



Community Based Programs

Will, Grundy, and Kankakee Counties

Catholic Charities offers Community-Based Programs that help older adults stay healthy, active, and connected. Our programs offer the opportunity to exercise, learn new things, meet new friends, and find helpful resources. Programs may be offered in person or online, depending on the program.

Mission

We are a faith-based organization providing service to people in need and calling others of good will to do the same.

Will & Grundy County

16555 Weber Rd.
Crest Hill, IL 60403
815-723-3405

Kankakee County

100 College Drive
Kankakee, IL 60901
815-933-7791



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Stay Active and Healthy

We offer programs that help support physical health and balance, such as:

- Gentle exercise and movement classes
- Strength and balance activities
- Fall prevention education
- Wellness workshops

Learn Something New

Our educational programs help older adults stay mentally active and informed.

Topics may include:

- Brain health and memory, digital literacy, nutrition and health and wellness education, and lifestyle interests, and a variety of topics that are of interest to seniors

Meet Others and Have Fun

Staying connected with others is important. Some of our programs may include:

- Walking groups
- Book clubs
- Cooking classes
- Social activities and special events

Health Screenings and Resources

Some community events may include:

- Blood pressure checks
- Fall risk assessments
- Wellness screenings
- Information about helpful local resources



Want to Learn More?

To find out about current programs, dates, and locations, please contact: Catholic Charities Community-Based Programs by phone: **815-933-7791**, or via email: ccu@cc-doj.org