

## December 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, December 15, 11:30 a.m. - 1:30 p.m.**

**Join Us for a Holiday Luncheon!**

**On the menu:** Chicken with Supreme Sauce, Roasted Red Skin Potatoes, Sautéed Green Beans, Dinner Roll, and Peach Cobbler.

**Join us for live music by Antonio Duca, Crooner and Entertainer!** Enjoy melodies from the great Rat Pack era, Elvis Presley, Tony Bennett, Andrea Bocelli, and more! Sing-along to your favorite songs and classic holiday hits!

### **Chair Yoga - FREE**

**Tuesdays, 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**

**Tuesdays, 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, November 29 and December 6 & 27, 12:00 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**

**Thursdays, 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, December 1, 8, 22 & 29, 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.

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

**Monday, December 11, 12:15 p.m.**

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

### **Whole-Person Wellness – FREE**

**Wednesday, December 13, 1:00 – 2:00 p.m.**

Join Randi Kant as she presents *Whole-Person Wellness*. No longer simply the absence of illness or disease, wellness can be defined as striving to achieve the optimum state of health and well-being that you can achieve, given your own set of circumstances. *Whole-Person Wellness* encompasses multiple dimensions of wellness and introduces concepts that foster an innovative and positive way of thinking about our overall quality of life. Begin to live a wellness lifestyle that is uniquely suited to you.

### **Handmade Crafts – FREE**

**Wednesday, December 20, 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.

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