

### Fall Festival Luncheon

**Friday, September 6, 11:30 a.m.--2:00 p.m.**

Let's celebrate the best of autumn together. We'll serve up sliced turkey with gravy, stuffing, green beans, sweet potatoes, salad, rolls and dessert, along with entertainment and a festive fall atmosphere. **Cost \$14 in advance (\$15 at the door)**

### Humanities- FREE

**Mondays: September 9, 16, 23, 30, 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.

### It's Medicare Open Enrollment Time- FREE

**Monday, September 9, 9:30--10:30 a.m.**

Join Kate Paz, SHIP Counselor, as she walks you through the open enrollment process.

### Mind, Body, and Soul with Auberge- FREE

**Monday, September 16, 9:30--10:30 a.m.**

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

### Individual Autoimmune Issues- FREE

**Monday, September 23, 9:30--10:30 a.m.**

This program is designed to address the human body's defense system in order to protect itself from invasions of microorganisms. It will identify components of the immune system, types of immunoglobulins, clinical manifestations and treatment modalities of autoimmune diseases to promote older adults' health states. Presented by Alma J. Labunski, PhD, MS, RN

### What I Remember with Hope Hornstein- FREE

**Monday, September 30, 9:30--10:30 a.m.**

Reminiscing and group interaction have been identified as positive elements in aging. We'll choose a topic of interest and reap the benefits.

### MG Park District--Better Balance

**Mondays: September 9, 16, 23, 30, 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: September 9, 16, 23, 30, 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: September 3, 10, 17, 24,**

**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: September 3, 10, 17, 24, 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, September 10, 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 September 17, 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.

### MG Public Library on the Go- FREE

**Wednesday, September 4, 9:45--10:00 a.m.**

Join us on the first Wednesday of the month to get an update on current Morton Grove Public Library offerings.

### AARP Smart Driving Course

**Wednesdays: September 4 & 11, 9:00 a.m.--1:00 p.m.**

Refresh your driving knowledge with this two-day course. **Registration required. Cost \$15**

### Lunch and Bingo

**Wednesdays: September 4, 11, 18, 25, 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: September 4, 11, 18, 25, 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, September 4, 1:00--2:00 p.m.**

Banned Books Week is an annual event held by libraries across the country celebrating the freedom to read. Our book-talk this month will spotlight titles that have been banned or challenged.

### Mary's Book Club- FREE

**Wednesday, September 10, 12:00--1:15 p.m.**

*Educated*: An unforgettable memoir about a young girl who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University.

### Morton Grove Jammers- FREE

**Wednesdays: September 4, 11, 18, 25, 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: September 5, 12, 19, 26, 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/Paper Cuttings and Patterns- FREE

**Thursday, September 5, 9:00--11:00 a.m.**

In this class we will be working with the technique of paper cutting, like Matisse worked with, and patterns. We will be creating and cutting patterns on larger scale paper. We will work with paper, scissors and glue.

### Movie- FREE

**Thursdays: September 5, 12, 19, 26, 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: September 5, 12, 19, 26, 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: September 5, 12, 19, 26, 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: September 5, 12, 19, 26, 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!

### Music & MORE!

**Thursday, September 12, 6:30--7:30 p.m.**

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

### I Am Not an Artist/Models, Bodies, and Faces Part 1- FREE

**Thursday, September 19, 9:30--11:00 a.m.**

In this class we will look at how to draw a model, basic outline of a face and how to balance a body. We will also talk about how we capture the essence of a person's appearance. Big subject! Part one of more to come. We will work with pencil, eraser, (colored) charcoal, oil pastels, color pencil, and watercolor.

### Foot Screening- FREE

**Friday, September 6, 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: September 6, 13, 20, 27, 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: September 6, 13, 20, 27, 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: September 6, 13, 20, 27, 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: September 6, 13, 20, 27, 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.**

## Monthly Luncheons

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