

Mather LifeWays Yankee Doodle Luncheon

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

Calling all Yankee Doodle Boys and Sweethearts! Join us for a red, white, and blue salute to the Grand Old Flag. We're serving up a delectable lunch buffet and entertainment that would make George M. Cohan proud. **Cost \$14 in advance (\$15 at the door)**

Humanities- FREE

Mondays: August 5, 12, 19, 26, 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.

Elder Abuse: Challenges for Health Care- FREE

Monday, August 5, 9:30--10:30 a.m.

This program is designed to emphasize the critical importance of addressing an escalating global crisis of elder abuse, and the specified major concerns for health care givers. The program will review frequency, likely causes, barriers to reporting and federal and caregivers' roles that must be identified, investigated, and prompted to action. Presented by Alma J. Labunski, PhD, MS, RN.

Mind, Body, and Soul with Auberge- FREE

Monday, August 12, 9:30--10:30 a.m.

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

MG Park District--Better Balance

Mondays: August 5, 12, 19, 26, 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: August 5, 12, 19, 26, 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: August 6, 13, 20, 27, 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: August 6, 13, 20, 27, 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, August 13, 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, August 20, 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.

Lunch and Bingo

Wednesdays: August 7, 14, 21, 28, 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: August 7, 14, 21, 28, 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, August 7, 1:00--2:00 p.m.

No need to wait for December--this month we'll look at the buzziest, most interesting reads of the first six months of 2019. Fiction and nonfiction titles will be included

Mary's Book Club- FREE

Wednesday, August 14, 12:00--1:15 p.m.

Cemetery Road: Two murders, one town, and a lifetime of secrets. The No.1 New York Times bestselling author of the Natchez Burning trilogy returns with an electrifying standalone tale of friendship, betrayal, and shattering secrets that threaten to destroy a small Mississippi town. Stephen King calls this book "pure reading pleasure."

Morton Grove Jammers- FREE

Wednesdays: August 7, 14, 21, 28, 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: August 1, 8, 15, 22, 29, 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/Shadows and Light- FREE

Thursday, August 1, 9:00--11:00 a.m.

In this class we will focus on the technical aspects of shadows and light.

Movie- FREE

Thursdays: August 1, 8, 15, 22, 29, 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: August 1, 8, 15, 22, 29, 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: August 1, 8, 15, 22, 29, 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: August 1, 8, 15, 22, 29, 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, August 8, 6:30--7:30 p.m.

Join us for live entertainment by the Na Kupuna Ukulele Club of Chicago and dessert. **Registration required.**

Cost: \$5

I Am Not an Artist/Still Life- FREE

Thursday, August 15, 9:30--11:00 a.m.

We will be implementing what we learned in the previous class.

Needlework Pals- FREE

Fridays: August 2, 9, 16, 23, 30, 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: August 2, 9, 16, 23, 30, 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: August 2, 9, 16, 23, 30 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: August 2, 9, 16, 23, 30, 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.**



Tuesday, August 6, 6:00--9:00 p.m.

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live and work. Join us for safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits, and much, much more.

Monthly Luncheons

Join us the first Friday of every month for a hearty meal with neighbors, featuring live entertainment.