

September 2017 Program Descriptions

Questions? Want to register for a program? Call us at (847) 663.3073

MOREways MORE Than a Luncheon

Friday, September 8, 11:30 a.m.-2:00 p.m.

Calling all songbirds and music lovers! We're throwing a "noteworthy" karaoke party and luncheon. Come and show off your talent, join an impromptu quartet, or simply have fun with friends and neighbors. Stick around and get a free flu shot courtesy of Walgreens. **Cost: \$13 with advance reservation / \$15 at the door.**

Coffee Chat- FREE

Mondays: September 11, 18, 25, 9:00 a.m.-12:00 p.m.

Join us Monday mornings for fun and fellowship—and plenty of laughs over a cup of coffee. All are welcome!

Humanities-FREE

Mondays: September 11, 18, 25, 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.

History Among Us

Monday September 11, 9:30 a.m.-10:30 a.m.

Join us as we honor the past and meet one of the youngest survivors of the Holocaust. Mrs. Gittel Hunt will talk about her life experiences.

Brain Health Series

Monday September 18, 9:30 a.m. – 10:30 a.m.

Have you ever gone into a room and forgotten why you're there?? If you answered "yes" you're not alone. In this session you will discover what researches find contributes to brain health as well as strategies for helping with everyday forgetfulness.

Rainy Day Fund

Monday September 25, 9:30 a.m. – 10:30 a.m.

Need a little extra \$\$ for the holidays??? Laura from Honey-baked Hams will explain a seasonal job opportunity that may be just right for you!!

MG Park District-Better Balance

Mondays & Wednesdays: September 6, 11, 13, 18, 20, 25, 27, 10:00 a.m.-11:00 a.m.

This class is designed to enhance core strength, balance, coordination, stability and flexibility. **Cost: \$40 for 8-week 1 day a week program; \$80 for 8-week 2 day a week program.**

Wii Games-FREE

Mondays: September 11, 18, 25, 12:30 p.m. -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 in the main hall.

Bingo Club

Tuesdays: September 5, 12, 19, 26, 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 5, 12, 19, 26, 12:00 p.m.-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 12, 1:00 p.m.-2:00 p.m.

Learn about valuable services and programs for citizens of Morton Grove. Everyone is welcome.

Cholesterol Screening

Tuesday, September 19, 11:00 a.m. – 12:00 p.m.

It takes only 3 minutes (and a simple finger stick blood test) to find out if your total cholesterol is where it should be. It will do your heart good. **Special offer-FREE -this month.**

Morton Grove Jammers- FREE

Tuesdays: September 5, 12, 19, 26, 3:30 p.m. -4:30 p.m.

Bring your guitar, harmonica, or musical instrument of your choice, and meet other musicians and make music together!

AARP Smart Driving Course

Wednesdays: September 6 & 13, 19, 9:00 a.m.-1:00 p.m.

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

MG Public Library on the Go- FREE

Wednesday, September 6, 10:15 a.m.-10:30 a.m.

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

Lunch and Bingo

Wednesdays: September 6, 13, 20, 27, 10:30 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.**

Blood Pressure Screening-FREE

Wednesdays: September 6, 13, 20, 27, 11:00 a.m. –12:00 p.m.

Do your body good! Get your blood pressure checked each week by a registered nurse. Also, learn how a change in diet can change your BP.

MGPL Book Talk- FREE

Wednesday, September 6, 1:00 p.m.-2:00 p.m.

In September, we're focusing on the top contemporary mysteries featuring memorable professional detectives solving intricate crimes and puzzles.

Mary's Book Club- FREE

Wednesday: September 13, 12:00 p.m.-1:15 p.m.

Join us as we discuss "The Paris Architect" by Charles Belfoure

Bridge Club- FREE

Wednesdays: September 6, 13, 20, 27, 1:00 p.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!

Dialysis Support Group- FREE

Wednesday: September 27, 2:00 p.m.-3:00 p.m.

Talking to others who are also going through chronic kidney disease (CKD) or dialysis can be a much-needed opportunity to vent, share information, get advice and receive and provide support. All are welcome.

Pinochle Club-FREE

Thursday: September 7, 14, 21, 28, 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!

Lunch and Movie

Thursdays: September 7, 14, 21, 28, 11:30 a.m. 1:30 p.m.

Join us for a delicious box lunch from Honey Baked Ham and a movie. Stop by the Civic center for the movie schedule and to register. All registrations must be made by Wednesday, 12:00 p.m. **Registration required. Cost: \$5 (with lunch) or free just to watch the movie.**

Gentle Yoga

Thursday, September 7, 14, 21, 28, 1:00 p.m.-2:00 p.m.

Come to chair yoga class! Yoga has been proved 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 7, 14, 21, 28, 1:00 p.m.- 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!

I Am Not an Artist/Chagall and his Dreams

Thursday, September 14, 10:00 a.m.-11:30 a.m.

In this class we will look at the artist Marc Chagall and how his dreams influenced his work. We will work with watercolors, oil pastels, brushes and sponges.

I Am Not an Artist/Roll My Wheel Part II

Thursday, September 28, 10:00 a.m.-11:30 a.m.

We will continue working with the color wheel and study it further by working with few colors. We will work with watercolors, oil pastels, brushes and sponges.

Evening Series: Music & MORE!

Thursday, September 14, 6:30 p.m.-7:30 p.m.

Join us for live entertainment featuring musical talents of the Mather Jammers and dessert, **Registration required. Cost: \$5.**

Needlework Pals-FREE

Fridays: September 1, 8, 15, 22, 29, 9:30 a.m.-11:30 a.m.

Bring your crocheting, knitting, needlepoint, quilting, or embroidery, and work in a fun and social environment. Share your skill or learn something new from your fellow needle workers.

Foot Screening-FREE

Friday, September 8, 1:00 p.m.-3:00 p.m.

Podiatrist, Dr. Alice Cisneros, D.P.M with De "Feet" Pain Center, will be providing podiatry screenings. Get your questions answered and a free foot screening **Registration required.**

Ask the Tech Expert- FREE

Friday: September 1, 15, 29, 11:00 a.m.-1:00 p.m.

Save up your questions about computers, cell phones, iPads, websites, and more, and ask our friendly tech guru.

Men's Poker -FREE

Fridays: September 1, 8, 15, 22, 29, 12:00 p.m.-3:00 p.m.

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

Zumba Gold

Fridays: September 1, 8, 15, 22, 29, 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 the beginner participants. It features dances from popular rhythms such as meringue, salsa, cha-cha, flamenco, tango, rock and roll and more. No dance experience required. **Cost: \$4 per class**