



All courses are held on Zoom unless otherwise noted. You must register to receive a Zoom link. To register, please call 1-800-748-7826 or by email at information@goaging.org. You can also register online at <https://goaging.org/>.

Date(s) & Times	Class Descriptions
Education	
1 st and 3 rd Monday of each month 12 p.m. Facebook Live	Medicare 101 – For adults new to Medicare or preparing for retirement. The workshop covers eligibility, enrollment, benefits, and costs associated with Medicare. On Facebook Live at https://www.facebook.com/goaging.org/
Recurring on the last Wednesday of each month 1 p.m	Benefits Jeopardy – Do you know all the benefits that are available to you? Some of them may surprise you! Join us for this fun and educational game to learn more.
Recurring on the last Monday of each month 12 p.m. Facebook Live	Are You Smarter than a Scam Artist – presented by the Missouri SMP, this free, interactive workshop focuses on how to detect, prevent, and report Medicare fraud, identity theft and other scams. On Facebook Live at: https://www.facebook.com/goaging.org/
May 3 to July 5, 2021 Mondays 11 a.m. to 12:30 p.m. There is a \$30 fee for materials.	Aging Mastery (AMP) – Life expectancy has increased dramatically over the past 50 years. We are living longer. Are we living better? Aging Mastery can help you live better and thrive. Modest lifestyle changes can produce big results! This fun and engaging course helps turn positive lifestyle changes into habits that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation. Classes combine evidence-informed materials, expert speakers, and group discussions focusing on aging well and enjoying longevity. An hour a week for 10 weeks could change the rest of your life!
Part 1 Monday May 17, 2021 9 - 11 a.m. Part 2 Tuesday May 18, 2021 9 - 11 a.m.	Money Smart for Older Adults – In this free, two-part course, you'll learn important points to consider in planning for a more secure financial future, including how to guard against and report identity theft and other forms of financial exploitation or scams, as well as how to prepare financially for unexpected life events, and disasters. Part 1 covers Financial Exploitation and Identity Theft and Part 2 covers Preparing for Unexpected Life Events.
April 29 to June 3, 2021 Tuesdays 12 to 12:30 p.m.	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.

Exercise

Tuesdays & Thursdays 9 to 10 a.m. and/or 5 to 6 p.m.	Tai Chi for Arthritis – Ancient Chinese meditation exercise features slow, precise movements. Improves balance, mobility, strength, and flexibility, decreases pain, and helps prevent falls. Not for beginners.
Tuesdays & Thursdays 10 to 11 a.m.	Exercise with Bobbie – Helps to increase strength, improve flexibility and balance, boost activity levels and elevate mood.

Recreation

Meets the 1 st Thursday each month, 7:00 p.m.	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 each month. May 6th we will discuss “Almost Perfect” by Brian Katcher, who will be joining our meeting!
Fridays 10 to 11 a.m.	Bingo – Online Bingo game available for those 60 and over. Prizes are awarded to the winners.
May 4 to June 8, 2021 Tuesdays 1 to 2 p.m.	Art Techniques with Jodi Harsch – Follow along with local, award-winning artist Jodi Harsch as she shows us basic drawing techniques and answers your questions. You can find a suggested supply list at https://goaging.org/wp-content/uploads/2021/04/DrawingSupplyList.pdf

Support

1st Wednesday of each month 12:30 to 1:30 p.m.	Alzheimer’s Caregiver Support Group – This group is designed to provide emotional, educational, and social support for caregivers through regularly scheduled meetings.
3 rd Wednesday of each month 1 to 2 p.m.	Grandparent Connection – Nearly 30,000 grandparents in Missouri are responsible for raising their grandchildren. You don’t have to do it alone. Join us for support and discussion.
May 19 to August 11, 2021 Wednesdays 1:30 to 2:30 p.m.	Friend Connection – The Friend Connection group is geared towards seniors in need of more social support and connection in their community. The overall goal of the Friend Connection is to alleviate and prevent loneliness for older adults, and allows members to meet new people, engage in meaningful activities and discussions, and share feelings of loneliness. To register please call 1-800-748-7826. You will be asked to take a pre-survey for registration.

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