

# December 2017 Program Descriptions

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

### Mather LifeWays MORE Than a Luncheon

**Friday, December 1, 11:30 a.m.--2:00 p.m.**

Let's start celebrating the holidays! Join us for a festive lunch featuring a winter feast, rousing entertainment, and much merry-making with friends and neighbors. Special surprises await!

**Cost: \$15**

### Coffee Chat- FREE

**Mondays: December 4, 11, 18, 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: December 4, 11, 18, 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.

### Rheumatoid Arthritis Answers- FREE

**Monday, December 4, 9:30--10:30 a.m.**

Dr. Ami Kothari from Illinois Bone and Joint Institute will discuss rheumatoid arthritis, available treatment options, lifestyle changes to make life easier, and how it compares to osteoarthritis. Please bring your questions.

### The Journey to Mollie's War: WACs and WWII- FREE

**Monday, December 11, 9:30--10:30 a.m.**

Author Cyndee Schaffer discusses women in the military during WWII and her mother's experiences as a member of the Women's Army Corps by taking you on a journey from inspiration to publication.

### Hope's Joke Fest- FREE

**Monday, December 18, 9:30--10:30 a.m.**

Need a chuckle or two, know a good, funny and CLEAN joke or two??? Join us as Hope guides you through an hour of laughter.

### MG Park District--Better Balance

**Mondays: December 4, 11, 18, 10:00--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: December 4, 11, 18, 12:30--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 at the Civic Center.

### Bingo Club

**Tuesdays: December 5, 12, 19, 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: December 5, 12, 19, 12:00--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, December 12, 1:00--2:00 p.m.**

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

### Cholesterol Screening by Ideal Home Health Care

**Tuesday, December 19, 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. **Cost: \$15**

### Morton Grove Jammers- FREE

**Tuesdays: December 5, 12, 19, 3:30--4:30 p.m.**

Bring your guitar, harmonica, or musical instrument of your choice, and meet other musicians and make music together!

### Take Charge of Your Diabetes- FREE

**Wednesdays: December 6, 13, 20, 10:00 a.m.--12:30 p.m.**

During this 6-week course, learn ways that can help you manage your diabetes. Please register.

### MG Public Library on the Go- FREE

**Wednesday, December 6, 10:15--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: December 6, 13, 20, 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.**

### Blood Pressure Screening- FREE

**Wednesdays: December 6, 13, 20, 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 blood pressure.

### MGPL Book Talk- FREE

**Wednesday, December 6, 1:00--2:00 p.m.**

It's time to take the stock of some of the bestselling, most talked about, and most recognized books of the year. No matter the subject or genre, you'll find something fabulous to read. Bring your library card and walk out with an armful of great reads.

### Bridge Club- FREE

**Wednesdays: December 6, 13, 20, 1:00--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!

### Mary's Book Club- FREE

**Wednesday: December 13, 12:00--1:15 p.m.**

Join us as we discuss *Breakfast with Buddha* by Roland Merullo; January's book is *Sumurai's Garden* by Gail Tsukiyama

### Pinochle Club- FREE

**Thursday: December 7, 14, 21, 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: December 7, 14, 21, 11:30 a.m.--1:30 p.m.**

Join us for a delicious lunch from Honey Baked Ham 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, December 7, 14, 21, 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**

### Poker Club- FREE

**Thursdays: December 7, 14, 21, 1:00-- 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/ Color, Shades and Variations of White- FREE

**Thursday, December 7, 10:00--11:30 a.m.**

In this class, we will take a look at the color white, its shades and variations, as well as how white has – and is – associated in our society. We will work with watercolors, oil pastels, brushes, and sponges

### I Am Not an Artist/ Finishing Unfinished Work & A Review of My Year- FREE

**Thursday, December 21, 10:00--11:30 a.m.**

In the last class for 2017, we will focus on finishing unfinished work and work on an illustrated review of your year. We will work with watercolors, oil pastels, brushes, and sponges.

### Evening Series: Music & MORE!

**Thursday, December 7, 6:30--7:30 p.m.**

Join us for live entertainment featuring holiday music and dessert. **Registration required. Cost: \$5**

### Needlework Pals- FREE

**Fridays: December 1, 8, 15, 22, 9:30--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, December 1, 1:00--3:00 p.m.**

Podiatrist, Dr. Alice Cisneros, DPM, 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: December 8, 15, 22, 11:00--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: December 1, 8, 15, 22, 12:00--3:00 p.m.**

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

### Zumba Gold

**Fridays: December 1, 8, 15, 22, 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. No dance experience required. **Cost: \$4 per class**