

March 2018 Programs

Join us Monday–Friday, 11:30 a.m.–1:30 p.m., at 7574 N. Lincoln Avenue, 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, March 23, 11:30 a.m.–1:30 p.m.

Join us for a Woodland Luncheon!

On the menu: Canadian Pollock De Jonge, Au Gratin Potatoes, Cole Slaw, Fresh Melon, Rye Bread, and Dessert.

Join us for a presentation by Lee Hansen from Emily Oaks Nature Center. As the days grow longer and warmer, many living things return home to Emily Oaks Nature Center, including birds, bats, insects, and even flowering plants.

This slide show celebrates the return of spring at your neighborhood nature center.

Sitcom Monday – FREE

Mondays, February 26 and March 5 & 26, 11:30 a.m.

Enjoy a blast from the past with classic sitcom episodes. From *Cheers* to *All In the Family* to *The Golden Girls* and more, you can have the same laughs that you had years ago!

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, February 27 and March 6, 13 & 27 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, February 28 and March 7 & 28, 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, March 2, 9, 16 & 30, 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, March 12, 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!

Healthy Food Choices: Easier Than You Think – FREE

Wednesday, March 14, 1:00–2:00 p.m.

This straightforward, evidence-based and wildly practical presentation will enable you to take advantage of the many powerful benefits of a healthy diet.

Karaoke – FREE

Monday, March 19, 12:00–1:30 p.m.

Choose your favorite song and sing along! Singing isn't for you? Be a back-up dancer or just come and enjoy the entertainment!

Handmade Crafts – FREE

Wednesday, March 21, 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.

Save the Date!

Friday, April 13, 11:30 a.m.–1:30 p.m.

Join us for our casino-themed *Lucky Luncheon* at the Skokie Park District's Oakton Park at 4701 Oakton Street.

For more information, contact Jennifer at
(847) 644.6071 or jbegovic@matherlifeways.com.

