

June 2017 Program Descriptions

Questions? Want to register for a program? Call us at (847) 663.3073

MOREways MORE Than a Luncheon
Friday, June 2, 11:30 a.m.-2:00 p.m.
Head to our uncharted desert isle for a fun Gillian’s Island party with your fellow “castaways” featuring mouthwatering food and lively entertainment.
Cost: \$13 with advance reservation / \$15 at the door.

Coffee Chat- FREE

Mondays: June 5, 12, 19, 9:00 a.m.-12:00 p.m.

Join us Monday mornings for fun and fellowship—and plenty of laughs over a cup of coffee. All are welcome!

Humanities-FREE

Mondays: June 5, 12, 19, 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.

Turn Your Yard Into a B&B for Outdoor Birds

Monday June 5, 9:30 a.m. – 10:30 a.m.

The Wildbird Shack will share their secrets how to attract the most colorful birds to your feeders and yard.

Cool Sites and Apps

Monday June 12, 9:30 a.m. – 10:30 a.m.

Find out about some new websites for you to explore. If you have a smart phone, you’ll also get tips on some fun apps. Bring your favorite website to share.

Aging Well Series/Finding Your Get Up and Go

Monday June 19, 9:30 a.m. – 10:30 a.m.

This session will cover what accounts for the ebb and flow of motivation levels and how to boost enthusiasm when it seems hard to “get going”.

MG Park District-Better Balance

Mondays & Wednesdays: June 5, 7, 12, 14, 19, 21, 10:00 a.m.-11:00 a.m.

This class is designed to enhance core strength, balance, coordination, stability and flexibility. Cost: \$40 for 8-week 1 day a week program; \$80 for 8-week 2 day a week program.

Wii Games-FREE

Mondays: June 5, 12, 19, 12:30 p.m. -2:30 p.m.

Who needs a bowling alley or a golf course when you have a Wii game system! Try something new and bowl or golf in the main hall.

Stretching-Free

Tuesday, June 6 & 20, 10:00 a.m.-10:30 a.m.

Have you been told you should exercise more? Do you want to feel better in your body? If you answered yes to these

questions, this short 30-minute class is for you. A licensed physical therapist will give you simple stretching exercises that over time will help you move better.

Bingo Club

Tuesdays: June 6, 13, 20, 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-FREE

Tuesdays: June 6, 13, 20, 12:00 p.m.-

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.

Advisory Commission on Aging- FREE

Tuesday, June 13, 1:00 p.m.-2:00 p.m.

Learn about valuable services and programs for citizens of Morton Grove. Help shape the programs for adults 50 and better. Everyone is welcome.

Cholesterol Screening

Tuesday, June 20, 11:00 a.m. – 12:00 p.m.

It takes only 3 minutes (and a simple finger stick blood test) to find out if your total cholesterol is where it should be. It will do your heart good. Special offer-FREE -this month.

Morton Grove Jammers- FREE

Tuesdays: June 6, 13, 20, 3:30 p.m. -4:30 p.m.

If you play an instrument, carry a tune, or just clap your hands, you can be a jammer! Bring your guitar, harmonica, or musical instrument of your choice, and meet other musicians and make music together!

MG Public Library on the Go- FREE

Wednesday, June 7, 10:15 a.m.-10:30 a.m.

Join us on the first Wednesday of the month to get an update on current Morton Grove Public Library offerings.

Blood Pressure Screening-FREE

Wednesdays: June 7, 14, 21, 11:00 a.m. –12:00 p.m.

Do your body good! Get your blood pressure checked each week by a registered nurse. Also, learn how a change in diet can change your BP.

MGPL Book Talk- FREE

Wednesday, June 7, 1:00 p.m.-2:00 p.m.

Program, we'll talk about books that celebrate the value of community, togetherness, and diversity of all types. Fiction and nonfiction titles will be included.

Lunch and Bingo

Wednesdays: June 7, 14, 21, 10:30 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.

Mary’s Book Club- FREE

Wednesday: June 14, 12:00 p.m.-1:15 p.m.

Do you love to read? Join us as we discuss “Mosquito Land” by David Arnold

Bridge Club- FREE

Wednesdays: June 7, 14, 21, 1:00 p.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!

Pinochle Club-FREE

Thursday: June 1, 15, 22, 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!

Lunch and Movie

Thursdays: June 1, 8, 15, 22, 11:30 a.m. 1:30 p.m.

Join us for a delicious box lunch from Subway and a movie. Stop by the Civic center for the movie schedule and to register. All registrations must be made by Wednesday, 12:00 p.m. Registration required. Cost: \$5 (with lunch) or free just to watch the movie.

Gentle Yoga

Thursday, June 1, 15, 22, 1:00 p.m.-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-FREE

Thursdays: June 1, 8, 15, 22, 1:00 p.m.- 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!

I Am Not an Artist

Thursday, June 15, 10:00 a.m.-11:30 a.m.

We will look and play with different perspectives, depth and how colors, tones, and hues may change our perception.

I Am Not an Artist

Thursday, June 22, 10:00 a.m.-11:30 a.m. We will celebrate the Midsummer and the Summer Solstice with a

special Scandinavian still life. We will work with watercolors, oil pastels, brushes and sponges.

Needlework Pals-FREE

Fridays: June 2, 9, 16, 23, 9:30 a.m.-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.

Foot Screening-FREE

Friday, June 2, 1:00 p.m.-3:00 p.m.

Podiatrist, Dr. Alice Cisneros, D.P.M with De “Feet” Pain Center, will be providing podiatry screenings. Get your questions answered and a free foot screening Registration required.

Ask the Tech Expert- FREE

Friday: June 9, 16, 23, 11:00 a.m.-1:00 p.m.

Save up your questions about computers, cell phones, iPads, websites, and more, and ask our friendly tech guru.

Men’s Poker -FREE

Fridays: June 2, 9, 16, 23, 12:00 p.m.-3:00 p.m.

A Friday afternoon must—this weekly men’s game is dealer’s choice.

Zumba Gold

Friday: June 2, 9, 16, 23, 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 the beginner participants. Come join the class and get ready to have fun. No dance experience required. Cost: \$4 per class

Community Blood Drive

Thursday, June 8, 12 p.m. – 6 p.m.

Conducted by Life Source

Open House

Thursday, June 8, 3:00 p.m. – 6:00 p.m.

Featuring representatives from various Village departments who will be available to answer questions and inform residents of other department-specific programs.

Evening Series: Music & MORE!

Thursday, June 8, 6:30 p.m.-7:30 p.m.

Join us for live entertainment featuring the musical stylings of award winning multi-instrumentalist L.J. Slavin and Subway Sandwich, Chips, Soda & Dessert. Cost: \$5.

Those that are interested, should feel free to attend and participate in as much of the event activities as desired. No registrations for this event is necessary.