

# My Go-To Place

## COFFEE, CLASSES & CAMARADERIE

CJE SeniorLife and Niles Township Government proudly announce a new partnership for adults over age 65 called, *My Go-To Place*.

### Activities include:

- Healthy aging educational presentations
- Senior exercise classes
- Creative arts program
- Community resource and benefit events
- Coffee and socialization opportunities

Offered weekly, each program will start with an educational topic or activity followed by coffee and camaraderie.

### Join us for our first session!

We will begin with some fun activities to get connected and to explore the needs and interests of the group.

**Thursday, January 10, 2019 • 1–2:30 pm**

**Niles Township Government Office**

**5255 Lincoln, Skokie**

**Free. Space is limited. Registration required:**

**Bernina.Sykes@cje.net or 773.508.1073.**

*We hope you can join us!*



**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](http://www.cje.net) | 773.508.1000

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

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