



All courses are offered 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](mailto:information@goaging.org). You can also register online at <https://goaging.org/>. All times are CST.

Date(s) & Times	Class Descriptions
<b>Education</b>	
Jul. 23, 2021 Friday 11 a.m. to noon	<b>Who Gets Grandma’s Yellow Pie Plate?</b> – In this program, created by Marlene Stum of the University of Minnesota Extension, we discuss decisions about the transfer of possessions that can occur during one’s lifetime, as well as after one’s death. These discussions are often delicate, and most families tend to avoid them.
Aug. 11 to Sept. 15, 2021 Wednesdays 10:30 to 11:30 a.m. Telephone Workshop	<b>Living a Healthy Life</b> – This interactive, telephone workshop will help you manage your chronic conditions, allow you to share your experiences, and learn from others. This is a great option for those who do not have computer access. You will have a weekly check-in call with a certified leader. This workshop includes “Living a Healthy Life” book, relaxation CD, cookbook, and weekly action plan journal.
Aug. 13 to Sept. 17, 2021 Fridays 9 to 10 a.m. Telephone Workshop	<b>Diabetes Self-Management Program</b> – This 6-week class includes information about nutrition, exercise, communication and planning so that you can achieve your goals with managing your Diabetes. This class is being offered as a telephone toolkit, and Zoom is not required.
1 <sup>st</sup> and 3 <sup>rd</sup> Monday of each month at noon Facebook Live	<b>Medicare 101</b> – For adults new to Medicare or preparing for retirement. The workshop covers eligibility, enrollment, benefits, and costs associated with Medicare. On Facebook Live at <a href="https://www.facebook.com/goaging.org/">https://www.facebook.com/goaging.org/</a>
Recurring on the last Monday of each month at noon Facebook Live	<b>Are You Smarter than a Scam Artist</b> – 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: <a href="https://www.facebook.com/goaging.org/">https://www.facebook.com/goaging.org/</a>
Last Wednesday of each month 1 p.m.	<b>Benefits Jeopardy</b> – 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.
<b>Support</b>	
1st Wednesday of each month 12:30 to 1:30 p.m.	<b>Alzheimer’s Caregiver Support Group</b> – This group is designed to provide emotional, educational, and social support for caregivers through regularly scheduled meetings.
May 19 to Aug. 11, 2021 Wednesdays 1:30 to 2:30 p.m.	<b>Friends Connection</b> – The Friends Connection group is geared toward seniors in need of more social support and connection in their community. The overall goal of the Friends Connection is to alleviate and prevent loneliness for older adults, and allow members to meet new people, engage in meaningful activities and discussions, and build strong relationships between members. To register please call 1-800-748-7826. You will be asked to take a pre-survey for registration.
Aug. 3 to Aug. 17, 2021 Tuesdays & Thursdays 1 to 2:30 p.m.	<b>Caring for You, Caring for Me</b> – These classes are aimed at family and volunteer caregivers who are providing assistance or support to people with long-term illnesses or disabilities. Based on curriculum from the Rosalyn Carter Institute for Caregiving, the goals for the “Caring for You, Caring for Me” program are to help people gain information; learn coping methods for stress; learn about resources available; and discover ways of working together to reduce some of the frustration and barriers they face in their caregiving.

## Exercise

Aug. 3 to Sept. 23 Tuesdays & Thursdays 8 to 9 a.m.	<b>Beginner's 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. After completing this course, participants will be ready to join our weekly Tai Chi sessions at 9 a.m. or 5 p.m.
Aug. 16 to Sept. 22, 2021 Mondays & Wednesdays 8:30 – 9:30 a.m.	<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.
Sept. 7 to Oct. 29 Tuesdays & Fridays 10:30 -11:30 a.m.	<b>Zumba® Gold</b> – We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. You don’t need any dancing ability and exercises can be done seated or standing.
Tuesdays & Thursdays 9 to 10 a.m. and/or 5 to 6 p.m.	<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. Not for beginners.
Tuesdays & Thursdays 10 to 11 a.m.	<b>Exercise with Bobbie</b> – Helps to increase strength, improve flexibility and balance, boost activity levels and elevate mood.

## Recreation

Meets the 1 <sup>st</sup> Thursday of each month, 7:00 p.m. <b>New members welcome!</b>	<b>Reading Between the Lines</b> – 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. The next meeting will be August 5, when we will discuss the book “Daughter of a Daughter of a Queen” by Sarah Bird.
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Visit us at [www.goaging.org](http://www.goaging.org) to keep up with what’s going on with Connect! Online, our collection of entertaining, educational and support groups for older adults. For more information, call us at 1-800-748-7826.

You can also find us on Facebook at [Facebook.com/goaging.org](https://www.facebook.com/goaging.org)

