

March 2018 Program Descriptions

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

A Brady Brunch Luncheon

Friday, March 2, 11:30 a.m.–2:00 p.m.

It's the story...of a lovely luncheon! Join us for live entertainment plus a buffet of delicious brunch favorites. We'll have fun with '70s style and all things *Brady Bunch*! **Cost \$13 with advance reservation; \$15 at the door.**

Coffee Chat- FREE

Mondays: March 5, 12, 19, 26, 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: March 5, 12, 19, 26, 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.

Hope's Joke Fest- FREE

Monday, March 5, 9:30–10:30 a.m.

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

Autoimmune System- FREE

Monday, March 12, 9:30–10:30 a.m.

This program is designed to address the human body's defense system, which protects it from invasions of microorganisms.

Who Gets Grandma's Yellow Plate?- FREE

Monday, March 26, 9:30–10:30 a.m.

Almost all individuals have valued personal belongings. Participants explore ways to talk to family members about the difficult subject of distributing family items of emotional and sentimental value while keeping relationships intact.

MG Park District—Better Balance

Mondays: March 5, 12, 19, 26, 10:00–11:00 a.m.

This class is designed to enhance core strength, balance, coordination, stability, and flexibility. Wednesday class also available. **Cost: \$40 for 8 weeks**

Wii Games- FREE

Mondays: March 5, 12, 19, 26, 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: March 6, 13, 20, 27, 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: March 6, 13, 20, 27, 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, March 13, 1:00–2:00 p.m.

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

How to Take Control of Your Digital Footprint- FREE

Tuesday, March 20 11:00 a.m.–12:00 p.m.

Our information is out in the world on the internet, and it sounds scary. That's enough to stop us from exploring the many amazing things technology has to offer. Vivian will show you how to secure your data and enjoy your life online.

B/P, Cholesterol & Blood Sugar Screening- FREE

Tuesday, March 20, 11:00 a.m.–12:00 p.m.

It takes only three minutes (and a simple finger stick blood test) to find out if your blood sugar level is where it should be. Also have your blood pressure screened. It will do your heart good!

Morton Grove Jammers- FREE

Tuesdays: March 6, 13, 20, 27, 3:30–4:30 p.m.

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

AARP Smart Driving Course

Wednesdays: March 7 & 14, 9:00 a.m.–1:00 p.m.

Refresh your driving knowledge with this two-day course. **Registration required. Cost \$15**

MG Public Library on the Go- FREE

Wednesday, March 7, 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: March 7, 14, 21, 28, 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.**

MGPL Book Talk- FREE

Wednesday, March 7, 1:00–2:00 p.m.

Let's travel through books, back to a bygone decade and talk about some of the best loved, most memorable books published in 1980s. Stop by and grab some totally awesome titles!

Mary's Book Club- FREE

Wednesday March 14, 12:00–1:15 p.m.

Join us as we discuss *Y is for Yesterday* by Sue Grafton.

Bridge Club- FREE

Wednesdays: March 7, 14, 21, 28, 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!

Brain Health- FREE

Wednesday, March 21, 1:00–2:00 p.m.

Come and learn more about this statewide initiative that seeks to educate the public about age-related memory problems vs. abnormal loss, and to promote strategies that contribute to a healthy mind and body throughout life.

Move More! Eat Better!

Wednesday: March 28, 1:00–2:00 p.m.

Did you know that the combination of physical inactivity and poor nutrition ranks as the second leading cause of preventable death? Learn powerful strategies that will help you incorporate activity and healthy eating into your everyday life—for good!

Pinochle Club- FREE

Thursdays: March 1, 8, 15, 22, 29, 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: March 1, 8, 15, 22, 29, 11:00 a.m.–1:00 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

Thursdays, March 1, 8, 15, 22, 29, 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: March 1, 8, 15, 22, 29, 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/ Paul Klee- FREE

Thursday, March 8, 10:00–11:30 a.m.

In this class we will look at Paul Klee's abstract art and work on our own fields of colors. We'll work with watercolors, oil pastels, brushes, and sponges.

Evening Series: Music & MORE!

Thursday, March 8, 6:30–7:30 p.m.

Join us for live entertainment by Edizon Dayao and dessert. **Registration required. Cost: \$5.**

I Am Not an Artist/ Shades and More Shades- FREE

Thursday, March 22, 10:00–11:30 a.m.

In this class we will look and work with shades, both with pencil and colors, from still life and images. We'll return to this topic throughout the year. We'll work with watercolors, oil pastels, brushes, and sponges.

Needlework Pals- FREE

Fridays: March 2, 9, 16, 23, 30, 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, March 2, 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: March 9, 16, 23, 30, 11:00 a.m.– 1:00 p.m.

Have a computer glitch? Get locked out, have password issues or can't get email? See the expert for quick tech solutions!

Men's Poker- FREE

Fridays: March 2, 9, 16, 23, 30, 12:00–3:00 p.m.

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

Zumba Gold

Fridays: March 2, 9, 16, 23, 30, 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. No dance experience required. **Cost: \$4 per class**