

ENGAGE!

ACTIVITY BOXES FOR OLDER ADULTS

SEPT - NOV, 2021

Take part in an exciting, new project!

Looking for more socialization, movement, or creativity in your life? Try ENGAGE!

For this *free* pilot project, you will receive **6 biweekly activity boxes** and **12 weekly calls** from a Parkland Occupational Therapy Assistant or Nursing student. Boxes are themed and include music, art materials, fun movement instruction and aides, mindfulness tips, coloring pages, craft instructions, and more!

Call **217-352-5100** to register

PROVIDED IN PARTNERSHIP BY:



Family Service

Senior Resource Center



PARKLAND
COLLEGE

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