



FOR IMMEDIATE RELEASE

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Romeoville Offering Free Senior Programming

The Romeoville Parks and Recreation Department has a variety of free upcoming classes for senior citizens.

October 18 – Fall Prevention: Learn how to avoid falls and stay independent longer. Coffee and snacks provided. For ages 55+.

November 9 – Healthy Living for Your Brain and Body: Discover the connection between healthy aging and areas like diet, nutrition, exercise, cognitive activity, and social engagement. Snacks and coffee provided. For ages 50+.



November 16 – Rules of the Road: Review what it takes to be a safe driver and gain the confidence and knowledge needed to obtain or renew a driver's license. For ages 50+.

December 20 – Christmas Cookie Decorating: Spend the day decorating Christmas sugar cookies to take home and enjoy. All supplies (and coffee) will be provided, but feel free to bring your own materials as well. For ages 55+.

"It is important for us to provide activities for our senior citizens," remarked Mayor Noak. "Having options to keep them active and engaged, especially free options, is something we take great pride in."

These free classes are just some of the many offerings for seniors. To see the full list of courses and activities, visit romeoville.org and click on the "Senior Info" button on the main page or call 815-886-6222.

No ride to the Rec Center? No problem! Romeoville's Ride Around Town program can pick you up and bring you to the Rec Center and back home again for as little as \$3. To schedule a pickup, call the Rec Center at 815-886-6222. Appointments must be scheduled at least 48 hours in advance.