






FEBRUARY

	<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, February 4th at 11:30AM (Please RSVP) <u>Lunch Bunch Meetup (pay your own way – lunch meetup)</u> Panera 6000 Northwest Hwy#56A Crystal Lake, IL 60014</p>
	<p>Tuesday, February 11th from 1:30-2:30PM (Please RSVP) <u>Live Singing by David Allen Mehner \$3 Suggested Donation</u> <i>Enjoy the soulful sounds of the 50s & 60s. Each time David's set list is a little different.</i></p>
	<p>Friday, February 14th & 28th 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, February 25th, at 1:30PM (Please RSVP) <u>Creative Journaling Meetup</u> 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.</p>

****Make sure to sign up for Molly's "Daily Email" – this will provide you with the latest news and "Add on Activities" (which are activities that may be added after the original calendar was sent to print). Join Molly's email by simply sending an email to mclough@seniorservicesassoc.org – saying please add me to your email list. ****



Please RSVP to Molly Clough unless stated otherwise
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