

THE EXCHANGE

ADULTS 50+
EDITION



YOUR ELECTRIC BILL

Since 2012, the Village has contracted with alternate electricity suppliers to provide residents with a less expensive electricity supply. Morton Grove's current contract with FirstEnergy Solutions offers a rate of 7.84¢ per kWh. When market rates dropped, Village staff were able to negotiate an early termination of the contact with FirstEnergy at no cost to the Village or residents. Morton Grove has accepted a lower competitive bid from Dynegy Energy at a fixed rate of 6.751¢ per kWh for a one-year term beginning at meter read dates in September 2015.

All residents and small commercial retail accounts currently participating in the Village's electricity aggregation program will automatically be enrolled with Dynegy and receive the lower rate.

Dynegy will not call you regarding your new supplier. If you receive solicitations for electricity supply from a supplier, the

Village strongly recommends that you do not give out your account information. Residents should have received opt out notices in July. There is no enrollment fee and no early termination fee to vacate the program.

Residents will continue to receive one bill from ComEd which includes the electric supply charges from Dynegy and delivery charges from ComEd. Budget billing and automatic payment will not be affected. For additional information regarding the Village of Morton Grove's electrical aggregation program please contact Village Hall at 847.663.3002.

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6140 Dempster Street, Morton Grove | 847.663.3073

Better Balance

Mondays & Wednesdays: Sept. 2, 9, 14, 16, 21, 23, 28, 30 & Oct. 5, 7, 12, 14, 19, 21, 26, 10-10:45 a.m.

Cost: \$54 R/\$64 NR, 8-week program. Ask for repeat customer discount.

Meditation

Wednesdays, Sept. 2, 9, 16, 23, 30, & Oct. 7, 14, 21, 28, 1-1:45 p.m.

Feeling tired, unhappy or frustrated? Meditation is used to ease many health issues such as high blood pressure, depression and anxiety. Registration required. Cost: \$5 per session.

Wii Games – FREE

Mondays and Fridays, Sept. 4, 14, 18, 21, 25, 28, & Oct. 5, 9, 12, 16, 19, 23, 26, 30, 12:30-2:30 p.m.

Board Games – FREE

Tuesdays, Sept. 1, 8, 15, 22, 29 & Oct. 6, 13, 20, 27, 12-2 p.m.

Advisory Commission on Aging – FREE

Tuesday, Sept. 8, & Oct. 13, 1-2 p.m.

Morton Grove Jammers – FREE

Tuesdays, Sept. 1, 8, 15, 22, 29 & Oct. 6, 13, 20, 27, 3:30-4:30 p.m.

MGPL Book Talk – FREE

Wednesday, Sept. 2, 1-2 p.m.
Great First Lines in Fiction.

Wednesday, Oct. 7, 1-2 p.m.

From Page to Screen.

Walking Club – FREE

Wednesdays, Sept. 2, 9, 16, 23, 30 & Oct. 7, 14, 21, 28, 3:30-4:30 p.m.

Lunch and Movie

Thursdays, Sept. 3, 10, 17, 24 & Oct. 1, 8, 15, 22, 29, 11:30 a.m.-1:30 p.m.
Registration required. Cost: \$5.

Blood Pressure Screening – FREE

Wednesdays, Sept. 2, 9, 16, 23, 30 & Oct. 7, 14, 21, 28, 10-11 a.m.

Ask the Tech Expert – FREE

Fridays, Sept. 4, 18, 25, Oct. 9, 16, 23, 30, 11 a.m.-1 p.m.

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

Morton Grove Chorus-FREE

Tuesdays, Sept. 8, 15, 22, 29 & Oct. 6, 13, 20, 27, 1-2 p.m.

Singing with others fills the soul. Come fill yours with song each week.

Introduction to Take Charge of Your Health – FREE

Wednesday, Sept. 9, 12-1 p.m.

This is a six-week program that will help you regain control of your life and do the things that matter to you. Many participants feel calmer, less worried and more confident about managing their health after completing the workshop. This program is offered through Age Options. Registration required.

Mary's Book Club – FREE

Wed., Sept. 9, 12-1:15 p.m.

A Girl On a Train by Paula Hawkins

Wed., Oct. 14, 12-1:15 p.m.

Dead Wake by Eric Louis Doerr

Trip Preview – FREE

Mondays, Sept. 14 & Oct. 5, 11:30 a.m.-12:30 p.m.

Morton Grove Park District's Katie Halverson provides a sneak peek at summer and fall trips—and asks for your ideas for future excursions.

Boost Your Brain and Memory

Tuesdays, Sept. 15, 22, 29, Oct. 6, 20, 27 & November 3 & 10, 10-11:45 a.m.

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. Registration required. Eight sessions. Cost: \$50.

Your Last Wish – FREE

Tuesday, Sept. 15, 11 a.m.-1 p.m.

What would you like to have happen after you leave this world? Learn about

different funeral/burial options and get your questions answered. When founded in 1973, National Cremation set out to help families that choose cremation for their final needs by providing a simple and affordable cremation service. FREE lunch will be provided after the informative discussion. Registration required.

Learn SNAP! – FREE

Wednesday, Sept. 16, 12-1 p.m.

The Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps), is a program that helps pay for groceries. SNAP recipients get a LINK card, like a debit card, that can be used in local stores. Join us for a brief presentation on SNAP, how and where you can apply, and an opportunity to get answers to your questions about the program. The presenter will go over the eligibility and application process, followed by a drawing for fresh produce!

The Trial of Leo Frank

Thursday, Sept. 17, 11 a.m.-12 p.m.

Join us for part three in the series as we look at the trial of Leo Frank, accused of murdering a 13-year-old girl. Based on testimony of three witnesses, he was found guilty. Hear about numerous post trial activities that culminated in a surprise conclusion years later. Registration required. Cost \$5

Take Charge of Your Health

Thursdays, Sept. 17, 24 & Oct. 1, 8, 15, 22, 1-3:30 p.m.

Participate in this six-week program in order to learn to better manage your health. Feel better, have more energy and find relief from pain, fatigue and other symptoms. Registration required. Suggested donation: \$5.

Grief Support Group – FREE

Fridays, Sept. 18 & Oct. 16, 10-11:30 a.m.

Facebook 101

Monday, Sept. 21, 10 a.m.-12 p.m.

Facebook is an exciting, interactive way to stay connected with friends and family

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MOREways MORE Than a Luncheon

Friday, September 11 & October 2, 11:30 a.m.-2 p.m.

Mingle with friends and neighbors, feast on an abundant buffet lunch and delight in live entertainment.

Cost: \$12 advance reservation/\$15 at the door. Reserve your spot today!
Call 888.600.2560 or email MOREwaysteam@matherlifeways.com





The Sanfilippo Estate features the world's finest collection of automated musical instruments.

Fall Park District trips for adults 55 years and older

Sanfilippo Tour & Lunch

Wednesday, September 30

8:30 a.m.-3:30 p.m.

Fee: \$80 R/\$90 NR

Code: 11602

The Sanfilippo Estate in Barrington boasts the world's finest collection of automatic music instruments! Enjoy a docent led tour of the estate and lunch after at the Onion Pub and Brewery. Registration deadline: September 16.

"Meet us There" Illinois Holocaust Museum

Friday, October 16

10 a.m.-1 p.m.

Fee: \$20 R/\$30 NR

Code: 11603

Meet us at the Illinois Holocaust Museum & Education Center for a presentation from a Holocaust survivor, followed by a docent led tour. Transportation is not included with this trip. Meet at the Illinois Holocaust Museum, 9603 Woods Drive in Skokie at 10 a.m. Registration deadline: October 2.

Four Winds Casino

Tuesday, October 27

8:30 a.m.-4 p.m.

Fee: \$45 R/\$55 NR

Code: 11604

Hit the slots at Four Winds Casino in New Buffalo, Mich. Trip fee includes \$15 slot credit, \$10 food credit and motor coach transportation. Registration deadline: October 13.

White Christmas at Drury Lane

Thursday, November 5

10:30 a.m.-4 p.m.

Fee: \$70 R/\$80 NR

Code: 11605

Based on the beloved, timeless film, this heartwarming musical adaptation features seventeen Irving Berlin songs, including "Blue Skies," "I Love a Piano," "How Deep Is the Ocean" and, of course, "White Christmas"! Lunch is included before the show. Please indicate entree choice at time of registration: Lemon Sole or Chicken Breast Mediterranean. Registration deadline: October 14.

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and create connections with others who enjoy the same things you do. Learn how to set up an account, understand security features and add photos. Registration required. Cost: \$20.

Caregiver Support Group – FREE

Wednesdays, Sept. 23 & Oct. 28, 10-11:30 a.m.

Get SNAP! – FREE

Wednesday, Sept. 23, 12-1 p.m.

Learn more about the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps), find out how to apply, and enroll on the spot! To complete the SNAP application, bring your photo ID (driver's license, state ID card or passport), Medicare card, statement of gross amount of pensions, Social Security letter showing benefit amount for the current year, proof of all income and money from other sources for the last 30 days (pension statements, pay check stubs, loans, gifts, rental income), copy of income taxes if you file (1040 form), unpaid medical bills (must have a current copy of the bill if it is older than 6 months), and current copies of paid medical bills for the past 6 months. Registration required.

The Art of Scarf Tying

Friday, Sept. 25, 1-2 p.m.

Learn to tie and wear your scarves creatively and fashionably. Bring two or three of your favorite and longest scarves and leave class looking like a fashionista! Registration required. Cost: \$5

Discover the Joys of Homemade Cheese

Monday, Sept. 28, 1-3 p.m.

Good cheese tastes even better when you make it yourself! Mark Lyons, "The Garden Troubadour," reviews ingredients, equipment and techniques for making soft, hard, Italian and other kinds of cheeses. Registration required. Cost \$5.

Let's Talk About Apples

Wednesday, Oct. 7, 12:15-1:15 p.m.

Discover the origin of apples as we know them, their biology, the different types of apples and the different varieties of apples within each type. Learn how apples were grown and propagated in the past, how they are grown by commercial orchardists and how you can grow them yourself. Includes a demonstration and tasting of less common varieties of apples. Finally, we will debunk the Johnny Appleseed myth! Registration required. Cost: \$5

The History and Hauntings of Lizzie Borden – FREE

Wednesday, Oct. 12, 10-11 p.m.

Get ready for Halloween with historian Paul Fenza, who will walk us step by step through the shocking story of Lizzie Borden. Find out the true story behind this age-old murder mystery!

AARP Smart Driver Course

Wednesdays, Sept. 30-Oct. 7, 9 a.m.-1 p.m.

Refresh your driving knowledge with this two-day course. Preregistration required. Call 847.965.1200. Fee: \$15 AARP Member/ \$20 Non-AARP Member. Payment due to instructor the day of the class. Make checks payable to AARP.

Shake It Up! – FREE

Wednesday, Oct. 14, 12-1 p.m.

Learn the benefits and history of nutritional supplements. Reliv International independent distributor and Morton Grove resident Fely Bayona will discuss nutritional supplements and provide samples of healthy, delicious shakes.

Pinterest 101

Monday, Oct. 19, 10 a.m.-12 p.m.

Pinterest is a visual discovery tool that you can use to find ideas for all your projects and interests. Learn to create your log in and explore all sorts of possi-

bilities. Registration required. Cost: \$20.

China: What a Metamorphosis—FREE

Tuesday, Oct. 20, 11-12 p.m.

China is predicted to become the world's largest economy in the not too distant future. President Nixon's historic 1972 visit sparked many changes and major economic reforms. In this digital presentation, partake in Beijing's Forbidden City, the Temple of Heaven, Tienanmen Square and the Summer Palace. View the Xian Terracotta Soldiers, traditional cultural symbols, Buddhist art, and China's architectural and engineering marvels. Follow the results of an increasingly open market, including an explosion of U.S. fast food companies.

Chicago Fair Trade – FREE

Wednesday, Oct. 21, 12-1 p.m.

Chicago Fair Trade (CFT) is the largest fair trade coalition in the U.S., comprised of a dedicated base of member businesses, educational institutions, congregations, non-profit organizations, and individual activists. CFT is proud to be a local and national leader in raising awareness about and building support for fair trade and its principles of environmental sustainability, ethical production methods, fair wages and safe working conditions. Join us to learn more about fair trade and how to spot fair trade products.

**Call 847.663.3073
for more information
or to preregister
for a program.**



Village of Morton Grove
6101 Capulina Avenue
Morton Grove, Illinois 60053-2985

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POSTAL CUSTOMER

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Bulk Rate
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PERMIT 22



THE GRANDPARENT SCAM

The Grandparent scam is simple and relies on the love of a grandparent. Scammers call an older person and say something like, “Grandma, do you know who this is?” When the grandparent guesses the name of the grandchild, the scammer has a fake identity, which the unsuspecting grandparent unknowingly provides.

The fake grandchild then asks for money for some unseen financial problem, accident, car repair or bond money due to an arrest. The scammers typically beg not to tell their parents because they would get into trouble.

These scammers ask you to send money through services such as Western Union, MoneyGram and Green DOT cards because they can pick it up quickly, in cash.

They often use phony IDs, so it’s impossible to trace them.

If you realize you’ve been scammed, contact the money transfer service immediately to report the theft. If the money hasn’t been picked up yet, you can retrieve it, but if it has, it’s not like a check that you can stop—the money is gone.

If you get a call or email from someone claiming to know you and asking for help, check to confirm that it’s legitimate before you send money. Ask some questions that would be hard for an imposter to answer correctly—the name of the person’s pet, for example, or the date of their mother’s birthday. Contact the person who they claim to be directly. When in doubt call, the police department.

Emergency | 911
Village Hall | 847.965.4100
Mayor’s Office | 847.663.3010
Village Clerk | 847.663.3005
Village Hall Hotline | 847.663.6161
Community Development | 847.663.3061
Fire (non-emergency) | 847.470.5226
Police (non-emergency) | 847.470.5200
Public Works | 847.470.5235
Senior Hotline | 847.470.5223

Mayor: Daniel DiMaria
Trustees: Bill Grear
Rita Minx
John Pietron
Ed Ramos
John Thill
Janine Witko
Village Clerk: Connie Travis
Village Administrator: Ralph Czerwinski
Corporation Counsel: Teresa Hoffman Liston
Fire Chief: Tom Friel
Police Chief: Mike Simo
Director of Public Works: Andy DeMonte
Director of Economic and Community
Development: Nancy Radzevich
The Exchange Editor: Shannon Sweetnam

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