



Class Options	Date(s) and Times	Class Format
Medicare 101 – 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.
Benefits Jeopardy – 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 information@goaging.org .
Tai Chi for Arthritis – 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 information@goaging.org .
Exercise with Bobbie – 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 information@goaging.org .
Alzheimer’s Caregiver Support Group – This group is designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings.	1 st Wed of the month, 12:30 to 1:30 p.m. 3 rd 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 information@goaging.org
Grandparent Connection – Discussion and support on issues raising grandchildren.	1 st and 3 rd Tuesday of each month (5 th Tuesday when applies) 1-2 p.m.	Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org



<p>Silver Sneakers (only available in Lafayette county) – 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.</p>	<p>September 15 to November 5, 2020 Mondays and Wednesdays 10:00 to 11:00 a.m.</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org</p>
<p>Walk with Ease – 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 information@goaging.org</p>
<p>Living a Healthy Life – 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 information@goaging.org</p>
<p>Reading Between the Lines - Jody Anderson, Reference Specialist at the Henry County Library, will lead the group in selecting the genres and books that will be discussed every other week (halfway through and then completion). She will also share information about new books that are available.</p>	<p>Begins October 29, 2020 Meets the 1st and 3rd Thursday each month 7:00 p.m. (Initial book selection will take place during the first session)</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org</p>



<p>Bingo – online Bingo game</p>	<p>Fridays beginning October 30, 2020 10:00 a.m.</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org You may also register by going to www.goaging.org and clicking on the Zoom link found on the events page</p>
<p>Tai Chi for Arthritis – Ancient Chinese meditation exercise features slow, precise movements. Improves balance, mobility, strength and flexibility, decreases pain and helps prevent falls.</p>	<p>November 3 -December 24, 2020 Tuesdays and Thursdays 5:00 – 5:45 p.m.</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org</p>
<p>Stepping Up Your Nutrition – focuses on the role of nutrition to fall risk, key nutrients for older adults, the importance of muscles for strength, how to determine personal nutrition risk, and how to create an action plan to improve nutritional health.</p>	<p>November 5, 2020 Thursday 10:00 to 11:30 a.m.</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org</p>
<p>Caring for You, Caring for Me – 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.</p>	<p>November 16-November 30, 2020 Mondays and Wednesdays 11:00 a.m.</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org</p>
<p>Walk with Ease – 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>Nov. 30, 2020 to Jan. 6, 2021 Mondays and Wednesdays 9:00 – 10:00 a.m.</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org</p>



<p>Total Brain Health – hands on “workouts” that engage body, mind, and spirit.</p>	<p>Dec. 1, 2020 to Feb. 9, 2021 Tuesday 10:00 – 11:00 a.m.</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org</p>
<p>Living a Healthy Life – 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>Dec. 14, 2020 to Jan. 25, 2021 Mondays 11:00 a.m. to 1:330 p.m.</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org</p>
<p>Bingocize - mixes exercise, health education, and bingo to help overcome health problems in participants. It is beneficial for all ranges of physical ability. Evidence shows social, cognitive, and physical improvements from doing Bingocize®, and the best part is that it's fun and affordable!</p>	<p>January 18 through March 17, 2021 Mondays and Wednesdays 9:00 – 10:00 a.m.</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org</p>
<p>Tai Chi for Arthritis – Ancient Chinese meditation exercise features slow, precise movements. Improves balance, mobility, strength and flexibility, decreases pain and helps prevent falls.</p>	<p>January 19 through March 2, 2021 Tuesdays and Thursdays 11:00 to 11:45</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org</p>
<p>Ageing Mastery (AMP) – classes combine evidence-informed materials, expert speakers, and group discussions 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. Class fee - \$30</p>	<p>January 27 to March 31, 2021 Wednesdays 11:00 to 12:30</p>	<p>Zoom – Must register to receive the Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org</p>