

Clark-Lindsey Hosts Champaign County's

# Active Aging Week 2016

Imagine the Possibilities. Get Inspired. Get Involved.

**Wednesday, September 28th - Intro to Rock Climbing \*FREE\***

11am-1pm @ Urbana Boulders (RSVP at 239-5201). 1502 N Cunningham Ave., Urbana. Tour the new rock climbing facility! Spectators are welcome! Climbing is not necessary. Join us on your lunch break! Appetizers and beverages served.

**URBANA BOULDERS**

**Sunday, September 25th – Community Market \*FREE\***

2pm-5pm @ Clark-Lindsey. 101 W Windsor Rd., Urbana. Art. Volunteering opportunities. Antique collectors. Antique car rides. Live music. Handmade goods for purchase. Reserve a booth for your collection, memorabilia, craft, or hobby by calling Laura Beyer at (217) 344-2144.



**Thursday, September 29th – CARFIT® \*FREE\***

9am-2:30pm, 20 minute appointment slots at Stone Creek Church Parking Lot (RSVP at 239-5201). 2502 S Race St., Urbana. Parkland's Occupational Therapy and Automotive programs are offering CARFIT® and Auto-Wellness Checks. CARFIT® is a short 12-point inspection on how well your personal vehicle "fits" you. Have your fluids and tires checked!



**Monday, September 26th – Intro to Birdwatching \*FREE\***

8am-10am @ Crystal Lake Boat House (RSVP at 239-5201). 206 W Park St., Urbana. Start the day with us at 7:30 with coffee and refreshments. Join local ornithology experts on a bird walk!



**Friday, September 30th – Dinner & Dancing - \$15 per ticket**

4:30pm-8:30pm @ Hawthorne Suites. Call Candy to RSVP at (217) 337-2022. 101 Trade Center Dr., Champaign. Enjoy a full dinner buffet and dance while Celebration band plays! Be inspired by our guest speaker, Jake Sosnoff, from the Illini Falls Clinic! One complimentary cocktail will be provided!



**Tuesday, September 27th – Tech Tuesday \*FREE\***

9:30am-noon @ Hays Recreation Center (RSVP at 239-5201). 1311 W. Church St., Champaign. Participate in technology presentations, workshops and demonstrations. Coffee and refreshments will be served!



**Saturday, October 1st – "UP!" Movie & Lecture \*FREE\***

2pm-4pm @ OLLI (RSVP at 239-5201). 301 N Neil St #201, Champaign. Who doesn't love Pixar movies? Watch "Up" with us! Popcorn and beverages will be served and Chris Catanzarite, the Director of OLLI, will present.



**Wednesday, September 28th -Keeping the Keys Presentation \*FREE\***

10am-11am @ Clark-Lindsey (RSVP at 239-5201). 101 W Windsor Rd., Urbana. Educational presentation on staying safe on the road. Coffee and refreshments will be served!



**Sunday, October 2nd – Comedy Club \*FREE\***

2pm-4pm @ The City Center. 505 S Chestnut St., Champaign. Laugh a little! Segments from local performers, Zoo Improv and stand-up comedians from CU-Comedy, will entertain! Appetizers and beverages will be served and a cash bar will be available.



Events listed as free are complimentary for guests 55 years of age or better. For guests under 55 years of age, there will be a \$5 entrance fee.

# Active Aging Week Premier Sponsors

Led by the International Council of Active Aging (ICAA), Active Aging Week is celebrated internationally during the last week of September. Each year, Active Aging Week organizers like Clark-Lindsey celebrate aging and active lifestyles through fun-filled engaging community events.



*The News-Gazette*



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