

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, JULY 4, 2019 • 1-2:30 PM

Closed for Independence Day.



THURSDAY, JULY 11, 2019 • 1-2:30 PM

Tech Talk with Nicole Bruce, CJE SeniorLife's social media expert. We'll explore how we can use Facebook to stay connected with friends and family, and to become more engaged in our communities both online and in real life. Option to bring your own devices.



THURSDAY, JULY 18, 2019 • 1-2:30 PM

Deb DelSignore from the Art Institute of Chicago will lead an art activity to help create a rock garden with messages of kindness and wisdom for the community.



THURSDAY, JULY 25, 2019 • 1-2:30 PM

Come try another energizing exercise class with senior fitness expert, David Wittenstein. His wealth of knowledge about exercise and aging can accommodate all fitness levels.

