

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**  
**31<sup>st</sup> 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!~~ (FULL)  
~~Hand Stamped Card Making~~ (FULL)  
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~~ (FULL)  
Medicare & Prescription **Cost Saving Strategies**  
Paint Party! **(Must take this class for both 1<sup>st</sup> & 2<sup>nd</sup> 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 1<sup>st</sup> & 2<sup>nd</sup> 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~~ (FULL)  
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~~ (FULL)  
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 3<sup>rd</sup> & 4<sup>th</sup> 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 3<sup>rd</sup> & 4<sup>th</sup> Sessions!)~~ (FULL)

**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~~ (FULL)  
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