

All classes require registration. Partial funding for these classes is provided by the Pikes Peak Area Council of Governments Area Agency on Aging. We appreciate your \$1 donation for attending these classes. Please consider making a larger donation to help offset our costs. Envelopes are provided by the black box in the multi-media room.

Class Name	Description	Instructor	Date	Day	Time
<b>Medicare Made Clear</b>	Are you turning 65? Do you have questions about Medicare? Do you have questions about what is an Advantage Plan vs. a Supplement? Come and join us!	Nicholas	May 2	Th	9:30-11
<b>Hospice 101</b>	We will discuss the truths and myths of hospice care with education of when to involve a hospice service consultant.	Gray	May 3	F	10-11
<b>Why Sunscreen is Not Enough</b>	Who doesn't like spending time in the sun? It makes us happy and gives us Vitamin D. But no one wants sun spots, wrinkles, or damaged skin. It is never too late. You can have it all: fun in the sun and healthy skin! All it takes is good food, a bit of nutrition savvy, a cloudless day and away you go!	Spindler	May 6	M	10:30-11:30
<b>Diabetes Self-Management Program</b>	Learn to live freely with diabetes! This free self-management workshop can help you make small changes that lead to BIG rewards. The interactive class will include tips on balancing blood sugar, meal planning, activity and relaxation, dealing with stress, working with your health care team and much more!	Gallas	May 9-June 13	Th	9:30-12
<b>Breathe &amp; Be</b>	Combining the inner arts of yoga practice, we will learn about various meditation, pranayama (breath centering) and Sanskrit chanting techniques. We will explore sitting practice and meditation to calm and center the mind and emotions. We will also engage with breath for focusing, relieving stress and fatigue, and toning the respiratory system. No experience necessary - come enliven yourself!	Jasperse	May 9 June 13 July 11 August 8	Th Th Th Th	10-11 10-11 10-11 10-11
<b>Where did I put my glasses? And Other Questions About Memory</b>	Student clinicians from the UCCS Aging Center will describe the benefits of memory screening and other services at the community mental health clinic for older adults.	Bacharz	May 10	F	10-11
<b>Fall Prevention</b>	Did you know that one in four Americans aged 65+ falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly—in dollars and in quality of life. However, falling is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among seniors can be reduced substantially.	Radcliffe	May 14	T	1-2
<b>10 Warning Signs of Alzheimer's</b>	Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and the Alzheimer's Association resources.	Barker	May 15	W	10-11:30
<b>Skin Tear Prevention &amp; Care</b>	Did you barely bump into something and now you have a huge bruise? Does your skin "tear" easily when this never used to be a problem? In this class we will explore common causes of skin injury, ways to prevent these injuries and what to do should this type of injury occur. Skin friendly refreshments provided.	Wilkins	May 21	T	1-2
<b>Chinese Nutrition &amp; Diet</b>	In the class we will talk about how seasons can affect our bodies. What types of nutrition are essential during different seasons? And a look at how nutrition affects our health.	Ting	May 29	W	10-11:30
<b>Cravings &amp; Sugar: The Blood Sugar Rollercoaster</b>	Achieving your healthiest weight is not about dieting or even willpower, but rather understanding how certain foods affect blood sugar levels and appetite. Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control.	Spindler	June 3	M	10:30-11:30
<b>Aging Happily</b>	Being healthy isn't just taking care of your body; it is also about taking care of your mind. This class is designed to help members of the senior community learn how to stay happy and healthy despite life's challenges.	Rincon	June 6	Th	1-2
<b>Lunch &amp; Learn: Heart &amp; Lung Disease</b>	Dr. John Mehall, Director of Cardiothoracic Surgery for Cardiac & Thoracic Surgery Associates at Penrose Hospital, will host a lunch and learn on heart and lung disease. The lecture is open to the public and lunch will be catered.	Mehall	June 7	F	11-12:30

Class Name	Description	Instructor	Date	Day	Time
<b>Long-Term Care Planning</b>	We will discuss the many long-term care venues available, their costs and resources.	Michels	June 12	W	10-11:30
<b>Essential Oils &amp; Immunity</b>	Come and learn how to use essential oils to help ward off colds and flu, and boost your immune system!	Chavez	June 18	T	1-2
<b>CBD Oil 101</b>	You may be hearing lots of talk about CBD oil right now. CBD oil was discovered in the 1940s and now is being used in all different ways for health purposes. In this class we will talk about what the oil is, myths that surround it, and the benefits it can have.	Poral	June 24	M	10-11
<b>Nurse Chats: Thyroid Gland</b>	Come and learn how this important gland helps regulate your body.	Bakken	June 26	W	9-10
<b>Lutein for Eye, Skin and Brain Health</b>	Flat screen TVs produce it. Smart phones make it and fluorescent light bulbs, too. You may not realize it, but you are constantly being exposed to blue light which can damage an important part of our eye known as the retina. Learn about lutein, a powerful phytonutrient that can protect you from the damaging effects of blue light, UV light and more!	Spindler	July 8	M	10:30-11:30
<b>Healthy Living for Your Brain &amp; Body</b>	For centuries we've known that the health of the brain and the body are connected. But now science is able to provide insights into how to optimize our physical and cognitive health as we age. 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.	Barker	July 10	W	10-11:30
<b>Medicare Made Clear</b>	Are you turning 65? Come and join us! Do you have questions about Medicare? Do you have questions about what is an Advantage Plan vs a Supplement?	Nicholas	July 11	Th	9:30-11
<b>Fall Preventilon</b>	Did you know that one in four Americans aged 65+ falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly—in dollars and in quality of life. However, falling is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among seniors can be reduced substantially.	Radcliffe	July 16	T	1:30-2:30
<b>Skin Tear Prevention and Care</b>	Did you barely bump into something and now you have a huge bruise? Does your skin "tear" easily when this never used to be a problem? In this class we will explore common causes of skin injury, ways to prevent these injuries and what to do should this type of injury occur. Skin friendly refreshments provided.	Wilkins	July 17	W	9:30-10:30
<b>Amazing Benefits of Turmeric Oil</b>	Tumeric oil has many health benefits including fighting inflammation. Join us and learn all about this super power oil!	Chavez	July 23	T	1-2
<b>Nurse Chats: Hydration vs Dehydration</b>	Learn the warning signs of too much or too little fluid levels.	Bakken	July 24	W	9-10
<b>Hospice 101</b>	We will discuss the truths and myths of hospice care with education of when to involve a hospice service consultant.	Gray	August 2	F	10-11
<b>Purely Paleo: The Science Behind the Paleo Diet</b>	There's a science to going Paleo, literally! No matter where you are on the spectrum of health and wellness, the Paleo Diet can give you the ancestral "tools" you need to help you reach your goals. Explore the pure science behind the Paleo Diet, and discover why what's old is new again - and just so happens to empower health along the way.	Spindler	August 5	M	10:30-11:30
<b>Hydration Station</b>	Whether you're a longtime resident of the state or just recently moved here, what does your current hydration strategy entail? Maybe a few gulps of water after a walk or before bed and that's about it? Dehydration can lead to fatigue, lightheadedness, and more. Don't let dehydration get the best of you. Attend for tips on how to stay hydrated.	Radcliffe	August 6	T	1-2
<b>Medicare 101</b>	As we approach Medicare, the choices available are many and can be confusing. We will cover and discuss these choices and costs.	Michels	August 7	W	10-11:30

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