

SUPPORT THOSE WHO SUPPORT US!

A special thank you to JADE Architecture for designing and supervising the transformation of the old Casey's into the Living Well United Center and also to Hines Supply who provided drywall and interior doors!

DONOR SPOTLIGHT

Thank you to **COUNTRY Financial** for mulching, arranging, and planting along the fence-line! A big thank you to the anonymous financial donor who made this project possible and to Kathy Walker and Mike Beal for coordinating the project.



Interested in having your company featured here? Contact us to donate!



OCTOBER 2020

LIVING WELL UNITED

A FRIENDLY ATMOSPHERE FOR
SOCIALIZATION & FITNESS!

PROGRAMS & ACTIVITIES

Exercise Classes

- Tuesday and Thursday from 3-4 pm

J.T & E.J Crumbaugh Library

- Tuesday, October 6 - Bingo @ 11 AM
- Tuesday, October 13 - Trivia @ 11
- Tuesday, October 27 - Craft @ 11

TOPS: Taking off Pounds Sensibly

- Thursday at 5:30 pm
- Your first visit is free!

Sugar Coat It: Pie Workshop

- Join us on Tuesday, November 3rd @ 5:00 pm for a pie workshop with host Lindsay Pray.
- Space is limited to the first 12 people. Email sugarcoatit2017@gmail.com by October 27th to sign up!
- There is a \$15 fee (for ingredients) due at the date of the event.

What If-Love: Pine Cone Art

- Join us on Tuesday, October 13th @ 6:30 pm for pine cone art with host Crystal Ward.
- Space is limited to the first 20 participants. No experience required, all supplies provided, and **all ages are welcome!**
- Email us to save your spot

SERVICES

On the first Tuesday of every month from 2-4 pm, trained staff from CCSI Case Coordination will be here to answer your questions and help you fill out applications!

They help with:

- RTA/License plate discounts
- Medicare A/B,C,D, and supplements
- Senior tax freeze and homestead exemptions
- & more!

FUNDRAISERS

Saturday, October 10

SALE AT IGA FROM 10 AM - 2 PM

Pork chops, hot dogs, and baked goods!

Saturday, November 21

CHRISTMAS TEA & OPEN HOUSE

at the Crumbaugh Manse. More information coming soon!

Board Meeting @ 6:15 every 2nd
Monday is open to the public

WHY AM I GETTING THIS NEWSLETTER?

If you received our newsletter, you are a senior citizen residing in LeRoy, Arrowsmith, Ellsworth, Bellflower, or Saybrook. You have helped build a senior center that is alive with activity. We would like to hug you all, but since that is not possible during this time, we are hoping that knowing about the activities, education, and exercise classes that the center provides will give you that warm feeling of a hug. We hope you will continue to support the Living Well United Center financially, with volunteer time and/or in your prayers. We sincerely appreciate your investment in our lives!

CONTACT DETAILS

(309) 830 2722
livingwellunited@gmail.com
Facebook: Living Well United

209 W Washington
Leroy, IL 61752