

January 2020 Program Descriptions

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

My Kind of Town Luncheon

Friday, January 3, 11:30 a.m.--2:00 p.m.

"It could only happen in town like this..." We're calling you home to Morton Grove to enjoy a hearty buffet lunch and the Rat Pack repertoire of the talented Antonio Duca. **Cost: \$14 if you pay one week in advance (\$15 after 12/27)**

Humanities

Mondays: January 6, 13, 20, 27, 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 the Wellshire

Monday, January 6, 9:30--10:30 a.m.

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

Pancreatic Conditions

Monday, January 13, 9:30--10:30 a.m.

This program will address common characteristics of the endocrine and metabolic systems' functions. Abnormal findings, assessment, treatment modalities, and client education will be identified for commonly affected glands (e.g. pancreas), the gastrointestinal system, and liver. **FREE**

How to Age with Attitude with WiseUp

Monday, January 20, 9:30--10:30 a.m.

Would you like to meet new people, reconnect with old friends, and continue to live a fun meaningful life? WiseUp: Aging with Attitude President Linda Rockwell and Executive Director Paula Cleave will share fun ways of aging well through social engagement and neighborly support. With a name like WiseUp, what do you expect? **FREE**

MG Park District--Better Balance

Mondays: January 6, 13, 20, 27, 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: January 7, 14, 21, 28, 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: January 7, 14, 21, 28, 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, January 14, 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, January 21, 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**

AARP Smart Driving Course

Wednesdays: January 15 & 22, 9:00 a.m.--1:00 p.m.

Refresh your driving knowledge with this two-day course. Registration required. **Cost \$15**

MG Public Library on the Go

Wednesday, January 8, 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: January 8, 15, 22, 29,

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: January 8, 15, 22, 29, 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 Rose and the Yew Tree

Wednesday, January 8, 12:00--1:15 p.m.

A beautiful, upper-class woman marries a working-class opportunist, but his attempts to elevate himself lead to unforeseen consequences. **FREE**

Morton Grove Jammers

Wednesdays: January 8, 15, 22, 29, 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: January 2, 9, 16, 23, 30, 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/ Perspectives

Thursday, January 9, 9:00--11:00 a.m.

We are starting 2020 with a deep dive into perspectives. Our guest teacher will work with us on how to better understand and draw perspectives. Materials we will use will be pencil, eraser, rules, and watercolors. **FREE**

Movie

Thursdays: January 2, 9, 16, 23, 30,

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: January 2, 9, 16, 23, 30,

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: January 2, 9, 16, 23, 30, 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: January 2, 9, 16, 23, 30, 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, January 23, 9:00--11:00 a.m.

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

Music & MORE!

Thursday, January 9, 6:30--7:30 p.m.

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

Needlework Pals

Fridays: January 3, 10, 17, 24, 31, 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: January 3, 10, 17, 24, 31, 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: January 3, 10, 17, 24, 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**

Zumba Gold

Fridays: January 3, 10, 17, 24, 31, 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