



FOR IMMEDIATE RELEASE:

Daily Lunch Available to Skokie Older Adults

Those 60+ Welcome at Weekday Meals, Classes and Social Opportunities

Evanston, IL (April 5, 2016) – Beginning Monday, April 11, older adults in and around Skokie can enjoy a nutritious midday meal, followed by a variety of social and program offerings, every weekday. The program is sponsored by Evanston-based Mather LifeWays and AgeOptions, at the Ethical Humanist Society, 7574 N. Lincoln Ave., in Skokie.

The program, which will take place Mondays through Fridays from 11:30 a.m. to 1:30 p.m., will include a lunch prepared with fresh, healthy ingredients. Attendees will have the option of staying for socializing, wellness classes, and games. Although the program is designed to serve low-income older adults, anyone age 60 or better is welcome, regardless of income or where they live. No preregistration is necessary, and a \$2 donation is suggested but not required.

“Studies have shown that socialization is so important in staying vital and healthy,” said George Van Dusen, Village of Skokie Mayor. “Providing an affordable lunch and ways to engage with others every weekday is an extraordinary service, and we’re so pleased to be able to work with these groups to offer this program to area residents.”

“A number of seniors live without adequate food, shelter, health care, and other basic services,” said Jonathan Lavin, president and CEO of AgeOptions. “We provide federal and state funding to local service providers so that these community members can enjoy the quality of life they deserve.”

“We are pleased to offer a program that serves older adults in the Skokie community, and to provide them a place to socialize, share ideas, access resources and information, as well as enjoy a quality meal,” said Mary Leary, President and CEO of Mather LifeWays, a 75-year-old nondenominational not-for-profit organization.

The site of the luncheon, near the intersection of Lincoln Ave. and Howard in Skokie, is convenient to public transportation, including Pace bus #210, and offers onsite parking.

For more information, contact Jennifer Begovic, Creator of Amazing Meal Experiences at Mather LifeWays, at jbegovic@matherlifeways.com or (847) 644.6071.

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ABOUT Mather LifeWays

Based in Evanston, Illinois, Mather LifeWays is a unique, non-denominational not-for-profit organization founded 75 years ago to serve the needs of older adults. Dedicated to developing and implementing Ways to Age WellSM, Mather LifeWays creates programs, places, and residences for today's young-at-heart older adults. These include providing a continuum of living and care; making neighborhoods better places for older adults to live, work, learn, contribute, and play; and identifying, implementing, and sharing best practices for wellness programs and staff development. To learn more about Mather LifeWays, call (847) 492.7500 or find your way to www.matherlifeways.com.

ABOUT AgeOptions

AgeOptions is a nonprofit organization connecting older adults and those who care for them with resources and service options so they can live their lives to the fullest. Since 1974, our mission has been to sustain and promote independence for older persons in their own homes and communities.

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