

## Learning Connection

Class Options	Date(s) and Times	Class Format
<b>Medicare 101</b> – For adults new to Medicare or preparing for retirement. The workshop covers eligibility, enrollment, benefits and costs associated with Medicare.	Each Monday noon to 1 p.m.	Facebook Live from the Care Connection for Aging Services Facebook page.
<b>Benefits Jeopardy</b> – Virtual Jeopardy game to help identify and explain available benefits.	Recurring on the last Wednesday of each month 1:00 to 2:00 p.m.	Zoom – Must register to receive a Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a> .
<b>Tai Chi for Arthritis</b> – Ancient Chinese meditation exercise features slow, precise movements. Improves balance, mobility, strength and flexibility, decreases pain and helps prevent falls.	Tuesdays and Thursdays 9 to 10 a.m.	Zoom – Must register to receive a Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a> .
<b>Exercise with Bobbie</b> – Helps to increase strength, improve flexibility and balance, boost activity levels and elevate mood.	Tuesdays and Thursdays 10-11 a.m.	Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a> .
<b>Caring for You, Caring for Me</b> – Education and support for family and professional caregivers in a relaxed setting to discuss common issues, share ideas and gain a better understanding of the others' perspectives of caregiving. Learn methods of coping with stress, available resources and find ways to reduce frustrations and barriers.	July 20 through August 21, 2020 Mondays and Fridays 1:30 to 3 p.m. Five-week course	Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a> .
<b>Legal Aid Series – Session 1</b> Overview of what Legal Aid does followed with information on debt collection, what to do if served with something, how to handle harassing phone calls, and consumer rights.	August 3 Monday 10 a.m.	Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a> .

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<b>Diabetes Self-Management Program (DSMP)</b> – Program to promote self-management of diabetes.	August 5-September 9, 2020 Wednesdays, 9:30 a.m. for 2.5 hours each	Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a> .
<b>Alzheimer’s Caregiver Support Group</b> – This group is designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings.	Beginning August 5 <sup>th</sup> , 2020 1 <sup>st</sup> Wed of the month, 12:30 to 1:30 p.m. 3 <sup>rd</sup> Wed of the month, 5:30-6:30 p.m.	Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a>
<b>Legal Aid Series – Session 2</b> Will focus on landlord/tenant issues including tenant rights, eviction proceedings, service animals/comfort animals and additional rights that a tenant of a government funded facility may have.	August 10 Monday 10 a.m.	Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a> .
<b>Aging Mastery</b> – Core classes combine evidence-informed materials, expert speakers, group discussions, levels of mastery and achievement, and small rewards. Classes are designed to give you the skills and tools you need to achieve measurable improvements in managing your health, remaining economically secure and contributing actively to society.	August 10 to October 19, 2020 Mondays, 10 a.m. 90-minute classes for 10 weeks  <i>Cost of class is \$30 to cover materials.</i>	Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a>
<b>Tai Chi for Arthritis</b> – Ancient Chinese meditation exercise features slow, precise movements. Improves balance, mobility, strength and flexibility, decreases pain and helps prevent falls.	August 10 to October 1, 2020 Tuesdays and Thursdays 9:00 – 10:00 a.m.	Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a>

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<b>Legal Aid Series – Session 3</b> Will discuss public benefits including Social Security, Medicaid, Medicare, and Food Stamps – what to do if denied, or a claim is denied. Will also explain recent changes at Social Security and Family Support Division buildings.	August 17 Monday 10 a.m.	Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a> .
<b>Legal Aid Series – Session 4</b> Non-Probate Estate Planning: Health Care Directive, Power of Attorney, Beneficiary Deed and will explain reverse mortgages.	August 24 Monday 10 a.m.	Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a> .
<b>Legal Aid Series – Session 5</b> Family Law with an emphasis on guardianship (what to do if a family member is seeking guardianship of you; what to do if you need to seek guardianship/conservatorship of a family member or grandchild).	August 31 Monday 10 a.m.	Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a> .
<b>Grandparent Connection</b> – Discussion and support on issues raising grandchildren.	Begins September 15, 2020 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of each month (5 <sup>th</sup> Tuesday when applies) 1 – 2 p.m.	Zoom – Must register to receive a Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a> .
<b>Silver Sneakers (only available in Lafayette county)</b> – Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights or elastic tubing with handles. Chairs may be used for seated exercises or standing support.	September 15 to November 5, 2020 Tuesdays and Thursdays 8:00 to 9:00 a.m.	Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a>

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<p><b>Walk with Ease</b> – Program developed with the Arthritis Foundation that has been proven to help people with arthritis or other related conditions reduce pain, increase balance, strength and walking pace, and improve overall health.</p>	<p>September 21 to October 28, 2020 Mondays and Wednesdays 8:30 to 9:30 a.m.</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a></p>
<p><b>Living a Healthy Life</b> – Designed to help individuals and caregivers manage chronic conditions and improve healthy behaviors. This workshop is interactive, and participants will have the opportunity to share their experiences and learn from each other.</p>	<p>September 23 to November 4, 2020 Wednesdays 9:30 a.m. to noon</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at <a href="mailto:information@goaging.org">information@goaging.org</a></p>