

September 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, September 27, 11:30 a.m.–1:30 p.m.

Join Us for a Bushel of Fun Luncheon!

On the menu: BBQ chicken, baked potato, mixed vegetables, and apple pie

Join us for live music! The Skokie Public Library's very own guitarist and vocalist Dan Suwinski will play a lively mix of favorite tunes guaranteed to have you singing and tapping along.

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.

Blood Pressure Screening

Tuesdays, September 3 & 17 and October 1, 11:30 a.m.–12:30 p.m.

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

Cardio Burst

Wednesdays, 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.

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, September 6, 13, & 20 and October 4, 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.

Sitcom Monday

Monday, September 9, 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!

Boost Your Brain & Memory

Wednesday, September 11, 12:45 p.m.

Learn ways to protect your brain and memory. Join Randi Kant for a whole-person approach to brain health that goes beyond games and puzzles. See flyer for more details.

Game Show Party

Monday, September 16, 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!

Wii Games

Monday, September 23, 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.

Music with Marty

Monday, September 30, 12:30 p.m.

Join our talented customer, Marty Brown, and enjoy some guitar playing and listen to some tunes off the vintage record player.

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.