

January 2020 Programs

Join us Monday–Friday, Doors Open: 11:30 a.m.–1:30 p.m., Lunch Served: 11:30 a.m.–1:30 p.m., 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 \$3 donation is suggested but not required.

St. Peter's United Church of Christ, 8013 Laramie Ave (Oakton and Laramie, enter on Laramie)

Friday, January 31, 11:30 a.m.–1:30 p.m.

Join Us for an Oscar Party Luncheon!

On the menu: Chicken Milan, rigatoni carbonara, sautéed zucchini medley, garlic bread stick, and dessert.

Join us for a presentation, 2020 Academy Award Best Picture Nominees. Sharon from the Skokie Public Library's Audio/Visual department will give a short description and show a clip from this year's nominees. **Cast your ballot for a chance to win a prize!**

Sitcom Monday

Mondays, December 30 and January 27, 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!

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, January 3, 10, 17, & 24, 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.

Po-Ke-No

Monday, January 6, 12:30 p.m.

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

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.

Blood Pressure Screening

Tuesdays, January 7 & 21, 11:30 a.m.–12:30 p.m.

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

Boost Your Brain & Memory

Wednesday, January 8, 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.

Music with Marty

Monday, January 13, 12:30 p.m.

Join our talented customer, Marty Brown, and enjoy some guitar playing and tunes off the vintage record player.

Cardio Burst

Wednesdays, January 15 & 22, 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.

Game Show Party

Monday, January 20, 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!

Wii Games

Wednesday, January 29, 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.

