

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.

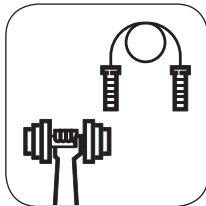
Registration required:

Sarah.Squires-Doyle@cje.net or 773.508.1052.



THURSDAY, MARCH 7, 2019 • 1-2:30 PM

Beyond Bingo—Come try some new fun games...they're good for the mind and body!



THURSDAY, MARCH 14, 2019 • 1-2:30 PM

From Idle to Active—Exercises to get you fit...that fit into your daily routine!



THURSDAY, MARCH 21, 2019 • 1-2:30 PM

Join Art Therapist Deb DelSignore for a lively discussion on selected works of art.



THURSDAY, MARCH 28, 2019 • 1-2:30 PM

Healthy Eating for One (or Two)—Tips and techniques to keep it interesting!

