

KROC

OCT
SCHEDULE

ROCK WALL
OPEN WED 4-7PM
& SAT NOON-5PM

INSIDE

- **BECOME A LIFEGUARD!** PAGE 4
- **PRIVATE VOICE & MUSIC LESSONS** PAGE 6
- **SCHOOL'S OUT DAY CAMP – SIGN YOUR CHILD UP NOW!** PAGE 7

CHECK OUT OUR NEW WEBSITE!! >>



View **ONLINE**
KrocQuincy.org

OCTOBER HOURS

Sunday Noon–6pm
Mon–Fri 5am–10pm
Saturday 7am–8pm

Kroc Church

Sunday School 9:15am

Worship 10:30am Watch Kroc Church
in person or via Facebook Live. See page 7.

Huck's Hideout

17 capacity, 15 kids + 2 team members.

M–THU 8:30am–1pm | 4–8pm

FRI 8:30am–1pm | 4–7pm **SAT** 8:30am–1pm

Gym 50 person capacity.

Ledge Game Room

M–THU 4–8pm | **FRI** 4–7pm

SAT 9am–1pm | 2–6pm **SUN** 1–5pm

Kroc Café

M–FRI 5am–10pm

SAT 7am–5pm | **SUN** 1–6pm

Rock Wall

WED 4–7pm | **SAT** Noon–5pm

Aquatic Center

M–F 6–11am | 4–8pm

SAT 8am–7pm | **SUN** 1–5pm

Please see page 4 for Big Red Slide hours.

BIG RED SLIDE

will be closing at 3pm
each Saturday in October.

POOL CLOSED

Sun 10/3

WE'RE HIRING!

VISIT KROCQUINCY.ORG

Do you want flexible hours, a FREE* Kroc membership, and a positive work atmosphere?

APPLY TODAY!

PART-TIME

Lifeguards

Youth Development Staff

Fitness & Gym Attendants

Welcome Desk Attendants

Rock Wall Attendants

Music/Art Instructors

Event Hosts

Huck's Hideout Attendants

FULL-TIME**

Fitness & Wellness Specialist

Custodian

*Employee pays tax on optional membership.

**Full-time employees receive generous benefit package.



Smoking, tobacco products, alcohol, and vulgar language are not permitted on the premises. Animals (except for service animals), bicycles, skateboards, skate shoes, or inline skates are not permitted. Members or guests using the facility under the influence of alcohol or drugs may have their membership revoked or modified indefinitely. Strollers not allowed on the walking track Monday–Thursday from 5–7pm.

Stay Connected / Be in the Know!



Sign up for Text Alerts!

Text KROCQCY to 24365 to
receive texts about class cancellations
and weather updates



Like our Facebook Page

Search @KrocQuincy



Join our E-newsletter


Visit KrocQuincy.org and click the
“sign-up for updates” button on the
bottom of the page

TYPES OF CLASSES

DROP-IN

Gold Members FREE
All drop-in Group Fitness & Aquatic Classes

10-Class Punch Pass
\$25 Members
\$75 Non-Members

Silver Member \$3 
Many classes are Free.
Select classes are \$3

Non-Members \$8⁵⁰
A signed facility usage waiver is required.

ROSTER (Members / Non-Members)

Ex: Swim lessons, fine art, or golf lessons.
Requires advanced registration. Classes or activity fees and registration deadlines apply.



LES MILLS VIRTUAL

Free for Members and Day Pass users.



HOW TO REGISTER

Register for roster classes quickly and easily!

Visit the Control Desk

This is the best way to make sure you are in the correct class and that all paperwork is completed ahead of time. Drop-in classes are available for purchase only in person at our facility.

Call us at 217-222-5762

This reserves your spot in the activity of your choice. You must also fill out a program enrollment form available at our Control Desk. Please come at least 15 minutes early to your first class to get this done.

Register at KrocQuincy.org

1. Click 'Register for Roster Classes' icon
2. Search by program name, then click 'Learn More'
3. Click the 'Sign Up' button to register for your class or activity
4. Print and bring your receipt and waiver with you

Splash Bash – POOL PARTY!

BOOK TODAY!



The Aquatic Center, complete with a current river, big red water slide, play water structures, and a whirl pool, is perfect for swimmers of all ages. Even the adults will enjoy swimming or lounging poolside.

Parties are available on weekdays and weekends and last a total of 2 hours. All pool parties are held during open public swim time. Party goers may bring their own food and drinks. Party space is limited, so book at least two weeks in advance.

SPLASH BASH DETAILS

- Available Saturdays at 10am or 1pm | Sundays at 2pm
- 2-hour party, includes Sandbar room rental and swim time
- Tableware in your chosen theme

SANDBAR A - \$205 (includes full kitchen)

SANDBAR B - \$185

- 16 participants (table settings)
- A max capacity of 24 guests

SANDBAR A+B - \$360

- 32 participants (table settings)
- A max capacity of 48 guests



Fast, Convenient, Delicious!

Aquatic Center + Swimming Lessons

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OPEN SWIM

1-5pm

6am-11am
4-8pm

6am-11am
4-8pm

6am-11am
4-8pm

6am-11am
4-8pm

6am-11am
4-8pm

8am-7pm

BIG RED SLIDE**

1-5pm

Closed

Closed

Closed

Closed

4-7pm

11am-7pm

LAP SWIM

Lap lanes may be available earlier than scheduled depending on program registrations and are subject to closure due to various facility events. **Lap lanes closed during swim lessons.**

BASKETBALL
& VOLLEYBALL
1-5pm
No lap swim available

6am-8am
9am-11am

Staff Training
LAP LANES CLOSED
4-8pm

6-9am
10-11am
4-8pm

6-8am
9-11am
4-8pm

6-9am
10am-11am
4-8pm

6-8am
9am-11am
4-8pm

8am-1pm

BASKETBALL
& VOLLEYBALL
1-7pm
No lap swim available

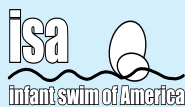
GROUP SWIM LESSONS

Private SWIM LESSONS

AGES 9mo-ADULT!

PRIVATE & GROUP LESSONS

Introduces beginning swimmers to the water in a fun setting. Learn floating, self rescue techniques, and water safety through play and repetition!



PARENT/BABY
12-23 MONTHS
6-6:30pm / 6:30-7pm

Starts Oct 4

PARENT/TODDLER
24 MONTHS-3YRS
6-6:30pm / 6:30-7pm

AGES 4-6 YRS
6-6:30pm / 6:30-7pm

AGES 7-10 YRS
6:35-7:05pm

Lap lanes closed at these times.

PARENT/BABY
12-23 MONTHS
5:30-6pm / 6-6:30pm

PARENT/TODDLER
24 MONTHS-3YRS
6-6:30pm / 6:30-7pm

AGES 4-6 YRS
6-6:30pm / 6:30-7pm

AGES 7-10 YRS
6:35-7:05pm

Lap lanes closed at these times.

PARENT/TODDLER
24 MONTHS-3YRS
9-9:30am / 9:30-10am

4-6 YRS
9-9:30am / 9:30-10am
10-10:30am

SCHOOL 7-10YRS
10:05-10:35am

Starts Oct 2

Lap lanes closed at these times.

AQUATIC CENTER CLOSED MONDAY-FRIDAY 11am-4pm
due to staffing and for daily maintenance and cleaning.

****BIG RED SLIDE**

Closing each Saturday in Oct. at 3pm

POOL CLOSED

Sun 10/3



OCTOBER 18-23

MON-FRI, 4-9PM | SAT, 9AM-NOON

WE'RE HIRING!!! Can you work 10 hours a week? Do you want flexible hours, a free Kroc membership, and a positive work atmosphere? Apply NOW! Contact Aquatic Specialist Nanette Johnson for more information at 217-231-5676 or Nanette.Johnson@USC.SalvationArmy.org.

Sprays & Fountains Play features: sprays and fountains will be on.

Open Swim Open for all ages. Some spaces may be used temporarily for scheduled classes.

Health Policy No food or drink, besides water in closed containers, allowed in the Aquatic Center. Shoes may NOT be worn in the pool area.

Big Red Slide Open for those at least 48" tall and under 300 pounds. Lifeguards will measure all riders.

Lap Swim Both lap lanes are available for lap swimming. Lanes available on a first come-first serve basis. Three adults can fit in one lane-please share. Water jog is allowed (up to 3 lap swimmers). Children must have adult with them in the same lap lane to swim laps. Basketball/volleyball are not available.

POOL PALS - Child Watch

Children, ages 8-11, of members are allowed to enjoy our Aquatic Center while their parent or guardian exercises in another area of the building. Member parent/guardian **MUST** remain in the facility during this time. **FREE** for members! *Please register at The Control Desk on the main floor.*

Drop-In Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gold Members FREE: All drop-in Group Fitness & Aquatic Classes.	Les Mills BODYPUMP 5:30-6:30am Fitness Room A \$	Les Mills BODYFLOW 5:30-6:25am Fitness Room B ★★	Les Mills BODYPUMP 5:30-6:30am Fitness Room A \$	Les Mills BODYFLOW 5:30-6:25am Fitness Room B ★★	Les Mills BODYPUMP 5:30-6:30am Fitness Room A \$	
Silver Member Many classes are free. Select classes are \$3 as marked. \$	AQUA FIT 8-8:45am Lap Lanes	AQUA BLAST 8-8:45am River	AQUA FIT 8-8:45am Lap Lanes	AQUA BLAST 8-8:45am River	WATER IN MOTION 8-8:45am Lap Lanes \$	
	SENIOR FIT 8:15-8:45am Fitness Room A	KROC CYCLING 8:15-8:45am Cycling Room	SENIOR FIT 8:15-8:45am Fitness Room A			Les Mills BODYPUMP 8:45-9:45am Fitness Room A \$
	Les Mills BODYPUMP 9-10am Fitness Room A \$	WATER IN MOTION 9-9:45am Lap Lanes \$		WATER IN MOTION 9-9:45am Lap Lanes \$	Les Mills BODYPUMP 9-10am Fitness Room A \$	
	KROC DANCE FITNESS 9:15-10am Fitness Room B ★★ \$	ZUMBA 9-9:45am Fitness Room B ★★ \$	KROC DANCE FITNESS 9:15-10am Fitness Room B ★★ \$	ZUMBA 9-9:45am Fitness Room B ★★ \$	KROC DANCE FITNESS 9:15-10am Fitness Room B ★★ \$	
	LOW-IMPACT FITNESS 10:15-10:45am Fitness Room A	EASY GOING 10-10:45am River	LOW-IMPACT FITNESS 10:15-10:45am Fitness Room A	EASY GOING 10-10:45am River		
	Les Mills BODYFLOW Noon-12:45pm Fitness Room B ★★	Les Mills BODYPUMP Noon-12:45pm Fitness Room A	Les Mills BODYFLOW Noon-12:45pm Fitness Room B ★★	Les Mills BODYPUMP Noon-12:45pm Fitness Room A		
	POUND® 5:30-6:15pm Fitness Room B ★★ \$	Les Mills BODYCOMBAT 5:30-6:25pm Fitness Room B ★★ \$	Les Mills BODYFLOW 5:30-6:25pm Fitness Room B ★★	Les Mills BODYCOMBAT 5:30-6:25pm Fitness Room B ★★ \$		
	Les Mills BODYPUMP 5:30-6:30pm Fitness Room A \$	STEP IT UP 5:30-6:30pm Fitness Room A \$	Les Mills BODYPUMP 5:30-6:30pm Fitness Room A \$	STEP IT UP 5:30-6:30pm Fitness Room A \$		

WATER IN MOTION & LES MILLS LAUNCH
OCT 4-5
FREE CLASSES
NEW MUSIC & MOVES
 See website for details.



YOUTH IN FITNESS CLASSES

In an effort to help children & parents/guardians get healthy together, you are invited to bring your child (ages 8+) to select fitness classes.



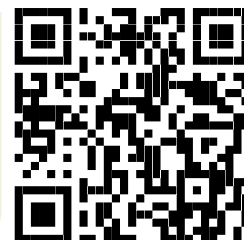
Video-based classes provide an amazing workout, anytime. Available in 3 group fitness studios when live classes are not scheduled.

GIVE IT A TRY!

LesMills OnDEMAND @ HOME

Sign up for Les Mills On Demand through The Kroc Center member affiliate link and receive a **30-DAY FREE TRIAL!** Pay just \$9⁹⁹/month after the trial (a savings of \$5/month).

SCAN WITH YOUR PHONE TO GET YOUR FREE TRIAL!



GROUP FITNESS AGE GUIDELINES: Ages 13+ are allowed to attend all group fitness classes.

REGISTRATION: Participants may only register for back-to-back drop-in group fitness classes that have 15 minutes or less between end and start times.

LES MILLS® and its respective classes: BODYPUMP®, BODYCOMBAT®, and BODYFLOW®, are trademarks of Les Mills International LTD, used under license. POUND® and Ripstix® are registered trademarks of Pound Rockout workout, LLC. ZUMBA® is a trademark owned by Zumba Fitness, LLC used under license through certified instructors.

USAGE GUIDELINES: Proper workout attire is required, including closed-toe athletic shoes. No jeans allowed. No food or drink, other than water in closed containers, is allowed in the fitness, gymnasium, weight, and track areas. Please be courteous to other members and arrive on time. Instructors may deny access to class if you arrive after the warm-up period. The RJKCCC reserves the right to cancel any class on the basis of low attendance. Drop-in group fitness classes are first-come, first-served. All participants must check-in and pay (if applicable) at the control desk. Participants may check-in no sooner than 30 minutes before the start of class.

GROUP FITNESS AGE GUIDELINES: Ages 13+ are allowed to attend all group fitness classes.

CLASS CAPACITY: Participation numbers limited due to equipment and space constraints.

Sport & Recreation



ROCK WALL

Wednesday, 4–7pm
Saturdays, Noon–5pm

Members Free
Non-Members: Youth \$3 | Adult (18+) \$5

Looking for a challenge and a unique workout? The Kroc Rock Climbing Wall is the go-to wall in the area! Available to ages 3+. Those 11 years & under must have a parent/guardian present. Ages 12–15 must have a parent in the building while ages 16+ may be alone. Additional optional shoe rental charges may apply.



DROP-IN PICKLEBALL

Thursdays, Oct 14–Nov 18
10–11:30am

Members Free, Non-Members \$8⁵⁰

No experience necessary! Learn the rules of pickleball, basic skills, and techniques. This class is geared toward beginners, but all levels are welcome to play and have fun. Equipment will be provided. Led by The Kroc Center's recreational sports staff. No games on Nov 11.



Paddle Battle PICKLEBALL TOURNAMENT

SAT, NOV 6 | 8am–1pm

Show your paddle skills and compete in our fall pickleball tournament! This is a doubles tournament. Teams will be divided into divisions based on team's skill level.

\$60 per team of 2

Contact Recreational Sports Specialist at 217-231-5635 to register!

Gym & Rockwall

Questions? Contact our Recreational Sports Specialist at 217-231-5635 or at Kristy.Stegeman@USC.SalvationArmy.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM ROCKWALL 4–7pm	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM CT B: FAMILY TIME 10am–1pm
	ADULT REC VBALL 5:30–10pm, Court B		MEN'S POWER VBALL 5:30–10pm, Court B		CO-ED VBALL 5:30–10pm, Court B	ROCKWALL Noon–5pm

Arts & Education



PHOTOGRAPHY

TUESDAYS
NOV 16–DEC 7 6–7:30PM

\$23 Gold | \$25 Silver | \$35 Non

Do you want to become a better photographer? Join local photographer, Rachel Hahn as she leads an introduction to photography class. You'll learn the basics of image composition, camera features, and editing. Whether you have a basic phone camera or a top of the line DSLR that you want to learn to use better, this class is for you!



PRIVATE VOICE & MUSIC LESSONS

Private voice lessons are a great way for singers of all ages and abilities to improve their singing.

Education & Fine Arts

Specialist and voice lessons instructor Jonathon Weller (left) is a professional singer who has extensive experience in performing a wide variety of music. He will meet you where you're at now and help you grow. Beginners (ages 10+) through adults and budding professionals will work on good vocal technique, music reading & theory, and solo repertoire.

GUITAR • VOICE • UKULELE • PIANO
BRASS • WOODWIND • PERCUSSION

People	Member	Non Member
1	\$54 per person	\$80 per person
2	\$66 \$33 per person*	\$95 \$47 ⁵⁰ per person
3	\$66 \$22 per person*	\$96 \$32 per person

Pricing is for six (30-minute) lessons.

*All participants must be Members. We will work with you to find the time and day that works the best with your schedule.

Questions?

Jonathon Weller at 217-231-5641 or at Jonathon.Weller@USC.SalvationArmy.org

Church & Congregational Life

SUNDAY

SUNDAY SCHOOL
9:15–10:15am
Fellowship Hall
Check-In, All Ages
-Meadows, LABS-Adults:
New Territory Series
-Ledge, XP3-Teens:
The Big Question Series
-Green Room, 252-Kids:
Custom Creations Series
-Huck's Hideout, First
Look Pre-School: Super
Kids Series

**KROC CHURCH
HOLINESS WORSHIP**
10:30–11:30am
Worship Theater
JUNIOR CHURCH
11am, Green Room

SENIOR/BRASS BAND
10:30am
Worship Theater

MONDAY

**JOIN
us in person
or virtually on
The Kroc Church
Facebook Page!**

**YOUTH MUSIC
ENSEMBLES**
3–3:45pm (Ages 12–18)
BEGINNING BRASS
3:45–4:30pm (Ages 8–11)
Worship Theater

CORPS CADETS
4–5pm, Meadows B
Teen Bible Study

CREATIVE MINISTRY
5–6pm
Worship Theater

PRAISE TEAM
6–7pm
Worship Theater

TUESDAY

WOMEN'S MINISTRY
10am–Noon
Meadows B
Ages 16+

WEDNESDAY

WEEKLY DEVOTIONS
10–10:15am
Meadows B
All Ages Welcome

K.R.O.C. KIDS

-Kick Back 3–4:30pm
-Character Building
4:30–5:30pm

-Meal 5:30–6pm
-Teen Character
Building 6–7pm

SENIOR BAND
7–8pm (Ages 14+)
Worship Theater

THURSDAY

THE SALVATION ARMY KROC CHURCH
YOU ARE INVITED!
SUNDAY SCHOOL 9:15am
WORSHIP SERVICE 10:30AM

All ages are welcome!
Free nursery is provided.

**YOUTH LEADER
COMMITTEE**
Oct 7 & 12, 5–6pm

1st Tuesday & Thursday of
the month Virtual Training
Active Youth Leaders/
Volunteers Leader
recognition, program
collaboration, and youth
trainings on the 1st
Thursday of each month.


**KROC STUDENT
MINISTRY**
4–8pm,
Jr. & Sr. High Students
Ledge, Bluffs C/D
Teens develop a closer
relationship with God
and grow as individuals
while exploring ideas,
values, and faith
within a supportive
community.

FRIDAY

Kroc-R-Treat
Sunday, Oct 31
5–7pm

Looking for a safe, fun
place to take the kids
this Halloween? Dress
up and come to The
Kroc Center. Select
booths support the
Teal Pumpkin Project.
Held in Meadows A, B,
and C.

Interested in hosting
a booth? Please call
Jakin at 217-231-
5667!



After-School Program

Take the home out of homework!

K–6th + 7th–12th CITs

Weekly, Monday–Friday • 2–7pm

Mon: Interactive Bible Lesson
Tue: Sports & Fitness
Wed: Character Building
Thurs: S.T.E.A.M.
Fri: Aquatic Center

\$65/wk
for Members

\$80/wk
for Non-members

Daily healthy snack, homework assistance, and game room.
After-school transportation provided for Quincy area schools.
Guardian guide available at KrocQuincy.org.



Youth explore God's word and His world; while developing new skills, talents, and habits that will earn them emblems and prepare them for an adventure with Christ. Every Wednesday when school is in session.

Annual Fee \$5 Emblem
Optional Fees \$5 T-shirt
and \$10 Sash

Kick Back 3–4:30pm

After school fun including snack, game room, open gym, and singing all leading up to our exciting scouting programs!

Kids Character Building 4:30–5:30pm



MOONBEAMS
Grades Pre K–K
Green Room



SUNBEAMS
Girls, Grades 1–5
Bluffs A, B, C, D



EXPLORERS
Boys, Grades 1–5
Meadows A, B, C

Teen Character Building 6–7pm



GIRL GUARDS
Young Women
Grades 6–12
Meadows A



RANGERS
Young Men
Grades 6–12
Meadows B



Counselors in Training (CITs)

Counselors in Training (CITs) receive all of the benefits that come with the program as well as hands-on training, mentoring, and leadership development. Teens take on an assistant helper role in our day camp and after school programs. Limited positions available.



Day Camp

When school's not in session!

K–6th + 7–12th CITs

Oct 8, 11, 28 (half day), 29 • 7am–7pm

Your child will enjoy:

- Aquatic Center
- Interactive game room
- Gymnasium
- Science & discovery
- Free play
- Bible lesson
- Snacks are provided daily

\$20/day
for Members

\$25/day
for Non-members

Always supervised!
Pack a sack lunch!

WHICH **MEMBERSHIP** IS RIGHT FOR ME?

Choosing the perfect membership for you and your family is easy. Visit KrocQuincy.org to download a membership application, or pick one up at the Welcome Desk. Applications and payment can be submitted to the Welcome Desk.



GOLD MEMBERSHIPS + BENEFITS

INDIVIDUAL PLANS

YOUTH AGES 3–12 \$12⁶⁰ monthly \$151 ²⁰ PER YEAR	TEEN AGES 13–17 \$22⁰⁵ monthly \$264 ⁶⁰ PER YEAR	GOLDEN AGER AGES 62+ \$26³³ monthly \$315 ⁹⁰ PER YEAR	ADULT AGES 18–61 \$36²³ monthly \$434 ⁷⁰ PER YEAR
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FAMILY PLANS

FAMILY UP TO 5 \$63⁰⁰ monthly \$756 PER YEAR	FAMILY OVER 5 \$72⁴⁵ monthly \$869 ⁴⁰ PER YEAR
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- 1 FREE PERSONAL TRAINING FITNESS ASSESSMENT
- ALL DROP-IN FITNESS & AQUATIC GROUP CLASSES ARE FREE
- 12 FREE GUEST PASSES PER YEAR
- REDUCED PRICES ON ROSTER CLASSES

SILVER MEMBERSHIPS + BENEFITS

INDIVIDUAL PLANS

YOUTH AGES 3–12 \$10⁵⁰ monthly \$126 PER YEAR	TEEN AGES 13–17 \$18³⁸ monthly \$220 ³⁰ PER YEAR	GOLDEN AGER AGES 62+ \$22⁰⁵ monthly \$264 ⁶⁰ PER YEAR	ADULT AGES 18–61 \$29⁴⁰ monthly \$352 ⁸⁰ PER YEAR
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FAMILY PLANS

FAMILY UP TO 5 \$52⁵⁰ monthly \$630 PER YEAR	FAMILY OVER 5 \$60⁹⁰ monthly \$730 ⁸⁰ PER YEAR
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- SELECT DROP-IN FITNESS & AQUATIC GROUP CLASSES ARE FREE
- 6 FREE GUEST PASSES PER YEAR
- REDUCED PRICES ON ROSTER CLASSES

SCHOLARSHIPS ARE AVAILABLE! PLEASE STOP BY THE CONTROL DESK FOR AN APPLICATION.

UPCOMING EVENTS / ACTIVITIES

LES MILLS & water in motion
The new wave in aqua exercise

TRY OUR GROUP FITNESS CLASSES FOR FREE!!

MONDAY & TUESDAY, OCT 4 & 5

Les Mills and Water in Motion classes will be FREE for Members and Non-Members. There will be new music and new moves! See page 5 for class listings. Ages 8+.

**LIFEGUARDS NEEDED!
FREE CERTIFICATION**

See website for details.

**+ LIFEGUARD
CERTIFICATION**

OCTOBER 18–23

MON–FRI, 4–9PM | SAT, 9AM–NOON

PURSE & ACCESSORY SALE

**SATURDAY, OCT 16
8AM – 4PM**



Join us for great finds and deals on jewelry, scarves, purses, and other accessories! Held in Washington Park during the Early Tin Dusters Car Show. Items are priced for purchase.

**HEALTHY AGING
MONTHLY SEMINARS**

October 27 @ 9am

**NEW
TIME!**

The Impact of Cardiovascular Disease
Are you at risk of having a cardiac event? Attend this highly informative seminar that focuses on one of the most common issues among older adults.

Amy Bates, RN
Blessing Hospital, Registered Nurse

**KROC-R-
TREAT**

**SUNDAY, OCT 31
5–7PM**

Looking for a safe and fun place to take the kids this Halloween?



**FREE!
FOR ALL
AGES**

Dress them up and bring them to The Kroc Center! Travel through the Meadows to visit various booths and see creative displays and costumes. Children will collect tasty treats and fun trinkets. Select displays support the Teal Pumpkin Project.

Interested in hosting a booth? Please contact Jakin Logsdon at 217-231-5667 or Jakin.Logsdon@USC.SalvationArmy.org.



405 Vermont St. | Quincy, IL 62301
217-222-KROC (5762) | KrocQuincy.org

