

HEALTH

All classes are subject to cancellation or change. The safety of our patrons is our top priority. If you are sick, please do not come to the Senior Center. You must register for classes in advance either on-line at csseniorcenter.com or by calling 719-955-3400.

Class Name	Description	Instructor	Date	Day	Time
Essential Oils for Focus & Motivation	Join us and learn to use essential oils for mental clarity, focus and motivation! We will go over which essential oils are best and how to use them for maximum effect.	Chavez	August 31	T	10-11
Healthy Living for Your Brain & Body: The Latest Research	Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement., and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.	Hare	September 15	W	9:30-11
Urinary Incontinence	The loss of bladder control is common and often an embarrassing problem. This chat will discuss the severity ranges of urinary incontinence and learn simple lifestyle and dietary changes to treat your symptoms.	Bakken	September 22	W	1-2
Turning 65? Prepare for Medicare	Are you turning 65 or have you recently turned 65? Learn the steps you need to take to best prepare for Medicare and be prepared for your Medicare Enrollment.	Hennessy & Palarino	September 23	Th	1-2
Essential Oils for Sleep	Get better sleep with essential oils! In class we will cover which oils to use and how to use them.	Chavez	September 28	T	10-11
Neuropathy	Come and learn about peripheral neuropathy. We will discuss the myths out there that you may have heard, the facts that you can count on and what treatments are available to you.	Bell	September 30	Th	10-11
Cognitive Wellness & Brain Health	What is brain health and what is cognition? Learn about normal signs of aging vs early signs of cognitive decline, factors that influence brain health and 5 things you can start doing today to promote a brain healthy lifestyle.	Seibert & Janzen	October 5	T	10-11:30
Medicare 101	Learn about Medicare as a whole and further your knowledge of all the options available to you. Whether you are soon to begin or already take part in Medicare, this class is for you.	Hennessy & Palarino	October 14	Th	1-2

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Class Name	Description	Instructor	Date	Day	Time
10 Warning Signs of Alzheimer's	Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process.	Hare	October 18	M	9:30-11
Common Lab Values	Bring in your recent lab results and we will discuss normal/ abnormal ranges and the significance of having this blood work completed.	Bakken	October 27	W	1-2
Understanding Alzheimer's & Dementia	Alzheimer's Disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.	Hare	November 8	M	9:30-11
Medicare for Veterans	Do you have Tricare, VA Healthcare or CHAMPVA? Learn in this class how the benefits you have work in conjunction with Medicare.	Hennessy & Palarino	November 18	Th	1-2
Legal & Financial Planning for Alzheimer's	Legal and financial planning for Alzheimer's disease is an interactive two part program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources. This program will cover information for families and individuals dealing with Alzheimer's disease or a related dementia.	Hare	December 1	W	9-11
Neuropathy	We will discuss the myths out there that you may have heard, the facts that you can count on and what treatments are available.	Bell	December 6	M	10-11
Winter Health Tips	Learn to protect yourself against some common winter risks.	Bakken	December 8	W	1-2
The Advantages of Medicare Advantage	Are you looking for dental, vision, a gym membership, transportation and other benefits from your Medicare Plan? Learn the advantages of Medicare Part C (Medicare Advantage) and how to optimize you Medicare benefits.	Hennessy & Palarino	December 9	Th	1-2