

Spring Special Events

on the campus of Lutheran Home

Lutheran Home has a calendar packed with interesting, entertaining and informative events for April, May and June. See the front side of this postcard for dates and times.

Included are the following regularly scheduled events:

Rhythms of the Heart Exercise Program

Move your body, feel the rhythms of your heart and improve your health!

April 6 through June 25, 2020. Mondays and Thursdays.

BEGINNER SESSION: 8:00 a.m. to 9:00 a.m.

INTERMEDIATE SESSION: 9:00 a.m. to 10:00 a.m.

Light breakfast to follow. \$75.00 for each 12-week session.

Stay Active, Stay Strong

An exercise program specifically designed to help manage the symptoms of Parkinson's Disease. April 6 through June 25, 2020. Mondays and Thursdays at 10:00 a.m. Light brunch to follow. \$75.00 for the session.

Birthday Month Club

Join us for lunch in honor of your birthday! Sign-up required. 2nd Wednesday of each month. 12:00 p.m. in the Hearthstone Private Dining Room.

Hearthstone Assisted Living Open House

4th Thursday of the month | 2:00 p.m. to 4:00 p.m.



LUTHERAN HOME

INSPIRING THE BEST SINCE 1892.

800 West Oakton Street | Arlington Heights, IL 60004

*Lutheran Home is a Lutheran Life Community —
Empowering vibrant, grace-filled living across all generations.*



For more information and to reserve your space, kindly reply to
Linda Smith at (847) 368-7404.

*Be sure to mark your calendar for any or all of these
Spring Special Events held on the campus of Lutheran Home.
Sign-up required. Call (847) 368-7404 to secure your space.*

APRIL 2020

Reducing Falls

Thursday, April 2 | 11:00 a.m.

Learn in this interactive, fun environment how you can reduce falls. This informative program will teach you a few tricks! **\$5 per person.** Lunch included.

Lessons Learned From NASA

Thursday, April 16 | 11:00 a.m.

A young girl from a small Midwest town had big dreams to work at NASA someday—so she did. Hear the detailed and vivid account of the journey of Beth Mund. **\$5 per person.** Lunch included.

Retirement Reimagined

Thursday, April 30 | 11:00 a.m.

In a time where we continue to live longer and live healthier lives, it's time to reconsider what retirement and aging really means and how to break free from those stereotypes to live our best lives. **\$5 per person.** Lunch included.

MAY 2020

P2 Prepare and Prevail

Wednesday, May 6 | 9:30 a.m.

Join the experts at Lutheran Home for a frank discussion about memory care and what you need to know. Complimentary brunch.

Your Life, Your Legacy

Thursday, May 7 | 11:00 a.m.

Learn from attorney Millie Palmer what you should do now to protect your estate in the future. **\$5 per person.** Lunch included.

Mother's Day Tea

Thursday, May 14 | 2:00 p.m.

Learn the history of Mother's Day by celebrating the music and songs of the 30s, 40s and 50s with Larry Bergnach. Complimentary.

Investing in the Late Innings of a Bull Market

Thursday, May 21 | 11:00 a.m.

Erik Mansfield, financial advisor with Edward Jones, will talk about your investments and how to make them grow! Join us for this baseball themed presentation—wear your favorite jersey! **\$5 per person.** Lunch included.

Hooked by the Food Giants

Thursday, May 28 | 11:00 a.m.

Ever wonder why you can't "only eat just one?" Learn how the Food Giants have manipulated how and what we eat. **\$5 per person.** Lunch included.

JUNE 2020

Romancing for Riches

Thursday, June 4 | 11:00 a.m.

We have all heard tales about crime and scams against seniors. Young predators look for seniors who are alone and have monetary resources, befriend and romance them, and then try to take over their accounts. Learn from attorney Kerry Peck how you can protect yourself! **\$5 per person.** Lunch included.

O is for Osteoarthritis

Friday, June 12 | 11:00 a.m.

Dr. Jeffrey Goldstein of Illinois Bone & Joint Institute will educate us on osteoarthritis as part of The A to Zs of Health and Wellness. **\$5 per person.** Lunch included.

Ray & Joan: The Man Who Made the McDonald's Fortune and the Woman Who Gave It All Away

Thursday, June 18 | 11:00 a.m.

Hear the fascinating story of the McDonald's fortune as told by professional storyteller, Jenny Riddle. **\$5 per person.** Lunch included.