

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.

May is Older Americans Month and the national theme is **Connect, Create, Contribute!**



THURSDAY, MAY 2, 2019 • 1-2:30 PM

Communities that encourage the contributions of older adults are stronger! Join us for a discussion on how we can strengthen our community by sharing our talents to **contribute** in a meaningful way.



THURSDAY, MAY 9, 2019 • 1-2:30 PM

Connect with your body for National Arthritis Awareness Month! Join Becky Paulin-Liston PT, RYT from Integrated Physical Therapy and Yoga who will lead a chair yoga class for bone and joint health.



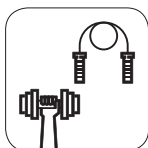
THURSDAY, MAY 16, 2019 • 1-2:30 PM

Get **creative** with Art Therapist Deb DeSignore for continued exploration of why creativity is important to have in our lives while we engage in an activity for well-being.



THURSDAY, MAY 23, 2019 • 1-2:30 PM

Sleep patterns change with age. Come learn about ways to improve sleep and **create** good habits as we recognize Better Sleep Month.



THURSDAY, MAY 30, 2019 • 1-2:30 PM

Join us for a fun and social exercise class to help celebrate National Senior Health and Fitness Day!

