

## June 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, June 22, 11:30 a.m.–1:30 p.m.**

**Join Us for a Blue Hawaii Luau Luncheon!**

**On the menu:** Island Paradise Greens, Hawaiian Chicken, Maui Rice Pilaf, Polynesian Vegetables, Fresh Tropical Fruit & Dessert

**Join us for live music, *Hugo's Elvis* at 12:00 p.m.** Performer and storyteller Hugo Colin presents Elvis's greatest hits from the 1950s.

#### **Chair Yoga – FREE**

**Tuesdays, May 29 and June 19 & 26, 12:30–1:30 p.m.**

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, May 29 and June 12 & 26, 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, May 30 and June 27, 12:00–1:30 p.m.**

You can play tennis, golf, baseball, and even go bowling without leaving the room. Practice your skills or challenge a friend with these easy, fun games.

#### **Aerobics – FREE**

**Wednesdays, May 30 and June 27, 11:30 a.m.–1:30 p.m.**

Follow along with exercise videos to get you moving! Videos will continuously play, allowing you the flexibility to come & go as you please!

#### **Zumba Gold – FREE**

**Thursdays, May 31 and June 21 & 28, 11:00–11:45 a.m.**

Zumba is a cardio-based fitness class that fuses Latin and international rhythms and movements. This class can be done from a sitting or standing position. Dance experience is not required.

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

#### **Film Friday – FREE**

**Fridays, June 1, 15 & 29, 11:45 a.m.**

Enjoy your lunch while you join us for a movie and popcorn. Please share any movie requests. See the Film Friday flyer for upcoming movies.

#### **Game Show Party – FREE**

**Monday, June 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!

#### **Eating Healthy on a Budget – FREE**

**Wednesday, June 13, 12:45–1:45 p.m.**

Join Randi Kant to learn more about affordable healthy eating. Explore smart and creative ways to economically include the healthiest foods on the planet in your everyday diet.

#### **Karaoke – FREE**

**Thursday, June 14, 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!

#### **Sitcom Monday – FREE**

**Mondays, June 18 & 25, 11:30 a.m.–1:30 p.m.**

Enjoy a blast from the past with classic sitcom episodes from *Cheers* to *All in the Family* to *The Golden Girls* and more!

#### **Handmade Crafts – FREE**

**Wednesday, June 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.