

Mather LifeWays Celebrate with Local Heroes Luncheon

Friday, July 12, 11:30 a.m.--2:00 p.m.

Join members of our local police, fire, and EMS departments for a delicious buffet lunch plus a surprise sweet treat, along with terrific live entertainment with Antonio Duca, and the company of friends and neighbors. Give a round of applause to first responders and enjoy some summertime fun. **Cost \$14 in advance (\$15 at the door)**

Humanities- FREE

Mondays: July 8, 15, 22, 29, 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.

Elevate Energy- FREE

Monday, July 8, 9:30--10:30 a.m.

Learn ways to manage your energy use from Elevate Energy, a non-profit organization that designs and implements efficiency programs that lower costs, protect the environment, and ensure the benefits of energy efficiency reach those who need them the most. Get an energy efficiency kit with light bulbs, a power strip, etc.

Pharmacy 101- FREE

Monday, July 15, 9:30--10:30 a.m.

Join Alma J. Labunski, PhD, MS, RN, as she reviews essential information regarding the pharmacokinetics (actions) of administered drugs in older adults, common adverse drug interactions, and implications for health care givers and older adult patients.

Short Story Time- FREE

Monday, July 22, 10:30--11:30 a.m.

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

Senior Medicare Patrol and Genetic Testing Fraud- FREE

Monday, July 29, 9:30--10:30 a.m.

The Illinois Senior Medicare Patrol empowers Medicare beneficiaries and their caregivers to protect, detect, and report Medicare fraud. Come in to learn the latest fraud schemes and how to protect yourself from them.

MG Park District--Better Balance

Mondays: July 8, 15, 22, 29, 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: July 8, 15, 22, 29, 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: July 9, 16, 23, 30, 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: July 9, 16, 23, 30, 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, July 9, 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, July 16, 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.

Hearing Screening- FREE

Tuesday, July 23, 11:00 a.m.--3:00 p.m.

Hear USA will be providing FREE hearing screenings. We will have an audiologist examining your ears for wax and determining if hearing loss is present through a pass/fail screening. **Registration required.**

Lunch and Bingo

Wednesdays July 10, 17, 24, 31, 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: July 10, 17, 24, 31, 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.

AARP Smart Driving Course

Wednesdays: July 10 & 17, 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, July 10, 12:00--1:15 p.m.

Dear Mrs. Bird - In her witty, deceptively simple debut, AJ Pearce conjures up a world of courage and perseverance that seems sadly alien to modern life in the West. Set during the London Blitz of the second World War, *Dear Mrs. Bird* explores the never-say-die spirit of a nation dealing with death and destruction on a mass scale.

Morton Grove Jammers- FREE

Wednesdays: July 10, 17, 24, 31, 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: July 11, 18, 25, 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!

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

Thursday, July 11, 9:00--11:00 a.m.

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

Movie- FREE

Thursdays: July 11, 18, 25, 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: July 11, 18, 25, 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: July 11, 18, 25, 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: July 11, 18, 25, 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, July 18, 6:30--7:30 p.m.

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

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

Thursday, July 18, 9:30--11:00 a.m.

We will be finishing up work and prepare for our summer exhibit on August 6. We will work with watercolors, oil pastels, pencil, papers, brushes, and sponges.

Foot Screening- FREE

Friday, July 12, 1:00--2:00 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: July 12, 19, 26, 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: July 12, 19, 26, 12:00--3:00 p.m.

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

Let's Play Scrabble- FREE

Fridays: July 12, 19, 26, 12:00--2:00 p.m.

Over 150 million games have been sold in 121 countries around the world. Scrabble games are currently produced in 29 different languages. Join us at the Civic Center to create words and share laughter among friends.

Zumba Gold

Fridays: July 12, 19, 26, 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)