

# Program Descriptions

## March 2015

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

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

**Humanities:** Learn something new every Monday morning! Peer-leader Arlene Golub moderates fascinating presentations on a variety of topics. FREE

**Trip Preview:** Katie Halverson, recreation supervisor from the Morton Grove Park District, will give a sneak peek at spring and summer trips—and ask for your ideas for future excursions. FREE

**Better Balance:** Sign up to enhance your core strength, balance, coordination, stability, and flexibility. Cost: \$49 for 8-week program

**AARP Tax Assistance:** Schedule an appointment now to get expert help with your 2014 taxes! Call (847) 663.3070. FREE

**Toe Doctor:** A licensed podiatrist is “on hand” once a month to clean and trim toenails. FREE

**Bingo Club:** B-I-N-G-O! Join us for friendly games full of fun, laughter, and prizes. FREE

**Sit and Get Fit:** Move your feet without leaving your seat! Join this multi-level class suitable for those with limitations who want to improve muscle tone, strength, and stamina. \$49 Residents/\$59 Non-Residents twice a week for 8 weeks

**Mah-Jongg Club I:** Grab your maj card and see what all the fun is about! You’ll discover great company and coffee along with rousing games. FREE

**Morton Grove Jammers:** If you play an instrument, carry a tune, or just clap your hands, you can be a jammer! Bring your guitar, harmonica, or musical instrument of your choice, and meet other musicians and make music together! FREE

**Lunch and Bingo:** The only thing better than bingo? Bingo and lunch! Check the bulletin board for the day’s menu. \$7 Residents/\$9 Non-Residents

**Book Talk:** We’ll discuss what book clubs are reading and loving—come and share your favorite titles and leave with some ideas for your own reading enjoyment! FREE

**Healthy Food Choices ~ Easier Than You Think!:** This straightforward and wildly practical presentation will empower you to take advantage of the many benefits of a healthy diet. FREE

**Pinochle Club:** Join us for a round of pinochle, when we’ll be dealing out fun and friendly play! FREE

**Blood Pressure Screening:** Do your body good! Get your blood pressure checked each week by a registered clinician. Sponsored by Mariano’s. FREE

**Boost Your Brain & Memory:** Memory loss is not inevitable, and dementia is not determined by your genes. Learn ways to protect your brain and participate in fun activities, including iPad adventures and food tastings. Eight sessions, Thursdays, March 5–26 and April 9–30, 10:45 a.m.–12:15 p.m. Cost: \$100 for full program

**Mah-Jongg Club II:** If you can’t make it on Tuesdays, join us for a fun-filled afternoon on any Thursday. FREE

**Poker Club:** Seven-card stud. . . five-card draw... every hand in this Thursday afternoon game is dealers’ choice, so come ready to call ‘em! FREE

**Needlework Pals:** 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 needleworkers. FREE

**Canasta Club:** Whether your style is traditional, racehorse, or hand & foot, you’re sure to find a friendly table to join! FREE

**Men’s Poker Club:** A Friday afternoon must—this weekly men’s game is dealer’s choice. FREE

**Ask the Tech Expert:** Save up your questions about computers, cell phones, iPads, websites, and more, and ask our friendly tech guru. You can also learn from questions that others ask, too. FREE

**Advisory Commission on Aging:** Learn about valuable services and programs for citizens of Morton Grove. FREE

**Meet Our New Neighbor, Mariano's:** Learn about our neighborhood's new 85,000-square-foot food extravaganza! Discover how to take advantage of special services like personal shoppers and motorized carts—and double coupon day! FREE

**Cholesterol Confusion: What We Really Need to Know:** Interesting new research has emerged that is challenging long-held assumptions about cholesterol. Learn accurate, up-to-date information about how best to achieve a healthy cholesterol profile. FREE

**iPad Basics:** This hands-on introductory workshop will help you understand how to use the iPad, covering how to search the Internet, set up a wireless connection, download and update applications (including having an Apple ID), use e-mail, and add contacts. You can use one of our iPads or bring your own. Cost: \$20 for a 2-hour session

**The Healing Art of Reiki:** Reiki is a spiritual healing practice with benefits that include pain relief; reduced stress and anxiety; and improved sleep, blood pressure, and digestion. Reiki promotes a tremendous sense of well-being and self-healing. Try it—you'll like it! FREE

**AARP Smart Driver Course:** Refresh your driving knowledge with this two-day course. Proof of completion may save you money on your car insurance! Cost: \$15 for AARP members; \$20 for AARP nonmembers

**MOREways MORE Than a Luncheon:** Mingle with friends and neighbors, feast on an abundant buffet lunch, and delight in live entertainment. Join us each month for good people, good food...and good times. Cost: \$12 with advance reservation/ \$15 at the door

**Grief Support Group:** If you've lost a spouse, child, friend, or other loved one, this group meets monthly to help you face your unique challenges and move toward rebuilding your life. FREE

**Gardening Your Inner Spirit:** Take time to reflect on the richness of spring and how its symbols mirror the movement in our lives. Using readings and a brief presentation, we will explore the many gifts of this rich season. FREE

**Caregiver Support Group:** This group is a safe haven for family caregivers to share their true feelings and make new friends. You'll pick up information about resources and coping mechanisms, advice on what lies ahead, and help in dealing with family members. FREE

**Crafts with Tracy:** Ready to let your creative juices flow? Join Tracy as she guides you in making a fun and simple project. If you don't want to keep your finished piece, we'll donate it to the local children's hospital. Cost: \$2

**Book Group: Between the Lines: *The Girls of Atomic City: The Untold Story of the Women Who Helped Win World War II*** by Denise Kiernan FREE

## Trips

### March 11

**Bass Pro Shop and Lunch:** We're off to the Bolingbrook Promenade to shop and explore the Bass Pro Shop. There is plenty to see in this unique store, including a live fish aquarium and various wildlife sculptures. We'll lunch at the Islamorada Fish Company (lunch ranges from \$7 to \$15). Fee is for transportation only. \$10 Residents/\$14 Non-Residents

### March 18

**West Side Story at Drury Lane Theatre:** Experience this classic American musical about star-crossed lovers. Lunch includes soup, entrée, and dessert. Please indicate menu choice when registering: Tilapia or Chicken Asiago. \$65

### March 25

**Mariano's Tour:** Take a charter bus from the Civic Center to Mariano's, where we'll get a personal tour and nibble some free samples. FREE



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