

Check in time: 8:00 am – 8:45 am  
Visit Exhibits: 10:45 am – 11:15 am  
Lunch: 11:30 am

**ALL REGISTRATIONS DUE BY JUNE 3, 2023**  
**34th ANNUAL SENIOR ENRICHMENT DAY CONFERENCE – WEDNESDAY, JUNE 28, 2023**  
Big Rapids High School – 21175 15 Mile Road, Big Rapids, Michigan 49307

For More Information  
Call 231-972-2884

**SESSION I – 9 AM**

- ❖ 10 Warning Signs: Alzheimer's & Dementia
- ❖ Advanced Care Planning
- ❖ All About Medicare 2023
- ❖ Card Making
- ❖ Caring For Loved Ones With Dementia
- ❖ Celebrating The U.S Constitution
- ❖ Chair Line Dance
- ❖ Critical Home Repair Program MCHFH
- ❖ Domestic Violence & Sexual Abuse In Older Adults
- ❖ Fentanyl, Narcan, & Opioids, What Is It All About?
- ❖ Flower Paint Party!  
**(2 SESSION CLASS YOU MUST TAKE SESSIONS 1 & 2 FOR THIS CLASS, \$15 fee)**
- ❖ Friends & Family CPR
- ❖ Journey Of Grief
- ❖ Keep America Singing
- ❖ Pressed Flower Candleholders
- ❖ Solving The Long-Term Care Puzzle
- ❖ Watercolor Painting (2 SESSION CLASS YOU MUST TAKE SESSIONS 1 & 2 FOR THIS CLASS, \$5 fee)
- ❖ What To Do With Cash? Know Your Options!

**SESSION II – 10 AM**

- ❖ 10 Warning Signs: Alzheimer's & Dementia
- ❖ All About Medicare 2023
- ❖ Art Of Shading
- ❖ Card Making
- ❖ Caring For Loved Ones With Dementia
- ❖ Celebrating The U.S Constitution
- ❖ Estate Planning 101
- ❖ Friends & Family CPR
- ❖ Flower Paint Party!  
**(2 SESSION CLASS YOU MUST TAKE SESSIONS 1 & 2 FOR THIS CLASS, \$15 fee)**
- ❖ Groove For The Young At Heart
- ❖ Keep America Singing
- ❖ Local History & Folklore
- ❖ Medicare Made Simple
- ❖ MRSA: What Is It?
- ❖ Our Toxic World & Diseases
- ❖ Pace Is The Place
- ❖ Pressed Flower Candleholders
- ❖ Recreational Safety & Wildlife Management
- ❖ See Something Say Something!
- ❖ Trails In Mecosta County: Hiking, Biking & Snowshoeing
- ❖ What Every Senior Should Know!
- ❖ Who Is In Charge Of Your History? Ways To Preserve It & Pass It On!
- ❖ Wits Workout!

**SESSION III – 1 PM**

- ❖ Adult immunizations & Medicare Part D Changes
- ❖ Art Of Shading
- ❖ Celebrating The U.S Constitution
- ❖ Cooking for 1 or 2
- ❖ Find A Way To Stay!
- ❖ Groove For The Young At Heart
- ❖ Healthy Living for Your Brain & Body
- ❖ Identity Theft
- ❖ Landscape Paint Party!  
**(2 SESSION CLASS YOU MUST TAKE SESSIONS 3 & 4 FOR THIS CLASS, \$15 fee)**
- ❖ Local History & Folklore
- ❖ Medicare Review & Updates
- ❖ Michigan Wildflowers
- ❖ Painted Mandala Art Rocks (\$5 fee)
- ❖ Painting With Toinette!  
**(\$15 fee)**
- ❖ Recent Changes That May Affect Your Retirement
- ❖ Taking The Mystery Out Of Cremation
- ❖ Watercolor Painting (2 SESSION CLASS YOU MUST TAKE SESSIONS 1 & 2 FOR THIS CLASS, \$5 fee)
- ❖ Your Library: More Than Just Books!

**SESSION IV – 2 PM**

- ❖ Alternative Medicine. CBD
- ❖ Art Of Shading
- ❖ Celebrating The U.S Constitution
- ❖ Cooking for 1 or 2
- ❖ EnhanceFitness®
- ❖ Eye Diseases In Famous Artists
- ❖ Fun With Flowers (**\$15 fee**)
- ❖ Healthy Living For Your Brain & Body
- ❖ Identity Theft
- ❖ Landscape Paint Party!  
**(2 SESSION CLASS YOU MUST TAKE SESSIONS 3 & 4 FOR THIS CLASS, \$15 fee)**
- ❖ Medicare Review & Updates
- ❖ Nutrition As We Age
- ❖ Painted Mandala Art Rocks (\$5 fee)
- ❖ Painting With Toinette!  
**(\$15 fee)**
- ❖ Sibling Rivalry? Naked Greed? Or Peaceful Harmony?
- ❖ Stroke: How To Recognize And Prevent