

## February 2020 Programs

Monday–Friday, Doors Open 10:30 a.m.–2:00 p.m. | Menu Available 11:30 a.m.–1:30 p.m.

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, February 28, 11:30 a.m.–1:30 p.m.**

**Join Us for a Presidential First Ladies Luncheon!**

**On the menu:** Stuffed chicken breast with wild rice and spinach, green beans, fruit salad, dinner roll, and dessert.

**Join us for a presentation by Roberta Randall.** Travel back in time to Camelot while living history brings Jackie Kennedy Onassis to life.

### Sitcom Monday

**Mondays, February 3 and March 2, 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, 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, February 4 & 18 and March 3, 11:30 a.m.–12:30 p.m.**

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

### Cardio Burst

**Wednesdays, February 5 & 19 and March 4, 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.

### 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, February 7, 14 & 21 and March 6, 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, February 10, 12:30 p.m.**

Try your hand at an easy-to-play game of Po-Ke-No!

### Boost Your Brain & Memory

**Wednesday, February 12, 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, February 17, 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!

### Karaoke

**Monday, February 24, 12:30–1:30 p.m.**

Choose your favorite song and sing along! Singing isn't for you? Be a backup dancer or just come and enjoy the entertainment!

### Wii Games

**Wednesday, February 26, 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](mailto:jbegovic@mather.com).**

