



	<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, March 4th at 11:30AM (Please RSVP) <u>Lunch Bunch Meetup (pay your own way – lunch meetup)</u> Chick-Fil-A 4812 Northwest Hwy. Crystal Lake, IL 60014</p>
	<p>Tuesday, March 11th from 1:30-2:30PM (Please RSVP) <u>Live Music by Rick Pickren \$3 Suggested Donation</u> <i>Enjoy the Irish themed performance by one of Crystal Lake SSA's favorite entertainers.</i></p>
	<p>Friday, March 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, March 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
Phone: (815) 356-7457 **Email:** mclough@seniorservicesassoc.org
 Senior Services Associates - 4704 Three Oaks Rd. Crystal Lake, IL 60014