

Scan this QR code for full details and how to attend all events and activities:



<https://tinyurl.com/activeagingcu23>

**SMARTPHONE QR CODE INSTRUCTIONS:**

- 1) Open your phone's camera app.
- 2) Aim the camera at the code.
- 3) When camera focuses on the code and the icon appears, tap it.
- 4) This will open your browser and take you to the ClarkLindsey website.



You *belong* here.

Questions? Call 217-367-1544

# CHAMPAIGN-URBANA ACTIVE AGING WEEK

October 2-8, 2023



**AGE-FRIENDLY**  
Champaign • Urbana



Active Aging Week was first launched by the International Council on Active Aging® in 2003, making this the 20th anniversary of a week full of fun, education, and activities for those 50 and better! It's an annual weeklong campaign aimed at celebrating and highlighting the positive aspects of aging.

Locally, Age-Friendly CU, ClarkLindsey, the Urbana Park District, and CRIS Healthy Aging, along with other community supporters are proud to share these activities for everyone 50 and better in Champaign-Urbana!

Full details are available at the ClarkLindsey website here: <https://tinyurl.com/activeagingcu23>

## 2023 Locations

Blair Park 1406 South Broadway Ave. Urbana 61801	First United Methodist Church 210 W. Church St. Champaign 61820
Busey Woods 1505 North Broadway Ave. Urbana 61801	Hays Center 1311 West Church Street Champaign 61821
Carle at the Fields 3310 Fields South Drive Champaign 61822	Phillips Rec Center 505 West Stoughton Street Urbana 61801
Champaign Public Library 200 West Green Street Champaign 61820	Prairie Fruits Farm 4410 North Lincoln Avenue Champaign 61822
ClarkLindsey 101 West Windsor Road Urbana 61802	South Ridge Park 3008 South Myra Ridge Drive Urbana 61801
CRIS Healthy Aging 4116 Fieldstone Road Champaign 61822	Stone Creek Church 2502 South Race Street Urbana 61801
Curtis Orchard 3902 South Duncan Road Champaign 61822	Urbana Free Library 210 West Green Street Urbana 61801

# C-U ACTIVE AGING WEEK ACTIVITIES ~ OCTOBER 2-8, 2023

Open Gym Pickleball Oct. 2 thru Oct. 8: 9-11am Blair Park/Brookens Gym	Chair Exercise Class October 4: 9:30-10:15am \$Hays Center	Minds in Motion October 5: 10am-1pm *1st United Methodist Church	atHome Happy Hour October 6: 4-5pm ClarkLindsey
Chair Exercise Class October 2: 9:30-10:15am \$Hays Center	Men's Club October 4: 10:30-11:30am \$Hays Center	50+ Potluck October 5: 12pm-end Hays Center	Carle Medicare Health Expo October 7: 9am-1pm Carle at the Fields
Trivia & Brain Games Day October 2: 1:30-3:30pm *CRIS Healthy Aging	Dine with a Doc October 4: 11am-1pm *Carle at the Fields	Cover-to-Cover Book Disc. October 5: 1:30-2:30pm *Champaign Public Library	Fall Fusion Fest October 7: 4-8pm Downtown Urbana
Fit & Strong October 3: 10-11:30am *CRIS Healthy Aging	Festive Fall Crafting October 4: 1-3pm *Curtis Orchard	Aging Mastery Class October 5: 2:30-4pm *Phillips Recreation Center	Sunday Morning Bird Walk October 8: 7:30-9am Busey Woods
Voyage of the Vikings October 3: 10-11am *Champaign Public Library	Tarot Craft Happy Hour October 4: 6-7pm Urbana Free Library	Sculpture Exercise Walk October 5: 3:30-4:30pm ClarkLindsey Main Lobby	Cheese Tasting Party October 8: 1-3pm *\$Prairie Fruits Farm
Walk, Talk, & Lunch Bunch October 3: 11:30am-end *1st United Methodist Church	Writer's Workshop October 4: 7-8pm *Champaign Public Library	Fall Fun Crafternoon October 6: 10am-1pm Phillips Recreation Center	S'mores Social & Stroll October 8: 3-5pm South Ridge Park
Keyboard/Mouse Skills Intro October 3: 2-4pm *Champaign Public Library	CarFit October 5: 8:30am-2:30pm Stone Creek Church	Heart Healthy Cooking October 6: 11:30am-1pm *Phillips Recreation Center	

\* = pre-registration required  
otherwise, drop-in  
\$ = program fee required