

June 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, June 28, 11:30 a.m.–1:30 p.m.

Join Us for a Hello Summer Luncheon!

On the menu: Baked chicken leg quarter, mashed potatoes, corn, watermelon, dinner roll and dessert.

Join us as we celebrate intergenerational relationships. Local teens will join us for lunch and conversation as we learn about the benefits of having and maintaining intergenerational relationships. The teens will share their experience creating art through the library.

Wii Games

Mondays, June 3, 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.

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.

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, June 7, 14, & 21 and July 5, 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.

Oral Health Presentation

Monday, June 10, 12:30–1:00 p.m.

Join us for an informative and dynamic session about how good oral health can be beneficial to your overall physical health. Come and learn about the connection between dental health and heart disease, diabetes, hypertension, cancer, COPD, arthritis, dementia and other health conditions.

Blood Pressure Screening

Tuesdays, June 11 & 25, 11:30 a.m.–12:30 p.m.

Do your body good! Get your blood pressure taken by registered nurse Arlene.

10 Healthy Habits for Each and Every Day

Wednesday, June 12, 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.

** NEW ** Cardio Burst

Wednesdays, June 12 – July 31, 11:00–11:45 a.m.

Join us for an upbeat cardio class using low-impact movements to improve balance, build core and upper body strength, and increase your cardio endurance. Enjoy great music and great company! All fitness levels are welcome.

Game Show Party

Monday, June 17, 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!

Wellness Jeopardy

Monday, June 24, 12:30 p.m.

Join us for some general health and wellness trivia. Earn prizes and learn something new!

Sitcom Monday

Monday, July 1, 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!

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