



NEW and On-Going Programs in July & Beyond !!!

Please RSVP at 941-383-6493 or by email:
MaryAnnBrady@aginginparadise.org

All workshops are \$10 unless otherwise noted and are located at 6200 Gulf of Mexico Drive, 2nd floor, Longboat Key.

Falls Risk & Prevention Forum ★ Wednesday, July 19th, 10:30am - Noon



Falls are a serious issue for older adults!

- Hear from Longboat Key's fire chief Paul Dezzi about our area's fall occurrences and emergency services.
- Daiquiri Frieling of the Center for Brain Health will discuss how medications & other cognitive issues can affect your risk of falling.
- Physical therapist Andy Elton of Fitness Quest will discuss practical information you need to know about decreasing your risk of falling and therapies available to you if you are at high risk.

We will wrap up the forum with exercises you can do to work on your strength and balance and lower your chances of falling.



Reduce Your Risk of Falling!



Please RSVP!

Fee is \$10 per person



JUNE & JULY: Learn to play Mah Jongg!!

Join AIPRC advisory board member Carol Peschel to learn the fundamentals of Mah Jongg. Work your brain playing this fun, challenging game. The following Tuesdays from 12:30 – 2:30pm: June 27, July 11, 18, 25.

Call us to save your spot at the table...941-383-6493.



Mat Pilates for Seniors

Thursdays 10-10:45am

Join instructor Suzy Brenner for Pilates – a series of exercises to improve posture, strengthen the core muscles of the abdomen, back and pelvis to increase balance, trunk strength and flexibility. Modifications to exercises will be provided to make the moves more or less challenging as needed. Please bring a yoga mat if you have one! **NOTE: No Class on July 6th!**

Facebook & Smartphone Basics Workshop



Back by Popular Demand...

Wednesday, July 26th 10:30 - Noon

In mid-May, we had more than a dozen individuals tapping away at their smartphones, learning how to take, edit, store and send photos. Everyone learned at

least one new nifty tidbit about these tiny computers that have become a part of our lives. AIPRC learned just how popular our hands-on workshops can be and promised to do more in the future ... So here you go!



- Learn to take screenshots, save & edit photos
- Set up a Facebook page & decide who can view it!
- Upload pictures to Facebook
- Find and 'invite' friends
- With lots of time for Questions & Answers!!

Is there a workshop you'd like us to hold at AIPRC? We want to hear from you!

On-Going Programs...Something for Everyone!



Shifting Sands Support Group Thursdays 3-4:30pm

Led by MiMi Horwitz, the Pastoral Care Assistant of the Longboat Island Chapel, this group provides an opportunity for any senior going through a difficult transition to discuss issues related to personal & health concerns; to give and receive emotional, spiritual and practical support; and to exchange information in a confidential setting. **NOTE: No group on July 13th.**



FREE Memory & Lifestyle Screenings!



First Tuesday of each month from 2-4pm

One-on-one cognitive assessment, along with other factors which affect our memory, such as sleep, exercise & diet. Brought to AIPRC by the Center for Brain Health. **NOTE: July screenings will be on the 11th!** Space is very limited so reserve your spot early!



Play Bridge! Larry Auerbach, Emerald Life Master with 8000+ Master Points

Intermediate Friday Bridge sessions from 10:30 to 11:30 a.m. This is a Fun and Relaxed Step-by- Step Approach to growing your bridge skills. ACBL (American Contract Bridge League) Open Pairs Duplicate Games will resume in November! Please call Mary Ann 941 383-6493 for Friday sessions; or Susan Brill, 941-782-8205(home) 941-216-9600(cell) for Open Pairs games. Fridays/\$10; Open Pairs Duplicate/\$11

Memoirs Group: 2nd and 4th Wednesday of the month, 10 to 11:30 a.m.
Learn to write your life story!



Two FDA-approved Juvents: The Juvent is a micro-impact platform used as a therapy device developed initially by NASA to enhance circulation and bone density, ease joint pain and assist in wound healing. You must schedule your first *Juvent* visit only; call (941) 383-6493. Recommended usage is 20 minutes, three times per week. Suggested donation per use is \$5. **Juvent Hours:** Monday - Friday from 10 a.m.- 3 p.m.

We Need You! Become an AIPRC Volunteer.



Bring your skills and join our team...everything from delivering fliers, assisting in the office, preparing snacks, event photography, etc. Set your own hours and join our fun, friendly crew. Even a single hour per week is a tremendous help to us!

We are currently seeking volunteers for 3 projects:

- work on our January 2018 gala
- sell advertising for our fall and winter program guides
- assist with our Giving Tuesday campaign



Call or stop by today to discuss!

Thank you to our 2017 Gala Sponsors for helping us make our annual celebration a wonderful fundraising success!



Thank you to our Platinum Sponsor:



Aging in Paradise Resource Center is located on the 2nd floor of the *Longboat Island Chapel*. You may reach us by calling [\(941\) 383-6493](tel:9413836493). To RSVP for classes or workshops please email maryannbrady@aginginparadise.org

Suzy Brenner, Executive Director
Mary Ann Brady, Executive Assistant



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