

March 2020 Program Descriptions

Questions? Want to register for a program? Call us at (847) 663.3075

Mardi Gras Luncheon

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

Life is a masquerade...so let's have a ball! Join us for a Mardi Gras luncheon, featuring a performance by Edizon Dayao. We'll serve up a delicious buffet lunch and let the good times roll! **Cost: \$14 (\$15 after 2/28)**

Humanities

Mondays: March 2, 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. **FREE**

Senior Crime Prevention

Monday, March 9, 9:30--10:30 a.m.

Meet Community Liaison Officers Gina Leitz and Justin Jurasz as they discuss scams targeting older adults. **FREE**

First Ladies

Monday, March 16, 9:30--10:30 a.m.

Let's meet some of the extraordinary women behind the Presidents of the United States. Join us for fun facts about some famous first ladies. Some might even say that these women ran the country! **FREE**

Adverse Drug Reactions

Monday, March 23, 9:30--10:30 a.m.

The continuing education session is designed to review essential information regarding the pharmacokinetics (ie., absorbed, distributed, metabolize, movements) of administered drugs in older adults. It will also address possible drug interactions and implications for health care givers and older adult patients. **FREE**

Short Story Time with Hope Hornstein

Monday, March 30, 9:30--10:30 a.m.

Read and discuss a short story that promises to bring lots of interesting conversation. **FREE**

Tax Assistance

Mondays and Fridays, 9:00 a.m.--3:00 p.m.

Trained AARP Tax-aide volunteers will help you prepare your tax return. Please bring your 2018 tax return and 2019 income statements. Appointments will be available Mondays and Fridays through April 13. Appointments are necessary, call (847) 663.3070. **FREE**

Line Dancing

Mondays: March 2, 9, 16, 23, 30, 1:00--3:00 p.m.

Join us on Mondays and Fridays for a fun filled time of toe-tapping, hip-swinging line dancing. **Cost: \$4 per class**

MG Park District--Better Balance

Mondays: March 2, 9, 16, 23, 30, 10:00--11:00 a.m.

This class is designed to enhance core strength, balance, coordination, stability, and flexibility. Wednesday class also available. **Cost: \$40 for 8 weeks**

Bingo Club

Tuesdays: March 3, 10, 17, 24, 31, 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

Tuesdays: March 3, 10, 17, 24, 31, 10:00 a.m.--12:00 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. **FREE**

Advisory Commission on Aging

Tuesday, March 10, 1:00--2:00 p.m.

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

B/P, Cholesterol & Blood Sugar Screening

Tuesday, March 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. **FREE**

MG Public Library on the Go

Wednesday, March 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. **FREE**

Lunch and Bingo

Wednesdays: March 4, 11, 18, 25, 29, 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

Wednesdays: March 4, 11, 18, 25, 29, 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, combining elements of the card game rummy. **FREE**

Mary's Book Club-The Great Alone

Wednesday, March 4, 12:00--1:15 p.m.

The Great Alone is a daring, beautiful, stay-up-all-night story about love and loss, the fight for survival, and the wildness that lives in both man and nature. **FREE**

Morton Grove Jammers

Wednesdays: March 4, 11, 18, 25, 29, 3:30--4:30 p.m.

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

Pinochle Club

Thursdays: March 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! **FREE**

I Am Not an Artist/ Inspired by Patterns

Thursday, March 12, 9:00--11:00 a.m.

Some students have expressed an interest in clothing design and the paper doll. In this class, we will look at patterns and designs used on textiles, wall papers, and fabrics and create our own. Papers, pencils, watercolors, markers and different crayons. **FREE**

Movie

Thursdays: March 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. **FREE**

Bridge Club

Thursdays: March 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! **FREE**

Gentle Yoga

Thursdays: March 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

Thursdays: March 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! **FREE**

I Am Not an Artist/ Wearable Art

Thursday, March 26, 9:00--11:00 a.m.

Some students have expressed an interest in clothing design and paper dolls. So, we will make our own clothing, being creative, incorporating tradition, memories, new patterns, and designs for our paper dolls! The March classes were requested by our students and we will have a lot of fun! Materials will be papers, textiles, whatever else we want. **FREE**

Music & MORE!

Thursday, March 12, 6:30--7:30 p.m.

Join us for live entertainment by the Mather Jammers plus dessert. **Registration required. Cost: \$5**

Needlework Pals

Fridays: March 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. Share your skill or learn something new from your fellow needle workers. **FREE**

Line Dancing

Fridays: March 13, 20, 27, 10:30 a.m.--12:00 p.m.

Join us on Mondays and Fridays for a fun filled time of toe-tapping, hip-swinging line dancing. **Cost: \$4 per class**

Men's Poker

Fridays: March 6, 13, 20, 27, 12:00--3:00 p.m.

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

Zumba Gold

Fridays: March 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**