

March Virtual Events

Lutheran Home has a calendar packed with interesting, entertaining and informative virtual presentations for the month of March. See the front side of this postcard for dates and times.

Included are the following regularly scheduled events:

Book Club

Third Friday of every month at 11:00 a.m. Call Linda at (847) 368-7404 to sign-up and receive Zoom log-in information.

Exercise Programs

Choose from Rhythms of the Heart, Movin' and Groovin', Zumba, Walking Club. For dates and times, call Linda at (847) 368-7404.

Support Groups

Parkinson's, Caring for the Caregiver and Congestive Heart Failure support groups welcome new members. Call Linda at (847) 368-7404 for more information.



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



LUTHERAN HOME

INSPIRING THE BEST SINCE 1892.

800 West Oakton Street | Arlington Heights, IL 60004

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



Be sure to mark your calendar for any or all of these virtual events.
Sign-up required. Call (847) 368-7404 to secure your space.

MARCH 2021

Planning to Outsmart Cancer

Wednesday, March 3 | 11:00 a.m.

“You have cancer” — the 3 word sentence that causes fear, anxiety and confusion. Learn steps to take for your cancer treatment strategy and smart financial decisions to make after a diagnosis and for the future. Led by Financial Planner, Keith Piscitello.

A Month of Culture

Fridays, March 5, 12, 19, 26 | 1:00 p.m.

Each week we will explore a different culture. Discover Poland, Germany, Italy and Ireland—learn about each countries history, cooking and dance.

Architectural Tour of the World

Tuesday, March 9 | 10:00 a.m.

Buckle up and get ready for a surprising architectural tour from your seat. International traveler, Jasmine Blaze (as played by entertainer Martina Mathisen), will take you around the globe to discover fantastic super structures that have stunned the world and will leave you in awe.

Losing the COVID-19

Monday, March 15 | 11:00 a.m.

Did you gain weight during the pandemic? Now is the time to take those extra pounds off. Joan Davis returns with more information about weight loss and the latest research on what you should—and should not—be eating.

P is for Psychiatry

Monday, March 22 | 11:00 a.m.

Want to learn what a psychiatrist does? You'll be surprised by this branch of medicine and all that it encompasses. Part of The A to Zs of Health and Wellness Series.

My Mind, My Wellness

Thursday, March 25 | 11:00 a.m.

Join Linda Smith as we delve into our cognitive health with this interactive presentation featuring BrainSavers games. Prizes will be awarded.

B-I-N-G-O!

Thursday, March 25 | 6:00 p.m.

Join in this fun, interactive game of Bingo for a chance to win some great prizes!

Reverse Mortgage – The Good, The Bad and The Ugly

Monday, March 29 | 11:00 a.m.

A reverse mortgage makes sense for some homeowners, but are there long-term downfalls to having one? Educate yourself before you do anything. A representative from Berkshire Hathaway will present.



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