

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
Health & Fitness Education as You Age	Maintaining your health and fitness beyond age fifty keeps you firing on all cylinders. To stay ahead of injury, stiffness, cognitive fog, and weight gain, you must stay active. According to the CDC, a person should get in 150 minutes of moderate-intensity activity each week. Come prepared to engage!	Asbee	January 9 March 6	M M	11-12 11-12
Medicare Options	We will review the many choices you have with your Medicare benefits.	Michels	January 11	W	10-11:30
Good4u Food on a Budget	Join us for our good4u, good4your budget store tour and discover how to support you and your family's optimal health—without breaking the bank! We'll show you our tips and tools for staying on track, using our Menu Planner, Shopping & Pantry List, Healthy Meal Wheel, and more!	Brown	January 12	Th	1-2
Fall Risk Assessment	With Balance Exercises and Fall Recovery Techniques Facilitated by Certified Occupational Therapy Assistants , this 3 part class will provide a fall risk assessment for each participant. After the assessment class, participants will be provided with training and exercises on improving balance and fall recovery techniques to maximize safety and independence at home and in the community.	Ketterer	Jan 13, 20, 27	F	9:30-11
10 Warning Signs of Alzheimer's	Alzheimer's causes changes in memory, thinking and behavior that are not normal again. Join us to learn about: The difference between normal again an Alzheimer's. Common warning signs. The importance of early detection and benefits of diagnosis.	Hare	Jan 17	T	1-2:30
Common Medicare Mistakes	Whether you've had Medicare for a while, just got it, or will have it soon, learn the common Medicare mistakes and fixes for them!	Hennessy	Jan 19	Th	1:30-2:30
Sound Healing and Energy Workshop	Meet like-minded folks, and tap into your inner Guru. Individuals will get a crash course in energy healing, participate in a short heart-based meditation, and then break off into groups. Set the intention for the highest healing, as we deliver high vibrational energy to each other. Crystal singing bowls, tuning forks, and various sound therapy tools will be accessible for anyone who wants to practice and play. After the energy circle there will be a question and answer in this safe space.	Drain	January 20 March 17	F F	11-12 11-12
Nurse Chats: Be your own Patient Advocate	Learn some tips from a registered nurse on how to prepare for a doctor's visit.	Bakken	January 18	W	1-2
Signs & Symptoms of a Stroke	Learning the signs & symptoms of strokes can help save lives. In this interactive presentation you will become knowledgeable of what to do when a stroke is happening, how to prevent it, and what can be done for treatment. Class is taught by a registered nurse who is the stroke coordinator for UHealth.	Henderickson	January 25	W	1-2
Maximize Your Healthspan	We all desire to live a long and healthy life. But are those extra trips around the sun really quality, healthy years added? The reality is that for most of us, our lifespan far exceeds our healthspan, meaning there is a gap between the number of years we live and the number of years we live healthfully.	Brown	Feb 1	W	1-2
Breathwork Workshop	Breathwork is one of the most effective ways to affect immediate physical and mental health benefits. Breathwork can increase your blood/oxygen levels, as well as reduce stress and anxiety and increase mental clarity.	Mead	February 6 April 3	M M	11-12 1-2
Long Term Care	This class will explore the options available for long term care, available care venues, and their costs.	Michels	February 8	W	10-11:30
Supporting Your Back-Spine Health	This presentation includes basic spine anatomy, risk factors for injury, minimizing risk of back injury, common injuries and ways to maintain a healthy spine. Discussion points include exercises and key ways to optimize back health with Q&A at the end.	Kirk	February 10	F	11-12
Nurse Chats: Plantar Fasciitis	What makes my feet hurt? Why is it hard to walk in the morning? Come learn about Plantar Fasciitis from a Registered Nurse.	Bakken	February 15	W	1-2
Making your Medicare Plan Work for you!	Are you getting your bang for your buck with you Medicare Plan? Make sure you are taking advantage of all your plan has to offer in this class.	Hennessy	February 16	Th	1:30-2:30
Journey to Grief Recovery	Our losses in life can be devastating and confusing, both those that are old and those that are recent. What do we do to cope of even run away from our grief? Losses affect us all whether from death, divorce, health, relationships and more. Come face unresolved grief, begin to let go of the pain and move towards a better life. This class is facilitated by a Certified Grief Recovery Specialist. For maximum benefit, please commit to all 4 sessions.	Meyers	Feb 20 - Mar 13	M	11-12

Class Name	Description	Instructor	Date	Day	Time
How's Your Balance?	Did you know that 1 in 4 people over the age of 65 will fall this year? Falls are common in older adults, but falls are NOT a normal part of aging. Come to our program to learn about your fall risk and practical strategies to decrease your likelihood of falling. This program is taught by registered and licensed occupational therapists specializing in senior wellness, home safety, and ageing in place.	Albert	February 20 April 20	M Th	1-2 10-11
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. Alzheimer's disease stages and risk factors. Current research and treatments available to address some symptoms.	Hare	February 21	T	1-2:30
Nutrition and Life Coaching - How to Eat Well and Keep it up	Think of nutrition as information for your body. So, what "information" are you feeding your body? Is it good for you? Is food a function of your wellbeing or does it rule your life? If you want to make lasting changes in your diet, how do you form new habits that stay with you so you remain nutritionally healthy? Come find out about nutrition basics, nutrient timing, metabolism, and how to implement long-lasting strategies to eating for wellness.	Asbee	February 24 March 28	F T	11-12 11-12
Taste-Tea and Nourishing	Discover Tasty Teas for Total Body Health and join us for tea time! From the oo's of an oolong to a gregarious green—learn what makes each cup of tea so unique in taste and so beneficial to our health. Sample year-round favorites and unlock the power that comes from freshly brewed tea.	Brown	March 1	W	1-2
Living with COPD: Walking and Breathing in Rhythm	This 3 part class will provide training in breathing exercises to improve lung function and decrease shortness of breath when exercising or during daily activities. Participants will learn about energy conservation techniques and how to maintain oxygen levels at home and when in the community.	Ketterer	March 10, 17, 24	F	9:30-11
Healthy Living for Your Brain and Body	For centuries, we've known that the health of the brain and the body are connected. But not, science is able to provide insights into how lifestyle choices 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.	Hare	March 14	T	1-2:30
Nurse Chats: PCP, Urgent Care, or ER?	Do you know when to utilize your PCP office, Urgent Care, or ER? Learn to make a quick self-assessment as to what type of symptoms you are experiencing and where you should consider seeking care.	Bakken	March 15	W	1-2
Supporting Your Back-Spine Health	This presentation includes basic spine anatomy, risk factors for injury, minimizing risk of back injury, common injuries and ways to maintain a healthy spine. Discussion points include exercises and key ways to optimize back health with Q&A at the end.	Kirk	March 21	T	1-2
Medicare for Veterans	Learn how Medicare works with Tricare, VA Healthcare and ChampVA.	Hennessy	March 23	Th	1:30-2:30
Laughter Meditation	Learn how to keep a positive attitude during challenging times. Dr. Mandankataria believed laughter is the best medicine. He found scientific proof that laughter improves mood, fights diseases, bacteria, virus, and cancer. Prevents hardening of the arteries and cholesterol build-up, and reduces anxiety and depression. Come and be less stressed!	Brogaard	March 24	F	2-2:30
Think Less to Stress Less	Learn how to access a quiet mind, free from stressful thinking. Live with a clearer mind that creates better decision making no matter what circumstance might be happening in your life.	Holmes	March 29	W	1-2
Young at Heart: Healthy Aging with CoQ10	Not only are you aging, but your cells are aging, too! Did you know energy, heart health, healthy aging and more—all require CoQ10 at the cellular level?	Brown	April 5	W	1-2
Walk with a Doc	Put on your walking shoes and join Dr. Cohen as we walk 1 mile around the Senior Center. Before the walk Dr. Cohen will share about the benefits of lifestyle medicine such as eating a plant based diet and staying active. After the walk there will be a question and answer time. All walking abilities are welcome. What better way to start your morning than on your feet making strides to a healthier you!	Dr. Cohen	April 14	F	10-11
Neuroplasticity: How Experience Changes the Brain	Old dogs CAN learn new tricks! Your brain still has an astonishing ability to learn and master many new skills, whatever your age. Come learn about brain plasticity and why it is so important. Learn about activities you can get involved with now to re-wire your brain.	Tucker	April 17	M	1:30-2:30
Understanding & Responding to Dementia-related Behavior	Behavior is powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feeling as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage.	Hare	April 18	T	1-2:30
Nurse Chats: Hiatal Hernia	Come learn why you may be experiencing heartburn and gastric reflux. This class is facilitated by a RN.	Bakken	April 19	W	1-2
Medicare with Medicaid & More	Learn about how Medicare works with Medicaid, Low Income Subsidy and so much more. Please bring your questions!	Hennessy	April 20	Th	1:30-2:30