



Participants enjoying an outing to VINS

Aging Resource Center

**In-Person & Virtual Program
Winter and Spring
January – June 2025**

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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.
- **Classes are not recorded.**
We strive to make our classes safe places for sharing personal stories and to protect participants' privacy.

Join our Weekly e-Newsletter!

- **To receive our weekly update** with the calendar for the coming week.
- **To be informed of any additional offerings** added after the booklet was published.
- **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 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 at the **ARC Annex at the Upper Valley Senior Center** at 10 Campbell Street, Lebanon, NH.

Virtual programs 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 in-person or virtually.

You do not have to be patients of Dartmouth Health to participate. All are welcome.

For any question about programs, please contact the Aging Resource Center agingcenter@hitchcock.org or call 603.653.3460.

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.



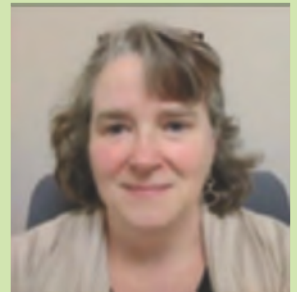
Ellen Flaherty, PhD, APRN, AGSF
Vice President
Geriatric Center of Excellence

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



IN-PERSON PROGRAMS



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.

Ann helping a "SAIL" program participant



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, February 25 to April 18 (16 sessions), 10-11 am, or,

Tuesdays and Fridays, April 29 to June 20 (16 sessions), 10-11 am

Chizuko Horiuchi, BA, and Ann Osborn, BA

SAIL is an evidence-based falls prevention 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.

Get Hooked on Walking

Held at DHMC Level 5, 1 Medical Center Drive, Lebanon, NH

Thursdays, March 6 to June 26, 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.

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

Nutritional Support for Aging Eyes

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

Thursday, March 27, 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.



IN-PERSON PROGRAMS



Healthy Aging

A Matter of Balance

Held at the Aging Resource Center at Colburn Hill

Thursdays, April 3 to May 22 (8 sessions), 10 am-12 pm

Spencer Burdge, Chizuko Horiuchi, BA, and Ann Osborn, BA

"A Matter of Balance" is an award-winning, evidence-based 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 and registration, please contact the Falls Prevention Team at 603.653.3415 or email falls.prevention@hitchcock.org.

Keeping on Your Toes: Aging and the Podiatric Impact

Held at the Aging Resource Center at Colburn Hill

Meeting date and time to be announced

Tania Kapila, DPM

As we age, there are a multitude of changes that occur in the feet, impacting our activities, gait, and risk of injury. While some of these changes are mild and go unnoticed, others can be debilitating and life changing.

This program will be an overview of the impact of aging in the lower extremities and focus on patient education and prevention from a podiatrist's perspective.

Planning Ahead

Advance Care Planning/Advance Directive Assistance

By appointment

Available in-person, over Zoom, or on the phone

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

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

Let's Talk Fraud – An Interactive Session Discussing the Threats and Protections Involving Scams

Held at the Aging Resource Center at Colburn Hill

Wednesday, February 12, 1:30-3 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.

Learn About the Patient Support Corps

Held at the Aging Resource Center at Colburn Hill

Thursday, March 13, 1-2 pm

Sarah Latario, Volunteer Coordinator

Medical visits can be stressful and there are a lot of decisions and choices to make. The Patient Support Corps (PSC) volunteers at Dartmouth Health can help you prepare for your visit and be active in your health care. You can receive help to feel more prepared so you can focus on what is important during your medical appointments. This program will explain how PSC can help you and how you can sign-up to receive help from PSC.



IN-PERSON PROGRAMS



Dementia Education, Support, and Engagement

Dementia Resources Specialist One-on-One Services

Held at the Aging Resource Center at Colburn Hill

By appointment

Our Dementia Resources 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.

Memory Café

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

Saturdays, February 15, March 29, and April 12, 10:30 am-12:30 pm

The Memory Café is a supportive space for individuals with dementia and their caregivers. The Café provides opportunities to engage in social, cognitive, and physical activities including live music, arts and crafts, chair exercises, and brief informational sessions for caregivers on topics of their choosing!

The Memory Café is organized by Dartmouth medical students and Roshini Pinto-Powell, MD in partnership with the Aging Resource Center.

Chair Dancing

Held at the Aging Resource Center at Colburn Hill

Tuesday, March 25, 1-2 pm

Alexis Reale, MA, LCMHCA, R-DMT

This program is for people living with dementia and their care partners.

Regardless of age, movement holds a crucial place in our lives. Engaging in dance is a fun way for older adults, to stay connected to their physical bodies and emotions while fostering healthy social interactions.

Low-impact dance/movement therapy provides benefits beyond the physical, such as: enhanced cognition, communication, and motor skills; improved mood regulation; elevated quality of life; diminished feelings of loneliness and isolation; and, a sense of being seen and understood. Alexis is a lifelong dancer, counselor and dance/movement therapist with over 30 years of experience. She believes that dance serves as a universal avenue for self-expression and joy, and welcomes individuals of all backgrounds to partake in this enriching art form.

Tea with the Team

Held at the Aging Resource Center at Colburn Hill

Tuesdays, April 22, May 27 and June 24, 1-2 pm

Join us for a monthly in-person meet up for individuals living with dementia and their care partners.

This will be a casual time to take a break and enjoy tea, coffee, and cookies while socializing with others who have similar experiences, and the Dartmouth Health Dementia Resources Team.

Spring Outings with the Dementia Resources Team

Meeting venues, dates and times to be announced

The Dementia Resources Team is planning a series of outings to local area attractions this spring. We've explored wonderful locations like VINS, Saint-Gaudens, and Billings Farm, and we're excited to revisit some favorites and discover new destinations.

If you'd like to join us for these outings, please email dementiaresources@hitchcock.org to be added to our event and mailing lists.



IN-PERSON PROGRAMS



Technology and Aging

Tech Coaching

Held at the Aging Resource Center at 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.

Camera & Photos App 101 on your Apple device

Held at the Aging Resource Center at Colburn Hill

Wednesday, April 9, 9:30-10:30 am

Ann Osborn, BA

Are you curious about how to use your phone to take good photos? Are you hoping to share photos with others via text or email? Are you overwhelmed with the number of photos on your phone? Are you unsure where to start and how to organize your digital photos? Join us as we discuss the Camera and Photos apps on Apple devices (e.g. iPhone, iPad, Macbook). This class will orient participants to the Camera app, the Photos app, and their many functions.

Taking Advantage of Your iPhone

Held at the Aging Resource Center at Colburn Hill

Wednesday, May 14, 9:30-10:30 am

Ann Osborn, BA

Are you curious about all the capabilities of the iPhone? Are you interested in learning how to let your iPhone better assist you in your daily life? This class is a great fit for people who are relatively familiar with their iPhone and would like to learn about the lesser-known features e.g. reminders, dictate, Siri, and the vast world of apps.



“Tech Coaching” program



IN-PERSON PROGRAMS



Arts and Aging

Wreath Making to Welcome Spring and Summer

Held at the Aging Resource Center at Colburn Hill

Friday, May 9, 1-3 pm

Mary Smith

We will “Welcome” Spring and Summer by making wreaths using fresh flowers, natural and artificial materials! All materials will be provided.



Spring Sing

Held at the Aging Resource Center at Colburn Hill

Meeting date and time to be announced

Dave Richardson

Join song leader and voice instructor Dave Richardson for an in-person gathering 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!

So You Want to Be a Poet? Supportive Poetry Writing

Held at the Aging Resource Center at Colburn Hill

Wednesdays, January 29 to March 5 (6 sessions), 2-3:30 pm

Phil Bush

Do you write poetry? Would you like to share your work with other writers to give and receive feedback? Have you always wanted to write poetry but need a group to help motivate you? This six-week poetry writing group will meet and create a supportive and safe space where writers can gather to foster each other's growth. Through the use of prompts and exercises, participants will lean into new ideas and ways to express themselves. The group will explore other poets for inspiration and have a suggested cue each week to encourage creativity. Participants will share their writings and will provide positive, constructive feedback to each other.

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

For more information, contact movement@hitchcock.org.

"I use mindfulness practice regularly for reality checks & emotional regulation & clarity!"

– Drop-in Mindfulness participant

"This program functioned as a part of my rehab program after hip replacement surgery. It was so helpful to stretch and to start regaining mobility. Thank you!"

– Gentle Yoga for Older Adults participant

"We often feel like we're on our own fighting the progression of this disease. We're excited to have access to this support group and are looking forward to attending future sessions."

– Parkinson's Workshop participant

"I always enjoy and learn a lot during these monthly presentations/Q&A b/c the speaker is so knowledgeable, well-prepared and creative with suggestions and recommendations that are feasible."

– Healthy Eating: Preparing and Eating Meals for One participant

"Reading and discussing poetry bi-weekly lifts our spirits and engages our minds and emotions in new, challenging, and inspiring ways."

– Food for Your Soul participant

"I'm less anxious about navigating sales of items as a part of my hidden treasures experience. I am relatively new to the area so knowing how things are handled in this state is helpful."

– Selling Your Stuff participant



VIRTUAL PROGRAMS



Healthy Aging

Living a Healthy Life with Chronic Conditions

Mondays, January 6 to February 10 (6 sessions), 12:30-3 pm

Marion Cate, MEd, MCHES, 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," exercise and relaxation CDs. The group members 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, January 7 to February 25 (8 Sessions), 11 am-12 pm,

Tuesdays, March 11 to April 29 (8 Sessions), 11 am-12 pm, or

Tuesdays, May 6 to June 24 (8 sessions), 11 am-12 pm

Kim Wenger Hall, RYT-500

Join Kim, 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.

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

Thursdays, January 16 to February 13 (5 sessions), 1-2:30 pm

Angelynne Hinson

This five-week, online, interactive singing workshop series will help strengthen and maintain the speaking voice. This program is beneficial for adults with Parkinson's disease, COPD, MS, post-stroke aphasia, or persons managing respiratory/vocal production issues. Though specifically designed for people with vocal or breathing challenges, it also has benefits for anyone who loves to sing and would like to learn more about your vocal instrument. Angelynne Hinson, an independent artist and Vocal Habilitation Specialist from Portsmouth NH, will share efficient singing voice techniques including movement and breathing exercises, vocal warm-ups and sing-alongs. The goal is to have fun singing while learning skills to maintain your voice. No singing experience necessary.

This program is a collaboration of the Dartmouth Health Aging Resource Center and Neurology Clinic and is made available by a generous grant from the Parkinson's Foundation.

A Matter of Balance Virtual

Mondays and Wednesdays, February 24 to March 24 (9 sessions), 1-3 pm

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

"A Matter of Balance" is an award-winning, evidence-based 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 light exercises.

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



VIRTUAL PROGRAMS



Healthy Aging

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

Thursday, March 6, 1-3 pm

Dax Volle, MD

Dr. 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.

Let’s Talk about Late-Life Female Incontinence

Thursday, May 1, 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.

The Effects of Aging on Skin

Wednesday, May 7, 10-11:30 am

David Grand, MD

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

Living Better with Lower Vision

Friday, May 23, 10:30 am-12 pm

Amy Clark, MS, Daniel Norris, MEd, and Brianne Stone

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.



*A Matter of Balance participants
doing exercises*



Healthy Aging

Healthy Eating for Healthy Living Series (Please sign up for each meeting)

Jean Copeland, RDN, LD

Stocking Up: Setting Up Your Emergency Food Supply

Wednesday, January 15, 2-3 pm

Emergencies can disrupt food supply chains, leaving people hungry. In this program, learn to prepare for disruptions and how to meet your dietary needs with the resources available during shortages.

American Heart Month: Heart-Healthy Eating for One

Wednesday, February 19, 2-3 pm

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

National Older Americans Month: How Nutrients Influence "Inflammaging," Including Pain

Wednesday, March 19, 2-3 pm

'Inflammaging' refers to the chronic, low-grade inflammation that characterizes aging. It involves several tissues and organs, including the gut microbiota, and is characterized by a balance between pro- and anti-inflammatory responses including the onset and development of neurogenic pain and inflammation. This program will focus on anti-inflammatory foods to include and pro-inflammatory foods to exclude to help manage pain.

National Stress Awareness Month: How to Eat to Improve Our Resilience to Stress

Wednesday, April 16, 2-3 pm

Just as stress can affect nutrition, nutrition can affect stress. Specific nutrients and overall diet quality can impact mood, while depression and anxiety affect our interest in eating certain foods. Learn more about how and what we eat over time can influence our ability to manage stressful situations.

Osteoporosis Awareness and Prevention Month: Healthy Eating to Manage Osteoporosis

Wednesday, May 21, 2-3 pm

The food we eat can affect our bones. Learn about foods and the nutrients which make up our bones, with information about nutrient bioavailability, to help you make healthier lifestyle choices every day.

National Safety Month: Eating Healthy When Money's Tight

Wednesday, June 18, 2-3 pm

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



VIRTUAL PROGRAMS



Planning Ahead

End of Life Café: A Time to Talk and Share

Third Thursdays of January through June, 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.

Useful Tools for Life Planning

Thursdays, February 20 to March 13 (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 program materials in advance.

What the Future Holds: Long-Term Care Discussion

Friday, April 4, 1-2:30 pm

James Thaxton, 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.

Social Security and You

Monday, April 21, 1:30-3 pm

Marilenin Vasquez

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

Decluttering and Downsizing

Wednesdays, April 22 and 29 (2 sessions), 2-3:30 pm

Lora Gerard, MPA

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

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

Friday, May 2, 1-2:30 pm

Renée Harvey, Esq.

Research has found that approximately one quarter of Americans 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



Planning Ahead

Selling Your Stuff

Tuesday, May 6, 2-3:30 pm

Lora Gerard, MPA

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

Is It Time to Have “The Talk?”

Wednesday, May 7, 10-11:30 am

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.

Homefit

Meeting date and time to be announced

AARP NH Speaker

Do you want to remain in your home as you age? This presentation, along with the HomeFit: Your Home handout and the HomeFit Guide, that is available online (www.aarp.org/youhome), are 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 identify a quick fix that they plan to implement soon to help jumpstart their work.

Prepare to Care

Meeting date and time to be announced

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.



A visitor browsing a program booklet at the Aging Resource Center's library



VIRTUAL PROGRAMS



Dementia Education, Support, and Engagement

Savvy Caregivers

Meeting dates and times to be announced

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

Meeting dates and times to be announced

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.

Responding to Dementia-Related Behaviors

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

Representative from the Alzheimer's Association

Responding to Dementia-Related Behaviors describes how dementia can cause changes in a person's behavior, will list possible triggers for dementia-related behaviors, compare non-medical vs medical ways to address behaviors, and will explain the four step approach for managing behaviors.

Treating Behavioral and Psychological Symptoms of Dementia

Tuesday, January 21, 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.

Exploring Care and Support Services

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

Representative from the Alzheimer's Association

Exploring Care and Support Services examines how best to prepare for future care decisions and changes, including respite care, residential and end-of-life care. This program was developed to empower caregivers by teaching them how to navigate the responsibilities of caring for someone living with dementia.

Why Do I Feel Like This? Navigating Challenging Emotions as a Dementia Care Partner

Tuesday, February 18, 10-11:30 am

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.



VIRTUAL PROGRAMS



Dementia Education, Support, and Engagement

Exploring Grief for the Dementia Care Partner

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

Meredith Kolodze, LICSW

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

Managing Money: A Caregiver's Guide to Finances

Tuesday, April 8, 11 am-12:30 pm

Representative from the Alzheimer's Association

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

Dementia Brain

Mondays, May 5 and 12 (2 sessions), 1-2 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. 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 Dementia Care: Valuable Insights with Dr. Lisa Mistler

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

Lisa Mistler, MD

Dr. Mistler, Associate Professor of Psychiatry at Dartmouth's Geisel School of Medicine, will be speaking on key dementia-related topics important to caregivers. Her presentation will cover a range of subjects, including medications, substance use, challenging behaviors, and more. We encourage you to submit your questions to dementiaresources@hitchcock.org, and we will select a few to be addressed by Dr. Mistler during the program.

Communicating Effectively

Tuesday, June 10, 11 am-12:30 pm

Representative from the Alzheimer's Association

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and healthcare professionals. This program was developed to empower caregivers by teaching them how to navigate the responsibilities of caring for someone living with dementia.

“The blend of scientific knowledge, explained in lay terms, and the practical, concrete ideas of approaches to real daily issues is invaluable.”

- *Dementia Brain participant*



VIRTUAL PROGRAMS



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 and help you conquer your technological challenges.

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

Mind and Spirit

More Zentangle

First Monday and third Wednesday of January through June

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 their work. Different techniques will be taught in each of these classes – participants can attend 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.

Drop-in Mindfulness

Wednesdays, January 22, April 23, and June 25, 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 Mindfulness. We will dive in, so please come prepared to practice.

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

Beginner Zentangle

Tuesday, February 18, 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 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.



VIRTUAL PROGRAMS



Mind and Spirit

Staying Mindful

Wednesdays, February 19 and 26 (2 sessions), 9:30-11 am

Chizuko Horiuchi, BA and Renée Pepin, PhD

Do you want to stay motivated to practice mindfulness? Do you crave reminders to stay in the present moment?

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

Doing More of What's Most Important

Thursdays, April 3 to May 8 (6 sessions), 2-3:30 pm

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.

“The exercise about values made me realize the areas that I need to work on in order to have a happier life. As my husband needs more help, I need to look at my values and figure out a way to not lose myself while caring for him.”

- Doing More of What's Most Important participant

“You Never Listen!”: How to Change Self-Defeating Communication Patterns, Reduce Stress and Build Harmony in Relationships

Tuesdays, April 8 to May 27 (8 sessions), 9-10:30 am

Jeanne Childs, Board Certified Clinical Geriatric Chaplain

Humans yearn to be heard and understood. Yet, though we can speak, we may not know how to communicate skillfully. This course aims to develop communication skills and enhance the health and happiness of the participants. In this eight-week virtual course you will: learn how to navigate difficult emotions; find out how to meet your own needs while respecting others; practice making positive requests; explore the art of successful negotiation; try “re-dos” and “time-outs;” and, experience the joy of more positive, smooth, nurturing relationships.



VIRTUAL PROGRAMS



Arts and Aging

Learning to Look: Conversations about Art

First and Third Friday of January through June, 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 class 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.

Food for Your Soul: Reading Poetry Together

Second and fourth Fridays of January through June, 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 us as we read poems together. We will share and discuss our responses to the poems to feed our souls.

Morning Sing

Mondays, January 13 to June 30 except May 26 (Memorial Day), 9-10 am

Dave Richardson

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

Pencil Drawing Challenge

Mondays, February 3 to 24 (4 sessions), 10 am-12 pm

Kim Wenger Hall RYT-500

Master the fundamentals of drawing and unleash your creativity. This series will guide you through the essential elements of pencil drawing, from lines and shapes to composition and shading. With engaging prompts and exercises, you'll build your skills and gain confidence. Each week, we'll explore a variety of drawing applications, from landscapes and abstracts to still lifes, and help you discover your unique artistic style.

Memoir Writing

Tuesdays, February 4 to March 4 (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.



VIRTUAL PROGRAMS



Arts and Aging

Abstract Mixed Media Exploration

Mondays, April 7 to 28 (4 sessions), 10 am-12 pm

Kim Wenger Hall RYT-500

Discover the power of non-representational abstract art through the endless opportunities of mixed media. Let your emotions and ideas shine through as you experiment with various materials and techniques to create unique, expressive artwork. Learn to let go and play as you experiment, take risks and let go of the outcome!

You Know You Should: Writing Meaningful Condolence Letters

Friday, April 11, 10-11:30 am

Lee Webster, BA

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

The Stories of Our Lives: Writing Authentic Obituaries

Friday, April 25, 10-11:30 am

Lee Webster, BA

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

Self-Portrait in Graphite

Mondays, June 9 & 16 (2 sessions), 10 am-12 pm

Kim Wenger Hall RYT-500

Master the art of self-portraiture in graphite. This two-week workshop will guide you through the essential techniques and tools to create stunning self-portraits. Learn to capture your likeness and express your individuality through the power of pencil. Work from a mirror to truly connect with your subject and develop a deeper understanding of your features.



Participants of Creating a Gift Basket Class



VIRTUAL PROGRAMS



Support Groups

The Stroke Survivors' Support Group

First Friday of January through June, 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 support group, facilitated by Robert O'Donnell, MSW, 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.

Connection & Caring: A Companionable Support Group

Tuesdays, January 7 to February 25 (8 sessions), 9-10:30 am

Jeanne Childs, Board Certified Clinical Geriatric Chaplain

As we age, there can be much change i.e. loss, loneliness, illness, relocation, dislocation. We can feel the impact of uncertainty and difficulty on our hearts and in our nervous systems. Companionship with others who also experience this can help us build resilience and enjoy life more. Our listening supportive group offers an open-hearted, accepting source of comfort for its members as we navigate new realities and find new solutions. We offer good will, trust, honesty, respect, and uninterrupted time for each of us to speak, knowing what is said is held in sacred confidence and not repeated to others. All these characteristics allow us to be able to relax and feel free to be real to share what has been on our minds and hearts even when we are still trying to figure it out. While we don't give advice or tell each other what to do, there is much to learn in sharing experience, strength, and hope as we create new satisfying pathways.

The Parkinson's Workshop*

Fourth Wednesday of January through June, 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 6.*

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.

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.

To meet with a specific member of our team, please call 603.653.3460 for an appointment.



Winter Weather Cancellation Policy

We will close or delay opening of the Aging Resource Center if the Lebanon School District is closed or has a delayed opening.

We will put the closure or delay message on the Aging Resource Center's office phone at: 603.653.3460.

Please call the Aging Resource Center to confirm if an appointment or program is happening.

Spring Open House and Art Show

Monday, March 31
1:00 to 4:00 pm

We invite you to visit our Center,
meet our staff,
view artwork and meet the artists
from
the Senior Art class at AVA
Gallery, and connect with each
other.

Please Join Us!



A Heartfelt THANK YOU to Our Generous Donors

Our mission is to offer participants valuable health and wellness education and support, regardless of ability to pay. We strive to keep our programs free of charge for participants.

This would not be possible without generous support from donors to whom we extend our sincerest gratitude.

To donate, please go to our website: dhaging.org

January 2025

All programs are free.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
		ARC Closed		Stroke Support Group 10-11:30 am Learning to Look 11 am-12 pm	
6	7	8	9	10	11
Living a Healthy Life* 12:30-3 pm More Zentangle 3:30-4:30 pm	Connection* 9-10:30 am Gentle Yoga* 11 am-12 pm			Food for Your Soul 3-4 pm	
13	14	15	16	17	18
Morning Sing 9-10 am Living a Healthy Life* 12:30-3 pm	Connection* 9-10:30 am Gentle Yoga* 11 am-12 pm Responding to Dementia-Related Behaviors 11 am-12:30 pm <u>Parkinson's Support Group</u> 2-3:30 pm	More Zentangle 9:30-10:30 am Stocking up Emergency Food 2-3 pm	Singing Workshop* 1-2:30 pm End of Life Café 2-3:30 pm	Learning to Look 11 am-12 pm	
20	21	22	23	24	25
Morning Sing 9-10 am Living a Healthy Life* 12:30-3 pm	Connection* 9-10:30 am Treating Behavioral and Psychological Symptoms 10-11:30 am Gentle Yoga* 11 am-12 pm	Parkinson's Workshop 1-2:30 pm Drop-in Mindfulness 9:30-10:30 am	Singing Workshop* 1-2:30 pm	Food for Your Soul 3-4 pm	
27	28	29	30	31	
Morning Sing 9-10 am Living a Healthy Life* 12:30-3 pm	Connection* 9-10:30 am Gentle Yoga* 11 am-12 pm	<u>So You Want to Be a Poet?*</u> 2-3:30 pm	Singing Workshop* 1-2:30 pm		

In-Person programs are Underlined. Colors match the focus areas in the booklet.

Programs with * are a series with multiple sessions. Registration is required before the first class.

February 2025

All programs are free.

Registration is required for all the 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 Pencil Drawing Challenge* 10 am-12 pm Living a Healthy Life* 12:30-3 pm More Zentangle 3:30-4:30 pm	4 Connection* 9-10:30 am Gentle Yoga* 11 am-12 pm Memoir Writing* 1-2:30 pm	5 <u>So You Want to Be a Poet?*</u> 2-3:30 pm	6 Singing Workshop* 1-2:30 pm	7 Stroke Support Group 10-11:30 am Learning to Look 11 am-12 pm	8
10 Morning Sing 9-10 am Pencil Drawing Challenge* 10 am-12 pm Living a Healthy Life* 12:30-3 pm	11 Connection* 9-10:30 am Gentle Yoga* 11 am-12 pm Exploring Care and Support Services 11 am-12:30 pm Memoir Writing* 1-2:30 pm <u>Parkinson's Support Group</u> 2-3:30 pm	12 <u>Let's Talk Fraud</u> 1:30-3 pm <u>So You Want to Be a Poet?*</u> 2-3:30 pm	13 Singing Workshop* 1-2:30 pm	14 Food for Your Soul 3-4 pm	15 <u>Memory Café</u> 10:30 am-12:30 pm
17 Morning Sing 9-10 am Pencil Drawing Challenge* 10 am-12 pm	18 Connection* 9-10:30 am Why Do I Feel Like This? 10-11:30 am Gentle Yoga* 11 am-12 pm Memoir Writing* 1-2:30 pm Beginner's Zentangle 1-3 pm	19 More Zentangle 9:30-10:30 am Staying Mindful* 9:30-11 am Heart-healthy Eating for One 2-3 pm <u>So You Want to Be a Poet?*</u> 2-3:30 pm	20 Useful Tools for Life Planning* 10 am-12 pm End of Life Café 2-3:30 pm	21 Learning to Look 11 am-12 pm	22
24 Morning Sing 9-10 am Pencil Drawing Challenge* 10 am-12 pm A Matter of Balance V* 1-3 pm	25 Connection* 9-10:30 am <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm Memoir Writing* 1-2:30 pm	26 Staying Mindful* 9:30-11 am Parkinson's Workshop 1-2:30 pm A Matter of Balance V* 1-3 pm <u>So You Want to Be a Poet?*</u> 2-3:30 pm	27 Useful Tools for Life Planning* 10 am-12 pm	28 <u>SAIL*</u> 10-11 am Food for Your Soul 3-4 pm	

In-Person programs are Underlined. Colors match the focus areas in the booklet. Programs with * are a series with multiple sessions. Registration is required before the first class.

March 2025

All programs are free.

Registration is required for all the 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 A Matter of Balance V* 1-3 pm More Zentangle 3:30-4:30 pm	4 <u>SAIL*</u> 10-11 am Memoir Writing* 1-2:30 pm	5 A Matter of Balance V* 1-3 pm <u>So You Want to Be a Poet?*</u> 2-3:30 pm	6 Useful Tools for Life Planning* 10 am-12 pm <u>Get Hooked on Walking</u> 11 am-12 pm Normal vs Not Normal 1-3 pm	7 <u>SAIL*</u> 10-11 am Stroke Support Group 10-11:30 am Learning to Look 11 am-12 pm	8
10 Morning Sing 9-10 am A Matter of Balance V* 1-3 pm	11 <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm Exploring Grief 11 am-12:30 pm <u>Parkinson's Support Group</u> 2-3:30 pm	12 A Matter of Balance V* 1-3 pm	13 Useful Tools for Life Planning* 10 am-12 pm <u>Get Hooked on Walking</u> 11 am-12 pm <u>Learn about Patient Support Corp</u> 1-2 pm	14 <u>SAIL*</u> 10-11 am Food for Your Soul 3-4 pm	15
17 Morning Sing 9-10 am A Matter of Balance V* 1-3 pm	18 <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm	19 More Zentangle 9:30-10:30 am A Matter of Balance V* 1-3 pm How Nutrients Influence "Inflammaging"? 2-3 pm	20 <u>Get Hooked on Walking</u> 11 am-12 pm End of Life Café 2-3:30 pm	21 <u>SAIL*</u> 10-11 am Learning to Look 11 am-12 pm	22
24 Morning Sing 9-10 am A Matter of Balance V* 1-3 pm	25 <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm <u>Chair Dancing</u> 1-2 pm	26 Parkinson's Workshop 1-2:30 pm	27 <u>Nutritional Support for Aging Eyes</u> 10-11 am <u>Get Hooked on Walking</u> 11 am-12 pm	28 <u>SAIL*</u> 10-11 am Food for Your Soul 3-4 pm	29 <u>Memory Café</u> 10:30 am-12:30 pm
31 Morning Sing 9-10 am <u>Spring Open House and Art Show</u> 1-4 pm					

In-Person programs are Underlined. Colors match the focus areas in the booklet. Programs with * are a series with multiple sessions. Registration is required before the first class.

April 2025

All programs are free.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm	2	3 <u>A Matter of Balance*</u> 10 am-12 pm <u>Get Hooked on Walking</u> 11 am-12 pm Doing More of What's Important* 2-3:30 pm	4 <u>SAIL*</u> 10-11 am Stroke Support Group 10-11:30 am Learning to Look 11 am-12 pm What the Future Holds 1-2:30 pm	5
7 Morning Sing 9-10 am Abstract Mixed Media Exploration* 10 am-12 pm More Zentangle 3:30-4:30 pm	8 You Never Listen!* 9-10:30 am <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm Managing Money 11 am-12:30 pm <u>Parkinson's Support Group</u> 2-3:30 pm	9 <u>Camera & Photos App 101</u> 9:30-10:30 am	10 <u>A Matter of Balance*</u> 10 am-12 pm <u>Get Hooked on Walking</u> 11 am-12 pm Doing More of What's Important* 2-3:30 pm	11 <u>SAIL*</u> 10-11 am Writing Meaningful Condolence Letters 10-11:30 am Food for Your Soul 3-4 pm	12 <u>Memory Café</u> 10:30 am-12:30 pm
14 Morning Sing 9-10 am Abstract Mixed Media Exploration* 10 am-12 pm	15 You Never Listen!* 9-10:30 am <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm	16 More Zentangle 9:30-10:30 am How to Eat to Improve Our Resilience to Stress 2-3 pm	17 <u>A Matter of Balance*</u> 10 am-12 pm <u>Get Hooked on Walking</u> 11 am-12 pm Doing More of What's Important* 2-3:30 pm End of Life Café 2-3:30 pm	18 <u>SAIL*</u> 10-11 am Learning to Look 11 am-12 pm	19
21 Morning Sing 9-10 am Abstract Mixed Media Exploration* 10 am-12 pm Social Security and You 1:30-3 pm	22 You Never Listen!* 9-10:30 am Gentle Yoga* 11 am-12 pm <u>Tea with the Team</u> 1-2 pm Decluttering* 2-3:30 pm	23 Drop-in Mindfulness 9:30-10:30 am Parkinson's Workshop 1-2:30 pm	24 <u>A Matter of Balance*</u> 10 am-12 pm <u>Get Hooked on Walking</u> 11 am-12 pm Doing More of What's Important* 2-3:30 pm	25 Writing Authentic Obituaries 10-11:30 am Food for Your Soul 3-4 pm	26
28 Morning Sing 9-10 am Abstract Mixed Media Exploration* 10 am-12 pm	29 You Never Listen!* 9-10:30 am <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm Decluttering* 2-3:30 pm	30			

In-Person programs are Underlined. Colors match the focus areas in the booklet.

Programs with * are a series with multiple sessions. Registration is required before the first class.

May 2025

All programs are free.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <u>A Matter of Balance*</u> 10 am-12 pm <u>Get Hooked on Walking</u> 11 am-12 pm Doing More of What's Important* 2-3:30 pm Late-Life Female Incontinence 2-3:30 pm	2 <u>SAIL*</u> 10-11 am Stroke Support Group 10-11:30 am Learning to Look 11 am-12 pm Solo Seniors 1-2:30 pm	3
5 Morning Sing 9-10 am Dementia Brain* 1-2 pm More Zentangle 3:30-4:30 pm	6 You Never Listen!* 9-10:30 am <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm Selling Your Stuff 2-3:30 pm	7 The Effects of Aging on Skin 10-11:30 am Is It Time to Have "The Talk?" 10-11:30 am	8 <u>A Matter of Balance*</u> 10 am-12 pm <u>Get Hooked on Walking</u> 11 am-12 pm Doing More of What's Important* 2-3:30 pm	9 <u>SAIL*</u> 10-11 am <u>Wreath Making</u> 1-3 pm Food for Your Soul 3-4 pm	10
12 Morning Sing 9-10 am Dementia Brain* 1-2 pm	13 You Never Listen!* 9-10:30 am <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm Dementia Care 11 am-12:30 pm <u>Parkinson's Support Group</u> 2-3:30 pm	14 <u>Taking Advantage of Your iPhone</u> 9:30-10:30 am	15 <u>A Matter of Balance*</u> 10 am-12 pm <u>Get Hooked on Walking</u> 11 am-12 pm End of Life Café 2-3:30 pm	16 <u>SAIL*</u> 10-11 am Learning to Look 11 am-12 pm	17
19 Morning Sing 9-10 am	20 You Never Listen!* 9-10:30 am <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm	21 More Zentangle 9:30-10:30 am Healthy Eating to Manage Osteoporosis 2-3 pm	22 <u>A Matter of Balance*</u> 10 am-12 pm <u>Get Hooked on Walking</u> 11 am-12 pm	23 <u>SAIL*</u> 10-11 am Living Better with Lower Vision 10:30 am-12 pm Food for Your Soul 3-4 pm	24
26 ARC Closed	27 You Never Listen!* 9-10:30 am <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm <u>Tea with the Team</u> 1-2 pm	28 <u>Parkinson's Workshop</u> 1-2:30 pm	29 <u>Get Hooked on Walking</u> 11 am-12 pm	30 <u>SAIL*</u> 10-11 am	31

In-Person programs are Underlined. Colors match the focus areas in the booklet.

Programs with * are a series with multiple sessions. Registration is required before the first class.

June 2025

All programs are free.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Morning Sing 9-10 am More Zentangle 3:30-4:30 pm	3 <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm	4	5 <u>Get Hooked on Walking</u> 11 am-12 pm	6 <u>SAIL*</u> 10-11 am Stroke Support Group 10-11:30 am Learning to Look 11 am-12 pm	7
9 Morning Sing 9-10 am Self-Portrait in Graphite* 10 am-12 pm	10 <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm Communicating Effectively 11 am- 12:30 pm <u>Parkinson's Support Group</u> 2-3:30 pm	11	12 <u>Get Hooked on Walking</u> 11 am-12 pm	13 <u>SAIL*</u> 10-11 am Food for Your Soul 3-4 pm	14
16 Morning Sing 9-10 am Self-Portrait in Graphite* 10 am-12 pm	17 <u>SAIL*</u> 10-11 am Gentle Yoga* 11 am-12 pm	18 More Zentangle 9:30-10:30 am Eating Healthy When Money's Tight 2-3 pm	19 <u>Get Hooked on Walking</u> 11 am-12 pm End of Life Café 2-3:30 pm	20 <u>SAIL*</u> 10-11 am Learning to Look 11 am-12 pm	21
23 Morning Sing 9-10 am	24 Gentle Yoga* 11 am-12 pm <u>Tea with the Team</u> 1-2 pm	25 Drop-in Mindfulness 9:30-10:30 am <u>Parkinson's Workshop</u> 1-2:30 pm	26 <u>Get Hooked on Walking</u> 11 am-12 pm	27 Food for Your Soul 3-4 pm	28
30					

In-Person programs are Underlined. Colors match the focus areas in the booklet. Programs with * are a series with multiple sessions. Registration is required before the first class.



Dartmouth Health

Aging Resource Center

Colburn Hill

444 Mt. Support Road Lebanon, NH 03766

603.653.3460 | dhaging.org | AgingCenter@hitchcock.org

How to find the Aging Resource Center:

From NH Route 120:

Turn onto Lahaye Drive toward the hospital complex across from Centerra Park/COOP Food Store.

At the Roundabout take the first exit to the right onto Mt. Support Road to Colburn Hill Offices.

Go past the entrance to the classrooms and take a right at the second Aging Resource Center sign to Entrance E. Continue straight to the parking sign marked Entrance E on the right.

Park in lot E and look for the Aging Resource Center sign at the Entrance E door.

(There is additional parking at Entrance F around the building)



How to find the ARC Annex:

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





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

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About Us:

The Aging Resource Center is part of the Geriatric Center of Excellence (GCOE). The GCOE conducts wellness research, collaborates with health care teams and community groups, and provides education for health care professionals and the public. Please visit the GCOE website at <https://www.dartmouth-health.org/geriatric> for more information.



Aging Resource Center



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

Unless Otherwise Noted:

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

Scan here ->
to go to the
Aging Resource Center
Community Events
page.

