

July 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, July 26, 11:30 a.m.–1:30 p.m.

Join Us for a Beach Party Luncheon!

On the menu: Hawaiian chicken, rice pilaf, Polynesian vegetables, salad greens, fresh fruit, dinner roll, and dessert.

Join us for a musical performance by the Mather Jammers, featuring Ovie Salgado, Chuck Freilich, Ben Mercado, Jim Tomasiello, and John Lulias.

The Mather Jammers play oldies and goodies! Sing and dance along or sit back and enjoy some great music!

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!

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.

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.

Film Friday

Fridays, July 5, 12, & 19 and August 2, 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.

Game Show Party

Monday, July 8, 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!

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.

Po-Ke-No

Monday, July 15, 12:30 p.m.

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

Blood Pressure Screening

Tuesdays, July 16 & 30, 11:30 a.m.–12:30 p.m.

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

Karaoke

Monday, July 22, 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!

Wii Games

Monday, July 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.

Available every day:

iPads

Ping Pong

Jigsaw Puzzles

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