

All Classes are FREE but Require Registration  
Please donate \$1 per person for your participation in the following classes.  
Please give your monetary donation at the front desk

Class Name	Description	Instructor	Date	Day	Time
<b>Understand Your DNR Status</b>	Navigating one part of your advanced directives and planning your medical future. A discussion on points to consider. Class to be conducted by a licensed clinical social worker and chaplain.	Pai	Aug. 31	Th	1-2:30
<b>Hungry For Change</b>	This inspiring film has the power to transform your health! - Anthony Robbins	Johnson	Sept. 5	T	10:30-12
<b>Independent Patient Advocacy</b>	Patient Advocates are an extra set of ears and eyes to help you understand medical appointments and the care you are receiving. Learn how a Patient Advocate might partner with you and your family by attending appointments, explaining medical jargon, and assisting with insurance.	Normile	Sept. 5	T	1-2
<b>Nurse Chats ~ Common Lab Testing</b>	Come review some common lab tests and the significance of the results. This class will make you more knowledge about your health!	Bakken	Sept. 6	W	10-11
<b>Fibromyalgia In Seniors</b>	Learn what fibromyalgia is, how to recognize the symptoms, and most importantly, effective ways to treat symptoms.	Johnson	Sept. 8	F	10:30-11:30
<b>Truth About Hearing Aids</b>	Learn about the importance of hearing health and reasons to have your hearing tested annually. Participants will also receive information about free hearing testing in their community. Snacks will be provided.	Miracle Ear	Sept. 12	T	10-11:30
<b>Healthy Living For Your Brain and Body</b>	Join us to learn about research in the areas of diet, nutrition, exercise, cognitive activity, and social engagement to incorporate a plan for healthy aging.	Barker	Sept. 12	T	8:30-9:45
<b>Household Cleaners with Essential Oils</b>	Essential oils can help you clean your entire house. This class will give you tips and recipes to keep your house disinfected and smelling great- helping you replace toxic cleaners with natural products.	Apineru	Sept. 14	Th	10-11
<b>Medicare Basics</b>	Getting close to retirement and wondering about your options with applying for Medicare? Learn if medicare money is running out, if medicare employees are experts about the rules concerning your options and more.	Cornell	Sept. 14 Oct. 26	Th Th	2-3 8:30-9:30
<b>Macular Degeneration</b>	Learn the pathology of age related macular degeneration as well as current treatments for this disease.	Mabee	Sept. 15	F	10:30-11:30
<b>Problems With Pollen</b>	Sinus congestion is a seasonal symptom that is often caused by our immune system reacting to harmless airborne substance like pollen. Learn what nutrients and foods help support a balanced immune response to airborne irritants.	Spindler	Sept. 18	M	10:30-11:30
<b>Home &amp; Bathroom Safety</b>	Learn how to be proactive in keeping your home and bathroom safe as you age!	Welch	Sept. 21	Th	9-10
<b>Hospice Jeopardy Trivia</b>	Come challenge your knowledge of hospice, palliative, MOST forms, advance directives, and other items. This fun interactive time will be educational but also enjoyable. Class is run by Pikes Peak Hospice.	Gray	Sept. 29	F	10-11
<b>Safe, Clean &amp; Natural</b>	Do you know what ingredients are in your household cleaning products, your cosmetics, and personal cleaning products? Learn what "safe", "clean", and "natural", mean to the manufacturers of common household and personal cleaning products.	Bolduc	Oct. 4	W	10-11:30
<b>Immune Support 101</b>	Vitamin C is important for the immune system, but why? And what about the other vitamins? Just like the rest of the body the immune system requires optimal nutrition to work at its best. Keeping your immune system fed with the right stuff will ensure that your body is ready to handle whatever comes its way during the winter months.	Spindler	Oct. 9	M	10:30-11:30
<b>The Basics of Alzheimers</b>	Alzheimer's is not a normal part of aging. If someone you know is affected by dementia, it is time to learn the facts.	Barker	Oct. 10	T	8:30-9:45
<b>Nurse Chats- Hydration Vs. Dehydration</b>	Why is it important to be hydrated? Learn what dehydration does to your body. Discover how much is too much or too little water.	Bakken	Oct. 11	W	10-11
<b>Planning For Long Term Care</b>	We will review the aspects of managing chronic illness and aging. Focusing on the care options available, the cost and the means to help pay for care.	Michels	Oct. 18	W	10-11:30
<b>Toxic Mold- Movie Time</b>	This myth-busting, no-hype video presents scientific data that a safe, non-toxic blend of therapeutic grade essential oils destroys toxic mold in as little as 24 hours - Edward R. Close, PhD	Johnson	Oct. 24	T	10:30-12

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Class Name	Description	Instructor	Date	Day	Time
<b>Why Food Matters</b>	"Let food be thy medicine and medicine be thy food." (Hippocrates) Attendees will learn that disease may not be as random as we have been lead to believe. Work by Dr. T. Colin Cambell and Dr. Caldwell B. Esselstyn will be reviewed. Attendees will learn about processed food ingredients and nutrition labels in this interactive workshop.	Bolduc	Oct. 27	F	10-11:30
<b>Nurse Chats-How To Talk To Your Doctor</b>	Learn how to prepare prior to having your appointment. We will talk about what to ask when you are with your doctor and what to be aware of.	Bakken	Nov. 1	W	10-11
<b>Inner Peace &amp; Connectedness</b>	Do you find yourself stressed with a "monkey mind"? Too many thoughts churning? In this workshop we will explore ideas that connect us all and allow an inner peace.	Bolduc	Nov. 3	F	10-11
<b>Medicare Part A- Benefits To Understand</b>	Navigating Medicare Part A. We want to share with you the benefits that you can take advantage of when you need it.	Pai	Nov. 6	M	1-2:30
<b>Chinese Herbal Nutrition &amp; Food</b>	Ever wonder what the difference is between Chinese culture healing practices vs. Western practices. Learn how nutrition and different types of food can heal.	Ting	Nov. 8	W	10-11
<b>Home &amp; Bathroom Safety</b>	Learn how to be proactive in keeping your home and bathroom safe as you age!	Welch	Nov. 9	Th	9-10
<b>Fibromyalgia In Seniors</b>	Learn what fibromyalgia is, how to recognize the symptoms, and most importantly, effective ways to treat symptoms	Johnson	Nov. 9	Th	1-2
<b>Maintaining Muscle Mass</b>	It's never too early or late, to improve muscle and overall health! Learn how to maintain muscle mass now and well into the future, with key foods and supplements all recommended by science-based research. Stay strong and muscle on.	Spindler	Nov. 13	M	10:30-11:30
<b>Know the 10 warning signs of Alzheimers</b>	What's the difference between normal and abnormal memory loss? Is "dementia" different from Alzheimers? Find these answers, and more!	Barker	Nov. 14	T	8:30-9:45
<b>Wait... What Are You Eating?</b>	An overview of genetically modified organisms (GMOs) and what actions we all must take - how eating organic, locally grown food, and composting reduces environmental impact.	Bolduc	Nov. 29	W	10-11:30
<b>Oral Health Care Beliefs... Facts or Fiction</b>	Separate fact from fiction regarding oral health and growing older with dental hygienist, Brooke. There are many misconceptions about oral health. Having the correct information can help you keep your mouth healthy for a lifetime.	McClintock	Dec. 1	F	10-11
<b>Save Your Memory</b>	Our memory makes us who we are; it helps us stay connected to the present and helps us hold onto our favorite parts of the past. Losing the ability to access these memories and remember our loved one's faces is a scary part of aging. As diseases that rob us of our valuable memories become more common, we need to do everything we can to protect our memory.	Spindler	Dec. 4	M	10:30-11:30
<b>Nurse Chats-Hepatitis</b>	There are different forms of Hepatitis: A, B, and C. Come learn a few points about the different types and how they are treated.	Bakken	Dec. 6	W	10-11
<b>Understanding Your DNR Status</b>	Navigating one part of your advanced directives and planning your medical future. A discussion on points to consider. Class to be conducted by a licensed clinical social worker and chaplain.	Pai	Dec. 7	Th	1-2:30
<b>Legal and Financial Planning for Alzheimers</b>	Legal and Financial Planning for Alzheimer's disease is a workshop presented by an attorney who volunteers for the Alzheimer's Association. This class is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.	Barker	Dec. 8	F	10-12
<b>Truth About Hearing Aids</b>	Learn about the importance of hearing health and reasons to have your hearing tested annually. Participants will also receive information about free hearing testing in their community. Snacks will be provided.	Miracle-Ear	Dec. 12	T	10-11:30
<b>Build &amp; Elevate Healthy Relationship</b>	At this workshop you will learn how to build healthy relationships with your loving partner (spouse), families, friends, neighbor and community.	Bolduc	Dec. 13	W	10-11:30
<b>Stocking Stuffer With Essential Oils</b>	Looking for easy DIY gift ideas for the holiday season? Learn how to make gifts, from edible gifts to stocking stuffers. Plus, you'll save money making your own gifts.	Apineru	Dec. 14	Th	10-11

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