

COFFEE, CLASSES & CAMARADERIE

Offered weekly to Niles Township Residents, each program will start with an educational topic or activity followed by coffee and camaraderie. *We hope you can join us!*

Niles Township Government Office, 5255 Lincoln, Skokie
Open to Niles Township Residents only. Free. Space is limited.
Registration required: Sarah.Squires-Doyle@cje.net or 773.508.1052.



THURSDAY, AUGUST 1, 2019 • 1-2:30 PM

Join Chloe Gremaud, from CJE SeniorLife's Counseling Team, for a presentation on how incorporating daily mindfulness practices can help individuals cope with change, reduce stress and anxiety.



THURSDAY, AUGUST 8, 2019 • 1-2:30 PM

Inter-generational program—Reminisce and teach some of your favorite childhood games to today's youth from Swift Childcare Center (Note: games will be provided).



THURSDAY, AUGUST 15, 2019 • 1-2:30 PM

Tech Talk with Keith Kurtenbach, CJE SeniorLife's IT Manager. We'll learn how to keep personal information secure and identify scam emails and phone calls.



THURSDAY, AUGUST 22, 2019 • 1-2:30 PM

Is the price right? Come see how well you know your prices and how to find the best deals with CJE's Senior Life Educator and couponing guru, Tamara Kushnir-Groman.



THURSDAY, AUGUST 29, 2019 • 1-2:30 PM

Exercise Bits and Memory Bytes—Join us for a dual-tasking exercise class that's good for the mind and body!

