



(217) 443-2999

309 N. Franklin St., Danville, IL 61832

Activities Calendar

June 2017



#### Thursday, June 1st

CRIS Breakfast Café 6:30–9:15 a.m.

Breakfast on the Patio 7:30–9:00 a.m.

*The Benefits of Strength Training with Nedra Howland, Curves* (starting at 8:15 a.m.)

Strong for Life Exercise 9:30 a.m.

BUNGO sponsored by David Carey 11:00 a.m. (1<sup>st</sup> Thursday of the month)

Euchre 12:30–3:00 p.m.

#### Friday, June 2nd

CRIS Breakfast Café 6:30–9:15 a.m.

Euchre 12:30–3:00 p.m.

Bridge 12:30–4:00 p.m.

#### Monday, June 5th

CRIS Breakfast Café 6:30–9:15 a.m.

Breakfast Kiwanis 7:00 a.m.

Strong for Life Exercise 9:30 a.m.

Euchre 10:30 a.m.–1:30 p.m.

Bridge 12:30–4:00 p.m.

Golden K Kiwanis 2:00–3:30 p.m.

#### Tuesday, June 6th

CRIS Breakfast Café 6:30–9:15 a.m.

Bridge 9:00–11:30 a.m.

Day Campers Card Club 9:00 a.m.–1:00 p.m.

Euchre 12:30–3:00 p.m.

ASL Social Card Club 1:30 p.m.

#### Wednesday, June 7th

CRIS Breakfast Café 6:30–9:15 a.m.

Strong for Life Exercise 9:30 a.m.

#### Thursday, June 8th

CRIS Breakfast Café 6:30–9:15 a.m.

Breakfast on the Patio 7:30–9:00 a.m.

*Seniors and Technology with Richard Woodard, Woodard's Computing* (starting at 8:15 a.m.)

Strong for Life Exercise 9:30 a.m.

BUNGO sponsored by Pleasant Meadows 11:00 a.m. (2<sup>nd</sup> Thursday of the month)

Euchre 12:30–3:00 p.m.

#### Friday, June 9th

CRIS Breakfast Café 6:30–9:15 a.m.

Euchre 12:30–3:00 p.m.

Bridge 12:30–4:00 p.m.

#### Monday, June 12th

CRIS Breakfast Café 6:30–9:15 a.m.

Breakfast Kiwanis 7:00 a.m.

Strong for Life Exercise 9:30 a.m.

Euchre 10:30 a.m.–1:30 p.m.

Bridge 12:30–4:00 p.m.

Golden K Kiwanis 2:00–3:30 p.m.

#### Tuesday, June 13th

CRIS Breakfast Café 6:30–9:15 a.m.

Bridge 9:00–11:30 a.m.

Day Campers Card Club 9:00 a.m.–1:00 p.m.

Euchre 12:30–3:00 p.m.

Danville-Illiana Women's Club 1:00 p.m. (2<sup>nd</sup> Tuesday of the month)

ASL Social Card Club 1:30 p.m.

#### Wednesday, June 14th

CRIS Breakfast Café 6:30–9:15 a.m.

Strong for Life Exercise 9:30 a.m.

#### Thursday, June 15th

CRIS Breakfast Café 6:30–9:15 a.m.

Breakfast on the Patio 7:30–9:00 a.m.

*Corvette Cruisers of Illinois*

Strong for Life Exercise 9:30 a.m.

BUNGO sponsored by Bowman Estates 11:00 a.m. (3<sup>rd</sup> Thursday of the month)

Euchre 12:30–3:00 p.m.

#### Friday, June 16th

CRIS Breakfast Café 6:30–9:15 a.m.

Euchre 12:30–3:00 p.m.

Bridge 12:30–4:00 p.m.

#### Monday, June 19th

CRIS Breakfast Café 6:30–9:15 a.m.

Breakfast Kiwanis 7:00 a.m.

Strong for Life Exercise 9:30 a.m.

Euchre 10:30 a.m.–1:30 p.m.

### Monday, June 19th, continued

Bridge 12:30–4:00 p.m.

Golden K Kiwanis 2:00–3:30 p.m.

### Tuesday, June 20th

CRIS Breakfast Café 6:30–9:15 a.m.

Bridge 9:00–11:30 a.m.

Day Campers Card Club 9:00 a.m.–1:00 p.m.

Euchre 12:30–3:00 p.m.

ASL Social Card Club 1:30 p.m.

### Wednesday, June 21st

CRIS Breakfast Café 6:30–9:15 a.m.

Craft Workshop 9:00 a.m. (3<sup>rd</sup> Wednesday of the month)

Strong for Life Exercise 9:30 a.m.

Grandparents Raising Grandchildren and Caregiver's Support Group (Savvy Caregiver) 1:00 p.m. (3<sup>rd</sup> Wednesday of the month)

### Thursday, June 22nd

CRIS Breakfast Café 6:30–9:15 a.m.

Breakfast on the Patio 7:30–9:00 a.m. *Speaker TBA*

Caregiver Advisory Training and Education 9:00 a.m.

*Presentation from Informed Decisions, Jane Huchel*

Strong for Life Exercise 9:30 a.m.

Euchre 12:30–3:00 p.m.

### Friday, June 23rd

CRIS Breakfast Café 6:30–9:15 a.m.

Euchre 12:30–3:00 p.m.

Bridge 12:30–4:00 p.m.

### Monday, June 26th

CRIS Breakfast Café 6:30–9:15 a.m.

Breakfast Kiwanis 7:00 a.m.

Strong for Life Exercise 9:30 a.m.

Euchre 10:30 a.m.–1:30 p.m.

Bridge 12:30–4:00 p.m.

Golden K Kiwanis 2:00–3:30 p.m.

### Tuesday, June 27th

CRIS Breakfast Café 6:30–9:15 a.m.

Bridge 9:00–11:30 a.m.

Day Campers Card Club 9:00 a.m.–1:00 p.m.

Euchre 12:30–3:00 p.m.

ASL Social Card Club 1:30 p.m.

### Wednesday, June 28th

CRIS Breakfast Café 6:30–9:15 a.m.

Strong for Life Exercise 9:30 a.m.

DACC Annuitants Association 9:30 a.m. (4<sup>th</sup> Wednesday of the month)

Faith in Action Luncheon Event 11:00 a.m.

*Alzheimer's Awareness for Seniors with Elizabeth Wells, Alzheimer's Association*

~~BUNGO sponsored by Gardenview Manor~~ **RESCHEDULED TO JUNE 29** 11:00 a.m. (4<sup>th</sup> Wednesday of the month)

Caregivers and Grandparents Raising Grandchildren Ice Cream Bar 2:00 p.m.

### Thursday, June 29th

CRIS Breakfast Café 6:30–9:15 a.m.

Breakfast on the Patio 7:30–9:00 a.m. *Speaker TBA*

Strong for Life Exercise 9:30 a.m.

BUNGO sponsored by Gardenview Manor 11:00 a.m.

Euchre 12:30–3:00 p.m.

### Friday, June 30th

CRIS Breakfast Café 6:30–9:15 a.m.

Euchre 12:30–3:00 p.m.

Bridge 12:30–4:00 p.m.

### **CRIS MEAL SITES**

- **CRIS Breakfast Café** serves Monday through Friday 6:30–9:15 a.m.
- **Presence United Samaritan's Medical Center Cafeteria** serves breakfast, lunch, and dinner seven days a week.
- **Wanda's Family Restaurant** in Georgetown serves breakfast, lunch, and dinner, seven days a week.
- The **Tilton County Market** serves breakfast Monday through Friday.
- **Sonny's Café** in Sidell serves breakfast and lunch daily.
- **Hoopston Multi-Agency** serves lunch on Tuesdays and Fridays.

Seniors age 60-plus pay only \$2.75 for meals at any of the CRIS meal sites or restaurant partners. For coupons for any of the Restaurant Partner sites, call CRIS at 217-443-2999.

Monthly Events at **CRIS Healthy-Aging Center, 309 N. Franklin St., Danville**

**June 2017**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p><b>1</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Breakfast on the Patio 7:30–9:00 a.m.  <i>The Benefits of Strength Training with Nedra Howland</i>                      Strong for Life Exercise 9:30 a.m.                      BUNGO sponsored by David Carey 11:00 a.m.                      Euchre 12:30–3:00 p.m.                      Chronic Disease Self-Management Program 1:00–2:30 p.m.</p>	<p><b>2</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Euchre 12:30–3:00 p.m.                      Bridge 12:30–4:00 p.m.</p>	<p><b>3</b></p>
<p><b>4</b></p>	<p><b>5</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Breakfast Kiwanis 7:00 a.m.                      Strong for Life Exercise 9:30 a.m.                      Euchre 10:30 a.m.–1:30 p.m.                      Bridge 12:30–4:00 p.m.                      Golden K Kiwanis 2:00–3:30 p.m.</p>	<p><b>6</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Bridge 9:00–11:30 a.m.                      Day Campers Card Club 9:00 a.m.–1:00 p.m.                      Euchre 12:30–3:00 p.m.                      ASL Social Card Club 1:30 p.m.</p>	<p><b>7</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Strong for Life Exercise 9:30 a.m.</p>	<p><b>8</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Breakfast on the Patio 7:30–9:00 a.m.  <i>Seniors and Technology with Richard Woodard</i>                      Strong for Life Exercise 9:30 a.m.                      BUNGO sponsored by Pleasant Meadows 11:00 a.m.                      Euchre 12:30–3:00 p.m.                      Chronic Disease Self-Management Program 1:00–2:30 p.m.</p>	<p><b>9</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Euchre 12:30–3:00 p.m.                      Bridge 12:30–4:00 p.m.</p>	<p><b>10</b></p>
<p><b>11</b></p>	<p><b>12</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Breakfast Kiwanis 7:00 a.m.                      Strong for Life Exercise 9:30 a.m.                      Euchre 10:30 a.m.–1:30 p.m.                      Bridge 12:30–4:00 p.m.                      Golden K Kiwanis 2:00–3:30 p.m.</p>	<p><b>13</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Bridge 9:00–11:30 a.m.                      Day Campers Card Club 9:00 a.m.–1:00 p.m.                      Euchre 12:30–3:00 p.m.                      Danville-Illiana Women’s Club 1:00 p.m.                      ASL Social Card Club 1:30 p.m.</p>	<p><b>14</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Strong for Life Exercise 9:30 a.m.</p>	<p><b>15</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Breakfast on the Patio 7:30–9:00 a.m.  <i>Corvette Cruisers of Illinois</i>                      Strong for Life Exercise 9:30 a.m.                      BUNGO sponsored by Bowman Estates 11:00 a.m.                      Euchre 12:30–3:00 p.m.                      Chronic Disease Self-Management Program 1:00–2:30 p.m.</p>	<p><b>16</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Euchre 12:30–3:00 p.m.                      Bridge 12:30–4:00 p.m.</p>	<p><b>17</b></p>
<p><b>18</b></p>	<p><b>19</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Breakfast Kiwanis 7:00 a.m.                      Strong for Life Exercise 9:30 a.m.                      Euchre 10:30 a.m.–1:30 p.m.                      Bridge 12:30–4:00 p.m.                      Golden K Kiwanis 2:00–3:30 p.m.</p>	<p><b>20</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Bridge 9:00–11:30 a.m.                      Day Campers Card Club 9:00 a.m.–1:00 p.m.                      Euchre 12:30–3:00 p.m.                      ASL Social Card Club 1:30 p.m.</p>	<p><b>21</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Craft Workshop 9:00 a.m.                      Strong for Life Exercise 9:30 a.m.                      Grandparents Raising Grandchildren &amp; Caregiver’s Support Group (Savvy Caregiver) 1:00 p.m.</p>	<p><b>22</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Breakfast on the Patio 7:30–9:00 a.m.  <i>Speaker TBA</i>                      Caregiver Advisory Training &amp; Education 9:00 a.m. <i>Presentation from Informed Decisions, Jane Huchel</i>                      Strong for Life Exercise 9:30 a.m.                      Euchre 12:30–3:00 p.m.</p>	<p><b>23</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Euchre 12:30–3:00 p.m.                      Bridge 12:30–4:00 p.m.</p>	<p><b>24</b></p>
<p><b>25</b></p>	<p><b>26</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Breakfast Kiwanis 7:00 a.m.                      Strong for Life Exercise 9:30 a.m.                      Euchre 10:30 a.m.–1:30 p.m.                      Bridge 12:30–4:00 p.m.                      Golden K Kiwanis 2:00–3:30 p.m.</p>	<p><b>27</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Bridge 9:00–11:30 a.m.                      Day Campers Card Club 9:00 a.m.–1:00 p.m.                      Euchre 12:30–3:00 p.m.                      ASL Social Card Club 1:30 p.m.</p>	<p><b>28</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Strong for Life Exercise 9:30 a.m.                      DACC Annuitants Association 9:30 a.m.                      BUNGO sponsored by Gardenview Manor <b>RESCHEDULED TO 6/29</b> 11:00 a.m.                      Caregivers and Grandparents Raising Grandchildren Ice Cream Bar 2:00 p.m.</p>	<p><b>29</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Breakfast on the Patio 7:30–9:00 a.m.  <i>Alzheimer’s Awareness for Seniors with Elizabeth Wells</i>                      Strong for Life Exercise 9:30 a.m.                      BUNGO sponsored by Gardenview Manor 11:00 a.m.                      Euchre 12:30–3:00 p.m.</p>	<p><b>30</b>                      CRIS Breakfast Café 6:30–9:15 a.m.                      Euchre 12:30–3:00 p.m.                      Bridge 12:30–4:00 p.m.</p>	

