

November 2019 Programs

Join us Monday–Friday, 11:30 a.m.–1:30 p.m., at 7574 N. Lincoln Avenue, Skokie

Anyone age 60 or better can drop in for a midday meal with neighbors and friends. If you like, stay for programs, games, and more.
It's your choice – stay a while or eat and run! A \$2 donation is suggested but not required.



Lunch at the Skokie Public Library, 5215 Oakton Street, Radmacher Room

Friday, November 22, 11:30 a.m.–1:30 p.m.

Join Us for a Musical Luncheon!

On the menu: Roast turkey, bread stuffing, mashed potatoes and gravy, peas and carrots, cranberry Jell-O, and pumpkin pie

Join us for a musical performance! The 10 singers of Just Harmony share upbeat American folk songs. You'll be singing along in no time!

ComEd Energy Efficiency Program

Monday, October 28, 12:30 p.m.

Learn if you are eligible for the ComEd Savings for Income Eligible Seniors program. This program will help your home become more energy efficient and could lead to savings on your ComEd bill if you qualify.

Chair Yoga

Tuesdays, 12:30–1:30 p.m.

Yoga has been proven to increase flexibility and muscle tone. It is an enduring total body workout. No experience necessary and all skill levels are welcome.

Cardio Burst

Wednesdays, 11:00–11:45 a.m.

Join us for an upbeat cardio class using low-impact movements to improve balance, build core and upper body strength, and increase your cardio endurance. Enjoy great music and great company! All fitness levels are welcome.

Zumba Gold

Thursdays, 11:00–11:45 a.m.

Zumba is a cardio-based fitness class that fuses Latin and international rhythms and movements. This class can be done from a sitting or standing position. Dance experience is not required.

Film Friday

Fridays, November 1, 8 & 15, 11:30 a.m.

Enjoy your lunch while you watch a movie! Please share any movie requests. See the Film Friday flyer for upcoming movies.

Sitcom Monday

Monday, November 4, 11:30 a.m.–1:30 p.m.

Enjoy a blast from the past with classic sitcom episodes from *Cheers* to *All in the Family* to *The Golden Girls* and more!

Blood Pressure Screening

Tuesdays, November 5 & 19, 11:30 a.m.–12:30 p.m.

Do your body good! Get your blood pressure taken by registered nurse Arlene.

Game Show Party

Monday, November 11, 12:15 p.m.

Join Jennifer and Rosie as they host a game show! Take your chance at a game such as *Family Feud*, *Jeopardy!*, *Wheel of Fortune*, and more!

Boost Your Brain & Memory

Wednesday, November 13, 12:45 p.m.

Learn ways to protect your brain and memory. Join Randi Kant for a whole-person approach to brain health that goes beyond games and puzzles. See flyer for more details.

PO*KE*NO

Monday, November 18, 12:30 p.m.

Try your hand at an easy-to-play game of Po-ke-no!

Wii Games

Monday, November 25, 12:00 p.m.

You can play tennis, golf, baseball, and even go bowling without leaving the room. Practice your skills or challenge a friend with these easy, fun games.

Available every day: iPads • Ping Pong • Jigsaw Puzzles

Interested in volunteering? Would you like more information?
Contact Jennifer at (847) 644.6071 or jbegovic@mather.com.

