

## December 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, December 13, 11:30 a.m.–1:30 p.m.

#### Join Us for a Mather Jammers Holiday Luncheon!

**On the menu:** Stuffed shells with ricotta and marinara, meatballs, Italian green beans, Caesar salad, and dessert

**Entertainment: the Mather Jammers**, featuring Ovie Salgado, Chuck Freilich, Ben Mercado, John Lulias, Jim Tomasiello, and Tony Domino. The Mather Jammers play oldies and goodies! Sing and dance along or sit back and enjoy some great music!



#### Sitcom Monday

**Monday, December 2 & 30, 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!

#### Chair Yoga

**Tuesdays, December 3, 10 & 17 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.

#### Blood Pressure Screening

**Tuesdays, December 3 & 17, 11:30 a.m.–12:30 p.m.**

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

#### 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, December 6, 20, & 27 and January 3, 11:00 a.m. \*NEW TIME\***

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

#### Wii Games

**Monday, December 9, 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.

#### Cardio Burst

**Wednesdays, December 11 & 18, 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.

#### Boost Your Brain & Memory

**Wednesday, December 11, 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.

#### Game Show Party

**Monday, December 16, 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!

#### Holiday TV Classics

**Monday, December 23, 11:30 a.m.**

Enjoy the classic holiday TV specials of *Rudolph the Red-Nosed Reindeer* (1964), *Frosty the Snowman* (1969), and *Santa Claus Is Coming to Town* (1970).

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](mailto:jbegovic@mather.com).

