



JANUARY
2019

THURSDAYS
1-2:30 PM

COFFEE, CLASSES & CAMARADERIE

Offered weekly, 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

Free. Space is limited.

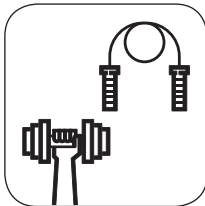
Registration required:

Bernina.Sykes@cje.net or 773.508.1073.



THURSDAY, JANUARY 10, 2019 • 1-2:30 PM

Introductory Session—Meet and Greet!



THURSDAY, JANUARY 17, 2019 • 1-2:30 PM

Senior Fitness for Strength, Balance and Mobility



THURSDAY, JANUARY 24, 2019 • 1-2:30 PM

Brain Health and Memory Games



THURSDAY, JANUARY 31, 2019 • 1-2:30 PM

Artistic Expressions—Creative arts programming for adults

cje SeniorLife
Jewish values for positive aging



THE CJE ADVANTAGE: We offer a full continuum of care in which individuals of all ages, faiths and income levels can access life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the process of positive aging.

3003 West Touhy Avenue | Chicago IL | www.cje.net | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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