

Fall Awareness Week

Zoom Activities

with Senior Services Associates

TO REGISTER, GO TO
WWW.SENIORSERVICESASSOC.ORG

NEED HELP? CALL MINNIE OR CAT AT
847-741-0404



MONDAY SEPTEMBER 21

8:30am

Let's make a home safety checklist!
Join us to create a checklist to increase the safety in your home!

10:00am

Balance Line-Dance Party
Bust out your favorite line dancing moves to enhance your balancing skills!

11:00am

Tai Chi

2:00pm

Floor / Mat Exercises with Liz

TUESDAY SEPTEMBER 22

10:00am

Hydration Contest
Learn about our Hydration Contest and how you can participate. Prizes will be awarded upon completion!

11:30am

Bingocize

2:00pm

Free Safety Equipment Drive Thru
Stop by Elgin Senior Services at 205 Fulton St. to pick up a free night light and non-skid strip for your bathtub or shower.

WEDNESDAY SEPTEMBER 23

10:00am

Balance Exercises with Liz
Chair and standing.

11:00am

Free Fall Lunch Drive Thru
Stop by Elgin Senior Services at 205 Fulton St. to pick up a free lunch. Sponsored by Bear Family McDonald's.

2:00pm

Fall Awareness Trivia Game
Join us to learn more about fall prevention by playing a trivia game!

THURSDAY SEPTEMBER 24

8:30am

Social Distancing Walk

11:00am

Healthy Cooking with Chef Jeff
Join Chef Jeff as he cooks a delicious and nutritious recipe!

1:00pm

Chat with a Physical Therapist
Learn about how you can prevent falls through a discussion with an expert.

FRIDAY SEPTEMBER 25

10:00am

Balance Exercises with Liz
Chair and standing.

11:30am

Bingocize

1:30pm

Sloppy Slipper Swap
Stop by Elgin Senior Services at 205 Fulton St. to swap a worn-out pair of slippers for a new, safe pair! Other safety items will also be available.