



NEW and On-Going Programs in May, June & 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.



Make Your Own Mosaics!

Mondays, June 5, 12, 19 & 26 12:30 – 2:00pm

Unleash your creative side while making unique works of art with mosaics. Learn to create on a variety of base shapes (or your own) with a sea life theme. No experience necessary! Wear old clothes something you don't mind getting dirty. All materials provided (but bring your own two hands). RSVP so we have enough materials. We can't wait to see what you create!!!

Postponed! Stay tuned for new class dates in the fall.

\$40 per class or \$150 for all four



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!



REIKI II Share Session with Virginia Steagall

Wednesday, June 14th, 1:45 – 4pm

~ This Share Session is open to anyone who has completed a Reiki II course ~
Reiki Share is for the purpose of: sharing experiences, answering questions, exchanging Reiki. Virginia Steagall is a retired nursing educator who has been teaching Reiki for twenty years.



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.

Our Brain Health Forum ‘Lunch & Learn’ was a hit!

Program Presenters

 <p>Dr. Alan Grindal, Neurologist Sarasota Memorial Health Care System Memory Clinic Topic: The Cognitive Aging Process</p>	 <p>Dr. Cheryl Brandi, DNSc, ARNP Nurse Practitioner Educator and Researcher Roskamp Institute Topic: Research and Future Possible Brain Health Treatments</p>
 <p>Dr. Jack Wazen, Partner Silverstein Institute, VP and Director of Research Ear Research Foundation Topic: How Hearing Loss Affects Brain Health</p>	 <p>Nicci Kobritz, President Center for Brain Health, and Youthful Aging Home Health Topic: Practical Lifestyle Interventions for Positive Cognitive Aging</p>

On Wednesday, May 10th from 10am to Noon, more than 60 people flocked to AIPRC to hear the latest information about brain health. Our 4 distinguished speakers (left) offered valuable information from the

latest scientific research. A few basics we learned: if you can't read the ingredients, don't eat the food!; get a hearing aid if you need one – it will help your brain's function; and talk to your doctor if you're noticing a difference in your memory or basic ability to do day-to-day tasks. But that was just the tip of the iceberg. Thank you to all our presenters for taking the time, and to Nicci Kobritz for providing the wonderful, Mediterranean Diet lunch! And Thank



you Alderman Oaks for sponsoring this forum and for your ongoing support of AIPRC!



www.aldermanoaks.com

Smartphone/Tablet Photo Management Workshop



On May 17th, 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 ... another smartphone program, a Facebook tutorial, stay tuned!

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.



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.

Space is limited so reserve your spot early!



Play Bridge! Larry Auerbach, Emerald Life Master with 8000+ Master Points offers Refresher 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. Call or stop by today to discuss!

Thank you to our Enchanted Paradise 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
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