



You Are Invited to Attend an.....

Autumn Meet and Greet

When: Tuesday, Oct. 23, 12:30- 3:00

Where: New Holstein Senior Center

1819 Park Street, New Holstein

Stop in and check out the Senior Center! We are looking for your ideas and suggestions on how to make this a place for seniors to congregate. Talk with the Nutrition Program manager, Rosie, and the Senior Club president- Herbie, about current programs at the site. Chat with New Holstein Mayor- Dianne. Aging and Disability Resource Center (ADRC) staff will be present to provide information on other services/supports that are available for person's age 60+ and for their caregivers.

1:00- 1:45 Join in a game of Bingo

2:00—Presentation: *Help Yourself to Better Health*— ADRC Health and Wellness Coordinator Nancy Krueger will offer thought provoking facts and real solutions on how people can better their health. Information about ADRC Health Promotion Programs will be provided.

Pie and Ice Cream ----- served after Nancy's presentation.

Attendance Prizes will be awarded, including **Green Bay Packer Jerry Kramer, #64, Hall of Famer: "Inside the Locker Room: The Lost Tapes of his 1967 Championship"** book and cd's

RSVP to the ADRC @ 849-1451 to help us with planning. Walk-ins are welcome. Hope to see you there

