

August 2017 Program Descriptions

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

MOREways MORE Than a Luncheon

Friday, August 4, 11:30 a.m.-2:00 p.m.

Let's get comfy with a pajama party! Come in your PJs for plenty of slumber-party game, a great buffet, and live entertainment. Please take our Quality of Life survey and let us know how we're doing.

Cost: \$13 with advance reservation / \$15 at the door.

Coffee Chat- FREE

Mondays: August 7, 14, 21, 28, 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: August 7, 14, 21, 28, 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.

What is Estate Planning

Monday August 7, 9:30 a.m.-10:30 a.m.

Your estate is comprised of everything you own— your car, home, other real estate, checking and savings accounts, investments, life insurance, furniture, personal possessions. No matter how large or how modest, everyone has an estate and something in common—you can't take it with you when you die.

How Criminals Target Older Adults

Monday August 14, 9:30 a.m. – 10:30 a.m.

Be Informed of the scams on the older adult population. The speaker will cover scams like the “IRS” scam and others that are directed towards older adults. Stay a step ahead of the criminals.

ClearCaptions: Amplifies Captioned Phone

Monday August 14, 9:30 a.m. – 10:30 a.m.

Having trouble hearing your phone conversations? ClearCaptions provides text of phone conversations for people with hearing loss. The phone displays text of conversations in near real-time on a large color touchscreen while also amplifying voice so users can see and hear what callers are saying.

Remembering Chicago's Streetcars and Wooden 'L' Trains

Monday August 28, 9:30 a.m. – 10:30 a.m.

Did you know Chicago once had the world's largest street railway network and four different elevated companies? Local historian Eric Bronsky will present a kaleidoscope of colorful images and facts about how our present-day public transportation system evolved.

MG Park District-Better Balance

Mondays & Wednesdays: August 2, 7, 9, 14, 16, 21, 23, 28, 30, 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: August 7, 14, 21, 28, 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. No ball or golf clubs necessary, but bowling and golf shirts are welcome.

Bingo Club

Tuesdays: August 1, 8, 15, 22, 29, 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: August 1, 8, 15, 22, 29, 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, August 8, 1:00 p.m.-2:00 p.m.

Learn about valuable services and programs for citizens of Morton Grove. Everyone is welcome.

Cholesterol Screening

Tuesday, August 15, 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: August 8, 15, 22, 29, 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!

Blood Pressure Screening-FREE

Wednesdays: August 2, 9, 23, 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.

MG Public Library on the Go- FREE

Wednesday, August 2, 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.

Lunch and Bingo

Wednesdays: August 2, 9, 16, 23, 30, 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.

MGPL Book Talk- FREE

Wednesday, August 2, 1:00 p.m.-2:00 p.m.

Best of the 1970s books. Fiction and nonfiction titles will be included.

Mary's Book Club- FREE

Wednesday: August 9, 12:00 p.m.-1:15 p.m.

Join us as we discuss “Marriage of Opposites” By Alice Hoffman

Bridge Club- FREE

Wednesdays: August 2, 9, 16, 23, 30, 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: August 3, 10, 17, 24, 31, 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: August 3, 10, 17, 24, 31, 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, August 3, 10, 17, 24, 31, 1:00 p.m.-2:00 p.m.

Come to chair yoga class! Yoga has been proved 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: August 3, 10, 17, 24, 31, 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/Roll My Wheel

Thursday, August 10, 10:00 a.m.-11:30 a.m.

We will create our own color wheel and learn more about warm and cold colors.

I Am Not an Artist/Mandalas

Thursday, August 24, 10:00 a.m.-11:30 a.m.

We have all heard about Mandalas, now be inspired by Buddhist mandalas and create your own. We will also learn more about the history of mandalas. We will work with watercolors, oil pastels, brushes and sponges.

Evening Series: Music & MORE!

Thursday, August 10, 6:30 p.m.-7:30 p.m.

Join us for live entertainment featuring musical talents of Christopher & Charlie Laughlin, Guitarists and dessert, Registration required. Cost: \$5.

Needlework Pals-FREE

Fridays: August 4, 11, 18, 25, 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, August 4, 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: August 11, 18, 25, 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: August 4, 11, 18, 25, 12:00 p.m.-3:00 p.m.

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

Zumba Gold

Fridays: August 4, 11, 18, 25, 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. It features dances from popular rhythms such as meringue, salsa, cha-cha, flamenco, tango, rock and roll and more. Come join the class and get ready to have fun. No dance experience required. Cost: \$4 per class

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