



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.	1 st and 3 rd Monday of each month 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 with optional phone number to call. 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 with optional phone number to call. 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 a Zoom link with optional phone number to call. 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 a Zoom link with optional phone number to call. 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 a Zoom link with optional phone number to call. To register, please call 1-800-748-7826 or by email at information@goaging.org .



<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>Meets the 1st and 3rd Thursday each month 7:00 p.m.</p> <p>(Initial book selection will take place during the first session)</p>	<p>Zoom – Must register to receive a Zoom link with optional phone number to call. To register, please call 1-800-748-7826 or by email at information@goaging.org.</p>
<p>Bingo – online Bingo game</p>	<p>Fridays 10:00 a.m.</p>	<p>Zoom – Must register to receive a Zoom link with optional phone number to call. 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>November 3 -December 24, 2020 Tuesdays and Thursdays 5:00 – 5:45 p.m.</p>	<p>Zoom – Must register to receive a Zoom link with optional phone number to call. 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 a Zoom link with optional phone number to call. 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 a Zoom link with optional phone number to call. To register, please call 1-800-748-7826 or by email at information@goaging.org.</p>



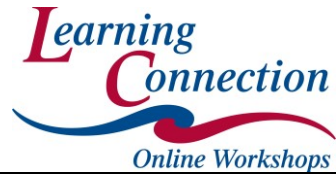
<p>Living a Healthy Life – Designed to help individuals and caregivers manage chronic conditions and improve healthy behaviors. This workshop is interactive, and participants will have the opportunity to share their experiences and learn from each other.</p>	<p>Dec. 14, 2020 to Jan. 25, 2021 Mondays 11:00 a.m. to 1:30 p.m.</p>	<p>Zoom – Must register to receive a Zoom link with optional phone number to call. To register, please call 1-800-748-7826 or by email at information@goaging.org.</p>
<p>Legal Answers for Grandparents – Legal Aid of Western Missouri will be with us to provide information about legal questions grandparents may have such as custody, guardianship and conservatorship, public benefits and visitation. Questions may be submitted ahead of time.</p>	<p>January 12, 2021 Tuesday 11:00 to noon</p>	<p>Zoom – Must register to receive a Zoom link with optional phone number to call. 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 a Zoom link with optional phone number to call. 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 a Zoom link with optional phone number to call. To register, please call 1-800-748-7826 or by email at information@goaging.org.</p>
<p>Aging 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 a Zoom link with optional phone number to call. 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>February 1 through March 12, 2021 Monday, Wednesday and Friday 11 a.m. to noon</p>	<p>Zoom – Must register to receive a Zoom link with optional phone number to call. To register, please call 1-800-748-7826 or by email at information@goaging.org.</p>
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<p>Eating for a Healthy Weight - There is a lot of information (and misinformation) out there on weight loss. With the internet, magazines, books, television doctors, and even friends and family offering up advice, it can be easy to feel overwhelmed. We will discuss the evidence-based best ways to promote weight loss and separate fact from fiction.</p>	<p>February 4, 2021 Thursday 1:30 to 2:30 p.m.</p>	<p>Zoom – Must register to receive a Zoom link with optional phone number to call. 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>February 9 to March 23, 2021 Tuesdays 12 to 2:30 p.m.</p>	<p>Zoom – Must register to receive a Zoom link with optional phone number to call. To register, please call 1-800-748-7826 or by email at information@goaging.org.</p>
<p>Superfoods for a Super You - We all know the saying "You are what you eat." While we won't literally turn into a cheeseburger after a trip to the drive-thru, there is some truth to this saying. The foods we eat provide the building blocks for the growth and repair of our bodies. this class will identify some of the most nutrient dense foods at the grocery store and teach participants how to incorporate them into their diet.</p>	<p>February 18, 2021 Thursday 1:30 to 2:30 p.m.</p>	<p>Zoom – Must register to receive a Zoom link with optional phone number to call. To register, please call 1-800-748-7826 or by email at information@goaging.org.</p>
<p>Meals in Minutes - Whether you don't have time or simply don't like to cook, you don't have to surrender to a life of unhealthy fast food. With a little planning and some creativity, you can enjoy healthy home-cooked meals without spending a lot of time in the kitchen. Join us to get some time-saving tips and take away some ideas for quick and tasty recipes.</p>	<p>March 4, 2021 Thursday 1:30 to 2:30 p.m.</p>	<p>Zoom – Must register to receive a Zoom link with optional phone number to call. To register, please call 1-800-748-7826 or by email at information@goaging.org.</p>



<p>Calling All Choco-Holics - If you have a love for chocolate, you will be happy to know that when done correctly, chocolate can actually be good for you. In this class we will discuss the health benefits of chocolate and provide tips for satisfying your chocolate craving without the guilt.</p>	<p>March 18, 2021 Thursday 1:30 to 2:30 p.m.</p>	<p>Zoom – Must register to receive a Zoom link with optional phone number to call. To register, please call 1-800-748-7826 or by email at information@goaging.org.</p>
<p>Aging 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>March 22 through May 24, 2021 Mondays 11 a.m. to 12:30 p.m.</p>	<p>Zoom – Must register to receive a Zoom link with optional phone number to call. 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>April 7 through June 11, 2021 Wednesday and Friday 11 a.m. to noon</p>	<p>Zoom – Must register to receive a Zoom link with optional phone number to call. To register, please call 1-800-748-7826 or by email at information@goaging.org.</p>