

# November 2019 Program Descriptions

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

## Italian Thanksgiving Luncheon

**Friday, November 1, 11:30 a.m.--2:00 p.m.**

Let's celebrate Thanksgiving Italian-style! We're serving up a hearty buffet featuring spaghetti with meatballs, signature pasta, garlic bread, and Caesar salad. Then enjoy a quick-witted, spontaneous, and high-energy Vegas-style performance by Vito Zatto. **Cost \$14 in advance (\$15 at the door)**

## Humanities

**Mondays: November 4, 11, 18, 25, 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**

## Mind, Body, and Soul with Auberge

**Monday, November 11, 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**

## Short Story Time with Hope Hornstein

**Monday, November 18, 9:30--10:30 a.m.**

Read a short story and discuss ideas that are sparked by it. **FREE**

## Alterations in Vision and Hearing

**Monday, November 25, 9:30--10:30 a.m.**

The program is designed to address challenges related to vision impairment and sensory-neural hearing loss. It will review the most common programs regarding visual loss in older adults such as cataracts, glaucoma, macular degeneration, and retinal detachment. The program will also include factors that impact sensory (hearing) functions among older adults. **FREE**

## MG Park District--Better Balance

**Mondays: November 4, 11, 18, 25, 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: November 4, 11, 18, 25, 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: November 5, 12, 19, 26, 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: November 5, 12, 19, 26, 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, November 12, 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, November 19, 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, November 6, 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: November 6, 13, 20, 27, 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: November 6, 13, 20, 27, 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

**Wednesday, November 13, 12:00--1:15 p.m.**

From the instant *New York Times* bestselling author of blockbuster thrillers *In a Dark, Dark Wood* and *The Woman in Cabin 10* comes Ruth Ware's chilling new novel, *The Lying Game*. On a cool June morning, a woman is walking her dog in the idyllic coastal village of Salten along a tidal estuary known as the Reach. **FREE**

## Morton Grove Jammers

**Wednesdays: November 6, 13, 20, 27, 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/Fall Colors

**Thursday, November 7, 9:00--11:00 a.m.**

In this workshop we will work on creating and mixing our own colors we find outdoors during the fall. See how nuances set the tone for any images and how they play together to create a full experience. Materials include watercolors, oil pastels, paper, and brushes. **FREE**

## Pinochle Club

**Thursdays: November 7, 14, 21, 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: November 7, 14, 21, 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: November 7, 14, 21, 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: November 7, 14, 21, 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: November 7, 14, 21, 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**

## Music & MORE!

**Thursday, November 7, 6:30--7:30 p.m.**

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

## Foot Screening

**Friday, November 1, 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: November 1, 8, 15, 22, 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: November 1, 8, 15, 22, 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: November 1, 8, 15, 22, 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: November 1, 8, 15, 22, 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**