

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 13, 2022
33rd ANNUAL SENIOR ENRICHMENT DAY CONFERENCE – WEDNESDAY, JUNE 22, 2022
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
Advanced Directives: **What You & - Your Family Need To Know**
Aging Anxiety...**Where Does Our Calm-Go?**
Alternative Medicine
Back In the Hey Day!
Chair Line Dance
Changing Negative Self Talk
Exercise...Why Me?
Flower Paint Party! **(Must take this class for both 1st & 2nd Sessions!) * Fee for Class**
Healthy Immune System – **How to Live Your Healthiest Life!**
How To Pay for Long Term Care
Keep America Singing!
Library Resources for Seniors
Living With the Wildlife
Medicaid Mysteries
MRSA/Infection: **Now We Can Hit-First!**
Navigating the Maze of Medicare
Rules of the Road
SUD/ODD – **How You Can Help Save-Lives**
Watercolor Painting **(Must take this class for both 1st & 2nd Sessions!) * Fee for Class**
What's Up With the Zip Code-**Medicare Basics**

SESSION II – 10 AM

10 Warning Signs
Advanced Directives: **What You & - Your Family Need To Know**
Aging Anxiety...**Where Does Our Calm-Go?**
Alternative Medicine
Amazon Best Seller Humor Author
Are Your Grandchildren Safe?
Back In the Hey Day!
Be A Superhero to Your Family
Beginner Wood Burning
Building A Bird House * **Fee for class**
Changing Negative Self Talk
Creative Ways to Pay for Long Term Care
Exercise...Why Me?
Find A Way to Stay!
Healthy Immune System: **How to-Live Your Healthiest Life!**
How To Pay for Long Term Care
Keep America Singing!
Library Resources for Seniors
Living With the Wildlife
MRSA/Infection: **Now We Can Hit-First!**
Rules of the Road
Senior Care Through the Lens of Love
SUD/ODD – **How You Can Help Save-Lives**
What's Up With the Zip Code-**Medicare Basics**

SESSION III – 1 PM

Aging Anxiety...**Where Does Our Calm-Go?**
Alternative Medicine
Amazon Best Seller Humor Author
Back In the Hey Day!
Back to the Future
Beginner Wood Burning
EnhanceFitness®
Exercise...Why Me?
Failing to Plan is Planning to Fail
Healthy Eating
Healthy Living for Your Brain & Body
Landscape Paint Party! **(Must take this class for both 1st & 2nd Sessions!) * Fee for Class**
Local History & Folklore
Local Trails... White Pine, The Dragon...
Medicare Check-Up: **Take "Full" - Advantage**
Painting with Toinette! * **Fee for class**
SUD/ODD – **How You Can Help Save - Lives**
Watercolor Painting **(Must take this class for both 1st & 2nd Sessions!) * Fee for Class**
What I Need to Know
What's Up With the Zip Code-**Medicare Basics**

SESSION IV – 2 PM

Alternative Medicine
Amazon Best Seller Humor Author
Back In the Hey Day!
Beginner Wood Burning
Building A Bird House * **Fee for class**
Chair Line Dance
Exercise...Why Me?
Eye Care Trivia: **What Do You Know-About Your Eyes?**
Failing to Plan is Planning to Fail
Healthy Eating
Healthy Living for Your Brain & Body
High Priority Invasive Species
Identity Theft - Protecting Yourself
Local History & Folklore
Local Trails... White Pine, The Dragon...
Medicare Check-Up: **Take "Full"- Advantage**
Naked Greed? **Sibling Rivalry? Peaceful-Harmony**
The Medicare Alphabet
Painting with Toinette * **Fee for class**