



Circle of Friends

*“We Don’t Meet People by Accident,
They Are Meant to Cross our Path for a Reason”- unknown*

Are you looking for ways to feel more connected?

Would you like to be part of a social group?

**Are you open to meeting new people
and sharing and learning from each other?**

The Group will have three components:
Exercise and Wellness, **Arts and Culture** and **Writing and Reflection**
but the Group will choose the focus.

We will meet for one hour once a week for twelve weeks.
(The hope is you will want to continue meeting after the twelve weeks as well)

Get in touch with Betsy Kelly from
River Forest Township Senior Services
at 708-366-2029 x13 or bkelly.rftownship@gmail.com
or Barb Bodner from **Arbor West Neighbors** at bodsail@gmail.com