

I-Cash Program & Flu Shots Among September Senior Activities at Bremen Township

Senior Services at Bremen Township will offer many activities in September for local seniors. All events listed take place at the Senior Center, 15350 S. Oak Park Avenue, Oak Forest.

On Tuesday, Sept. 12, there will a Rules of the Road Review Course designed for Seniors and persons with disabilities. There is no charge for this class and it runs from 10am until noon. Call to register at 687-8220.

On Friday, Sept. 15, the I-Cash Program will be here from 8:30am to 12:30pm to help you Discover What's Yours. The Illinois State Treasurer's Office connects people with their cash and other assets through the I-Cash program. They encourage all Seniors to attend this event. Their website is: illinoistreasurer.gov/ICASH Bingo takes place every Friday at the Township Senior Center from 9am-noon.

Do you want less clutter but you don't know where or how to begin? On Thurs, Sept. 21, attend "A PLACE FOR EVERYTHING & EVERYTHING IN ITS PLACE!" from 10am until noon. Learn ways to organize your life in order to clear the clutter and de-stress. Call to register at 687-8220.

On Monday, Sept. 25, the Brain Fitness workshop continues with Molly Hofer & Wits Fitness. This group meets monthly to work on puzzles, word games and other activities to help keep our wits fit! Call to register at 687-8220. No charge for this workshop which runs 10:30am-noon.

On Thursday, Sept. 28, Aunt Martha's Health & Wellness will discuss **Men's Health** in the Senior Café at 11:00am, before Senior Lunch. Reserve your spot at 687-8220 and ask what lunch will be served that day—if it sounds good, stick around with our other seniors age 60+. Lunch is funded in partnership with AgeOptions. A small donation for Lunch is requested but is not required.

FLU SHOTS will be available to Seniors on Friday, Sept. 29 from 10:00am-12:30pm. Walgreen's will offer a free Goodie Bag to recipients. Bring your Medicare card and call to register at 687-8220 by Mon, Sept. 25.