

2018 Sr. “Fun” Club Event Schedule

**All Regular Meetings are at 9:00 a.m. on the 2nd Wednesday of the Month in
the Meeting Rooms off the Narthex**

- March 14 “It’s never too Late – Aging Happily, Successfully and Gracefully” Guest Speaker Trish Uttich, R.N.
- April 11 “Stress & Aging: Learn Stress Management techniques
Guest Speaker: Deirdre Alcantara
- April 18 Shrine of St. Theresa/Carmelite Center in Darien
Mass/Tour of renovated and expanded museum and Lunch
Cost \$35/person....Guests Welcome
- May 9 “On the Wings of Change – the Next Chapter”
Guest Speaker Trish Uttich, R.N.
- June 13 Fall Prevention Tips – Webinar Presentation
Guest Speaker Nancy Arnold
- June 20 Casino Trip – Potawatomi Milwaukee \$30/person
Includes: Bus, \$10 Slot play/\$10 food voucher
- July 11 “Music Therapy for Pain Management” – Webinar
Guest Speaker Nancy Arnold

Stay tuned for more!!!!

**Questions?? Call Alyce at 847-343-0411 or
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