

May 2018 Program Descriptions

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

Mather LifeWays Cinco de Mayo Luncheon

Friday, May 4, 11:30 a.m.--2:00 p.m.

Party with us during our fun fiesta featuring Latin music, a fresh Mexican buffet, and the chance to dance with friendly company. **Cost \$13 with advance reservation; \$15 at the door**

Coffee Chat- FREE

Mondays: May 7, 14, 21, 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: May 7, 14, 21, 9:30 a.m.--12:00 p.m.

Learn something new every Monday morning! Join us for fascinating presentations on a variety of topics.

Smart Foods- FREE

Monday, May 14, 9:30-- 10:30 a.m.

Learn about the 10 healthy foods and related dietary patterns that appear to be truly protective against cognitive decline. The research is in, so grab a pen and plate!

Refuse to Be a Victim- FREE

Monday, May 21, 9:30--10:30 a.m.

Learn the many ways in which you can protect yourself and your property against crimes. If you follow our simple procedures, you will FEEL SAFER and BE SAFER.

MG Park District--Better Balance

Mondays May 7, 14, 21, 10:00--11:00 a.m.

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

Wii Games- FREE

Mondays: May 7, 14, 21, 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: May 1, 8, 15, 22, 29, 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: May 1, 8, 15, 22, 29, 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, May 8, 1:00--2:00 p.m.

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

B/P, Cholesterol & Blood Sugar Screening- FREE

Tuesday, May 15, 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 blood sugar and cholesterol level is where it should be. Also have your blood pressure screened. It will do your heart good.

Online Dating- FREE

Tuesday, May 15, 11:00 a.m.--12:00 p.m.

Learn to navigate some of the most popular dating sites so you can sort through prospects without leaving home.

MG Public Library on the Go- FREE

Wednesday, May 2, 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.

Morton Grove Jammers- FREE

Wednesdays: May 2, 9, 16, 23, 30, 3:30--4:30 p.m.

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

Lunch and Bingo

Wednesdays: May 2, 9, 16, 23, 30, 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, May 2, 1:00--2:00 p.m.

Do you have trouble finding "lighter" book discussion titles? If so, come to our book talk and pick up funny and charming book ideas that will spear the conversation without depressing your spirit.

Mary's Book Club- FREE

Wednesday, May 9, 12:00--1:15 p.m.

Rubbernecker by Belinda Bauer If you've not read Belinda Bauer—this is a great book to choose! This is a deeply satisfying “curl-up-on-the-couch-can't-resist-gobbling-it-up” read! Great for those who would rather pass on violent thrillers, yet enjoy a book that has the pace of a thriller.

AARP Smart Driving Course

Wednesdays: May 9 & 16, 9:00 a.m.--1:00 p.m.

Refresh your driving knowledge with this two-day course.

Registration required. Cost \$15

10 Healthy Habits for Each and Every Day- FREE

Wednesday, May 23, 1:00--2:00 p.m.

Incorporating small, yet powerful health habits into our daily routine goes a long way in maximizing our physical, emotional, and cognitive health. We'll examine the benefits of 10 healthy habits, as well as strategies to integrate them into your life.

Pinochle Club- FREE

Thursdays: May 3, 10, 17, 24, 31, 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: May 3, 10, 17, 24, 31, 11:00 a.m.--1:00 p.m.

Join us for a delicious lunch of pizza, pop, and a sweet treat plus 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.**

I Am Not an Artist/ Spring Still Life & Cuttings- FREE

Thursday, May 10, 10:00--11:30 a.m.

In this class we will study a spring still life and work with the technique of cuttings, like some of Matisse's works. We will work with papers, scissors, and glue.

Evening Series: Music & MORE!

Thursday, May 10, 6:30--7:30 p.m.

Join us for live entertainment by the **Mather Jammers** and dessert. **Registration required. Cost: \$5**

Gentle Yoga

Thursdays: May 3, 10, 17, 25, 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: May 3, 10, 17, 24, 31, 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/ Patterns in Different Traditions- FREE

Thursday, May 24, 10:00--11:30 a.m.

In this class we will look at patterns from different traditions, such as Native American textiles and ceramics, Islamic art, and indigenous art. We will create our own patterns inspired from the repetitive forms, which tell a story. We will work with watercolors, oil pastels, brushes, and sponges.

Needlework Pals- FREE

Fridays: May 4, 11, 18, 25, 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.

Ask the Tech Expert- FREE

Fridays: May 11, 25, 11:00 a.m.--1:00 p.m.

Have a computer glitch? Locked out, password issues, or can't get e-mail? See the expert for your quick tech solutions!

Men's Poker- FREE

Fridays: May 4, 11, 18, 25, 12:00--3:00 p.m.

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

Foot Screening- FREE

Friday, May 4, 1:00--3:00 p.m.

Podiatrist Dr. Alice Cisneros with De Feet Pain Center will be providing podiatry screenings. Get your questions answered and a free foot screening **Registration required.**

Zumba Gold

Fridays: May 4, 11, 18, 25, 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**

Volunteer for a good cause!

We're looking for friendly, passionate individuals to join our monthly events.

If you're interested, call Ovie at
(847) 868.5928