Aging Resource Center
Summer and Fall
In-Person & Virtual Program
July – December 2024

Participants enjoying building up strength in the “SAIL” class.
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 Osborn, BA
Clinical Research Coordinator

Megan Reed, BA
Dementia Resource Specialist

Kristina Ward
Program Coordinator

Welcome to the Dartmouth Health Aging Resource Center.

The Aging Resource Center is proud to offer a variety of education, support, engagement classes, and services to improve the minds, bodies, and spirits of older adults and their families.

Our in-person & virtual program includes:

- Workshops and lectures
- Support groups
- A comprehensive lending library
- Dementia resource support consultations
- Assistance with connecting to community resources

In-person programs are offered either at the Aging Resource Center at 444 Mt. Support Road, Lebanon, NH or the ARC Annex at the Upper Valley Senior Center at 10 Campbell Street, Lebanon, NH.

Virtual classes may be viewed from your own home or, if you have trouble connecting from home, many virtual classes are available to be viewed from the Aging Resource Center through live streaming.

We hope you join us at the Center or on the screen.

For any question about programs, please contact the Aging Resource Center at agingcenter@hitchcock.org or call 603.653.3460.
Fall Open House
Wednesday, October 2
1:00 to 4:00 pm

On October 2 from 1 to 4 pm, we invite you to visit our library, meet our staff, and connect with each other.

We are excited to see you!

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 register electronically into programs — most classes have a link that connects to the registration page.

Sign up for our e-Newsletter and updates at agingcenter@hitchcock.org.

Important Program Information

- Advance registration is required. Call 603.653.3460 to register.
- Classes are offered free of charge.
- Classes are available by live streaming.
  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 do not record classes. We strive to make our classes safe places for sharing personal stories and to protect participants’ privacy.

Hours of Operation
Monday through Friday
9 am to 4 pm (except holidays)

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.
## July 2024

All programs are free. Registration is required for all the programs. Please call **603.653.3460**, email **agingcenter@hitchcock.org** or visit **dhaging.org**.

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<td>Introduction to Chair Yoga* 11 am-12 pm  Parkinson’s Support Group 2-3:30 pm</td>
<td>Memoir Writing* 2-3:30 pm</td>
<td>Get Hooked on Walking 11 am-12 pm</td>
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<td>Morning Sing 9-10 am  Firearm Life Plans 12:30-2:30 pm</td>
<td>Introduction to Chair Yoga* 11 am-12 pm</td>
<td>Memoir Writing* 2-3:30 pm</td>
<td>Let’s Have Fun Putting a Gift Basket 10 am-12 pm  Get Hooked on Walking 11 am-12 pm</td>
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<td>Morning Sing 9-10 am  Zoom Practice I 9-9:45 am  Zoom Practice II 10-10:45 am  Tangling in 3D 1-3 pm</td>
<td>Introduction to Chair Yoga* 11 am-12 pm</td>
<td>Drop-in Mindfulness 9:30-10:30 pm  Parkinson’s Workshop 1-2:30 pm  Fraud Prevention 1-1 1-3:15 pm  Memoir Writing* 2-3:30 pm</td>
<td>Summer Sing with Dave 10-11:30 am  Get Hooked on Walking 11 am-12 pm</td>
<td>Food for Your Soul 3-4 pm</td>
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Programs in **blue** are offered in-person. Programs with * are a series with multiple sessions. Registration is required before the first class.
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Programs with * are a series with multiple sessions. Registration is required before the first class.

### August 2024

All programs are free. Registration is required for all the programs. Please call **603.653.3460**, email **agingcenter@hitchcock.org** or visit **dhaging.org**.

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<td>Get Hooked on Walking 11 am-12 pm</td>
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<td>Morning Sing 9-10 am</td>
<td>Zoom Practice I 9-9:45 am</td>
<td>Understanding and Responding 11 am-12:30 pm Parkinson’s Support Group 2-3:30 pm</td>
<td>Navigating Life’s Final Journey 10-11:30 am Get Hooked on Walking 11 am-12 pm</td>
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<td>Exploring Grief for the Dementia Care Partner 10:30 am-12 pm</td>
<td>Useful Tools for Life Planning* 10 am-12 pm</td>
<td>Get Hooked on Walking 11 am-12 pm</td>
<td>Food for Your Soul 3-4 pm</td>
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<td>Morning Sing 9-10 am</td>
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<td>Useful Tools for Life Planning* 10 am-12 pm Parkinson’s Workshop 1-2:30 pm</td>
<td>Get Hooked on Walking 11 am-12 pm</td>
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September 2024

All programs are free. Registration is required for all the programs. Please call **603.653.3460**, email **agingcenter@hitchcock.org** or visit **dhaging.org**.

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<td>Useful Tools for Life Planning* 10 am-12 pm</td>
<td>A Matter of Balance* 10 am-12 pm</td>
<td>Stroke Support Group 10-11:30 am Learning to Look 11 am-12 pm</td>
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| Morning Sing 9-10 am  
Zoom Practice I 9-9:45 am  
Zoom Practice II 10-10:45 am  
Living a Healthy Life* 12:30-3 pm | Your Body Believes* 9-10:30 am  
SAIL* 10-11 am  
Gentle Yoga* 11 am-12 pm  
Why Do I Feel Like This? 11 am-12:30 pm  
Parkinson’s Support Group 2-3:30 pm | Useful Tools for Life Planning* 10 am-12 pm | A Matter of Balance* 10 am-12 pm  
Get Hooked on Walking 11 am-12 pm | SAIL* 10-11 am  
American Funeral 10-11:30 am  
Food for Your Soul 3-4 pm |
| 16     | 17      | 18        | 19       | 20     |
| Morning Sing 9-10 am  
Living a Healthy Life* 12:30-3 pm  
Tiny Tangled Envelopes 1-3 pm  
The Internet of Things 2-3:30 pm | Your Body Believes* 9-10:30 am  
SAIL* 10-11 am  
Dementia Brain 10 am-12 pm  
Gentle Yoga* 11 am-12 pm | More Zentangle 9:30-10:30 am  
Women’s Health Series 1 10-11 am  
How Much Protein Do I Need? 2-3 pm | A Matter of Balance* 10 am-12 pm  
Doing More of What’s important* 10-11:30 am  
Get Hooked on Walking 11 am-12 pm  
End of Life Café 2-3:30 pm  
Men’s Health Series 1 2:30-3:30 pm | SAIL* 10-11 am  
Learning to Look 11 am-12 pm |
| 23     | 24      | 25        | 26       | 27     |
| Morning Sing 9-10 am  
Zoom Practice I 9-9:45 am  
Zoom Practice II 10-10:45 am  
Living a Healthy Life* 12:30-3 pm | Your Body Believes* 9-10:30 am  
SAIL* 10-11 am  
Gentle Yoga* 11 am-12 pm | Drop-in Mindfulness 9:30-10:30 am  
Women’s Health Series 2 10-11 am  
Parkinson’s Workshop 1-2:30 pm | A Matter of Balance* 10 am-12 pm  
Doing More of What’s important* 10-11:30 am  
Get Hooked on Walking 11 am-12 pm  
Men’s Health Series 2 2:30-3:30 pm | SAIL* 10-11 am  
Eco-friendly Funeral 10-11:30 am  
Food for Your Soul 3-4 pm |
| 30     |         |           |          |        |
| Morning Sing 9-10 am  
Living a Healthy Life* 12:30-3 pm | | | | |

Programs in **blue** are offered in-person.  
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### October 2024

Registration is required for all the programs. Please call [603.653.3460](tel:603.653.3460), email [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org) or visit [dhaging.org](http://dhaging.org).

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<td>A Matter of Balance*</td>
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<td>Parkinson’s Support Group</td>
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<td>Beyond the Surface*</td>
<td>Zoom Practice I</td>
<td>SAIL*</td>
<td>Doing More of What’s Important*</td>
<td>LGBTQ &amp; Advance Planning</td>
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<td>Gentle Memo Writing*</td>
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<td>Beyond the Surface*</td>
<td>Memo Writing*</td>
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<td>Morning Sing</td>
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November 2024

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<td>Morning Sing</td>
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<td>Bring Landscapes to Life*</td>
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<td>SAIL*</td>
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<td>A Matter of Balance V*</td>
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<td>More Zentangle</td>
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<td>Stroke Support Group</td>
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<td>Nutritional Support for Aging Eyes</td>
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<td>SAIL* 10-11 am</td>
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Programs in blue are offered in-person.
Programs with * are a series with multiple sessions. Registration is required before the first class.
Programs in **blue** are offered in-person.
Programs with * are a series with multiple sessions. Registration is required before the first class.
Healthy Aging

Balance Screening
By appointment
Are you concerned about your balance or that you might be at risk of falling? Balance screenings are available in-person or virtually.

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

Women's Health Series (Please sign up for each meeting)
Held at the Aging Resource Center Colburn Hill

Wednesdays, September 18 to October 9, 10-11 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 four-week series on women’s health. There will be a different health topic each week.

Get Hooked on Walking
Held at DHMC Level 5

Thursdays (except July 4 and November 28), 11 am-12 pm
Do you need a little motivation to get moving? Are you tired of walking alone? Join us in walking along the safe, level, and climate-controlled hallways of DHMC while we walk in pairs and small groups. Come look at the art on the walls while getting your steps in, and grab a coffee or snack at the food court afterwards. Bring your water bottle, wear comfortable and sturdy footwear, and prepare to make great friends while getting fit.

A Matter of Balance
Held at the Aging Resource Center Colburn Hill

Thursdays, September 5 to October 24 (8 sessions), 10 am-12 pm
Spencer Burdge and Chizuko Horiiuchi, 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 Falls Prevention Team at 603.653.3415 or email falls.prevention@hitchcock.org.

Stay Active and Independent for Life (SAIL)
Held at the ARC Annex in the Upper Valley Senior Center, 10 Campbell Street, Lebanon, NH

Tuesdays and Fridays, September 10 to November 8 (18 sessions), 10-11 am
Chizuko Horiiuchi, BA, and Ann Osborn, BA
SAIL is an evidence-based falls prevention exercise program that helps reduce falls risk. This program involves one hour of aerobic, balance, strength, and flexibility exercises (available in standing and sitting form) set to fun music. Two textbooks will be provided for reference.

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

Nutritional Support for Aging Eyes
Held at the ARC Annex in the Upper Valley Senior Center, 10 Campbell Street, Lebanon, NH
Thursday, November 7, 10-11 am
Chris Fields, OD
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.

Men's Health & Aging Series (Please sign up for each meeting)
Held at the Aging Resource Center Colburn Hill
Daniel Moran, APRN
This program will be available for watching at home as well. Please contact the Aging Resource Center at 603.653.3460 or agingcenter@hitchcock.org to learn more about this option.

Session 1 - Staying Healthy
Thursday, September 19, 2:30-3:30 pm
Welcome to "Staying Healthy," a comprehensive discussion tailored to empower men over 60 in prioritizing their well-being and vitality. Join us as we explore critical pillars of health, including diet, hydration, exercise, sleep, and sexual wellness. Don't miss this opportunity to journey towards optimal health and well-being in your golden years.

Session 2 - Your Changing Body & Health Maintenance
Thursday, September 26, 2:30-3:30 pm
Welcome to "Changing Body & Health Maintenance," a crucial discussion tailored for men over 60 to navigate the complexities of aging. Join us as we explore the changes your body undergoes with age, focusing on topics such as prostate enlargement and its impact on overall health. Take advantage of this opportunity to equip yourself with invaluable insights and practical strategies for maintaining optimal health and vitality.

Session 3 - Mental Health
Thursday, October 3, 2:30-3:30 pm
Welcome to "Mental Health: Navigating Life's Transitions," a crucial discussion tailored for men over 60 to explore their well-being. Join us as we explore the often-overlooked aspects of life after retirement, offering insights into finding purpose, maintaining social connections, and coping with transitions. Participate in an empowering discussion as we navigate these critical mental health topics together, equipping you with the tools and resources to prioritize your emotional well-being.

Session 4 - Serious Illness and Planning for the Future
Thursday, October 10, 2:30-3:30 pm
Welcome to "Serious Illnesses and Planning for the Future," which is tailored to provide men over 60 with vital information for proactive health management and future planning. Take advantage of this opportunity to equip yourself with knowledge and strategies for maintaining optimal health and planning for the future with confidence and peace of mind.
Planning Ahead

**Advance Care Planning/Advance Directive Assistance**
Held at the Aging Resource Center Colburn Hill

**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 eletronic medical record.

**To make an appointment, please contact the Aging Resource Center at 603.653.3460 or email agingcenter@hitchcock.org.**

**Firearm Life Plans**
Held at the Aging Resource Center Colburn Hill

**Monday, July 15, 12:30-2:30 pm**
*James Esdon, Program Coordinator Injury Prevention and Lora Gerard, MPA*

About 50% of the population of NH and VT owns at least one firearm. You are a responsible owner, but what happens to your firearms once you are no longer able to directly oversee them? The Firearm Life Plan can help you plan ahead and communicate your wishes to trusted friends and family members. It also helps you document your memories and the history of your collection. In this session, we will review the planning documents that cover what you want done with your firearms and when you want that to happen, taking an inventory, and preserving your memories.

**AARP Fraud Prevention One-on-One Consultation**
Held at the Aging Resource Center Colburn Hill

**Wednesday, July 24 *Seven 15-minute appointments are available 1-3:15 pm**
*Elliott Greenblatt, Vermont State Coordinator - AARP*

Fraud Prevention consultation is available by AARP Fraud Watch Network Coordinator, Elliott Greenblott. Up to seven appointments are available, and each appointment is 15 minutes in length. Please bring your questions and topics to discuss to the appointment. You are welcome to bring your friends and families, if they share the same questions and concerns.

**To make an appointment, please contact the Aging Resource Center at 603.653.3460 or email agingcenter@hitchcock.org.**

**Navigating Life’s Final Journey: Conversations, Choices, Resources**
Held at the Aging Resource Center Colburn Hill

**Thursday, August 15, 10-11:30 am**
*Patricia O’Connor, MSN*

People are often lost in a medical maze when serious illness enters their lives. Pat O’Connor sheds light on the dark pathways of that maze by sharing her knowledge gained through education and years of experience working as a nurse practitioner caring for people who are seriously- and terminally-ill. This program will explore how people may have more control of their lives and those of their loved ones all the way through to the end of life. Pat speaks from a place of hope and belief that all of life can be meaningful and lived ‘Your way!’

**Useful Tools for Life Planning**
Held at the Aging Resource Center Colburn Hill

**Wednesdays, August 21 to September 11 (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. 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 provide the program materials in advance.
**Planning Ahead**

**LGBTQ+ Advance Planning**
Held at the Aging Resource Center Colburn Hill  
**Friday, October 11, 10 am-1 pm (Lunch will be provided)**  
Lora Gerard MPA, Lori Fortini, MEd, and Cheryl Sturgis, PA  
Advance care planning is preparing for your future healthcare and life decisions. It is the ongoing process of making your wishes and values known to your providers and caregivers. Although thinking about the end-of-life may be difficult, doing the work of Advance Care Planning before a crisis or health change is a gift to yourself and your loved ones. If you do not make your preferences known, your providers and loved ones are left to make tough decisions without knowing what you’d really want. That hole in communication could result in extended intensive treatments or more limits on your care.

**Introduction to Medicare and Its Services**
Held at the ARC Annex in the Upper Valley Senior Center, 10 Campbell Street, Lebanon, NH  
**Thursday, October 17, 1-2:30 pm**  
Daniel Moran, APRN  
This class will provide a brief introduction to Medicare parts A, B, C, and D. Come find out how some of the Medicare services can help you live a longer, healthier life and help you identify what matters most to you, should your health start to decline. We will explore: 1) how the Medicare Annual Wellness Visit can help with health promotion and disease detection and assess for cognitive impairment, depression, and falls; 2) how Transitional Care Management helps you transition from an inpatient to an outpatient setting; 3) how Chronic Care Management can help you better manage your chronic conditions between visits with your primary care provider, and 4) how Advance Care Planning can help you identify your healthcare wishes if you are unable to speak for yourself.

**In Case of Emergency**
Held at the Aging Resource Center Colburn Hill  
**Monday, November 4, 10 am-12 pm**  
Roger Bloomfield, Esq. and Susan Bloomfield  
When the unexpected happens, it’s good to have handy the information and documents that will enable you or another to respond. Death, illness, accidents in your near or distant family may require you to alter your usual routine. If you have your important information well-organized and up-to-date, you or those who are called to assist will be able to carry on. Come and share your experiences and we will share ours as counselors to numerous families. We will help you think about what to assemble and how to organize it to confidently meet the unexpected. Roger E. Bloomfield, Esq. is a retired VT and NH lawyer with over 40 years’ experience and Susan Bloomfield has assisted in his law practice and is a well-organized former teacher and librarian.  
**This program will be available for watching at home as well. Please contact the Aging Resource Center at 603.653.3460 or agingcenter@hitchcock.org to learn more about this option.**

“I am able to use their helpful information to have important conversations with my husband so that we both are on the same page about emergencies and worst-case scenarios.”

-In Case of Emergency participant
Dementia Education, Support, and Engagement

**Dementia Resource Specialist One-on-one Services**
Held 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.**

**Exploring Grief for the Dementia Care Partner**
Held at the Aging Resource Center Colburn Hill
**Tuesday, August 20, 10:30 am-12 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.

**Dementia Engagement Trips**
Held at the Vermont Institute of Natural Science (VINS) and AVA Gallery and Art Center
**September and October, dates and times to be determined**
In September, we will travel to the Vermont Institute of Natural Science (VINS), in Quechee, VT to visit the raptor center and in October, we hope to visit the AVA Gallery and Art Center in Lebanon, NH and preview an exhibit. These trips are for the care partners and person living with dementia to attend together.
**If you would like to join us, please email dementiaresources@hitchcock.org to be added to our event list and mailing list.**

**Dementia Brain**
Held at the Aging Resource Center Colburn Hill
**Tuesday, September 17, 10 am-12 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.

**Enhancing Personal Care Skills for Dementia Care Partners**
Held at the Aging Resource Center Colburn Hill
**Tuesday, October 15, 10 am-12 pm**
*Catherine Amarante, RN*
This hands-on workshop is designed to equip dementia care partners with essential skills and techniques to provide personalized and compassionate care to individuals living with dementia. Recognizing the unique challenges and sensitivities involved in caring for someone with dementia, this session emphasizes practical strategies that promote dignity, respect, and comfort for both the care partner and the individual receiving care.
IN-PERSON PROGRAMS

Technology and Aging

Tech Coaching
Held 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.

“The tech coaches noticed that I had a hard time finding and moving my cursor. I did not mention it, but they noticed and showed me how to adjust the cursor size AND reintroduced me to the app where I can change EVERYTHING. I feel my improved computer ability will help me communicate with my health care providers.”

- Tech Coaching participant

Support Groups (for conditions other than Dementia)

Parkinson's Support Group
Second Tuesdays of Each Month, 2-3:30 pm
Dartmouth Health 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.

For more information, contact movement@hitchcock.org.
Arts and Aging

**Let's Have Fun Putting a Gift Basket Together**
Held at the Aging Resource Center Colburn Hill  
**Thursday, July 18, 10 am to 12 pm**  
*Mary Smith*
For this class we will create a fun gift basket together that you can use for any occasion. This will also include a flower arrangement. All supplies will be provided.

**Tangling in 3D**
Held at the Aging Resource Center Colburn Hill  
**Monday, July 22, 1-3 pm**  
*Lora Gerard, MPA, and Tami M. Musty, CZT*
We will use three tiles, folding and gluing to create a 3 dimensional object that can be used as an ornament, a decorative object, or several can be strung together like a bunting. All supplies will be provided, but please bring any pens or other materials you like to use. We will not be teaching the basics of Zentangle, so experience is helpful but not required.

**Summer Sing**
Held at the Aging Resource Center Colburn Hill  
**Thursday, July 25, 10-11:30 am**  
*Dave Richardson*
Join song leader and voice instructor Dave Richardson for a morning of singing together. Dave will lead you through a series of body, breathing, and vocal warm-ups, followed by a selection of songs in the folk, country, and pop genres. Designed for singers at ALL levels. Songs will be taught by ear; no sight-reading experience needed!

**FUROSHIKI (Japanese wrapping cloth technique)**
Held at the Aging Resource Center Colburn Hill  
**Thursday, August 8, 10-11:30 am**  
*Chizuko Horiuchi, BA*
FUROSHIKI is a Japanese wrapping cloth, which comes in a square shape and its origin goes back as old as 600 years ago. Furoshiki can be a great alternative to today’s wrapping papers for gifts and bags to transport odd-shaped goods. In this class we will learn how to use FUROSHIKI and practice different kinds of tying and wrapping FUROSHIKI.

**Tiny Tangled Envelopes**
Held at the Aging Resource Center Colburn Hill  
**Monday, September 16, 1-3 pm**  
*Lora Gerard, MPA, and Tami M. Musty, CZT*
We will create small-tangled envelopes that can hold a standard 3.5-inch square tile or a little note. All supplies will be provided, but please bring any pens or other materials you like to use. We will not be teaching the basics of Zentangle, so experience is helpful but not required.
Healthy Aging

**Introduction to Chair Yoga**
**Tuesdays, July 2 to 23 (4 sessions), 11 am-12 pm**
*Kim Wenger Hall, RYT-500*
Are you interested in trying Chair Yoga? 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.

**Living a Healthy Life with Chronic Conditions**
**Mondays, September 9 to October 14 (6 sessions), 12:30-3 pm**
*Sharon Feeney, BA, and Chizuko 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.**

**Gentle Yoga for Older Adults**
**Tuesdays, September 10 to October 29 (8 Sessions), 11 am-12 pm, or**
**Tuesdays, November 12 to December 17 (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 opportunities to experience 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.

**Normal vs. Not Normal: What Does Normal Cognitive Aging Look Like?”**
**Friday, October 25, 1-2:30 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.

**A Matter of Balance Virtual**
**Mondays and Wednesdays, November 4 to December 2 (9 sessions), 1-3 pm**
*Sharon Feeney, BA, Chizuko 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 Falls Prevention Team at 603.653.3415 or email falls.prevention@hitchcock.org.**
Healthy Aging

Living Better with Lower Vision
Thursday, December 5, 1:30-3 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 about services available in your community and learn how to live better with low vision. Representatives from the VT 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.

Let’s Talk about Late-life Female Incontinence
Thursday, December 5, 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.

Healthy Eating for Healthy Living Series (Please sign up for each meeting)
Jean Copeland, RDN, LD

How Much Protein Do I Need?
Wednesday, September 18, 2-3 pm
In this program, you will learn more about what protein is, where it comes from, how you can stay in “positive nitrogen balance,” and how to support a healthy immune system, strength, and energy as you age.

Eating for Healthy Blood
Wednesday, October 16, 2-3 pm
While anemia can be due to several causes, anemia due to nutritional causes is the topic of this program.

Healthy Bowels - Irritable Bowel Syndrome and FODMAPs
Wednesday, November 20, 2-3 pm
In this class you will learn about FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides and polyols) and their effect on bowel function in individuals with Irritable Bowel Syndrome.

Eating to Manage High Blood Pressure – It’s About a Lot More Than Just Sodium!
Wednesday, December 18, 2-3 pm
In this program, you will learn about nutrients that influence blood pressure, and how to include more of them in your diet.

“Excellent presentation increased knowledge and awareness of digestive mechanics, chemical processes and their effects.”
- Healthy Bowels participant
Planning Ahead

The American Funeral: History and Navigational Tools
**Friday, September 13, 10-11:30 am**
*Lee Webster, BA*
How we care for our dead in the US is a reflection of prevailing cultural, spiritual, and economic norms that are currently being challenged for a variety of reasons. Learn how the funeral industry came to be in the US, what influences are still at play, and how you can negotiate your way through the purchase of professional goods and services to create a funeral that really meets your needs.

End of Life Café: A Time to Talk and Share
**Third Thursdays of September through December, 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.
**Registration before each meeting is required to receive the Zoom link.**

The Eco-Friendly Funeral: Home Funerals and Green Burial
**Friday, September 27, 10-11:30 am**
*Lee Webster, BA*
People are eager to find new ways to dispose of our bodies after death that are dignified, affordable, and eco-conscious. We will explore ways to care for our own dead while we learn about green burial. We will also talk about mushroom suits and reef balls, plus emerging processes that seek to replace death with life-affirming activities and outcomes.

What the Future Holds: Long-Term Care Discussion
**Friday, October 4, 1-2:30 pm**
*James Thaxter, Esq.*
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.

Solo Seniors: How to Plan for Aging without a Family Caregiver
**Friday, November 1, 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 nor 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!

“I have more options than I realized and this will improve my health and well-being.”

- *The Eco-Friendly Funeral participant*
AARP Fraud Prevention Program Series (Please sign up for each meeting)
Elliot Greenblot, Vermont State Coordinator - AARP

The Internet of Things - What Secrets are Being Told by Your Refrigerator?
**Monday, September 16, 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, October 14, 2-3:30 pm**
Annually, 65 billion dollars are 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, November 18, 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.

“The program was very clear and easy to understand. It was at a level that anyone could understand. Speaker was very knowledgeable and was eager to answer questions.”
- The Internet of Things participant

“This serious topic was made more understandable....and therefore easier to protect myself from fraud. The presenter was great at taking our questions and answering them so the presentation was tailored to our needs.”
- Weapons of Fraud participant
VIRTUAL PROGRAMS

Dementia Education, Support, and Engagement

Savvy Caregivers
TBA
Megan Reed, BA, Dementia Resource Specialist and Kristina Ward, Certified Savvy Caregiver Instructor
The Savvy Caregiver is a six-week evidence-based training program for caregivers who care for someone with Alzheimer’s or related dementias. Caregivers will be encouraged to learn, develop and modify their strategies so they can accomplish their role of caregiving—which includes the contented involvement of the person they care for. The program builds information and knowledge about the illness, developing skills to manage daily life, and fosters a different attitude towards caregiving.
For more information and registration, please contact dementiaresources@hitchcock.org or call 603.653.3484.

Dementia Caregiver Support Group
Wednesdays, TBA, 1:30-3 pm
Megan Reed, BA, Dementia Resource Specialist and Kristina Ward, Certified Savvy Caregiver Instructor
This caregiver support group is for those caring for someone with a dementia illness and runs in an eight-week series. Each weekly session includes a check-in with each caregiver and features a topic relative to the challenges around caring for someone with a dementia related illness.
For more information and registration, please contact dementiaresources@hitchcock.org or call 603.653.3484.

Grieving while Living; A Dementia Caregiver’s Struggle
Thursdays, TBA, 10-11:30 am
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 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.

Understanding and Responding to Dementia-related Behavior
Tuesday, August 13, 11 am-12:30 pm
Representative of 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 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.

Why Do I Feel Like This? Navigating Challenging Emotions as a Dementia Care Partner
Tuesday, September 10, 11 am-12:30 pm
Meredith Kolodze, LICSW
Being a care partner for someone with dementia or related illness can be a difficult journey. Care partners may struggle with challenging emotions like anger, sadness, or frustration, feeling like they cannot express those emotions to others, or like there is something wrong with them for feeling this way. This workshop will give participants an opportunity to explore difficult emotions related to dementia care and to normalize that experience. Participants will leave with tools and resources to help them better navigate challenging emotions.
Dementia Education, Support, and Engagement

Exploring Grief for the Dementia Carepartner
**Tuesday, October 8, 11 am-12:30 pm**  
Meredith Kolodzie, 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.

Dementia Brain
**Wednesdays, November 6 and 13, 10-11 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.

Navigating the Holidays: Finding Joy in the Holidays When Your Loved One Has Dementia
**Tuesday, November 12, 11 am-12:30 pm**  
Meredith Kolodzie, LICSW
This is a workshop to explore the challenges of navigating holiday traditions and gatherings when your loved one has dementia. We will explore ways to adjust traditions to make them more supportive and how to talk with family members or friends who don’t understand. Participants will leave this workshop with some tools to find joy during what can be a hard season.

Effective Communication Strategies
**Tuesday, December 10, 11 am-12:30 pm**  
Representative of 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.*

“I was isolated and it connected me with people experiencing the same difficulties as me. Since we are in different stages and think differently, one can learn a lot from the others.”

- Dementia Caregiver Support Group participant
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 Chizuko Horiuchi at 603.653.3471 or email Chizuko.Horiuchi@hitchcock.org.

“I am better able to reach out of my own little world. I live alone and learning how to take advantage of podcasts will help me feel connected as well as get helpful information.”
- Tech Coaching by Zoom participant

Zoom Practice Space I: How to Navigate Basic Zoom Functions
2nd and 4th Mondays of Each Month, 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 II: How to Schedule and Host Zoom Meetings
2nd and 4th Mondays of Each Month, 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.

“The tech coach was able to explain in a way I could understand. I learn best by following a talk, then doing it method. This is what we did. It was such a confidence builder to be able to return and demonstrate the new how-to-do technique.”
- Zoom Practice Space I participant

Intergenerational connections during the “Tech Coaching” program.
Mind and Spirit

Drop-in Mindfulness
**Wednesdays, July 24, September 25, October 23, November 13, and December 11, 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 the journey of cultivating your Mindfulness. We will dive into practicing, so please come prepared to practice.

**Registration before each meeting is required to receive the Zoom link.**

More Zentangle
**First Monday and third Wednesday of September through December (except September 4)**
3:30-4:30 pm (Mondays) and 9:30-10:30 am (Wednesdays)
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.**

**Registration before each meeting is required to receive the Zoom link.**

Your Body Believes Everything You Think!
**Tuesdays, September 10 to October 29 (8 sessions), 9-10:30 am**
Jeanne Childs, Board Certified Geriatric Chaplain
"Is what you are thinking making you sick and unhappy?" We can spend a lot of time in our heads! That inner dialogue of ours just never seems to stop, does it? It’s part of what makes us human. But it can also make us sick! In this class, we will explore the body’s reactions to what goes on in our heads. Thoughts ... for example worry, gloomy predictions, grudges, self-deprecation, discontent, negative mindsets and clutter ... can affect our immunity, energy, overall health, and ability to cope. With equal measures of humor, wisdom and practicality, we will increase awareness of what we think about and turn down the volume and frequency of unhelpful habits. We will practice strategies and methods to work in harmony with our marvelous minds, bodies, and spirits.

Doing More of What’s Important
**Thursdays, September 19 to October 24 (6 sessions), 10-11:30 am**
Courtney Stevens, PhD, Licensed Clinical Psychologist
Join us each week for tips on how to spend your days doing more of what is most important to you. We will cover skills for deepening personal connections to daily activities to help you get more done and feel more satisfied and fulfilled with your time. These skills can also be used to help you increase or improve your daily health and emotional wellness routines. Discussions and activities will cover topics such as identifying and clarifying what matters most to you, tracking associations between what you do and how you feel, setting and keeping a schedule, and experimenting with new ways of doing familiar things.

Beginner Zentangle
**Wednesday, October 9, 2-4 pm**
Lora Gerard, MPA, and 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 that some use 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.
Arts and Aging

**Morning Sing**  
**Mondays, July 8 to December 16 (except August 19), 9-10 am**  
Dave Richardson  
Start your week off singing! Join VT Singer/Songwriter Dave Richardson in a virtual morning sing that will wake up your body and your mind to allow you to use your best voice for singing. No singing experience is required.

**Memoir Writing**  
**Wednesdays, July 10 to August 7 (5 sessions), 2-3:30 pm, or**  
**Tuesdays, October 1 to 29 (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.

**Food for Your Soul: Reading Poetry Together**  
**Second and fourth Fridays of July through December, 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.

**Level Up Your Watercolors: Color Mixing and Techniques**  
**Mondays, August 5 and 12 (2 sessions), 10 am-12 pm**  
Kim Wenger Hall RYT-500  
Want to master watercolors with vibrancy and subtlety? This two-session, virtual workshop dives deep into color theory, teaching you how to mix your palette with confidence. Learn practical techniques to control washes and create stunning effects--perfect for beginners or those looking to refine their skills.

**Learning to Look: Conversations about Art**  
**First and Third Friday of September through December, 11 am-12 pm**  
Hood Museum 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’s collection across time and cultures. No prior experience talking about art necessary. Curiosity is the only prerequisite!  
*This program is presented in collaboration with the Hood Museum of Art and Dartmouth Health Arts Program. Registration before each meeting is required to receive the Zoom link.*

“I enjoy the socialization that I get from attending this class. I feel that all of the participants are valued for their participation.”  

- Learning to Look participant
VIRTUAL PROGRAMS

Arts and Aging

**Beyond the Surface: Textures in Drawing**

**Mondays, October 7 and 14 (2 sessions), 10 am-12 pm**

Kim Wenger Hall RYT-500

This workshop dives deep into the world of texture. Participants will explore different materials and techniques to create realistic and visually interesting textures in their drawings, focusing on capturing the feel of objects through visual means.

**Bring Landscapes to Life: Acrylic Painting Basics**

**Mondays, November 4 to 25 (4 Sessions), 10 am-12 pm**

Kim Wenger Hall RYT-500

Tackle composition, sketching, color theory, and acrylic painting techniques to capture the magic of the world outside. Ideal for beginners or those wanting to refine their skills.

Support Groups

**The Parkinson's Workshop***

**Fourth Wednesday of Each Month except November (November date will be November 20), 1-2:30 pm**

Dartmouth Health 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 before each meeting is required to receive the Zoom link.*

*In-person Parkinson’s Support Group information on page 14.*

**The Stroke Survivors' Support Group**

**First Friday of August through December, 10-11:30 am**

Dartmouth Health 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 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, contact movement@hitchcock.org. Registration before each meeting is required to receive the Zoom link.*

**When Someone You Love Has Died**

**Meeting dates and times to be announced**

Meredith Kolodze, LICSW, National Alliance on Mental Illness (NAMI)

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 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.*
How to find the Aging Resource Center:

From NH Route 120: Enter the hospital complex across from Centerra Park/Co-op Food Store turning onto Lahaye Drive. Take the first right onto Mt. Support Road. Follow sign to Colburn Hill Offices. Go past the entrance to the classrooms and take a right at the third entrance into Colburn Hill. Look for the Aging Resource Center signs and continue to the end of the building (marked as Entrance E). Parking in front with additional parking at Entrance F in the rear.

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.
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.

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.