neighbors.

Cost \$14 in advance (\$15 at the door)

Humanities- FREE

Mondays: June 3, 10, 17, 24, 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.

Alterations in Oxygenation- FREE

Monday, June 3, 9:30--10:30 a.m.

This program is designed to identify and address the transitions that have impact upon older adults and their families. It is intended to assist older adults' identification and understanding of common changes that impact the face of aging. Based upon greater insight into normal changes, the program is also intended to assist in promoting, maintaining, and restoring optimal health for diverse older adults.

Mind, Body, and Soul with Silverado- FREE

Monday, June 10, 9:30--10:30 a.m.

Please join Lorry for a jammin' workout session that'll put your mind, body, and soul to work.

The Importance of Social Connections- FREE

Monday, June 17, 10:30--11:30 a.m.

Senior Connections creates and fosters meaningful connections between participants and volunteers through weekly friendly visits. Research reveals how in-person social interactions are not only necessary for human happiness but also could be a key to health and longevity. Join our discussion and learn strategies on how to build and maintain social connectedness for your well-being.

MG Park District--Better Balance

Mondays: June 3, 10, 17, 24, 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: June 3, 10, 17, 24, 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: June 4, 11, 18, 25, 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: June 4, 11, 18, 25, 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, June 11, 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, June 18, 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

Tuesday, June 4, 2:00--3:00 p.m.

Today is the final day of our 8-week Line Dancing class. We have a sign-up sheet if you are interested in joining or continuing the class. Cost will be \$40 for the 8-week class.

MG Public Library on the Go- FREE

Wednesday, June 5, 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 June 5, 12, 19, 26, 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: June 5, 12, 19, 26, 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, June 5, 1:00--2:00 p.m.

To kick off this year's Summer Reading Program, A Universe of Stories, this month we'll talk about books from around the world and the universe that celebrate storytelling of all kinds.

Mary's Book Club- FREE

Wednesday, June 12, 12:00--1:15 p.m.

Every Breath - In the romantic tradition of *The Notebook* and *Nights in Rodanthe*, #1 *New York Times* bestselling author Nicholas Sparks returns with a story about a chance encounter that becomes a touchstone for two vastly different individuals—transcending decades, continents, and the bittersweet workings of fate.

Morton Grove Jammers- FREE

Wednesdays: June 5, 12, 19, 26, 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: June 6, 13, 20, 27, 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: June 6, 13, 20, 27, 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: June 6, 13, 20, 27, 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: June 6, 13, 20, 27, 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: June 6, 13, 20, 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, June 13, 6:30--7:30 p.m.

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

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

Thursday, June 13, 9:00--11:00 a.m.

In this class 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 along with other materials. We will also start new work!

I Am Not an Artist/ Perspectives and More Perspectives- FREE

Thursday, June 20, 9:30--11:00 a.m.

In this class, we will continue to learn more about perspective, the basics, and some of the more challenging aspects, such as table legs and how angles of different objects are relating to each other. Our main materials will be pencil, eraser, ruler and a few colored pens. Feel free to bring a picture with some perspectives!

Needlework Pals- FREE

Fridays: June 7, 14, 21, 28, 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: June 7, 14, 21, 28, 12:00--3:00 p.m.

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

Zumba Gold

Fridays: June 7, 14, 21, 28, 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.**

ALWAYS AVAILABLE

Industrial Shredder

Sharps Disposal

Expired Medicine Disposal

Free Notary

Medicare Counseling

Medical Lending Closet

Taxi Cab Vouchers (MG Residents Only)

Coffee and Conversation All Day