

DESCRIPTION OF WORKSHOPS

Alphabetized by title followed by Session Numbers in which this class is available

Advance Directives... "What Every Person Should Know" (I) Sharon Mumah Learn about the importance of designating an advocate and making decisions that align with the care you desire when faced with a chronic disease or life limiting illness. It costs nothing to complete and will save you and your loved ones the stress of making a tough decision at a critical time in your health care journey.

Basic Waltz (II, IV) Don & Jode Taylor
Learn the basic waltz with a couple of variations!

Be Creative! (III) Jim Davis
Learn creative ways to pay for Long Term Care. Many people think they will not need Long Term Care in their lifetimes. Over 50% of people will NEED LTC in their lifetimes. LTC insurance is very expensive and most people choose not to get LTC insurance. Learn some creative ways to help cover the costs of LTC without having to buy a LTC policy. Don't stick your head in the sand and say "it won't happen to me." Find out about other options to help pay for the costs.

Beach Blanket Book Review (III, IV) Betty Stolarek
Will have suggestions for summer reading, with a short reading from the author!

Beginner Line Dance (III) Phyllis Wernette
Come learn the dance steps that make moving to the music fun & healthy.

Beginner Wood Burning (II, III, IV) Robert Routley Sr.
Learn how to use new style wood burner and complete a project to take with you.

Bingo Bonanza (I, II, III, IV) Jennifer Simmer & Ericka Fredrick
This fun filled session will be full of **PRIZES** and information about LOCAL RESOURCES in the community that support/help seniors AGE IN PLACE and NAVIGATE Senior HOUSING OPTIONS.

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Build A Lady Bug House! (III, IV) James Grace, Mark Coss & Scott Bultman Learn how to build a Lady Bug house. **There will be a \$5 fee to cover cost of materials (to be collected in class! DO NOT MAIL IN WITH REGISTRATION!)**

Chair Line Dancing (I) Ila Sieffert
This class is for Seniors who still love to dance, but because of disabilities cannot do traditional line dance.

Cooking for 1 (III, IV) Renee Sanders
Measuring and storing food. Food demo of green chili & cheddar quesadillas.

Creating Lifetime Income! (IV) Jim Davis
Learn how to make your money work for yourself. Creating lifetime income during retirement is very exciting and you don't ever have to worry about running out of money. Learn how this "private pension" could be a great option for you.

Digital Books: You Have To Try Them! (I, II, III, IV) Chris Cook
Discover how easy it is to read or listen to a book on your phone or tablet (or other device). The library has free digital books for you. It's easy and fun and convenient. Going digital means you don't always have to carry your books or those audiobook CDs with you when it's time to read or listen to a book. Bring your device(s) and join us for this session, even if you know nothing about digital books. We will show you how to get free digital books & magazines from the library so you don't always have to pay Amazon or Audible. Think about your commute (car or bus), or being on a road trip, or taking a trip via plane... wouldn't it be easier to enjoy a digital book (to listen to or read)? Eaudiobooks are audiobooks you can download onto your device or regular computer; eBooks are books you can download onto your device to read. (The library still has great print books but sometimes digital is what you need!)

Dr. Crew Unleashed! (III) Dr. Ralph Crew
This course will cover his interests and work outside the office. He will discuss his mission trips and photography of wild flowers and snowflakes.

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Eat Your Medicine/Culinary Medicine (IV) Mary Bechaz

Learn how “not to die” by eating your medicine. Our food and our diet can make us LIVE or it can be a major cause of our disease.

Elder Safety (III) Trooper Brian Lucha

Learn signs of vulnerability and adult abuse!

Elder Scams (II) Trooper Brian Lucha

Will discuss various types of scams to look for!

EnhanceFitness® (IV)

Teaching isolated muscles to work together preventing injury during daily living actions. Focus on full range of motion and balance.

Estate Planning (II) Shantee Jackson

We will discuss wills, trusts, power of attorney and medical directives. Who needs them and why they are so important.

Finding Humor In Daily Living (IV) Bob Eastley

I plan to draw from my new book, “I Like That Word: The Daily Gripe Strikes Again”.

Flower Power! (IV) Brad Patterson

Learn tips and tricks to create a fresh floral arrangement to take home. Bring a knife and/or flower cutters. Vase and flowers provided. **There will be a \$10 charge to cover cost of materials (to be collected in class! DO NOT MAIL WITH REGISTRATION!)**

Hand Stamped Card Making - (I, II) Hope Shaw & Malinda Coss

Make an assortment of 6 cards using rubber stamps and inks!

Hands Only CPR and AED Training (I, II, III, IV) Mary Underhill RN & Taryn Hulbert RN

All of us are equipped with the devices to save a life! Learn hands only CPR for family, friends and the community. No mouth to mouth is needed. Also learn what an AED, automated external defibrillator is, where they are, how to recognize them, and how to use them.

Home Safety (I) Trooper Brian Lucha

Discuss residential break ins and preventative measures.

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Internet Safety! (IV) Trooper Brian Lucha

Know what your kids & grandkids are doing!

Introduction To The Invasive Species (I, II) Jenna Johnson

Learn how to be on the lookout for and learn about the cost assistive programs available to offset treatment.

Join A Movement To Change Lives (I, II) Mecosta County Reads

Mecosta County Reads is a collaborative community group with a vision of “A strong community working together to improve literacy and employment opportunities.” We invite you to come and hear the exciting things that are happening.

Journaling Through Grief (I, II) Kelly Purdue, LMSW, ACSW

Extensive research tells us that writing, the simple acts of putting down your deepest thoughts on paper, is one of the most powerful and effective means to ease and ultimately heal sorrow. Come to this presentation and receive a complimentary journal, writing prompts, and education on the importance of journaling to heal griefs.

Keep America Singing (I, II) Dave Marasus

Sing those great songs and hymns remembering the Good ol’ Days!

Local History & Folklore of the Area (I, II, IV) Roger Schneidt, Robert King

Local history and folklore stories of Big Rapids and surrounding area.

Long-Term Care & Medicaid Planning (I) Kelly Lloyd

What is Medicaid? When should I begin planning for nursing home care? Kelly will cover basic long-term care information and answer questions.

Make & Take Signs (I, II) Christina Canham & Jodi Ehnis Bloss

Create a 4” x 24” wooden sign using a variety of provided Vinyl “Sayings”. **There will be a \$10 fee to cover cost of materials \$8 for any additional signs (to be collected in class! DO NOT MAIL WITH REGISTRATION!)**

Matter of Balance (III) Shawn Sredersas

Learn to manage concerns about falls & acknowledge the risk of falling. Will provide strategies & coping skills to reduce concerns, while staying as active & independent as possible!

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Mecosta County Tourism & Outdoor Recreation! (II) Connie Koepke

An overview of local/regional tourism. Updates on local trails initiatives. Find out about the fun things to do in Mecosta County! Free visitor guides!

Medicare & Prescription Cost Saving Strategies (I, II, III) Adam Spedoske

This class will educate you on all aspects of Medicare Part A, B, C & D. It will also breakdown the differences between a Medicare Advantage Plan and Medicare Supplement (Medigap) Plan. We will discuss different strategies on how to save money on your prescription drugs.

Michigan Bats! (III, IV) Karen Ickes

Learn about white nose syndrome, Michigan bat species and how we can help them!

Michigan DNR (III) Angela Greenway

Come check out different furs and a short video!

Outlooks & Opportunities (II) Daniel Terry

Fuel for your Investment Journey. Long-term investing is like a journey and we want you to be prepared. Dan will discuss Current Market Trends, ways to prepare for volatility, the economy, interest rates and improving your balance!

PACE: Program of All-Inclusive Care For the Elderly (II) Karen Cook

Will share information about the PACE program that began July 1, 2017 for Medicare/Medicaid seniors 55 and older.

Paint Party! (I, III) Andrea St. John

Create a painting with step by step instructions from beginning to end!

This will take two sessions to complete! There will be a \$15 fee to cover cost of materials (to be collected in class! DO NOT MAIL IN WITH REGISTRATION!)

Reading With Your Grandkids! (III, IV) Suzanne Finney SLD Read

This workshop will provide hands on activities to develop the joy of reading in your grandkids while providing tips/ideas to encourage early reading skills.

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Simplify Your Spending & Saving Strategies (I) Daniel Terry

Uses of cash, identify your financial goals, understanding your budget & keys to financial success!

Sleep Like A Baby! (I, II, III) Jane Rozier

A good night sleep restores and recharges us; but as we age, many of us are sleep deprived. A bad night sleep can take a toll on your health, physically and mentally. In this session you will learn how to get the 7 – 8 hours of restorative sleep needed each night to wake up refreshed and rested.

Tai Chi Fun With Frolics (I, II) Mary Loesch

We will learn or review “Basic Good” Tai Chi practices of posture, breath and movement. Then we will “Be” various of the animals found in Tai Chi.

Take A Tour Through The Holy Lands (II, III, IV) Ross Scheer

Take a Tour Through the Holy Lands with Pastor Ross Scheer!

The ABC's & D of Medicare (I) Jim Davis

Understand your options when you sign up for Medicare. Making the right choices can save you a lot of money. Get a free review on your specific health care needs and make sure you are informed so you can make good decisions.

The Aging Eye (IV) Dr. Julie Boss

This course will cover topics related to cataracts, dry eye, macular degeneration and glaucoma.

The Incredibly Shrinking Brain (II) James Clark

The link between Alzheimer's, dementia and hearing loss.

Tools You Can Use (II) Judy Morris, OTR & Renee Thompson, COTA/L

Do you find it difficult at times to do every day tasks such as bathing, dressing or cooking? Do you avoid certain tasks altogether because it's just too painful? You will learn where to get medical devices and who can help fund them. You will also have the opportunity to try devices presented. This hands-on class explores devices and adaptive equipment to make life easier.

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Ultra Beginner Line Dance (II) Phyllis Wernette

Never line danced? Tired of being the only one sitting out at wedding receptions when “Boot Scootin Boogie” comes on? If so, this class is for you!

Understanding Your Finances In Retirement (II) Jim Davis

Come explore finances and retirement! Many people are unaware of how their finances work. Don't be apathetic when it comes to your nest egg. Learn what really happens with your money and become educated so you can protect your money from potential losses.

Understanding Alzheimer's and Dementia (III, IV) Sarah Lambaria

Alzheimer's is not normal aging. Join us to learn about: The impact of Alzheimer's; the difference between Alzheimer's and Dementia; Alzheimer's disease stages and risk factors; current research & treatments available to address some symptoms and Alzheimer's Association Resources.

Veteran Service Provision & VA Benefits (II, III, IV) Cynthia Engler

Overview with a question and answer time.

Watercolor Painting (I, III) Joyce Capen

This will take two sessions to complete! Create a watercolor to take with you! Class size is limited so register quickly!

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The presentations of the speaker/exhibitors at this event do not necessarily reflect the opinions of the Senior Enrichment Planning Committee or any of its affiliates.