



Fall 2018 Workshops from Lifespan

Registration is required for all workshops.

To register for most workshops go to www.lifespanrochester.org or call the person listed.

TAI CHI FOR ARTHRITIS

Mon., Sep 10 - Wed, Oct 31, 10 – 11 am

Lifespan's Wolk Cafe at Sibley Square, 25 Franklin St.

Registration is required. Go to www.lifespanrochester.org or call Sarah at 287-6439.

MEDICARE 101

Thurs., Sept. 20, 4 – 6 pm

Lifespan, 1900 S. Clinton Avenue

An explanation of Medicare Parts A, B, C & D for people approaching age 65 or already on Medicare.

Registration is required. Please go to www.lifespanrochester.org or call Judy at 287-6361.

POWERFUL TOOLS FOR CAREGIVERS

Wednesdays, Sept. 25 – Oct. 31, 1 - 2:30 pm

Dansville Public Library, 200 Main St., Dansville

Powerful Tools for Caregivers is a six-session educational program focused on your needs. The classes provide you with the skills and confidence you need to better care for yourself while caring for others.

Register with the Noyes Caregiver Resource Center at 585-335-4358 or caregiver@noyeshealth.org

POWERFUL TOOLS FOR CAREGIVERS

Tuesdays, Sept. 25 – Oct. 30, 3 - 4:30 pm

Schuyler County Human Services Complex/Office for the Aging, Montour Falls, NY

Powerful Tools for Caregivers is a six-session educational program focused on your needs. The classes provide you with the skills and confidence you need to better care for yourself while caring for others.

Register with the Schuyler County Office for the Aging at 607-535-7108.

MATTER OF BALANCE

Monday, Sept. 10 – Wednesday, October 31
Pittsford Senior Center, 3750 Monroe Avenue

A Matter of Balance is an eight-session workshop designed to increase activity levels and decrease the fear of falling. Registration is required. Please go to www.lifespanrochester.org.

FALL PREVENTION DAY

Wed., September 19, 10 am – 1 pm

Free balance assessments, assistive device assessments, blood pressure screenings, home safety assessment and modification information, medication adherence information, chair yoga demonstrations, personal emergency response system information, chair massages, flu shots, Tai Chi demonstrations. Just walk-in. Reservations NOT required.

MATTER OF BALANCE

Thurs, Sep 27 - Thu, Nov 1, 1 – 3 pm
Schuyler County Office for the Aging, Montour Falls, NY

A Matter of Balance is an eight-session workshop designed to increase activity levels and decrease the fear of falling. Registration is required. Please go to www.lifespanrochester.org or call Mara at 585-244-8400, ext. 239. This workshop is held in Montour Falls.

LEGAL AND FINANCIAL PLANNING FOR FAMILIES IMPACTED BY DEMENTIA

Tuesday, Oct. 2, 3 – 4:30
Lifespan, 1900 S. Clinton Avenue

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. In this live-streamed satellite presentation, Yolanda Rios, Esq, associate attorney at Dutcher & Zatkowsky, will discuss the importance of early planning, what legal and financial issues to consider as you age, and how to put plans in place. Please go to www.lifespanrochester.org. This presentation is offered in partnership with the Alzheimer's Association.

POWERFUL TOOLS FOR CAREGIVERS

Tues., Oct. 2 – Tues., Nov. 6, 12:30 - 3:00 pm
Westside YMCA, 920 Elmgrove Rd.

Powerful Tools for Caregivers is a six-session educational program focused on your needs. The classes provide you with the skills and confidence you need to better care for yourself while caring for others. This workshop takes place Tuesdays at the Westside YMCA. You do NOT need to be a Y member to participate. Registration is required. Please go to www.lifespanrochester.org. For more information about this workshop, contact Eve Moses at 585-244-8400, ext. 213.

LIVING HEALTHY WITH DIABETES

Thurs., Oct. 4 - Thurs., Nov. 8, 9:30 am – Noon
Beatrice Place, 600 Denise Rd.

This is a 6-session, peer-led health education for people 60+ living with diabetes. The purpose of the workshop is to enhance skills and your ability to manage your health and maintain an active and fulfilling lifestyle. Registration is required. Please go to www.lifespanrochester.org For more information contact Sarah Otis at 585- 287-6439 or email sotis@lifespanrochester.org

POWERFUL TOOLS FOR CAREGIVERS

Thurs., Oct. 4 – Thurs., Nov. 8, Noon - 2:30 pm
Maplewood YMCA, 25 Driving Park

Powerful Tools for Caregivers is a six-session educational program focused on your needs. The classes provide you with the skills and confidence you need to better care for yourself while caring for others. This workshop takes place Thursdays. Registration is required. Please go to www.lifespanrochester.org or contact Eve Moses at 585-244-8400, ext. 213.

TAI CHI for ARTHRITIS

Tuesday, Oct. 9 – Tues., Dec. 4
Lifespan, 1900 S. Clinton Avenue
Registration is required. Please go to www.lifespanrochester.org

MEDICARE 101

Wed., Oct 17, 10 – noon
Lifespan, 1900 S. Clinton Avenue
Registration is required. Please go to www.lifespanrochester.org

POWERFUL TOOLS FOR CAREGIVERS

Mon., Oct. 15 – Mon. Nov. 12, 5:00 - 7:30 pm
Lifespan, 1900 S. Clinton Avenue

Powerful Tools for Caregivers is a six-session educational program focused on your needs. The classes provide you with the skills and confidence you need to better care for yourself while caring for others. This workshop takes place Monday evenings. Registration is required. Please go to www.lifespanrochester.org or contact Eve Moses at 585-244-8400.

MEDICARE 101

Mon., Oct 29, 2 – 4 pm
Lifespan, 1900 S. Clinton Avenue
Registration is required. Please go to www.lifespanrochester.org

MEDICARE 101

Mon., Nov. 5, 10 – noon
Chili Senior Center, 3235 Chili Avenue
Registration is required. Please go to www.lifespanrochester.org

**Coming in November “Information & Inspiration for Older Adults & Caregivers.”
Fifteen free workshops.**

**Lifespan, 1900 S. Clinton Avenue, Rochester, NY 14618
585-244-8400, www.lifespanrochester.org Info@lifespanrochester.org**