

## October 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, October 27, 11:30 a.m. - 1:30 p.m.**

**Join us for a Fall Luncheon!**

**On the menu:** Stuffed Chicken Artichoke, Penne Pasta with Roasted Red Pepper Cream Sauce, California Blend Vegetables, Fresh Melon, Garlic Bread, and Dessert.

**Join us for the musical performance, Mather Jammers**, featuring Ovie Salgado, Chuck Freilich, Ben Mercado, Jim Tomasiello, and John Lulias. The Mather Jammers play oldies and goodies! Sing and dance along or sit back and enjoy some great music!

**Registration for a Skokie Public Library card will be offered during the luncheon.**

**Please bring your current town's library card and ID to register.**

### **Chair Yoga - FREE**

**Every Tuesday, 12:30 – 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**

**Every Tuesday, 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, October 4 & 25, 12:00 – 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 – 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, October 6, 13, & 20 and November 3, 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.

### **Smart Foods – FREE**

**Wednesday, October 11, 1:00 – 2:00 p.m.**

Learn about the 10 healthy foods and related dietary patterns that appear to be truly protective against cognitive decline. The research is in – so grab a pen and a plate! Try some free samples!

### **Flu Shots – FREE Sponsored by Walgreens**

**Thursday, October 12, 11:30 a.m. – 1:30 p.m.**

Get your free flu shot early in the season! If you have a Medicare Part B card, please bring it with you. No appointment necessary.

### **Game Show Party - FREE**

**Monday, October 16, 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!

### **Handmade Crafts – FREE**

**Wednesday, October 18, 12:15 – 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.

### **Tech Table – FREE**

**Monday, October 23, 11:30 a.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.

**For more information, contact Jennifer at  
(847) 644.6071 or [jbegovic@matherlifeways.com](mailto:jbegovic@matherlifeways.com)**