

August 2017 Programs

Join us Monday-Friday, 11:30 a.m. - 1:30 p.m., at 7574 N Lincoln Ave, Skokie.

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 \$2 donation is suggested, but not required.

Lunch at the Skokie Public Library, 5215 Oakton Street, Radmacher Room

Friday, August 25, 11:30 a.m. - 1:30 p.m.

Join us for a Summer Picnic Luncheon!

On the menu: Hamburger, American Potato Salad, Baked Beans, Watermelon, and Dessert.

Join us for the presentation, *Chicago's Streetcars and Wooden 'L' Cars*, with local historian, Eric Bronsky. Did you know Chicago once had the world's largest street railway network and four different elevated companies? Enjoy a presentation with a kaleidoscope of colorful images and facts about how the present-day public transportation system evolved.

Chair Yoga - FREE

Every Tuesday, 12:30 p.m. – 1:30 p.m.

Come to chair yoga with Kirsten! 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 - FREE

Tuesdays, August 1, 8, 22 & 29, 11:30 a.m. – 12:30 p.m.

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

Wii Games – FREE

Wednesdays, August 2 & 23, 12:00 p.m. – 1:30 p.m.

While playing Nintendo's *Wii Sports*, you can play tennis, golf, baseball, and even go bowling without leaving the room. Practice your skills or challenge a friend with these easy to learn, fun games.

Zumba Gold - FREE

Every Thursday, 11:00 a.m. – 11:45 a.m.

Try Zumba Gold with Leslye! Zumba is a cardio-based fitness class that fuses Latin and International rhythms and movements. Zumba Gold focuses on balance, range of motion, and coordination. This class can be done from a sitting or standing position. Come join the class and get ready to have fun! Dance experience is not required.

Film Friday – FREE

Fridays, August 4, 11, 18 and September 1, 11:45 a.m.

Join us for a movie and popcorn. Let us know if you have any movie requests. See the Film Friday flyer for upcoming movies.

Tech Table – FREE

Monday, August 7, 12:00 p.m. – 1:30 p.m.

Bring your mobile phone or tablet and any questions to our tech expert, Vivian. Don't forget to bring your passwords.

Choose to Stress Less – Tools for Change – FREE

Wednesday, August 9, 1:00 p.m. – 2:00 p.m.

Would you believe that over two-thirds of office visits to physicians are for stress-related illnesses and concerns?! Randi Kant, presenter of the Boost Your Brain and Memory series, will teach you how stress affects both your physical and psychological health as well as practical and effective strategies for managing stress and minimizing its impact.

Handmade Crafts – FREE

Wednesday, August 16, 12:15 p.m. – 1:00 p.m.

Try your hand at an easy-to-do craft with Paula! You may choose to keep your craft or donate it to a recipient of home delivered meals in Skokie and brighten someone's day.

Karaoke – FREE

Monday, August 21, 12:00 p.m. – 1:30 p.m.

Choose your favorite song and sing-a-long! Singing isn't for you? Be a back-up dancer or just come and enjoy the entertainment!

Game Show Party - FREE

Monday, August 28, 12:15 p.m.

Join Jennifer and Rosie as they host a game show game! Take your chance at games such as *Deal or No Deal*, *Who Wants to Be a Millionaire*, *Jeopardy*, *Wheel of Fortune* and more!

For more information contact Jennifer at (847) 644-6071

or jbegovic@matherlifeways.com