

**NEW PROGRAM  
WALK AND TALK**

**WITH ISLAND COMMONS AND  
CHEBEAGUE RECREATION CENTER**

**TUESDAYS 10-11am**

Join residents and staff and walk the gym together

Need a ride? Call Sarah at 846-5610  
by 9am Tuesdays and we will pick you up

\$1 suggested drop-in fee for CRC

All are welcome

Don't forget about your New Years Resolutions!  
Start 2013 with exercise and fun with IC and CRC