

# October 2017 Program Descriptions

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

### Mather LifeWays MORE Than a Luncheon

**Friday, October 6, 11:30 a.m.-2:00 p.m.**

It's a bird...it's a plane...it's our October luncheon! Dust off your mask and cape—we're calling all superheroes to join us for an afternoon of music, fun, and some super food! Enjoy live entertainment and livelier conversation with friends and neighbors, as well as a generous buffet.

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

### Coffee Chat- FREE

**Mondays: October 2, 9, 16, 23, 30, 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: October 2, 9, 16, 23, 30, 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.

### Alterations in Urinary Elimination- FREE

**Monday October 16, 9:30 a.m.-10:30 a.m.**

This program will address factors which impact older adults' urinary elimination. It is designed to review anatomy and physiology of elimination and examine the etiologic factors which impact urinary elimination. The program will also describe effective therapeutic interventions which may be implemented for older adults.

### RTA Transit Orientation Program- FREE

**Monday October 23, 9:30 a.m.-10:30 a.m.**

The Regional Transportation Authority offers free group training programs to enlighten people with disabilities and older adults of transit related resources. During this customized presentation, individuals will learn about local transportation options, accessibility features, ADA Paratransit service, RTA Fare programs, and other useful information!

### Brain Health Series-FITWITS- FREE

**Monday October 30, 9:30 a.m.-10:30 a.m.**

Keeping your wits fit requires more than just doing crossword puzzles or word searches. In this session, you will learn more about the aging brain and what you can do to keep your brain engaged.

### MG Park District-Better Balance

**Mondays October 2, 9, 16, 23, 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-weeks**

### Wii Games- FREE

**Mondays: October 2, 9, 16, 23, 30, 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 clubs necessary, but bowling and golf shirts are welcome.

### Bingo Club- FREE

**Tuesdays: October 3, 10, 17, 24, 31,**

**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: October 3, 10, 17, 24, 31,**

**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 October 10, 1:00 p.m.-2:00 p.m.**

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

### Morton Grove Jammers- FREE

**Tuesdays: October 3, 10, 17, 24, 31, 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!

### Cholesterol Screening by Ideal Care Home Health- FREE

**Tuesday, October 17, 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.

### MG Public Library on the Go- FREE

**Wednesday, October 4, 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: October 4, 18, 25, 11:00 a.m. –12:00 p.m.**

Do your body good! Get your blood pressure checked each week by a registered nurse.

### MGPL Book Talk- FREE

**Wednesday, October 4, 1:00 p.m.-2:00 p.m.**

Grief and loss are universal human experiences. This month, we'll discuss various books that touch upon the ideas of mortality, loss, and healing.

### Lunch and Bingo

**Wednesdays: October 4, 11, 18, 25,**

**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 by 12:00 p.m. Tuesday required Cost \$7.**

### Mary's Book Club- FREE

**Wednesday: October 11, 12:00 p.m.-1:15 p.m.**

Join us as we discuss *Circling the Sun* by Paula McLain.

**November's book is: *Brightest Star in the Sky* by Marian Keyes**

### Bridge Club- FREE

**Wednesdays: October 4, 11, 18, 25**

**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!

### Dialysis Support Group- FREE

**Wednesday: October 25, 2:00 p.m.-3:00 p.m.**

Talking to others who are also going through chronic kidney disease (CKD) or dialysis can be a much-needed opportunity to vent, share information, get advice and receive and provide support. All are welcome.

### Pinochle Club- FREE

**Thursday: October 5, 12, 19, 26, 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!

### I Am Not an Artist/Working on Unfinished Work

**Thursday, October 12, 10:00 a.m.-11:30 a.m.**

In this class, we will work on finishing some of our works. We will work with watercolors, oil pastels, brushes, and sponges.

### Lunch and Movie

**Thursdays: October 5, 12, 19, 26, 11:00 a.m. 1:00 p.m.**

Join us for a delicious box lunch from Honey-Baked Hams 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, October 5, 12, 19, 26, 1:00-2:00 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**

### I Am Not an Artist/Autumn Halloween

**Thursday, October 26, 10:00 a.m.-11:30 a.m.**

In this class, we will work and focus on a Halloween still life and the richness of fall colors. We will work with watercolors, oil pastels, brushes, and sponges.

### Evening Series: Music & MORE!

**Thursday, October 19, 6:30 p.m.-7:30 p.m.**

Join us for live entertainment featuring the vocal talents of Petra plus dessert, and maybe some dancing.

**Registration required. Cost: \$5.**

### Poker Club- FREE

**Thursdays: October 5, 12, 19, 26, 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!

### Needlework Pals- FREE

**Fridays: October 6, 13, 20, 27, 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, October 6, 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

**Fridays: October 13, 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: October 6, 13, 20, 27, 12:00 p.m.-3:00 p.m.**

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

### Zumba Gold

**Fridays: October 6, 13, 20, 27, 2:00 p.m.-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**