



**Welcome to the new
Aging Resource Center!**

Aging Resource Center Winter and Spring In-Person & Virtual Program January – June 2024

Aging Resource Center Team

Meet the team of the Dartmouth Health Aging Resource Center.
To contact a specific team member, please email agingcenter@hitchcock.org.



Ellen Flaherty, PhD, APRN,
AGSF
Vice President
Geriatric Center of Excellence



Lori Fortini, MEd
Program Leader



Chizuko
Horiuchi, BA
Resource
Specialist



Tami Musty
Administrative
Assistant



Ann Osborne, BA
Clinical Research
Coordinator



Megan Reed
Dementia Resource Specialist



Kristina Ward
Program Coordinator

Dear Friends and Colleagues,

We are pleased to bring you our newest Program for the Dartmouth Health Aging Resource Center for January to June 2024. We hope that you find many informative and engaging classes to attend. As this program is published, we are also settling into our new home at Colburn Hill on the Dartmouth Hitchcock Medical Center Campus. The space is beautiful and has been tailored to our needs of serving older adults. We look forward to continuing our mission to provide high quality supports and resources to improve the minds, bodies, and spirits of older adults and their families.

Much has taken place in the old center and we wish to honor the people and accomplishments of the past 15 years of the Aging Resource Center. We wish to thank our founders, Dr. John Wasson and Dr. Stephen Bartels, and the first Program Leader, Carolyn Moore, who had the vision of a place to discuss issues of aging and provide resources to assist older adults to achieve what matters most to them. Over the years, we have had amazing staff and volunteers who have made the Center into a warm welcoming space. We would not be able to do what we do without the dedicated work of our team.

We are also proud that during 2020, we implemented virtual programming. Our virtual offerings allowed us all to stay connected and supported through the COVID-19 Pandemic.

Finally, we wish to thank all of the participants who have passed through our doors and made us a part of their lives.

We are now ready to start a new chapter. We look forward to continuing our journey with you.

All the best,

Ellen Flaherty, PhD, APRN, AGSF
Vice President, Geriatric Center of Excellence

Booklet Content

Calendar pages	3-5
In-Person programs	6-9
Virtual programs	10-21
Healthy Aging	10-12
Planning Ahead	13-14
Dementia Resources	15-17
Technology and Aging	17
Mind and Spirit	18-19
Arts and Aging	19-20
Support Groups	21
Directions	22

Hours of Operation

**Monday through Friday
(except holidays)
9 am to 4 pm**

Please come browse our library, find free information on health topics and local resources and use our public computers. If you wish to meet with a specific member of our team, please call ahead for an appointment.

Join our Weekly e-Newsletter list!

There are many benefits to connecting with us electronically:

- You will receive our weekly update with the calendar for the coming week.
- You will be informed of any additional offerings added after the booklet was published.
- You can electronically enroll into programs — most classes have a link that connects to the enrollment page.

Sign up for our eNewsletter and updates at agingcenter@hitchcock.org.

Spring Open House

Wednesday, April 10

1:00 to 4:00 pm

On April 10 from 1 to 4 pm, we invite you to visit and celebrate our new Aging Resource Center space at Colburn Hill on the campus of DHMC.

This is a time to visit our library, meet our staff, and connect with each other.

We are excited to see you!

Important Program Information

- **Advanced registration is required unless otherwise noted.**
- **Classes are offered free of charge.**
- **If you cannot join virtual programs from home, please contact the Aging Resource Center to arrange to view a class by live-streaming at the Center.**
- **We strive to make our classes safe places for sharing personal stories. Therefore, we do not record our classes to protect participants' privacy.**

Weather Cancellation Policy

We will close or delay opening of the Aging Resource Center if the Lebanon School District is closed or has a delayed opening. We will put the closure or delay message on the Aging Resource Center's office phone at **603.653.3460**.

Please call the Aging Resource Center to confirm if an appointment or program is happening or not before venturing out.



Dartmouth
Health

Aging Resource Center

Dartmouth Health Aging Resource Center

Programs 2024

January to June

Blue= In-person Class
Black= Virtual Class
*=First class in series



January

January 3

- Dementia Caregiver Support Group*

January 4

- Grieving While Living*
- Dementia Caregiver Support Group*

January 5

- Stroke Support Group
- Learning to Look

January 8

- Morning Sing
- Art with Kim: Human Form*

January 9

- Gentle Yoga*
- Exploring Grief for the Dementia Carepartner*
- [Parkinson's Support Group](#)

January 11

- Singing Workshops*

January 12

- Food for Your Soul

January 15

- Morning Sing

January 16

- [Tangle Tuesdays](#)

January 17

- More Zentangle
- Healthy Eating to Slow Mental Decline

January 18

- End-of-Life Café

January 19

- Learning to Look

January 22

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced

January 23

- Perspectives

January 24

- Drop-in Mindfulness
- [Women's Health Series*](#)
- The Parkinson's Workshop

January 26

- Food for Your Soul

January 29

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced



February

February 1

- [Get Hooked on Walking](#)
- Let's Talk about Late-life Female Incontinence

February 2

- Stroke Support Group
- Learning to Look

February 5

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced
- Living a Healthy Life with Chronic Conditions*
- More Zentangle

February 6

- Memoir Writing*

February 7

- Beginner Zentangle

February 8

- [Get Hooked on Walking](#)

February 9

- Food for Your Soul

February 12

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced

February 13

- Understanding and Responding to Behaviors
- [Parkinson's Support Group](#)

February 15

- [Get Hooked on Walking](#)
- Healthy Bones for Life
- End-of-Life Café

February 16

- Learning to Look
- Normal vs. Not Normal

February 19

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced

February 20

- [Tea with the Team](#)
- [Tangle Tuesdays](#)
- Origami

February 21

- More Zentangle
- Staying Mindful*
- Preparing and Eating Meals for One

February 22

- Ready, Steady, Balance
- [Get Hooked on Walking](#)

February 23

- Food for Your Soul

February 26

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced
- The Dementia Brain*

February 27

- Perspectives
- Buried in Treasure*

February 28

- The Parkinson's Workshop

February 29

- [Get Hooked on Walking](#)



March

March 1

- Stroke Support Group
- Learning to Look

March 4

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced
- Art with Kim: Still Life*
- More Zentangle

March 6

- Useful Tools*

March 7

- [Get Hooked on Walking](#)

March 8

- Food for Your Soul

March 11

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced

March 12

- Effective Communication Strategies for Dementia Caregivers
- [Parkinson's Support Group](#)

March 14

- [Get Hooked on Walking](#)

March 15

- Learning to Look

March 18

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced
- AARP Fraud Prevention: The Internet of Things

March 19

- [Tea with the Team](#)
- Gentle Yoga*
- [Tangle Tuesdays](#)
- Origami

March 20

- More Zentangle
- Foods to Reduce Pain

March 21

- [Get Hooked on Walking](#)
- End-of-Life Café

March 22

- Food for Your Soul

March 25

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced

March 26

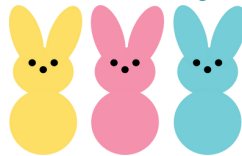
- Perspectives

March 27

- [Let's Get Cooking](#)
- Drop-in Mindfulness
- The Parkinson's Workshop

March 28

- [Get Hooked on Walking](#)



April

April 1

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced
- More Zentangle

April 3

- Decluttering and Downsizing*

April 4

- [Get Hooked on Walking](#)

April 5

- Stroke Support Group
- Learning to Look
- What the Future Holds

April 8

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced

April 9

- How to Be a Health Care Agent for Someone with Dementia
- [Parkinson's Support Group](#)

April 10

- Introduction to Mindfulness
- [Spring Open House](#)

April 11

- [Nutritional Support for Aging Eyes](#)
- [Get Hooked on Walking](#)
- [How do I Find Reliable Health Information Online](#)

April 12

- Writing Meaningful Condolence Letters
- Food for Your Soul

April 15

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced
- AARP Fraud Prevention: Medicare Fraud

April 16

- [Tea with the Team](#)
- [Tangle Tuesdays](#)
- Origami

April 17

- More Zentangle
- Selling Your Stuff
- Healthy Bowels Need More Than Fiber!

April 18

- [A Matter of Balance*](#)
- [Get Hooked on Walking](#)
- End-of-Life Café

April 19

- Learning to Look
- [Keeping on Your Toes: Aging and the Podiatric Impact](#)
- Social Security and You

April 22

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced

April 23

- Perspectives

April 24

- Mindfulness for Wellness*
- [Let's Get Cooking](#)
- The Parkinson's Workshop

Blue= In-person Class
Black= Virtual Class
*=First class in series

April 25

- [Get Hooked on Walking](#)

April 26

- Writing Authentic Obituaries
- Food for Your Soul

April 29

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced



May

May 1

- [Men's Health & Aging](#)

May 2

- [Get Hooked on Walking](#)

May 3

- Stroke Support Group
- Learning to Look
- Solo Seniors

May 6

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced
- More Zentangle

May 8

- The Effects of Aging on Skin

May 9

- [Get Hooked on Walking](#)

May 10

- [The Dementia Brain](#)
- Food for Your Soul

May 13

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced

May 14

- Treating Behavioral and Psychological Symptoms of Dementia
- [Parkinson's Support Group](#)

May 15

- More Zentangle
- Eating Healthy When Money's Tight

May 16

- [Getting Hooked on Walking](#)
- End-of-Life Café

May 17

- Learning to Look

May 20

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced
- AARP Fraud Prevention: Weapons of Fraud

May 21

- [Tea with the Team](#)
- Gentle Yoga*
- [Tangle Tuesdays](#)
- Origami

May 22

- [Let's Get Cooking](#)
- The Parkinson's Workshop

May 23

- [Get Hooked on Walking](#)

May 24

- Living Better with Lower Vision
- Food for Your Soul

May 27

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced

May 30

- [Get Hooked on Walking](#)



June

June 3

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced
- More Zentangle

June 6

- [Get Hooked on Walking](#)
- Let's Talk about Late-life Female Incontinence

June 7

- Stroke Support Group
- Learning to Look

June 10

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced

June 11

- Dementia Conversations
- [Parkinson's Support Group](#)

June 12

- A Matter of Balance Virtual*

June 13

- [Get Hooked on Walking](#)

June 14

- Food for Your Soul

June 17

- Morning Sing
- Zoom Practice: Zoom
- Zoom Practice: Advanced

June 18

- [Tangle Tuesdays](#)
- Origami

June 19

- More Zentangle
- Foods for More Energy

June 20

- [Ready, Steady, Balance](#)
- [Get Hooked on Walking](#)
- End-of-Life Café

June 21

- Learning to Look

June 24

- Morning Sing
- Zoom Practice: Basic
- Zoom Practice: Advanced

June 26

- Drop-in Mindfulness
- [Let's Get Cooking](#)
- The Parkinson's Workshop

June 27

- [Get Hooked on Walking](#)

June 28

- Food for Your Soul

Blue= In-person Class
Black= Virtual Class
*=First class in series



IN-PERSON PROGRAMS



Healthy Aging

Balance Screening

Are you concerned about your balance or that you might be at risk of a fall? Balance screenings are available in-person as well as virtually.

For more information or to schedule an appointment, please contact the Fall Prevention Team at 603.653.3415 or email falls.prevention@hitchcock.org

Women's Health Series

At the Aging Resource Center Colburn Hill

Wednesdays, January 24 to February 28 (6 sessions), 10:30-11:30 am

Catherine Amarante, Geriatric RN, and Ellen Flaherty, PhD, APRN, AGSF

Would you like to join with a group of women to discuss women's health issues in a safe and open forum? Ellen Flaherty and Catherine Amarante will lead a six-week series on Women's Health. Each week, Ellen and Catherine will prepare a short program on a different health topic and facilitate a discussion. Topics to be covered are: 1. incontinence; 2. sex over 60; 3. importance of friendships as we age; 4. mobility and flexibility; 5. how to ensure shared decision making in health care; and, 6. downsizing.

Get Hooked on Walking

Meeting venue to be announced

Thursdays, February 1 to June 27, 11 am-12 pm

Do you need a little motivation to get moving? Are you tired of walking alone? Join us and get hooked on walking! We will explore the corridors of Dartmouth Health while we walk in pairs and small groups. Bring your water bottle, wear comfortable and sturdy footwear, and prepare to make great friends while getting fit.



From "Get Hooked on Walking"

Let's Get Cooking

At the Aging Resource Center Colburn Hill

Fourth Wednesdays of March, April, May and June, 11 am-12:30 pm

Catherine Amarante, RN

Would you like to learn more about heart-healthy Mediterranean diet cooking, how to easily cook for one (or two), experiment with slow cooker recipes, and perhaps travel to other countries via your taste buds? Catherine is leading a monthly cooking club where we will learn, cook and eat together!



IN-PERSON PROGRAMS



Healthy Aging

Nutritional Support for Aging Eyes

At the ARC Annex in the Upper Valley Senior Center, 10 Campbell Street, Lebanon, NH

Thursday, April 11, 10-11 am

Chris Fields, DO

Vision loss is common among older adults and age-related eye disease is a major contributor to vision loss. Research shows that certain nutrients can help reduce the risk and progression of eye disease in older adults. Come find out which nutrients you should be focusing on, along with their common food sources, and help maintain your focus.

A Matter of Balance

At the ARC Annex in the Upper Valley Senior Center, 10 Campbell Street, Lebanon, NH

Thursdays, April 18 to June 6 (8 sessions), 10 am-12 pm

Spencer Burdge and Chizuko Horiuchi, BA

"A Matter of Balance" is an award-winning program designed to manage falls and increase activity levels. This eight-week course will facilitate group discussion to reduce the fear of falling and implement practical strategies to avoid falls and improve safety. This program includes some very light exercises.

For more information and registration, please contact the Fall Prevention Team at 603.653.3415 or email falls.prevention@hitchcock.org.



From "A Matter of Balance"

Keeping on Your Toes: Aging and the Podiatric Impact

At the Aging Resource Center Colburn Hill

Friday, April 19, 1:30-2:30 pm

Dr. Tania Kapila, DPM

As we age there are a multitude of changes that occur in the feet, impacting our daily lives, activities, gait and risk of injury. While some of these changes are mild and go unnoticed, others can be debilitating and life changing. This program will be an overview of the impact of aging in the lower extremities and focus on patient education and prevention from a podiatrist's perspective.

Men's Health & Aging

At the Aging Resource Center Colburn Hill

Wednesday, May 1, 1-2:30 pm

Daniel Moran, APRN

We will explore common health topics for men as they age. Some of the topics covered in the class will include health screening, advance directives, staying active, your changing body, life after retirement, substance use, and sex after 60.



IN-PERSON PROGRAMS



Healthy Aging

Ready, Steady, Balance: How to Prevent Falls

At the ARC Annex in the Upper Valley Senior Center, 10 Campbell Street, Lebanon, NH

Thursday, June 20, 10:30 am-12 pm

Dawna Pidgeon, PT

A simple slip or fall can have serious consequences for those who are getting older. Staying active and strong can be even more difficult as we limit activities outside our home due to bad weather conditions. Please join us to learn tips, including ideas specific to these times, for improving your balance and preventing falls. Balance Screening will be available for participants after the lecture.

Planning Ahead

Advance Care Planning/Advance Directive Assistance

At the Aging Resource Center Colburn Hill or Dartmouth Health Manchester

By appointment

Advance Directive Facilitators are available to meet with you to answer questions and help you complete your Advance Directives. We will also scan the plan into your Dartmouth Health electronic record.

Dementia Education, Support, and Engagement

Dementia Resource Specialist One-on-One Services

At the Aging Resource Center Colburn Hill

By appointment

Our Dementia Resource team is happy to answer any questions you may have or provide available resources to match your needs.

Please feel free to contact dementiaresources@hitchcock.org or call 603.653.3484 to learn more about our Dementia Resource Services.

Tea with the Team

At the Aging Resource Center Colburn Hill

Third Tuesday of February, March, April, and May, 10:30-11:30 am

Meredith Kolodze, LICSW, Megan Reed, Dementia Resource Specialist, and Kristina Ward, Certified Savvy Caregiver Instructor

Monthly, in-person meet up for individuals living with dementia and their care partners. This will be a casual time to take a break and to enjoy tea, coffee, and cookies while socializing with others in similar experiences, and the Dartmouth Health Dementia Resource team. Small, no pressure activities will be provided each month for those interested.

The Dementia Brain

At the Aging Resource Center Colburn Hill

Friday, May 10, 1-3 pm

Lora Gerard, MPA

Dementia is often equated with 'memory problems.' While this is an important component, there are many other changes that happen to the brain. We will learn about how the brain and senses change, and how care partners can help reduce the impact of those changes. After class you will have an opportunity to practice some of the physical techniques from the class if you would like.



IN-PERSON PROGRAMS



Technology and Aging

Tech Coaching

At the Aging Resource Center Colburn Hill

By appointment

Would you like to navigate your computer and phone more smoothly? Would you like to know how to save pictures and how to send them to your friends and family? Would you like to learn how to join Zoom meetings? In this collaborative program Tech Coaches will work with you to help you conquer your technological challenges.

To make an appointment, please contact Chizuko Horiuchi at 603.653.3471 or email Chizuko.Horiuchi@hitchcock.org.

How Do I Find Reliable Health Information Online?

At the Aging Resource Center Colburn Hill

Thursday, April 11, 2-3:30 pm

Pamela Bagley, PhD, MSLIS

Searching for health information online can be intimidating in the best of times--it is hard to know what to trust! This workshop will introduce sources for finding reliable health and wellness information online. You will also learn tips for evaluating online health information, and discuss how to apply these tips to the ever-changing (and overwhelming) amount of online information.

Mind and Spirit

Tangle Tuesdays

At the Aging Resource Center Colburn Hill

Third Tuesday of Each Month, 1-2 pm

Tami Musty, CZT

Do you enjoy tangling with a group? Bring your own supplies and projects, bounce ideas off your fellow Tanglers. This is not a class, but an opportunity to tangle with friends.

Support Groups (for conditions other than Dementia)

Parkinson's Support Group

At the Aging Resource Center Colburn Hill

Second Tuesday of Each Month, 2-3:30 pm

DH Neurology Department

Designed for both the person living with Parkinson's Disease and their loved ones/care partners. These 1.5-hour monthly in-person sessions will start with a brief group educational topic and then break into two separate sessions: a peer-led group for individuals living with Parkinson's and one for care partners facilitated by Kelly Farrell, LICSW, ACM-MSW.

For more information, contact movement@hitchcock.org.



VIRTUAL PROGRAMS



Healthy Aging

Gentle Yoga for Older Adults

Tuesdays, January 9 to February 27 (8 sessions), 11 am-12 pm,

Tuesdays, March 19 to May 7 (8 sessions), 11 am-12 pm, or

Tuesdays, May 21 to June 25 (6 sessions), 11 am-12 pm

Kim Wenger Hall, RYT-500

Join Kim Hall, a Hatha yoga teacher with years of experience in health coaching and fitness. She will offer a safe and gentle introduction to the benefits of yoga. Exercise will be conducted primarily while seated and will include stretching, breathwork and relaxation. Feel the benefits of yoga as your body begins to awaken to increased movement, vitality, and a new awareness around the mind/body/spirit connection.

Singing Workshops for People with Parkinson's and Other Vocal and Breathing Challenges

Thursdays, January 11 to February 8 (5 sessions), 1-2:30 pm

Angelynne Hinson

This five-week, online, interactive singing workshop series will help strengthen and maintain the speaking voice. This program is beneficial for adults with Parkinson's disease, COPD, MS, post-stroke aphasia, or persons managing respiratory/vocal production issues. Though specifically designed for people with vocal or breathing challenges, it also has benefits for anyone who loves to sing and would like to learn more about your vocal instrument. Everyone is welcome. Angelynne Hinson, an independent artist and voice educator from Portsmouth NH, will share efficient singing voice techniques including movement and breathing exercises, vocal warm-ups and sing-a-longs. The goal is to have fun singing while learning skills to maintain your voice. No singing experience necessary. This series has five sessions: each week builds on the previous weeks and people should attend all of the sessions for maximum benefit. When you register for the first class on January 11, you are enrolled in the full program. This program is a collaboration of the Dartmouth Health Aging Resource Center and Neurology Clinic and is made available by a generous grant from the Parkinson's Foundation.

Let's Talk about Late-life Female Incontinence

Thursday, February 1, 2-3:30 pm, or

Thursday, June 6, 2-3:30 pm

Anne Cooper, MD, MA

Women 60 years of age and older are invited to talk about a topic that is not always easy to talk about. The purpose of this program is to learn more about late-life female incontinence with expert Dr. Cooper and to discuss the impact, strategies for coping, and options for treatment of this condition.

Living a Healthy Life with Chronic Conditions

Mondays, February 5 to March 11 (6 sessions), 12:30 to 3 pm

Sharon Feeney, BA and Chiz Horiuchi, BA

This six-week, online, evidence-based program will help you cope with symptoms of chronic illness. In this program, you will discuss strategies to: deal with frustration, fatigue, isolation, and poor sleep; exercise appropriately to maintain and improve strength, flexibility, and endurance; use medications appropriately; communicate effectively with family, friends, and health professionals; practice good nutrition; balance activity and rest; and, evaluate new treatments. Participants will receive a copy of the book "Living a Healthy Life with Chronic Conditions," an exercise CD, and a relaxation CD. They will also make weekly action plans, share experiences, and help each other address any issues with their self-management.

For more information and registration, please email Sharon.M.Feeney@hitchcock.org or Chizuko.Horiuchi@hitchcock.org.



VIRTUAL PROGRAMS



Healthy Aging

Healthy Bones for Life

Thursday, February 15, 1-2:30 pm

Ugis Gruntmanis, MD

Dr. Ugis Gruntmanis will cover why one in two women suffer fractures from osteoporosis. He will also explore the role of calcium and Vitamin D, as well as an active life style and screening for osteoporosis.

Normal vs. Not Normal: What Does Normal Cognitive Aging Look Like?

Friday, February 16, 1:30-3 pm

Dax Volle, MD

Dr. Dax Volle will discuss what cognitive changes are expected as we age, when it is considered pathologic or worrisome, and ways to address memory loss. If you are concerned about your memory or about a loved one, bring your questions. This program will help you understand what you are experiencing.

Ready, Steady, Balance: How to Prevent Falls

Thursday, February 22, 10-11 am

Dawna Pidgeon, PT

A simple slip or fall can have serious consequences for those who are getting older. Staying active and strong can be even more difficult as we limit activities outside our home due to bad weather conditions. Please join us to learn tip--including ideas specific to these times--for improving your balance and preventing falls.

The Effects of Aging on Skin

Wednesday, May 8, 10-11:30 am

Karen Ly, MD

The effects of sun and weather exposure, lifestyle, and normal aging all contribute to skin changes that happen as we age. This program will help you identify various changes and learn what is part of the normal aging process, versus signs that point to a more serious concern, treatments, as well as ways to maintain healthy skin.

Living Better with Lower Vision

Friday, May 24, 10:30 am -12 pm

Amy Clark, MS, Beth Daisy, MS, and Daniel Norris, MEd

If you have just begun to deal with vision impairment, you may have questions, frustrations, and fears. This program will help you learn services available in your community and learn how to live better with low vision. Representatives from the Vermont Association for the Blind and Visually Impaired, Future in Sight (formerly NH Association for the Blind), and Sight Services for Independent Living at NH Department of Education will review the resources available in our area and explain how to use some assistive devices.

A Matter of Balance Virtual

Mondays and Wednesdays, June 12 to July 10 (9 sessions), 1-3 pm

Sharon Feeney, BA, Chiz Horiuchi, BA and Ann Osborn, BA

"A Matter of Balance" is an award-winning program designed to manage falls and increase activity levels. This nine-session, online course will facilitate group discussion to reduce the fear of falling and implement practical strategies to avoid falls and improve safety. The first session will prepare participants to engage in this interactive course by Zoom. This program includes some very light exercises.

For more information and registration, please contact the Fall Prevention Team at 603.653.3415 or email falls.prevention@hitchcock.org.



VIRTUAL PROGRAMS



Healthy Aging

Healthy Eating for Healthy Living Series

Jean Copeland, RDN, LD

Healthy Eating to Slow Mental Decline

Wednesday, January 17, 2-3 pm

Eating habits influence our brain health. In this class we will look at what lifestyle factors support clear thinking, and which ones contribute to slow, agitated, or cloudy thinking.

Preparing and Eating Meals for One

Wednesday, February 21, 2-3 pm

Many Americans live alone and cook just for themselves. This program explores the question: "What makes a meal?" A heated, sit-down dinner in the evening isn't always possible, so what are some healthy alternatives? We'll also discuss frequent barriers to eating alone and solutions to overcome these barriers.

Foods to Reduce Pain

Wednesday, March 20, 2-3 pm

Today's focus is on chronic pain not caused by cancer. We'll look at the chronic pain of neuropathy, back pain, fibromyalgia, and arthritic pain. Since "the majority of pain syndromes are related to inflammation, and interestingly, the human gut microbiome, which is directly modulated (changed) by daily diet, is considered a master tuner of the onset and development of neurogenic pain and inflammation..." This program will focus on anti-inflammatory foods to include and pro-inflammatory foods to exclude to help manage pain.

Healthy Bowels Need More Than Fiber!

Wednesday, April 17, 2-3 pm

This program addresses how the gut handles food--from the stomach to the colon--to understand what bowels need to function well.

Eating Healthy When Money's Tight

Wednesday, May 15, 2-3 pm

In this program, you will learn about unit pricing to maximize your food dollars. You can take an inventory of your kitchen pantry to help plan grocery purchases, receive a list of local free or reduced-price food pantries and meal sites, and links to brush up your cooking skills. You can also consider planting a tomato plant or spinach seeds in a pot to share fresh produce with your friends and neighbors!

Foods for More Energy

Wednesday, June 19, 2-3 pm

In this program you will learn about what our bodies need in order to produce energy. You will look at your own lifestyle "energy zappers" and "energy restorers," see how you're doing eating energy-providing-foods. Finally, you will learn about substances in our environment that bog down our bodies, limiting our ability to make energy.



VIRTUAL PROGRAMS



Planning Ahead

End of Life Café: A Time to Talk and Share

Third Thursday of each month, 2-3:30 pm

Cynthia Stadler, APRN, MSN, CHPN

Ever wonder where you can go to talk about end-of-life with other people struggling with the same questions? We have scheduled a time for you to learn and share your thoughts and fears about what happens at the end of life. We hope that meeting together will help make talking about these issues a little easier for you.

Useful Tools for Life Planning

Wednesdays, March 6 to 27 (4 sessions), 10 am-12 pm

Jan Lord, Deborah Dworek, Lori Fortini, MEd, and Lora Gerard, MPA

Come learn how to give your loved ones the gift of a carefully and thoroughly prepared advanced directive, a comprehensive checklist of important information, and to discuss how to avoid problems by adequate planning. Appropriate for adults of all ages. This discussion is also very helpful for those who will be serving as agents or caregivers to loved ones. Appropriate for adults of all ages. We will mail you the materials before the first class. If you register too close to the class to receive the materials ahead of time, we will send you the first class materials electronically and then mail you the book for the full class.

Decluttering and Downsizing

Wednesdays, April 3 and 10 (2 sessions), 10-11:30 am

Lora Gerard, MPA

Thinking of downsizing as preparation for a move or just to better enjoy your current space? Join us to learn basic strategies for reducing clutter or downsizing. We will discuss how to find time and stay motivated; how to make decisions about what to keep; and how to effectively use online resources to sell or give away unwanted items.

What the Future Holds: Long-Term Care Discussion

Friday, April 5, 1-2:30 pm

James Thaxton, Esq.

Join attorney James Thaxton of Caldwell Law for a discussion of long-term care planning considerations. It is imperative that seniors, those approaching retirement age, and the families of those needing long-term care, take advantage of the planning opportunities that exist today. We will discuss estate planning that everyone should have and options for paying for your long-term care, including Medicaid. While this program is not intended as a substitute for a personal appointment with an attorney, you will have the opportunity to hear about typical issues and problems that can be addressed by adequate planning. This discussion is also very helpful for those who will be serving as agents or caregivers to loved ones.

Selling Your Stuff

Wednesday, April 17, 10-11:30 am

Lora Gerard, MPA

Considering whether and how to sell some of your belongings? Join us for a discussion about how to decide what to sell, how to sell safely and avoid scams, how to create good online listings, and which online options for selling may work best for your items. This class will focus on individuals selling items in direct private sales, not how to create an online business.



VIRTUAL PROGRAMS



Planning Ahead

Social Security and You

Friday, April 19, 1:30-3 pm

Marilenin Vasquez

How well do you really understand how Social Security works and your level of benefit eligibility? Why does a spouse also qualify under your Social Security record? What happens to someone's benefits after their death? These and many more topics will be discussed. Please bring your questions to be answered by an expert.

Solo Seniors: How to Plan for Aging without a Family Caregiver

Friday, May 3, 1-2:30 pm

Renée Harvey, Esq.

Research has found that approximately one quarter of American 65 years and above are aging alone without a spouse, adult children or relatives to rely on for assistance and company during senior years; the majority of them are women. Join us for a discussion of the personal and legal considerations involved in aging as a solo senior-and how to begin planning for tomorrow...today!

AARP Fraud Prevention Program Series

Elliott Greenblot, Vermont State Coordinator - AARP

The Internet of Things – What Secrets Are Being Told by Your Refrigerator?

Monday, March 18, 2-3:30 pm

Our lives are being impacted by the internet in more ways than most realize. Beyond computers, tablets, and smart phones, common household items such as televisions, refrigerators, home security and access devices, and even home heat and lighting systems can be remotely controlled over the internet. Even reliable transportation such as the family car is connected and monitored. Join us for an in-depth examination of the internet fraud, how it is accessed, and how you can prevent criminal or malicious harm.

Medicare Fraud – It's Enough to Make You Sick!

Monday, April 15, 2-3:30 pm

Annually, \$65 billion is lost to Medicare fraud that could be applied to extended benefits and reduced taxpayer liability. Learn how Medicare fraud drains resources from health care and individual pockets. The presentation also addresses how beneficiaries can fight fraud and help reduce Medicare expense.

Weapons of Fraud

Monday, May 20, 2-3:30 pm

This program will overview the leading scams and techniques of con artists. It will also discuss the steps to take to avoid victimization. This is the AARP Fraud Prevention Program's "flagship" presentation as it is their oldest program and has been presented most frequently. While addressing a wide range of issues, it does not cover computer/cyber scams.



VIRTUAL PROGRAMS



Dementia Education, Support, and Engagement

Perspectives: Dementia Engagement for Care Partners and Loved Ones through Art

Fourth Tuesday of January, February, March and April, 11 am-12 pm

Hood Museum of Art Docent

"Virtual Perspectives" offers an intergenerational opportunity for individuals with dementia, their care partners and students to virtually visit world-class works which are currently featured at the Hood Museum of Art. Looking at art is an activity that can be especially enjoyable and beneficial to those with Alzheimer's disease and other forms of dementia. Art-viewing utilizes areas of the brain unaffected by the disease: it can stimulate thoughts, reactions, and emotions with minimal reliance on recent memory.

This program is presented in collaboration with the Hood Museum of Art and DH Arts and Humanities Program.

Registration for each meeting is required to receive the Zoom link.

Dementia Caregiver Support Group

Wednesdays, January 3 to February 21 (8 sessions), 12:30-2 pm, or

Thursdays, January 4 to February 22 (8 sessions), 3-4:30 pm

Megan Reed, Dementia Resource Specialist and Kristina Ward, Certified Savvy Caregiver Instructor

These caregiver support groups are for those caring for someone with a dementia illness and run in an eight-week series. Each weekly session includes a check-in with the caregiver and features a topic relative to the challenges around caring for someone with a dementia related illnesses. Spring dates TBD.

For more information and registration, please contact dementiaresources@hitchcock.org or call 603.653.3484.

Grieving While Living: A Dementia Caregiver's Struggle

Thursdays, January 4 to February 22 (8 sessions), 10-11:30 am

Meredith Kolodze, LICSW

Caring for a loved one with dementia can be challenging and lonely. As the person that we have always known changes, we may find ourselves experiencing losses, even though that person is still alive and with us.

This eight-week group is available to anyone who is a care partner for a person who is dealing with moderate to severe stages of dementia. Here, we will come together to provide support, community, and resources as we navigate this challenging journey.

For more information and registration, please contact dementiaresources@hitchcock.org or call 603.653.3484.

Exploring Grief for the Dementia Carepartner: A Workshop

Thursday, January 9, 11 am-12:30 pm

Meredith Kolodze, LICSW

Caring for a loved one with dementia at any stage can be challenging and lonely. As the person that we have always known changes, we may find ourselves experiencing losses, even though that person is still alive and with us. This workshop is available to anyone who is a care partner for a person with dementia. We will discuss what we mean by "ambiguous" and "dementia grief" and we will explore resources and supports as you navigate this challenging time. This workshop will provide participants with an understanding of ambiguous grief and "dementia" grief, start a discussion about losses that happen along the dementia journey, and provide resources and supports to care partners.



VIRTUAL PROGRAMS



Dementia Education, Support, and Engagement

Understanding and Responding to Behaviors

Tuesday, February 13, 11 am-12:30 pm

Representative from the Alzheimer's Association

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. Some behaviors can present real challenges for caregivers to manage. Join us to learn how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges. This program is offered in partnership with the Alzheimer's Association of MA/NH.

The Dementia Brain

Mondays, February 26 and March 4 (2 sessions), 10-11:15 am

Lora Gerard, MPA

Dementia is often equated with 'memory problems.' While this is an important component, there are many other changes that happen to the brain. These changes impact how the person living with dementia experiences the world around them. We will learn about changes that impact the sensory systems, such as vision and hearing, and strategies to provide support through these changes. This will include modifications to the home environment that may help. We will also discuss how changes to the brain may impact the person in other ways, such as impulse control and the ability to understand speech.

Effective Communication Strategies

Tuesday, March 12, 11 am-12:30 pm

Representative from the Alzheimer's Association

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

This program is offered in partnership with the Alzheimer's Association of MA/NH.

How to Be a Health Care Agent for Someone with Dementia

Tuesday, April 9, 11 am-12:30 pm

Meredith Kolodze, LICSW

While we may not go through life wishing to become someone's health care agent, it is not uncommon to find ourselves in that role when a loved one is experiencing dementia symptoms. Taking on such a responsibility can come with many questions, concerns, and anxiety. This program will cover how to best prepare for this important role and how to approach some of the challenging decisions you may face.

Treating Behavioral and Psychological Symptoms of Dementia

Tuesday, May 14, 11 am-12:30 pm

Brian Rosen, MD

This talk will cover the numerous and varied behavioral and psychological symptoms of dementia (also referred to as neuropsychiatric symptoms). We will discuss the various medication and non-medication options for treatment, including newly approved treatments and possible future directions for treatment.



VIRTUAL PROGRAMS



Dementia Education, Support, and Engagement

Dementia Conversations

Tuesday, June 11, 11 am-12:30 pm

Representative from the Alzheimer's Association

Learn how to have productive and successful conversations with your loved one, family and others about some of the most challenging topics when caring for someone with memory challenges.

This program is offered in partnership with the Alzheimer's Association of MA/NH.

Savvy Caregivers

Meeting dates and times to be announced

Megan Reed, Dementia Resource Specialist and Kristina Ward, Certified Savvy Caregivers Instructors

The Savvy Caregiver program is a six-week evidence-based training program for caregivers of someone with Alzheimer's or related dementias. In this class, caregivers are encouraged to learn to develop and modify their caregiving strategies in order to accomplish their role of caregiving, which includes the contented involvement of the person they care for. The class builds information and knowledge about the illness, develops skills to manage daily life and fosters a new attitude towards caregiving.

For more information and registration, please contact dementiaresources@hitchcock.org or call 603.653.3484.

Technology and Aging

Tech Coaching by Zoom

By appointment

Would you like to navigate your computer and phone more smoothly? Would you like to know how to save pictures and how to send them to your friends and family? Would you like to learn how to join Zoom meetings? In this collaborative program Tech Coaches will work with you to help you conquer your technological challenges.

To make an appointment, please contact Chiz Horiuchi at 603.653.3471 or email Chizuko.Horiuchi@hitchcock.org.

Zoom Practice Space with Tech Coaches: How to Navigate Basic Zoom Functions

Mondays, 9-9:45 am

Many programs and classes are now offered via Zoom. Do you wish that you had an opportunity to practice basic functions attached to the Zoom application so that you can participate in Zoom meetings with ease? The Aging Resource Center's Tech Coaches are here to help you get more familiar with Zoom and practice Zoom's basic functions in this "Zoom Practice Space."

Zoom Practice Space with Tech Coaches: How to Schedule and Host Zoom Meetings

Mondays, 10-10:45 am

Do you wish that you knew how to schedule and host a Zoom meeting so that you can meet your friends and family via Zoom? The Aging Resource Center's Tech Coaches are here to help you learn how to schedule and host Zoom meetings.



VIRTUAL PROGRAMS



Mind and Spirit

More Zentangle

**Mondays, February 5, March 4, April 1, May 6, June 3, 3:30-4:30 pm, and
Wednesdays, January 17, February 21, March 20, April 17, May 15, June 19, 9:30-10:30 am**

Lora Gerard, MPA and Tami M. Musty, CZT

Individuals who have taken Beginner Zentangle can learn additional tangles and techniques to enhance your work. Different techniques will be taught in each of these classes: you can participate in one or all of the classes to build on your knowledge.

Prior participation in "Beginner Zentangle" is required.

Drop-in Mindfulness

Wednesdays, January 24, March 27 and June 26, 9:30-10:30 am

Chizuko Horiuchi, BA and Renée Pepin, PhD

Mindfulness is the practice of turning your attention to the present moment while noticing your judgement. Mindfulness is a practice to keep cultivating. We invite those who are familiar with mindfulness to practice together and hope this drop-in mindfulness will help your journey of cultivating your mindfulness. We will dive into practicing, so please come prepared to practice.

Beginner Zentangle

Wednesday, February 7, 2-4 pm

Tami M. Musty, CZT

Zentangle® is a simple-to-learn method to create beautiful art by drawing simple patterns. The process is a mindful and meditative art form used to enhance creativity, increase focus, or just to relax. In this class, participants will learn philosophy, method, and approach to creating Zentangle art. If you can draw a line and very basic shapes, you can create beautiful work! No artistic experience is required, but artists looking to incorporate something new into their practice are welcome.

Staying Mindful: A workshop to create reminders to stay present

Wednesdays, February 21 and 28 (2 sessions), 9:30-10:30 am

Chizuko Horiuchi, BA and Renée Pepin, PhD

Do you want to stay motivated to practice mindfulness? Do you crave reminders to stay in the present moment? This program is designed to help you to stay connected to your practice by creating physical reminders of your "wisdom texts," resources which give you wisdom or deepen your clarity. "Wisdom text" can be actual texts, like scriptures or teachings. They can also be a social media meme, a quote or text in your favorite books, or any type of art. Please choose "wisdom texts" that you would like to bring into the physical world by putting them on paper. Please bring any creative activity to keep the wisdom text available as a reminder of your mindfulness practice. For example, bookmark with a quote, collage with pictures, calligraphy, or Zentangle. It could be a sticky note or a card. You could paint a rock or quilt a square! No artistic ability or materials required!

Buried in Treasure

Tuesdays, February 27 to June 18 except April 23 (16 sessions), 3-4:30 pm

Lora Gerard, MPA

This is a 16-week, facilitated, self-help program for people who would like to reduce clutter in their homes. We will work through the Buried in Treasures workbook together and share our experiences. Whether you struggle with over-acquiring, excessive saving, or both, this workshop will allow you to complete challenging and rewarding exercises towards your goals. Each week we will discuss a new skill together as a group and discuss individual progress, challenges, and successes. This program is free, but participants will need to purchase the "Buried in Treasures" workbook (about \$20 online).



VIRTUAL PROGRAMS



Mind and Spirit

Introduction to Mindfulness

Wednesday, April 10, 9:30-11 am

Chizuko Horiuchi, BA, and Renée Pepin, PhD

Mindfulness is the practice of turning your attention to the present moment while noticing your judgement. This one-session workshop will give you a brief introduction to mindfulness and build skills that will help you focus on the here and now.

Mindfulness for Wellness

Wednesdays, April 24 to May 29 (6 sessions), 9:30-11 am

Chizuko Horiuchi, BA, and Renée Pepin, PhD

Mindfulness is the practice of turning your attention to the present moment while noticing your judgment. This six-part series will involve practicing skills that will help you focus on the here and now. You will practice a variety of mindfulness exercises and assignments to increase mindfulness in your daily life.

Prior participation in "Introduction to Mindfulness" is required.

Arts and Aging

Learning to Look: Conversations about Art

First and Third Fridays of Each Month, 11 am-12 pm

Hood Museum of Art Docent

Visual art can inspire and challenge us. It can also offer a focal point for rich conversations about life and ideas. Join this interactive virtual program facilitated by docents from the Hood Museum of Art to learn how to think critically about visual art in the company of your peers. Each time we will explore different works of art from the Hood Museum of Art's collection across time and cultures. No prior experience discussing art necessary. Curiosity is the only prerequisite!

This program is presented in collaboration with the Hood Museum of Art and DH Arts Program.

Registration for each meeting is required to receive the Zoom link.

Morning Sing

Mondays, January 8 to June 24, 9-10 am

Dave Richardson

Start your week off singing! Join Vermont singer-songwriter Dave Richardson in a virtual morning sing that will wake up your body and mind allowing you to use your best voice for singing. No singing experience is required.

Registration for each meeting is required to receive the Zoom link.

Art with Kim: Drawing the Human Form

Mondays, January 8 to 29 (4 sessions), 10 am-12 pm

Kim Wenger Hall, RYT-500

Most of us were never really taught how to draw the human form, let alone how to capture that "special something" that makes a good figure drawing so captivating. In this course, you will be guided step by step through several approaches to seeing and capturing people on paper. By the end of our sessions, you'll be able to create a realistic representation that you will be proud of! (If you have taken figure drawing with Kim before, some of the content will be familiar to you.)



VIRTUAL PROGRAMS



Arts and Aging

Food for Your Soul: Reading Poetry Together

Second and Fourth Fridays of Each Month, 3-4 pm

Lori Fortini, MEd

Poems offer ways to look at our world that are relevant for our time and give rise to deep thoughts and feelings. Join me as we read poems together. We will share and discuss our responses to the poems to feed our souls.

Registration for each meeting is required to receive the Zoom link.

Memoir Writing

Tuesdays, February 6 to March 5 (5 sessions), 1-2:30 pm

Kim Gifford, MA

We are all open to new memories, new travels, new adventures, but what about when the new becomes old? What happens when these timely adventures turn to memory? How do we recapture them and claim them fresh and new again, and what did we learn? Let's take five weeks to open ourselves to our pasts and see what gems we can discover in writing the stories of our lives.

Origami: Art of Folding Papers

Third Tuesday of Each Month (except January), 3:30-4:30 pm

Chiz Horiuchi, BA

Origami-paper folding technique is a therapeutic activity that connects people emotionally while engaging them cognitively. It is a great mindfulness activity as it allows you to focus on the present moment. No prior experience is required. Origami is a great inter-generational activity too. If you do not have origami paper, please bring US letter size papers of any color or any prints with a pair of scissors.

Registration for each meeting is required to receive the Zoom link.

Art with Kim: Drawing a Realistic Still Life

Mondays, March 4 to 25 (4 sessions), 10 am-12 pm

Kim Wenger Hall, RYT-500

Learn to sketch and draw with confidence in this four-session class. Explore various techniques and create your realistic still-life drawing, capturing everyday objects with interesting form, light, and texture.

You Know You Should: Writing Meaningful Condolence Letters

Friday, April 12, 10-11:30 am

Lee Webster, BA

Your mother told you it's the polite thing to do. Your teacher taught you how to lay it out on the page. But what, exactly, is the right thing to say when writing condolence notes? We'll take a look at some famous—and infamous—condolence letters written by presidents, authors, and celebrities to see how we can avoid the pitfalls and rise to the occasion with sincerity and panache when reaching out to others when a loved one dies.

The Stories of Our Lives: Writing Authentic Obituaries

Friday, April 26, 10-11:30 am

Lee Webster, BA

Writing obituaries used to be about letting people know the death occurred, a list of life accomplishments, then where to send flowers. But obituary writers have taken a turn in recent years, using this once-in-a-lifetime opportunity to paint a true picture of who this person was, what gifts and foibles they brought to the key relationships in their lives, and much more. We'll study the craft of writing death notices by the book—and how to break the rules.



VIRTUAL PROGRAMS



Support Groups

The Stroke Survivors' Support Group

First Friday of Each Month, 10-11:30 am

Jennifer Lauro, MSW, CCM, DH Neurology Department

A stroke can be a life-changing experience. Not just for the stroke survivor, but for the whole family. This monthly peer-to-peer group, facilitated by Jennifer Lauro, MSW, CCM, allows participants to share experiences and gain encouragement from others who are dealing with similar challenges. Stroke survivors, family members and caregivers are all invited to come to the group.

For more information and registration, email movement@hitchcock.org.

Registration for each meeting is required to receive the Zoom link.

The Parkinson's Workshop*

Fourth Wednesday of Each Month, 1-2:30 pm

DH Neurology Department

This monthly gathering of people living with Parkinson's Disease and their care partners provides information and strategies for managing a life with Parkinson's. Each month, an expert in a new area of interest will discuss how to enhance quality of life while dealing with the impact of Parkinson's Disease.

For more information, contact movement@hitchcock.org.

Registration for each meeting is required to receive the Zoom link.

"This was my first time taking part in an ARC virtual class. I found it informative and nurturing to see other people w/ PD, even if it was virtually."

- The Parkinson's Workshop participant

*In-Person Parkinson's Support Group information on Page 9

When Someone You Love Has Died

March - meeting dates and times to be announced

Meredith Kolodze, LICSW

The death of someone you love can be soul-shattering. Living with grief may seem impossible. Join us for comfort, understanding, support, and ideas about how to make it through this difficult time. Meredith Kolodze from NAMI New Hampshire will lead an eight-week support group for people who have lost loved ones. To receive the most benefit from the group and to allow for a safe space to share stories, we ask that you commit to attending the full program.

For more information and registration, please contact the Aging Resource Center at 603.653.3460 or email MKolodze@naminh.org.

"It showed me that not everyone grieves the same way and that is okay. Participants shared ways to help each other adjust through their time of grieving and encouraged each other with comments of support."

- When Someone You Love Has Died participant



Dartmouth
Health

Aging Resource Center

Colburn Hill

444 Mt. Support Road Lebanon, NH 03766

603.653.3460 | dhaging.org | AgingCenter@hitchcock.org

How to find the Aging Resource Center:

- From NH Route 120:
 - If approaching from the Hanover area, take a right at the second set of 4-way set of lights that would lead you to DHMC. You are now on Lahaye Dr.
 - If approaching from the Lebanon area, take a left at the 4-way set of lights that would lead you to DHMC. You are now on Lahaye Dr.
 - At the next 4-way intersection (set of lights), turn right onto Mt. Support Road
 - Shortly after turning right, you will see Colburn Hill on the right. There are three entrances to Colburn Hill.
 - Turn into the third entrance (on the right) to the building's lot.
 - Go through the front parking lot, then look for Entrance E on the far side of the building; there is plenty of on-site parking.



How to find the ARC Annex:

Our ARC Annex is located in the Upper Valley Senior Center at 10 Campbell Street in downtown Lebanon off the green by the CCBA. Look for the Aging Resource Center banner.



Aging Resource Center
Colburn Hill
444 Mt. Support Road
Lebanon, NH 03766

Presorted First Class
U.S. Postage
PAID
Wht Riv Jct, VT
Permit No. 73

About Us:

The Aging Resource Center is part of the Geriatric Center of Excellence (GCOE). The GCOE conducts wellness research, collaborates with health care teams and community groups, and provides education for health care professionals and the public.

Please visit the GCOE website at <https://www.dartmouth-health.org/geriatric> for more information.



Aging Resource Center

For information about any of our programs, to be added to our mailing list, to register, or to cancel a registration, email agingcenter@hitchcock.org, call 603.653.3460, or visit our website dhaging.org.

Unless Otherwise Noted:

- **Advance registration is required**
- **Classes are offered free of charge**



Scan here ->

to go to the
Aging Resource Center
Community Events page.

