

JANUARY

	<p>Starting in January - Mon & Fri at 2:00PM <u>Fit & Strong Evidence Based Class Physical Activity Program for Older Adults.</u> <i>Learn to perform safe stretching, balance, aerobic and strengthening, exercises which gradually increase in frequency, duration, and intensity over time.</i> <i>Limited Spots Available!</i></p>
	<p>Tuesday, January 7th from 1:30-2:30PM (Please RSVP) <u>Live Singing \$3 Suggested Donation</u> <i>Acappella Fellas sing in a style of beautiful, close, acappella vocal harmony. We entertain by singing Broadway Musicals and Pop Hits of the 40s,50s, & 60s.</i></p>
	<p>Friday, January 10th & 24th at 2:00PM (Please RSVP) <u>Bunco Meetup \$1 Per Person</u> <i>Please make sure to RSVP – this activity will be meeting in the smaller room – due to an Evidence Based program being held in the larger room at the same time.</i></p>
	<p>Tuesday, January 14th at 11:30AM (Please RSVP) <u>Lunch Bunch Meetup (pay your own way – lunch meetup)</u> Chili's 5620 Northwest Hwy Crystal Lake, IL 60014</p>
	<p>Wednesday, January 8th, 15th, 22nd, & 29th <u>WITS Workout</u> <i>Sign up through the Cary Public Library.</i></p>
	<p>Tuesday, January 28th, at 1:30PM (Please RSVP) <u>Creative Journaling Meetup</u> <i>Bring your own creative journaling to work on with a meetup group. You can start with basic supplies like, sketch book, glue stick, pens, scissors, and magazines.</i></p>



Please RSVP to Molly Clough unless stated otherwise
Phone: (815) 356-7457 **Email:** mclough@seniorservicesassoc.org
 Senior Services Associates - 4704 Three Oaks Rd. Crystal Lake, IL 60014