

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 17, 2019
31st ANNUAL SENIOR ENRICHMENT DAY CONFERENCE – WEDNESDAY, JUNE 26, 2019
Big Rapids High School – 21175 15 Mile Road, Big Rapids, Michigan 49307

For More Information
Call 231-972-2884

SESSION I – 9 AM

Advance Directives – **What Every Person Should Know**
Bingo Bonanza
Chair Line Dance
Digital Books- You Have to Try Them!
Hand Stamped Card Making
Hands Only CPR and AED Training
Home Safety
Introduction to Invasive Species
Join A Movement to Change Lives
Journaling Through Grief
Keep America Singing!
Local History of Big Rapids & **Surrounding Area**
Long-Term Care & Medicaid Planning
Make & Take Sign * **Fee for class**
Medicare & Prescription **Cost Saving Strategies**
Paint Party! **(Must take this class for both 1st & 2nd Sessions!)** * Fee for Class
Simplify Your Spending & **Saving Strategies**
Sleep Like A Baby!
Tai Chi Fun With Frolics
The ABC's & D of Medicare
Watercolor Painting **(Must take this class for both 1st & 2nd Sessions!)**

SESSION II – 10 AM

Basic Waltz
Beginner Wood Burning
Bingo Bonanza
Digital Books – You Have to Try Them!
Elder Scams
Estate Planning
Hand Stamped Card Making
Hands Only CPR and AED Training
Introduction to Invasive Species
Join A Movement to Change Lives
Journaling Through Grief
Keep America Singing!
Local History of Big Rapids & **Surrounding Area**
Make & Take Sign * **Fee for class**
Mecosta County Tourism & **Outdoor Recreation**
Medicare & Prescription **Cost Saving Strategies**
Outlooks & Opportunities
PACE: **Program of All -Inclusive Care Of the Elderly**
Sleep Like A Baby!
Tai Chi Fun With Frolics
Take A Tour Through the Holy Land
The Incredibly Shrinking Brain
Tools You Can Use
Ultra Beginner Line Dance
Understanding Your Finances **in Retirement**
Veteran Service Provision & **VA Benefits**

SESSION III – 1 PM

Be Creative!
Beach Blanket Book Review
Beginner Line Dance
Beginner Wood Burning
Bingo Bonanza
Build A Lady Bug House * **Fee for class**
Cooking For 1
Digital Books – You Have to Try Them!
Dr. Crew Unleashed!
Elder Safety
Hands Only CPR and AED Training
Matter of Balance
Medicare & Prescription **Cost Saving Strategies**
Michigan Bats
Michigan DNR
Paint Party! **(Must take this class for both 3rd & 4th Sessions!)** * **Fee for class**
Reading With Your Grandkids
Sleep Like A Baby!
Take A Tour Through the Holy Land
Understanding Alzheimer's & Dementia
Veteran Service Provision & VA Benefits
Watercolor Painting **(Must take this class for both 3rd & 4th Sessions!)**

SESSION IV – 2 PM

Basic Waltz
Beach Blanket Book Review
Beginner Wood Burning
Bingo Bonanza
Build A Lady Bug House * **Fee for class**
Cooking For 1
Creating Lifetime Income!
Digital Books – You Have to Try Them!
Eat Your Medicine/Culinary Medicine
EnhanceFitness®
Finding Humor In Daily Living
Flower Power! * **Fee for class**
Hands Only CPR and AED Training
Internet Safety
Local History of Big Rapids & **Surrounding Area**
Michigan Bats
Reading With Your Grandkids
Take A Tour Through the Holy Land
The Aging Eye
Understanding Alzheimer's & Dementia
Veteran Service Provision & VA Benefits