



Dartmouth
Health

Geriatric Center of Excellence

Aging Resource Center

In-Person & Virtual Program
Summer and Fall
July - December 2025



"Furoshiki" program participants trying the cloth wrapping technique

Aging Resource Center
Colburn Hill, Entrance E
444 Mt. Support Road
Lebanon, NH 03766
(603)653-3460
agingcenter@hitchcock.org

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Important Program Information

- **Advance registration is required.**
Call (603)653-3460 or visit our website dhaging.org to register.
- **Classes are offered free of charge.**
- **Classes are available by livestreaming.**
If you cannot join virtual programs from home, please contact the Aging Resource Center to arrange to view a class by livestreaming 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.

Benefits of joining our Weekly e-Newsletter!

- **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 is published.
- **You will be able to register electronically for programs** — most classes have a link that connects to the registration page.

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



Dartmouth
Health

Aging Resource Center

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 enhance the minds, bodies, and spirits of older adults and their families.

Our Services include:

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

We offer programs and support groups in-person and virtually

Benefits of attending In-Person: Attending in-person is a great way to visit our Center and to engage in the community. It is especially helpful to people who live locally or those who do not like to use a computer.

"It was nice to go out and be with people!"
~ In-Person Participant

Benefits of attending Virtually: Attending virtually is a great way to participate if you live away from the Upper Valley or do not have reliable transportation. People attend our programs from NH and VT as well as from all over the country or world.

"I love the fact that I can do them from my house. I have some mobility issues."
~ Virtual Participant

Benefits of Livestreaming: If you cannot attend a virtual class from home, you may come to the Center and virtually attend a program on one of our computers.

"I was listening at the Aging Resource Center, which worked great."
~ Live-Streaming Participant

For any question about programs, please contact the Aging Resource Center
agingcenter@hitchcock.org or (603)653-3460.



With Heartfelt Thanks!

As we move into the summer, we are saying goodbye to two of our valued team members.

Chizuko (Chiz) Horiuchi has been at the Aging Resource Center since 2013 and has served as a cornerstone of our program. As a Resource Specialist she connected individuals with community resources and services. Chiz has been an instructor for our evidence-based programs, including “A Matter of Balance”, “SAIL,” and “Living a Healthy Life with Chronic Conditions.” Passionate about intergenerational programming, Chiz led Memory Café with Dartmouth undergraduate and medical school students for several years. Working with Dr. Renée Pepin, she started the Tech Coaching program involving local high school students and led mindfulness classes. Chiz offered several engaging programs such as *Origami*, *Furoshiki* and Songs for the Soul. Behind the scenes, she created our program booklets and managed our program data.

Chiz is leaving to move closer to her family.

Annette (Ann) Osborn started at the Aging Resource Center as a high school Tech Coach in the fall of 2015. Since then, she has helped many of our participants feel more confident and comfortable using technology to connect with family and be able to save and retrieve information. Ann has also been an instructor for our evidenced-based programs “A Matter of Balance” and “SAIL.” She has managed the referrals for falls prevention programs and has conducted countless balance screenings and helped participants find a program to improve balance and strength.

Ann hopes to attend Nursing School starting this fall.

They will always have a place in our hearts and we will miss them!

Please join us in wishing them both well as they begin new chapters in their lives.

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 (GCOE)



Laurie Emanuele, MBA
Director, Operational
Excellence
GCOE



Lori Fortini, MEd
Program Leader



Lora Gerard, MPA
Project Manager
GWEP



Tami Musty
Administrative Assistant



Jason Page
Program Specialist
GCOE



Kristina Ward
Dementia Program
Specialist

Hours of Operation

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

Please come browse our
library, find health information
and local resources, and use
our public computers.

To meet with a specific
member of our team, please
call (603)653-3460 for an
appointment.

Welcome Jason Page!

Jason Page comes to the Geriatric Center of Excellence from his work as the Community Outreach Associate Supervisor at the University of Michigan Health's Turner Senior Resource Center. Jason provided support and programming for diverse and underserved older adults through the Turner African American Services Council (TAASC).

He also worked for ten years at Glacier Hills Senior Living Community where he gained extensive experience and training in working with individuals with memory loss and an understanding of the specific needs of a senior resource center in a college town.

**We look forward to working
together!**



Brian Erskine and his artwork
 "Winter Boundary"
 Pen & Ink

Fall Open House & Art Show of Brian Erskine's work

Monday, September 22, 2025
 1:00 to 4:00 pm

Aging Resource Center
 Living Room

Brian is part of the Senior Art Program at AVA
 Gallery on Thursdays from 9 am - 2 pm



"Tuttle Hill"
 Watercolor



"Endurance"
 Acrylic



"4:23"
 Pen & Ink

*"Environment hones one's
 mood, art is interpretation of
 the habitat. Thus, the art
 reflects artist's connection to
 nature"*

Brian Erskine



IN-PERSON PROGRAMS



Healthy Aging

Balance Screening

By appointment (available in person or via Zoom)

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 Aging Resource Center at (603)653-3460 or email agingcenter@hitchcock.org.

NEW

Staying Healthy: Men's Health

Held at the Aging Resource Center at Colburn Hill, 444 Mt. Support Road, Lebanon, NH

Wednesday, August 27, 10-11:30 am

Daniel Moran, APRN

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 as you age.

NEW

Keeping the Keys to Your Dental Health Bus: A Presentation on Good Oral Health

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

Thursday, September 25, 10-11:30 am

Robert Keene, DDS

The mouth is the essential entry point to the digestive system, the source of your words, smiles, and social interactions, and is crucial to the health of your bodies. It is also a moist, dark place where bacteria thrive and invade your blood system when allowed to get the upper hand. This program will help you keep these living organisms in check by selecting the foods you eat, and learning the best ways to keep your teeth and your mouths balanced in health. It will also be informative to caregivers who are responsible for the oral hygiene of another person. The goal will be to allow you to be in charge of your own oral health outcomes.

Nutritional Support for Aging Eyes

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

Thursday, October 23, 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 focus on, their common food sources, and tips to help you maintain your focus.

A Matter of Balance

Meeting date and time to be announced

Spencer Burdge and Sharon Feeney, 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 light exercises.

For more information, please contact the Aging Resource Center at (603)653-3460 or email agingcenter@hitchcock.org.

Staying Active and Independent for Life (SAIL)

Meeting date and time to be announced

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 and wrist and ankle weights will be provided.

For more information, please contact the Aging Resource Center at (603)653-3460 or email agingcenter@hitchcock.org.



IN-PERSON PROGRAMS



Planning Ahead

Advance Care Planning / Advance Directive Assistance

Held at the Aging Resource Center at Colburn Hill, 444 Mt. Support Road, Lebanon, NH

By appointment (available in person, via Zoom, or on the phone)

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

To make an appointment, please contact the Aging Resource Center at (603)653-3460 or email agingcenter@hitchcock.org.

Introduction to Medicare and Its Services

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

Wednesday, September 10, 10-11:30 am

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.

Useful Tools for Life Planning

Held at the Aging Resource Center at Colburn Hill, 444 Mt. Support Road, Lebanon, NH

Thursdays, October 2 to 23 (4 sessions), 10 am-12 pm

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

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.



Let's Talk Fraud: An Interactive Discussion of Threats and How to Protect Yourself from Scams

Held at the Aging Resource Center at Colburn Hill, 444 Mt. Support Road, Lebanon, NH

Monday, October 20, 2-3:30 pm

Elliott Greenblott, Vermont State Coordinator - AARP

Fraud and scams impact everyone. Criminals do not discriminate based on age, race, marital status, income, and level of affluence. Everyone is a target! Join Elliott Greenblott, AARP Vermont Fraud Watch volunteer coordinator for an interactive conversation about fraud. The content will be determined by those in attendance and can address what is impacting you and those in your circle of family and friends. Feel free to share your experiences and those of others. We will also review the "Top Ten Tips" for reducing the likelihood of becoming a victim of scams.



LGBTQ + Advance Planning

Held at the Aging Resource Center at Colburn Hill, 444 Mt. Support Road, Lebanon, NH

Friday, October 24, 10 am-1 pm

Lora Gerard, MPA, Lori Fortini, MEd, 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.



IN-PERSON PROGRAMS



Technology and Aging

Tech Coaching

By appointment

Wednesdays, 3-3:45 pm or 4-4:45 pm

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 the Aging Resource Center at (603)653-3460 or email

agingcenter@hitchcock.org.

Dementia Education, Support, and Engagement

Dementia Resource Specialist One on One Services

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 Resources and Services.

NEW

Together at the Table

Held at Howe Library, 13 South Street, Hanover, NH

Thursday, July 10, 11 am-12:30 pm, and Tuesday, August 5, 4-5:30 pm

Elsa Winslow and Valentina Fernandez Roderiguez

Join two Medical Students from the Geisel School of Medicine (Leaders of Memory Café) for a summer series of basic cooking classes. These classes will be geared toward caregivers who have found themselves the household “chef” due to their loved ones’ dementia diagnosis. The students intend to engage caregivers (and their loved one with a dementia related illness when possible) in the creation of recipes that can be easily prepared and enjoyed. Lunch will be served as a part of these classes and recipes and resources will be provided to take home. The goal is to create a supportive and welcoming space where participants can connect through food, build confidence in the kitchen, and enjoy shared experiences that nourish both body and spirit.

Memory Café

Held at Howe Library, 13 South Street, Hanover, NH

Saturdays, July 12, and August 16, 10:30 am-12:30 pm

Medical Students from the Geisel School of Medicine

The Memory Café is a supportive space for individuals with dementia and their caregivers to engage in social, cognitive, and physical activities including live music, arts & crafts, chair exercises, and brief informational sessions for caregivers on topics of their choosing! The Memory Café is run by Medical Students from the Geisel School of Medicine and Dr. Roshini Pinto-Powell in partnership with the Aging Resource Center.

NEW

Outing to Sanctuary Dairy Farm

Held at Sanctuary Dairy Farm, 209 Rte 103, Sunapee, NH

Monday, July 28, 1-3 pm

Kristina Ward, Dementia Resource Specialist

Who doesn't love ice cream? Join the Dementia Resource Team on a visit to the farm for a tour and to taste its homemade ice cream and yogurt. This trip is for the caregivers and their loved ones with a dementia-related illness.



IN-PERSON PROGRAMS



Dementia Education, Support, and Engagement

NEW

Caregiver Summer Fest

Held at the Aging Resource Center at Colburn Hill, 444 Mt. Support Road, Lebanon, NH

Saturday, August 9, 11:30 am-1:30 pm

Dementia Resource Team

Join us as we celebrate our dedicated caregivers. We will meet in person to connect and unwind. This event is geared toward caregivers and their loved ones with a dementia related illness. We will have food, games and music.

NEW

Outing to Squam Science Center

Held at Squam Science Center, 23 Science Center Road, Holderness, NH 03245

Wednesday, August 27, 1-3 pm

Kristina Ward, Dementia Program Specialist

Squam Lakes Natural Science Center features live native New Hampshire animals. We plan to spend a few hours exploring their Center.

NEW

Meet and Greet with the Alzheimer's Association

Held at the Aging Resource Center at Colburn Hill, 444 Mt. Support Road, Lebanon, NH

Wednesday, September 10, 11 am-2 pm

Melissa Grenier, AA, and Kristina Ward, Dementia Program Specialist

Meet with Melissa Grenier from Alzheimer's Association. At 11 am there will be a video presentation on important research and developing a plan for healthy aging. From noon to 1 pm, there will be refreshments and a time to speak with Melissa. At 1 pm, Melissa will give a presentation on Care and support Services. This program examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

NEW

Outing to McAuliffe-Shepard Discovery Center

Held at McAuliffe-Shepard Discovery Center, 2 Institute Drive, Concord, NH 03301

Wednesday, October 15th, 1-3 pm

Kristina Ward, Dementia Program Specialist

Join the Dementia Team on a visit to the McAuliffe-Shepard Discovery Center. The Discovery Center's mission is to inspire every generation to reach for the stars, through engaging, artful and entertaining activities that explore astronomy, aviation, earth and space science. We plan to tour the Center and visit the exhibits.



A couple enjoying the outing to VINS



IN-PERSON PROGRAMS



Arts and Aging

NEW

Art in the Style of Neurographica

Held at the Aging Resource Center at Colburn Hill, 444 Mt. Support Road, Lebanon, NH

Friday, July 11, 1-3 pm

Lora Gerard, MPA, and Tami M. Musty, CZT

We will use free form lines and simple shapes to create abstract art in the style of neurographica. If you choose to add color, colored pencils will be provided, or you can bring the medium of your choice to try. This is a very bold, expressive art style with results that are always a surprise!

NEW

Little Decoupage Boxes

Held at the Aging Resource Center at Colburn Hill, 444 Mt. Support Road, Lebanon, NH

Friday, July 25, 1-3 pm

Lora Gerard, MPA, and Tami M. Musty, CZT

Using papers, decorative tape, and thinned glue, we will decoupage small boxes for storage or gift-giving. We will provide a variety of papers, but feel free to bring that special tissue paper, wrapping paper, or any other thin flexible paper you may have stashed away to incorporate into your piece.

Map Tangling

Held at the Aging Resource Center at Colburn Hill, 444 Mt. Support Road, Lebanon, NH

Friday, August 8, 1-3 pm

Lora Gerard, MPA, and Tami M. Musty, CZT

We will explain how to create free form watercolor backgrounds that leave some open blank space and you will have a chance to try the technique yourself. While your backgrounds dry, you will draw on top of prepared papers to finish the technique, which looks like an abstract map of an imaginary place! Zentangle experience is helpful but not required.

NEW

Poetry Corner: A Place for Writing and Sharing Poetry with Friends and Neighbors

Held at the Aging Resource Center at Colburn Hill, 444 Mt. Support Road, Lebanon, NH

Mondays, September 15 to October 20 (6 Sessions), 2-4 pm

Phil Bush and Lori Fortini, MEd

Please join us as we write and share poems together. Whether you have written poems all your life or are just starting and want to learn more, we will create a warm, welcoming place open to creative exploration.

Support Groups (for conditions other than Dementia)

Parkinson's Support Group

Held at the Aging Resource Center at Colburn Hill, 444 Mt. Support Road, Lebanon, NH

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

Dartmouth Health Neurology Department

Designed for both individuals living with Parkinson's Disease and their loved ones/care partners. These 90 minute 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 led by Kelly Farrell, MSW, LICSW.



VIRTUAL PROGRAMS

Livestreaming at the Aging Resource Center is available.



Healthy Aging

Gentle Yoga for Older Adults

**Tuesdays, July 8 to August 26 (8 Sessions), 11 am-12 pm, or
Tuesdays, October 7 to November 25 (8 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 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.

NEW

Seated Chair Yoga with Kim Hall

**Tuesdays, July 8 to September 9 (10 Sessions), 3:30 pm to 4:00 pm, or
Tuesdays, September 16 to November 18 (10 Sessions), 3:30 pm to 4:00 pm**

Kim Wenger Hall, RYT-500

Join Kim Hall, a certified Hatha yoga teacher with extensive experience in health coaching and fitness, for a calming and accessible 30-minute seated yoga class. Designed for people with limited endurance and balance concerns, this class offers a safe and supportive way to explore the benefits of yoga—no mat or standing required. Each session will include gentle stretching, strength-building, breathwork, and relaxation, all done from the comfort of a chair. You'll begin to feel increased mobility, energy, and a deeper connection between your mind, body, and spirit.



Virtual "Gentle Yoga for Older Adults"
class on Zoom

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

Friday, October 3, 1-3 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.



VIRTUAL PROGRAMS

Livestreaming at the Aging Resource Center is available.



Healthy Aging



What to Know about Sleep

Thursdays, November 6 and 13 (2 sessions), 10-11:30 am

Courtney Stevens, PhD, Licensed Clinical Psychologist

Join us for a two-session seminar on what's important to know about sleep and how to start taking steps to improve sleep behaviors. We will also cover why sleep is important, what sleep disturbance can look like, and when to seek evaluation for sleep-related concerns. How to track aspects of your sleep routine will be introduced during the first session. Participants will be encouraged to spend time recording details about sleep related behaviors between sessions to be discussed as a group, during the second session.

Healthy Bones for Life

Thursday, November 6, 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.

Living Better with Lower Vision

Friday, November 14, 10-11:30 am

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 4, 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, coping strategies, and treatment options for incontinence.

A Matter of Balance Virtual

Meeting dates and times to be announced

Sharon Feeney, 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. This program includes some light, seated exercises.

For more information, please contact the Aging Resource Center at (603)653-3460 or email agingcenter@hitchcock.org.

Living a Healthy Life with Chronic Conditions

Meeting dates and times to be announced

Marion Cate, Med, MCHES, and Sharon Feeney, BA

This six-week, online, evidence-based program will help you cope with symptoms of chronic illness. 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, please email Sharon.M.Feeney@hitchcock.org.



Healthy Aging

Monthly Healthy Eating for Healthy Living Programs

(Please sign up separately for each session)

Jean Copeland, RDN, LD



Malnutrition Awareness Week: Eating Enough Protein

Wednesday, September 17, 2-3 pm

Have you or a loved one lost your appetite? Or are you losing weight even though you're not dieting? Only able to eat a small amount of food? Feeling weak or tired? These are risk factors for malnutrition. In this program you will learn about calorie and protein needs to maintain health as we age, and how to prevent malnutrition.



Understanding How What You Eat Affects Your Lab Report

Wednesday, October 15, 2-3 pm

Every year, our primary care providers' (PCP) order bloodwork from us, which helps determine how healthy our bodies are. In this program, you will learn about which commonly-drawn labs can indicate that diet changes are needed if we want to be healthy.



American Diabetes Month: Eating for Blood Sugar Management

Wednesday, November 19, 2-3 pm

This program will discuss healthy foods and specific vitamins and minerals needed to help manage Type 2 Diabetes.



Eating to Reduce Inflammation and Chronic Pain

Wednesday, December 17, 2-3 pm

This program is a repeat of the March program which was called "Inflammaging." Chronic inflammation that occurs with normal aging causes chronic pain. In this program you will learn about foods that can reduce this type of pain.

Planning Ahead



AARP Homefit

Wednesday, September 10, 2-3:30 pm

AARP NH Speaker

Do you want to remain in your home as you age? This presentation is intended to enable people to create a home suitable for all people, no matter their age. It contains practical room-by-room suggestions that work for all types of homes, as well as for renters and owners. Participants are encouraged to identify a quick fix that they plan to implement soon to help jumpstart their work.

The American Funeral: History and Navigational Tools

Friday, September 12, 10-11:30 am

Lee Webster, BA

Before we can contemplate reforming funeral practices to be more culturally relevant and environmentally responsible, we need to explore how we got here. We'll take a look at innovative disruptions unique to American funerary practices over the years that have shaped what we have come to expect. We'll also discuss the legal ins and outs of arranging a contemporary conventional funeral. And we'll share tools and tips to help us consider how we might do things differently without losing any of the things we hope to accomplish when honoring a loved one.



VIRTUAL PROGRAMS

Livestreaming at the Aging Resource Center is available.



Planning Ahead

AARP Fraud Prevention Program : Compromised Identity: Join the Crowd!

Monday, September 15, 2-3:30 pm

Elliott Greenblott, Vermont State Coordinator - AARP

Identity Compromised? Join the crowd! We live in an age of data breaches, Artificial Intelligence (AI), and a loss of privacy. We'll explore the landscape, identify the pitfalls, explore self-defense tactics, and review the steps to recover.

End of Life Café: A Time to Talk and Share

Third Thursday of September, October, and November, 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 for each session is required to receive the Zoom link.

The Eco-Friendly Funeral: Home Funerals and Green Burial

Friday, September 26, 10-11:30 am

Lee Webster, BA

More and more, families and community care groups are taking back responsibilities for care of their own dead in affordable, healing ways. Green burial, alkaline hydrolysis, human composting, and other processes are reshaping the funeral landscape, leaving consumers to wonder what makes the most sense for them. We'll focus on the legal, environmental, and practical aspects of alternative disposal methods to give participants the inside scoop. Anyone who is curious about new products and processes will learn what they need to know to make an informed decision about their own and their loved ones' final exit.



AARP Prepare to Care

Wednesday, October 8, 2-3:30 pm

AARP NH Speaker

No matter where you are in the journey of family caregiving – just beginning to anticipate a need, helping to coordinate a big move, or taking care of a family member full-time – having a good framework to help guide both you and your loved one will make the process easier. In this program, you will learn a framework to help you make plans to care for friends, family members, or loved ones. You will have the opportunity to connect with other family caregivers, exchange tips and advice, and learn about resources available to you and your loved ones.



Firearm Life Plans

Thursday, October 30, 10 am-12 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, how to take an inventory, and how to preserve your memories.

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

Friday, November 7, 1:30-3 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!



VIRTUAL PROGRAMS

Livestreaming at the Aging Resource Center is available.



Planning Ahead

NEW

AARP Is It Time to Have "The Talk?" **Wednesday, November 12, 2-3:30 pm**

AARP NH Speaker

This program can help you plan sensitive, successful conversations concerning an elder's safe driving, and, if necessary, for steps to be taken for them to limit or retire from driving. Surveys show that more than half of older drivers whose family asked them to retire from driving followed those suggestions. This program is sponsored by AARP Driver Safety.

Dementia Education, Support, and Engagement

NEW

Building Foundations of Caregiving **Tuesday, July 15, 10-11:30 am**

Representative of Alzheimer's Association

Building Foundations of Caregiving explores the role of the caregiver and the changes they may experience, building a support team, and managing caregiver stress.

Dementia Caregiver Support Group

Wednesdays, July 16 to 30 (3 sessions); September 17 to October 22 (6 sessions); November 5 to December 17 (6 sessions, no meeting on November 26), 10-11:30 am, or,
Thursdays, July 17 to 31 (3 sessions); September 18 to October 23 (6 sessions); November 6 to December 18 (6 sessions, no meeting on November 27), 2-3:30 pm

Meredith Kolodze, DSW, LICSW, and Kristina Ward, Dementia Program Specialist

This caregiver support group is for those caring for someone with a dementia illness and runs in a series of consecutive weeks. 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.

Savvy Meet Up

Fourth Tuesday of each month, 10-11:30 am

Kristina Ward, Dementia Program Specialist

Graduates of the Savvy Caregiver six-week program will meet monthly to connect and review skills learned from the program.

Treating Behavioral and Psychological Symptoms of Dementia

Tuesday, July 29, 10-11:30 am, or, Tuesday, November 18, 10-11:30 am

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.

NEW

Supporting Independence **Tuesday, August 12, 10-11:30 am**

Representative of Alzheimer's Association

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and independence while balancing safety and managing expectations.



VIRTUAL PROGRAMS

Livestreaming at the Aging Resource Center is available.



Dementia Education, Support, and Engagement



Dementia vs. Depression

Tuesday, September 9, 10-11:30 am

Meredith Kolodze, LICSW

This workshop will provide learners with education on the similarities and differences between dementia and depression. Attendees will also be provided with resources to support someone who may be dealing with one or both of these diagnoses.

SAVVY Caregiver

Tuesdays, September 9 to October 14 (6 sessions), 2-4 pm

Kristina Ward, Dementia Program Specialist

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.

Understanding Alzheimer's and Dementia

Tuesday, October 7, 10-11 am

Representative of Alzheimer's Association

Learn about the difference between Alzheimer's and dementia, their risk factors, and treatments.



Looking Ahead: An Educational Series for Those Newly Diagnosed with Dementia and Their Loved Ones

Tuesdays, October 7 to 21 (3 sessions), 5-6:30 pm

Meredith Kolodze, LICSW

This three-week, topic-based educational program open to newly diagnosed individuals with dementia and their care partners/loved ones. This three-week, topic based educational program open to newly diagnosed individuals with dementia and their care partners/loved ones will cover 1) what to consider if you are still working, 2) when and how to talk to people about a diagnosis of dementia, and 3) What you need to think about when planning ahead. Attendees can sign up for one, two or all three classes.

The Dementia Brain

Tuesday, October 14 and 21 (2 sessions), 10-11:30 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. Dementia is often equated with 'memory problems.' While this is an important component, there are many other changes that happen to the brain that impact how individuals experience the world. This program will discuss brain changes and how to provide support through these changes

Managing Money; A Caregiver's Guide to Finances

Tuesday, November 4, 10-11:30 am

Representative of Alzheimer's Association

Learn tips for managing someone else's finances and preparing for future care costs.

Navigating the Holidays

Tuesday, December 2, 10-11:30 am

Meredith Kolodze, LICSW

The holidays can be a wonderful time of the year *and* they can also be stressful. This workshop will provide the learner with tools to navigate this challenging time of year while also finding time to enjoy the beauty and love that come along with the holiday season.



VIRTUAL PROGRAMS

Livestreaming at the Aging Resource Center is available.



Dementia Education, Support, and Engagement

NEW Exploring the Link between Hearing Loss and Dementia

Tuesday, December 9, 10-11:30 am

Alyssa Eastman, Au.D., CCA-A, Clinical Audiologist

Join us as we discuss the most recent research on how hearing loss and dementia are intertwined.

Mind and Spirit

Beginner Zentangle

Monday, September 8, 1-3 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 the 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.

More Zentangle

First Monday and third Wednesday of each month from September to December (except September 1), 3:30-4:30 pm (Mondays), and 9:30-10:30 am (Wednesdays).

Lora Gerard, MPA, and Tami M. Musty, CZT

Experienced Tangles can learn additional tangles and techniques to enhance their work. Different techniques will be taught in each of these classes -- Attend one or all classes to build on your knowledge.

Prior participation in "Beginner Zentangle" is required.

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



Your Body Believes Everything You Think!

Tuesdays, October 7 to November 25 (8 sessions), 9-10:30 am

Jeanne Childs, Board Certified Geriatric Chaplain

Did you know what you think can make you sick? In this class, we will explore how thoughts profoundly affect our health! A negative perspective can become a self-fulfilling prophecy. With equal measures of humor, wisdom and practicality, our class will help you choose the lens through which you view the world.

Buried in Treasures

Thursdays, September 4 to December 18 (15 sessions, no meeting on November 27), 3-5 pm

Lora Gerard, MPA

This is a 15-week, facilitated self-help 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-quiring, 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

Livestreaming at the Aging Resource Center is available.



Arts and Aging

Morning Sing

Mondays, July 7 to December 15 (no class on September 1), 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.

"The Monday Morning Sing class has helped my well-being. I love the stretching and vocal exercises that prepare us to learn a new song. Learning the new song is good for cognitive and mental health. I always look forward to the class."

- Morning Sing participant

Memoir Writing

Tuesdays, July 15 to August 19 (6 sessions), 1-2:30 pm, or

Tuesdays, October 7 to November 18 (6 sessions, no class on October 28), 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 six weeks to open ourselves to our pasts and see what gems we can discover in writing the stories of our lives.

"The program has had a positive effect on my health and well-being. I get to think about and write about the things that are happening physically and from time to time mentally. I think I'm stronger at least thinking better and in a much more positive frame of mind during our sessions."

- Memoir Writing participant



Art with Kim - Drawing Nature in Perspective: A 4-Week Exploration

Tuesdays, September 9 to September 30 (4 sessions), 10 am-12 pm

Kim Wenger Hall RYT-500

Discover how to bring depth and dimension to your nature drawings! In this four-week class, you'll learn fundamental perspective techniques to capture landscapes, trees, flowers, and natural textures with accuracy and artistry. Using pencil and colored dry media, we'll explore composition, scale, and shading to create dynamic nature scenes.

Whether you're a beginner or looking to refine your skills, this class will help you see and draw the natural world with fresh eyes.

Food for Your Soul: Reading Poetry Together

Second and Fourth Fridays of each month from August to 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. Take a break from the news as we read poems together. We will share and discuss our responses to the poems to feed our souls.



VIRTUAL PROGRAMS

Livestreaming at the Aging Resource Center is available.



Arts and Aging

Learning to Look: Conversations about Art

Third Friday of each month from September to 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.

NEW

Art with Kim - Bring Landscapes to Life: Acrylic Painting Basics

Tuesdays, December 2 to December 23 (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 Stroke Survivors' Support Group

First Friday of each month from August to 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.

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

The Parkinson's Workshop

Fourth Wednesday of Each Month except November (November date will be November 19), 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.

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

*In-person Parkinson's Support Group information on page 10.

When Someone You Love Has Died

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 will lead a 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 Meredith.A.Kolodze@hitchcock.org.

July 2025

All programs are free. Registration is required for all aprograms. Please call (603)653-3460, email agingcenter@hitchcock.org or visit dhaging.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5
7	8	9	10	11	12
Morning Sing 9-10 am	Gentle Yoga (8) 11 am-12 pm <u>Parkinson's Support Group</u> 2-3:30 pm Seated Yoga (10) 3:30-4 pm		<u>Together at the Table</u> 11 am-12:30 pm	<u>Neurographic Art</u> 1-3 pm	<u>Memory Café</u> 10:30 am-12:30 pm
14	15	16	17	18	19
Morning Sing 9-10 am	Building Foundations 10-11:30 am Memoir Writing (6) 1-2:30 pm	Dementia Caregiver Support Group (3) 10-11:30 am	Dementia Caregiver Support Group (3) 2-3:30 pm		
21	22	23	24	25	26
Morning Sing 9-10 am	Savvy Meet Up 10-11:30 am	<u>Parkinson's Workshop</u> 1-2:30 pm		<u>Decoupage Boxes</u> 1-3 pm	
28	29	30	31		
Morning Sing 9-10 am <u>Sanctuary Dairy Farm</u> 1-3 pm	Behavioral and Psychological Symptoms 10-11:30 am				

In-Person programs are underlined. Colors match the focus areas in the booklet. Programs with brackets are series with multiple sessions and the number in the bracket indicates the number of sessions. Registration is required before the first class.

August 2025

All programs are free. Registration is required for all programs. Please call (603)653-3460, email agingcenter@hitchcock.org or visit dhaging.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Stroke Support Group 10-11:30 am	2
4 Morning Sing 9-10 am	5 <u>Together at the Table</u> 4-5:30 pm	6	7	8 <u>Map Tangling</u> 1-3 pm Food for Your Soul 3-4 pm	9 <u>Caregiver Summer Fest</u> 11:30 am-1:30 pm
11 Morning Sing 9-10 am	12 Supporting Independence 10-11:30 am <u>Parkinson's Support Group</u> 2-3:30 pm	13	14	15	16 <u>Memory Café</u> 10:30 am-12:30 pm
18 Morning Sing 9-10 am	19	20	21	22 Food for Your Soul 3-4 pm	23
25 Morning Sing 9-10 am	26 Savvy Meet Up 10-11:30 am	27 Parkinson's Workshop 1-2:30 pm <u>Squam Science Center</u> 1-3 pm <u>Men's Health</u> 10-11:30 am	28	29	30

In-Person programs are underlined. Colors match the focus areas in the booklet. Programs with brackets are series with multiple sessions and the number in the bracket indicates the number of sessions. Registration is required before the first class.

September 2025

All programs are free. Registration is required for all programs. Please call (603)653-3460, email agingcenter@hitchcock.org or visit dhaging.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ARC Closed	2	3	4 Buried in Treasures (15) 3-5 pm	5 Stroke Support Group 10-11:30 am	6
8 Morning Sing 9-10 am Beginner's Zentangle 1-3 pm	9 Dementia and Depression 10-11:30 am Drawing Nature in Perspective (4) 10 am-12 pm Parkinson's Support Group 2-3:30 pm Savvy Caregiver (6) 2-4 pm	10 <u>Introduction to Medicare and its Services</u> 10-11:30 am <u>Alzheimer's Association</u> 11 am-2 pm Home Fit 2-3:30 pm	11	12 American Funeral 10-11:30 am Food for Your Soul 3-4 pm	13
15 Morning Sing 9-10 am Compromised Identity 2-3:30 pm <u>Poetry Corner (6)</u> 2-4 pm	16 Seated Yoga (10) 3:30-4 pm	17 More Zentangle 9:30-10:30 am Dementia Caregiver Support Group (6) 10-11:30 am Eating Enough Protein 2-3 pm	18 End of Life Café 2-3:30 pm Dementia Caregiver Support Group (6) 2-3:30 pm	19 Learning to Look 11 am-12 pm	20
22 Morning Sing 9-10 am	23 Savvy Meet Up 10-11:30 am	24 Parkinson's Workshop 1-2:30 pm	25 <u>Dental Health</u> 10-11:30 am	26 Eco-Friendly Funeral 10-11:30 am Food for Your Soul 3-4 pm	27
29 Morning Sing 9-10 am	30				

Support Groups

Arts and Aging

Mind and Spirit

Dementia

Planning Ahead

Healthy Aging

In-Person programs are underlined. Colors match the focus areas in the booklet. Programs with brackets are series with multiple sessions and the number in the bracket indicates the number of sessions. Registration is required before the first class.

October 2025

All programs are free. Registration is required for all programs. Please call (603)653-3460, email agingcenter@hitchcock.org or visit dhaging.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
			<u>Useful Tools for Life Planning* (4)</u> 10 am-12 pm	Stroke Support Group 10-11:30 am Normal vs Not Normal 1-3 pm	
6	7	8	9	10	11
Morning Sing 9-10 am More Zentangle 3:30-4:30 pm	Your Body (8) 9-10:30 am Understanding 10-11 am Gentle Yoga (8) 11 am-12 pm Memoir Writing (6) 1-2:30 pm Looking Ahead (3) 5-6:30 pm	Prepare to Care 2-3:30 pm		Food for Your Soul 3-4 pm	
13	14	15	16	17	18
Morning Sing 9-10 am	Dementia Brain (2) 10-11:30 am <u>Parkinson's Support Group</u> 2-3:30 pm	More Zentangle 9:30-10:30 am <u>McAuliffe-Shepard Center</u> 1-3pm Understanding What You Eat 2-3 pm		Learning to Look 11 am-12 pm	
20	21	22	23	24	25
Morning Sing 9-10 am <u>Let's Talk Fraud</u> 2-3:30 pm		Parkinson's Workshop 1-2:30 pm	<u>Nutritional Support for Aging Eyes</u> 10-11 am	<u>LGBTQ + Advance Planning</u> 10 am-1 pm Food for Your Soul 3-4 pm	
27	28	29	30	31	
Morning Sing 9-10 am	Savvy Meet Up 10-11:30 am		Fire Arm Life Plans 10 am-12 pm		

In-Person programs are underlined. Colors match the focus areas in the booklet. Programs with brackets are series with multiple sessions and the number in the bracket indicates the number of sessions. Registration is required before the first class.

November 2025

All programs are free. Registration is required for all programs. Please call (603)653-3460, email agingcenter@hitchcock.org or visit dhaging.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Morning Sing 9-10 am More Zentangle 3:30-4:30 pm	4 Managing Money 10-11:30 am	5 Dementia Caregiver Support Group (6) 10-11:30 am	6 What to Know about Sleep (2) 10-11:30 am Healthy Bones for Life 1-2:30 pm Dementia Caregiver Support Group (6) 2-3:30 pm	7 Stroke Support Group 10-11:30 am Solo Seniors 1:30-3 pm	8
10 Morning Sing 9-10 am	11 <u>Parkinson's Support Group</u> 2-3:30 pm	12 Is It Time to Have "The Talk?" 2-3:30 pm	13	14 Living Better with Lower Vision 10-11:30 am Food for Your Soul 3-4 pm	15
17 Morning Sing 9-10 am	18 Behavioral and Psychological Symptoms 10-11:30 am	19 More Zentangle 9:30-10:30 am Parkinson's Workshop 1-2:30 pm Eating for Blood Sugar Management 2-3 pm	20 End of Life Café 2-3:30 pm	21 Learning to Look 11 am-12 pm	22
24 Morning Sing 9-10 am	25 Savvy Meet Up 10-11:30 am	26	27 ARC Closed	28 Food for Your Soul 3-4 pm	29

Support Groups

Arts and Aging

Mind and Spirit

Dementia

Planning Ahead

Healthy Aging

In-Person programs are underlined. Colors match the focus areas in the booklet. Programs with brackets are series with multiple sessions and the number in the bracket indicates the number of sessions. Registration is required before the first class.

December 2025

All programs are free. Registration is required for all programs. Please call (603)653-3460, email agingcenter@hitchcock.org or visit dhaging.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Morning Sing 9-10 am More Zentangle 3:30-4:30 pm	2 Bring Landscape to Life (4) 10 am-12 pm Navigating the Holidays 10-11:30 am	3	4 Let's Talk about Late Life Female Incontinence 2-3:30 pm	5 Stroke Support Group 10-11:30 am	6
8 Morning Sing 9-10 am	9 Exploring the Link 10-11:30 am <u>Parkinson's Support Group</u> 2-3:30 pm	10	11	12 Food for Your Soul 3-4 pm	13
15 Morning Sing 9-10 am	16	17 More Zentangle 9:30-10:30 am Eating to Reduce Inflammation and Chronic Pain 2-3 pm	18	19 Learning to Look 11 am-12 pm	20
22	23 Savvy Meet Up 10-11:30 am	24 Parkinson's Workshop 1-2:30 pm	25 ARC Closed	26 Food for Your Soul 3-4 pm	27
29	30	31			

In-Person programs are underlined. Colors match the focus areas in the booklet. Programs with brackets are series with multiple sessions and the number in the bracket indicates the number of sessions. Registration is required before the first class.



Colburn Hill

444 Mt. Support Road Lebanon, NH 03766

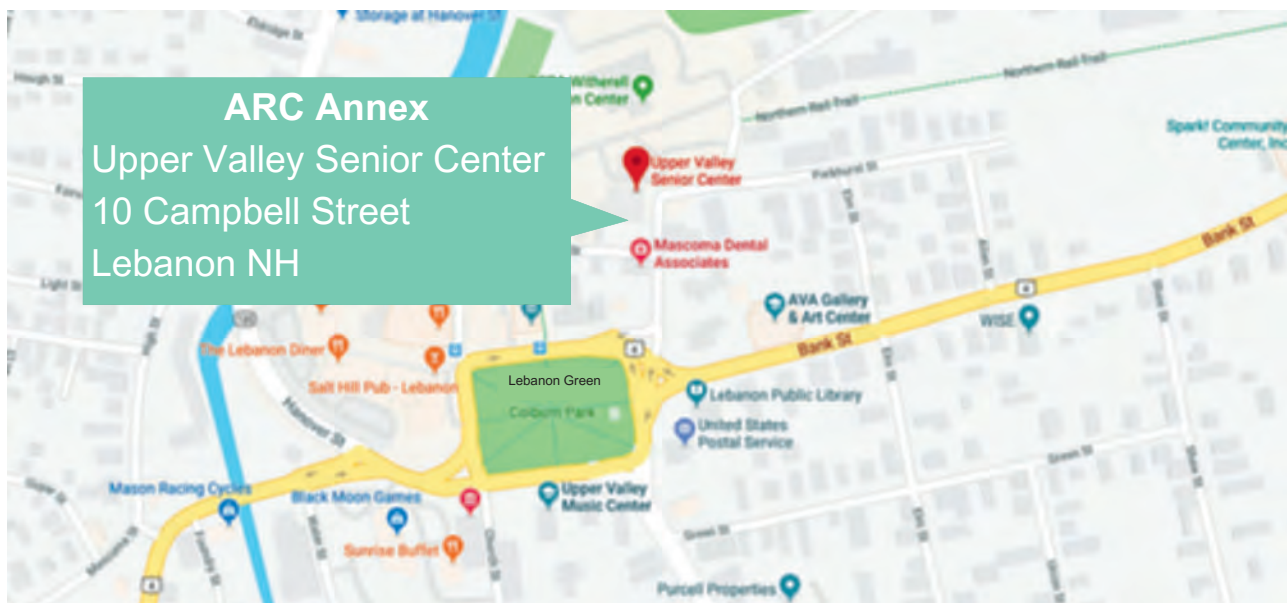
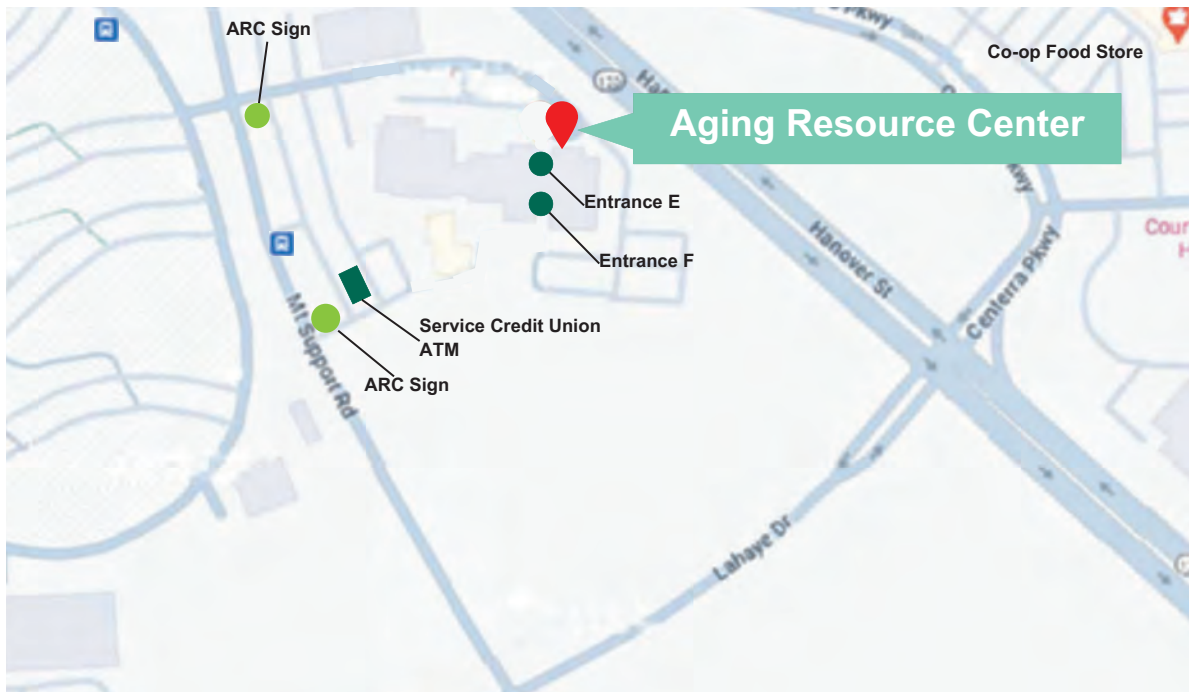
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How to find the Aging Resource Center:

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.



Aging Resource Center
Colburn Hill
444 Mt. Support Road
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About Us:

The Aging Resource Center is part of the Geriatric Center of Excellence (GCOE). The mission of the GCOE is to advance vital aging and the highest quality of life for older adults. 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.

THANK YOU for Supporting the Aging Resource Center!

Our mission is to offer valuable health and wellness education and support at no cost to participants. We could not do this without generous support from donors.

If you would like to donate, please visit: dhaging.org

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: dhaging.org.

Scan here ->
to go to the Aging
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Community Events
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