

# December 2019 Program Descriptions

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

## Holiday Celebration Luncheon

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

You're invited to eat, drink, and be merry with us! We're serving up a festive atmosphere with a full luncheon and entertainment, featuring the Jimmy O & Rhonda Lee Duo—a two-piece band with the energy and sound of a nine-piece band! We'll feast on chicken marsala, sliced beef with gravy, au gratin potatoes, peas, salad, and a dessert buffet. **Cost \$15**

## Humanities

**Mondays: December 2, 9, 16, 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**

## Protect Your Medicare

**Monday, December 2, 9:30--10:30 a.m.**

In this presentation from the Illinois Senior Medicare Patrol (SMP) Program you will learn about Medicare fraud, how you can protect yourself, and how to detect and report fraud. **FREE**

## Mind, Body, and Soul with Auberge

**Monday, December 9, 9:30--10:30 a.m.**

Please join Lorry for a jammin' workout session that'll put your mind, body, and soul to work. **FREE**

## Cannabis and Your Health: The Current State of Affairs

**Monday, December 16, 9:30--10:30 a.m.**

This program is designed to address the components of cannabis—both recreational and medical. It will review manifestations for which cannabis may be used, as well as the potential results of its use. Presented by Alma J. Labunski, PhD, MS, RN, Retired Dean and Professor, North Park University, Chicago, and Educational Consultant. **FREE**

## MG Park District--Better Balance

**Mondays: December 2, 9, 16, 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**

## Wii Games

**Mondays: December 2, 9, 16, 12:30--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 at the Civic Center. **FREE**

## Bingo Club

**Tuesdays: December 3, 10, 17, 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: December 3, 10, 17, 12:00--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. **FREE**

## Advisory Commission on Aging

**Tuesday, December 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, December 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, December 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: December 4, 11, 18, 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: December 4, 11, 18, 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 Death of Mrs. Westaway

**Wednesday, December 11, 12:00--1:15 p.m.**

On a day that begins like any other, Hal receives a mysterious letter bequeathing her a substantial inheritance. She realizes very quickly that the letter was sent to the wrong person—but also that the cold-reading skills she's honed as a tarot card reader might help her claim the money. Soon, Hal finds herself at the funeral of the deceased...where it dawns on her that there is something very, very wrong about this strange situation and the inheritance at the center of it. **FREE**

## Morton Grove Jammers

**Wednesdays: December 4, 11, 18, 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**

## I Am Not an Artist/Finishing Up

**Thursday, December 5, 9:00--11:00 a.m.**

In this workshop we will work on finishing up the work we have done this year as well as take a look at our artistic development and share in conversations, insights, and lessons learned. **FREE**

## Pinochle Club

**Thursdays: December 5, 12, 19, 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**

## Movie

**Thursdays: December 5, 12, 19, 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: December 5, 12, 19, 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: December 5, 12, 19, 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: December 5, 12, 19, 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/2019 In Review

**Thursday, December 12, 9:00--11:00 a.m.**

In this class we will make a collage, telling the story of the year 2019 in what we experienced and how we dealt with it. We will work on how an image can tell a story and how we can illustrate events and emotions in a meaningful way. Materials: paper and any other materials you wish! **FREE**

## Music & MORE!

**Thursday, December 12, 6:30--7:30 p.m.**

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

## Foot Screening

**Friday, December 6, 1:00--2:00 p.m.**

Alice Cisneros, DPM, with De "Feet" Pain Center, will be providing podiatry screenings. Get your questions answered and a free foot screening. **FREE. Registration required.**

## Needlework Pals

**Fridays: December 6, 13, 20, 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**

## Men's Poker

**Fridays: December 6, 13, 20, 12:00--3:00 p.m.**

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

## Let's Play Scrabble

**Fridays: December 6, 13, 20, 12:00--2:00 p.m.**

Over 150 million games have been sold in 121 countries around the world. Scrabble games are currently produced in 29 different languages. Join us at the Civic Center to create words and share laughter among friends. **FREE**

## Zumba Gold

**Fridays: December 6, 13, 20, 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**

## Do you love our luncheons? Register in advance and save!

In 2020, we are offering the opportunity to register for all 2020 luncheons and save. Enjoy themed luncheons with a bountiful meal, entertainment, and great company with neighbors and friends.

**Purchase 10 luncheons and enjoy 2 for free!**  
**What a deal!** 2020 Luncheon Package Cost: \$140 for 12 luncheons