

LIFE information for elders

A HELPING HAND FOR AGING WELL



Spring 2016

Register at: officeonaging@ocfl.net or call 407-836-7446

West Oaks Library 1821 E. Silver Star Rd. Ocoee, FL 34761 2nd Tuesday @ 10:30 am	Renaissance Senior Center 3800 S. Econlockhatchee Trail Orlando, FL 32829 2nd Wednesday @ 1:00 pm	Orlando Public Library 101 E. Central Blvd., 3rd Fl. - Albertson Room Orlando, FL 32801 3rd Thursday @ 12:10 pm
Snacks provided	Snacks provided	Lunch provided to first 50 RSVPs
January 12 Checklist for Evaluating Assisted Living Facilities Edith Gendron, Alzheimer's & Dementia Resource Center	January 13 Why Falls Are a BIG Deal & How to Prevent Them Anne Maley & Nancy Gavaghan, F.I.T. - FUNctional Independence Training	January 21 Medicare 101 Wilhelmena Campbell, SHINE Program
February 9 Budgeting for Caregiver Needs Betty Cragin Jones, Cragin Jones & Jones, LLC	February 10 Reinventing Yourself After Retirement Sue Marcom, AARP Florida	February 18 Maximizing Government Resources Avis Jenkins, Office on Aging - Elder Ambassador
March 15 (3rd Tuesday) Maximizing Government Resources Norma Asencio, Office on Aging - Elder Ambassador	March 9 Tips for Managing a Hospital Stay Marilyn Chrisman, Winter Park Memorial Hospital	March 17 Dental Care Later in Life – Teeth, Gums and Dentures Dr. Drew Byrnes, Dr. Drew Byrnes Family & Cosmetic Dentistry
April 12 Medicare 101 Wilhelmena Campbell, SHINE Program	April 13 Benefits of a Geriatric Care Physician for Primary Care Cornerstone Hospice	April 21 Fun Mind Exercises – Do They Work? Peggy Bargmann, Brain Fitness Club
May 10 Fun Mind Exercises – Do They Work? Peggy Bargmann, Brain Fitness Club	May 11 Understanding Dementia Behaviors Audrey Hauser Burnett, Orlando Health Center for Aging & Memory Disorder Clinic	May 19 Identity Theft: Learn the Latest Scams Carlos Morales, Orange County Consumer Fraud Unit
June 14 Why Falls Are a BIG Deal & How to Prevent Them Anne Maley & Nancy Gavaghan, F.I.T. - FUNctional Independence Training	June 8 Checklist for Evaluating Assisted Living Facilities Edith Gendron, Alzheimer's & Dementia Resource Center	June 16 Reinventing Yourself After Retirement AARP Florida



Any person requiring special accommodations to participate in a class or program due to a disability may arrange for accommodations by contacting the library location at least seven days prior to the event.