

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
Understanding Alzheimer's & Dementia	Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages, risk factors, current research and treatments to address some symptoms, and Alzheimer's Association resources.	Barker	August 28	W	10-11:30
Your Immunity & Essential Oils	It's a year-round problem, but coming into the cooler months we need to try a little bit harder to protect our immune system. Essential oils can be used to help support and reduce the burden on our immune system. Learn how essential oils can be an effective addition to your self-care routine. Plus, this class smells amazing!	Chavez	September 3	T	1-2
Experts in Arthritis	This program offers people with arthritis the opportunity to be informed about current scientific evidence and management strategies in the treatment and care of osteoarthritis, rheumatoid arthritis, and juvenile arthritis. This class is led by a local expert in the field of arthritis.	Sanders	September 9	M	2-3
Nurse Chats: Peripheral Neuropathy	Do you feel like your feet are on fire? Find out what the definition of Peripheral Neuropathy is and some causes of the condition.	Bakken	September 11	W	9-10
Breathe & Be	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, as well as engaging the breath for focusing, relieving stress and fatigue, and toning the respiratory system. No experience necessary - come enliven yourself!	Jasperse	September 12 October 10 November 14 December 12	Th Th Th Th	10-11 10-11 10-11 10-11
Skin Tears Prevention & Care	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	September 16	M	1-2
Medicare Made Clear	Come and learn the basics of Medicare. Whether you are ready or getting ready to start Medicare or just have questions, this is the class for you!	Nicholas	September 19	Th	10-11:30
Vitality 101	We can still have fun and be vital regardless of age or condition. Come and listen to how others are achieving this and how you can too!	Geffen	September 23	M	9:30-10:30
Maintaining Muscle Mass	It is never too early or too late to improve muscle health and overall health! But after age 30, we can lose 3 to 8 percent of our muscle mass each decade. Learn how to maintain muscle mass now and well into the future with key foods and supplements all recommended by science-based research. Stay strong and muscle on!	Spindler	September 27	F	10:30-11:30
10 Warning Signs of Alzheimer's	Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association developed the 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others.	Barker	September 30	M	10-11:30
Got That Dizzy Feeling?	Have you had the woozy feeling before? Do you find yourself feeling faint at times? In this class we examine some common reasons these sensations occur along with helpful tips to prevent dizziness and to keep you safe if it occurs.	Wilkins	October 1	T	9:30-10:30
Nurse Chats: Understanding Edema	Why do my ankles swell? Learn the common causes, symptoms and a few ways to help self-treat and comfort.	Bakken	October 9	W	9-10
Holistic Wellness	Have you ever said to yourself, "What does holistic wellness mean? Is holistic wellness right for me? How do I know?" Then this class is for you! Learn about a holistic approach to wellness and easy steps you can do to start incorporating it into your life.	Poral	October 11	F	10-11
Vitality 102: Taking Vital to The Next Level	Building upon our discussions from Vitality 101, bring in your questions and feedback on how 101 has changed you. This follow-up class will have more information and discussion to educate yourself, improve your life and reap the benefits!	Geffen	October 14	M	9:30-10:30
Planning for Long-Term Care	This class covers the many options available for long-term care, the needs, their costs and a multitude of ways to cover those costs.	Michels	October 16	W	10-11:30

Class Name	Description	Instructor	Date	Day	Time
Understanding Your DNR Status	Navigating advanced directives and planning your medical future can be challenging in numerous ways. We will start with the basics of advanced directives and discuss some points to consider.	Gray	October 17	Th	9:30-10:30
Keeping Your Brain Healthy	Flex your cortex! This class will delve into practical information and provide ideas on how to maintain healthy brain function in all eight of the brain's cognitive functions.	Sinclair	October 24	Th	9-11
Young at Heart: Aging with CoQ10	Not only are you aging but your cells are aging too! Did you know that energy, heart health, healthy aging and more all require CoQ10 at the cellular level? Learn how to support your cells by adding CoQ10 to your daily regimen.	Spindler	October 25	F	10:30-11:30
Legal and Financial Planning for Alzheimer's	If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. This program, presented by an attorney who is a volunteer for the Alzheimer's Association, is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.	Barker	October 28	M	10-12
The Truth About Labels: Getting What You Paid For	Food has changed more in the last 100 years than the last 10,000, especially animal products. Natural, free range, grass fed - what do these labels really mean and which is best? We'll help you understand the rules and loopholes so you can shop with confidence and find the products you're actually looking for.	Spindler	November 4	M	10:30-11:30
"Fit to a T"	That's right, T-score. If you had to think twice about what a T-score is chances are you are not alone. The T-score is the measure of a person's bone density and susceptibility to fragility fracture. Do you know your... Blood pressure? Cholesterol level? Weight? T-score? Osteoporosis is the most prevalent bone condition among Americans with nearly one in two women, and one in four men, likely to suffer from it in their lifetime.	Sanders	November 4	M	2-3
Nurse Chats: Blood Pressure 101	Learn how to take your pulse and use your blood pressure monitor. Bring in your monitor to receive instruction on your model's use.	Bakken	November 6	W	9-10
Healthy Living for Your Body and Brain	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 make lifestyle choices that may help you keep your brain and body healthy as you 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	November 11	M	10-11:30
What Your Electrolytes Do For You	Have you experienced electrolyte imbalance? Chances are you have. In this class we will get you up-to-date on common causes of electrolyte imbalance, symptoms you may experience, and how to prevent and treat this issue.	Wilkins	November 13	W	1-2
Medicare Made Clear	Come and learn the basics of Medicare. Whether you are ready or getting ready to start Medicare or just have questions, this is the class for you!	Nicholas	November 14	Th	10-11:30
Coping with Seasonal Allergies - Essential Oils	Living in Colorado sometimes seems like we have all four seasons in one day, and the Allergy Tracker reports pollen from trees, grasses and weeds are all high. Learn how to manage your seasonal allergies with essential oils and successfully relieve your symptoms.	Chavez	November 19	T	1-2
CBD Oil 101	You may be hearing lots of talk about CBD oil right now. In this class we will talk about what the oil is, myths that surround it, and the benefits it can have.	Poral	November 22	F	10-11
Immune Support 101: Nutrition & Immune Function	Most people know that vitamin C is important for the immune system, but why? And what about the other vitamins? Just like the rest of our body, the immune system requires optimal nutrition to work at its best. Keeping your immune system fed with the right stuff will ensure that your body is ready to handle whatever comes its way during winter months.	Spindler	December 2	M	10:30-11:30
Dental Health	In this class we discuss the problems of aging teeth. From root canals to dentures, let's take a closer look at your mouth and how your insurance(s) may or may not apply to the costs of oral care.	Wilkins	December 3	T	1-2
Nurse Chats: Sleep Apnea	What makes me snore and stop breathing at night? Join us to learn about the common causes of sleep apnea, what's normal, and if you should check with your doctor.	Bakken	December 11	W	9-10
Let's Talk Medicare	Medicare has options, options and more options. Join us and let's explore the many Medicare options available and their costs.	Michels	December 11	W	10-11:30
Understanding Alzheimer's and Dementia	Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages, risk factors, current research and treatments to address some symptoms, and Alzheimer's Association resources.	Barker	December 17	T	10-11:30