

February 2020 Program Descriptions

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

It Makes Census to Be Counted Luncheon

Friday, February 7, 11:30 a.m.--2:00 p.m.

Enjoy a tasty buffet, live entertainment by Jerry Rite, and the company of friends and neighbors as we count off to the 2020 census. **Cost: \$14 if you pay one week in advance (\$15 after 1/31)**

Humanities

Mondays: February 3, 10, 17, 24, 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**

Options for Travel Independence

Monday, February 3, 9:30--10:30 a.m.

Accessible Metra, Pace, and CTA buses and trains are easy to use and the Regional Transportation Authority (RTA) would love to show you how. Stay informed about accessible public transportation options to get to appointments, maintain social connections, and enjoy independent travel! **FREE**

Ted Talk-Older People Are Happier

Monday, February 17, 9:30--10:30 a.m.

In the twentieth century we added an unprecedented number of years to our lifespans, but is the quality of life as good? Surprisingly, yes! Psychologist Laura Carstensen shows research that demonstrates that as people get older, they become happier, more content, and have a more positive outlook on the world. **FREE**

Metabolic Health Issues

Monday, February 24, 9:30--10:30 a.m.

In the body's metabolic system, organs function to transfer food and fluids to the internal environment of the body. Hence, this program will address health care issues related to the ability of the gastrointestinal tract to function suitably. Abnormal finding, assessment, treatment modalities, and client education will be identified for commonly affected metabolic organs such as the esophagus, stomach, intestine, gall bladder, and pancreas. **FREE**

Line Dancing

Mondays: February 3, 10, 17, 24, 1:00--3:00 p.m.

Join us Mondays and Fridays for a fun time of toe-tapping, hip-swinging line dancing. **Cost: \$4 per class**

MG Park District--Better Balance

Mondays: February 3, 10, 17, 24, 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**

Bingo Club

Tuesdays: February 4, 11, 18, 25, 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: February 4, 11, 18, 25, 12:00--3:00 p.m.

Grab your Mah 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, February 11, 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, February 18, 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, February 5, 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: February 5, 12, 19, 26, 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: February 5, 12, 19, 26, 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-How the Light Gets In

Wednesday, February 12, 12:00--1:15 p.m.

How the Light Gets In is the ninth Chief Inspector Gamache novel from Louise Penny. Christmas is approaching, and in Québec it's a time of dazzling snowfalls, bright lights, and gatherings with friends in front of blazing hearths. As events come to a head, Gamache is drawn ever deeper into the world of Three Pines. **FREE**

Morton Grove Jammers

Wednesdays: February 5, 12, 19, 26, 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**

Pinochle Club

Thursdays: February 6, 13, 20, 27, 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**

I Am Not an Artist/ Be My Valentine

Thursday, February 13, 9:00--11:00 a.m.

In this class we will look at how love is portrayed in art and do our own work of love. Materials: anything and everything. **FREE**

Movie

Thursdays: February 6, 13, 20, 27, 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: February 6, 13, 20, 27, 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: February 6, 13, 20, 27, 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: February 6, 13, 20, 27, 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/ Still Life

Thursday, February 27, 9:00--11:00 a.m.

We will utilize our knowledge of color and perspective for this still life artwork. Materials pencil, water colors and oil pastels. **FREE**

Music & MORE!

Thursday, February 13, 6:30--7:30 p.m.

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

Needlework Pals

Fridays: February 7, 14, 21, 28, 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**

Line Dancing

Fridays: February 14, 21, 28, 10:30 a.m.--12:00 p.m.

Join us Mondays and Fridays for a fun time of toe-tapping, hip-swinging line dancing. **Cost: \$4 per class.**

Men's Poker

Fridays: February 7, 14, 21, 28, 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: February 7, 14, 21, 28, 31, 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**

Foot Screening- FREE

Friday, February 7, 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 Registration required.

Zumba Gold

Fridays: February 7, 14, 21, 28, 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