

We welcome you and your loved ones to join us for some of our special programs and events listed below. If you have any questions regarding your membership, please contact us at Bonnie.Tormay@hhchealth.org or call 860.378.1268.

Blood Pressure Screenings

Southington Community YMCA
29 High St., Southington.
First Tuesdays, Jan. 7, Feb. 4 and March 3, 9:30-10:30am.
Sponsored by Hartford HealthCare Center for Healthy Aging staff.

Wethersfield Community Center
30 Greenfield St., Wethersfield.
First Wednesdays, Feb. 5 and March 4, 11am-12pm. *Sponsored by Cedar Mountain Commons and Jefferson House staff.*

Southington Calendar House
388 Pleasant St., Southington.
First Thursdays, Jan. 2, Feb. 6 and March 5, 11am-12pm.
Sponsored by Hartford HealthCare Center for Healthy Aging staff.

Plainville Senior Center
200 East St., Plainville. **Second Wednesdays, Jan. 8, Feb. 12 and March 11, 12:30-1:30pm.**
Sponsored by Mulberry Gardens of Southington staff.

Southington Calendar House
388 Pleasant St., Southington.
Last Tuesdays, Jan. 28, Feb. 25 and March 31, 10-11am.
Sponsored by Southington Care Center staff.

Memory Screenings

Schedule an appointment for a free, confidential memory screening. These confidential memory screenings average 10 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam. *Sponsored*

by Hartford HealthCare Center for Healthy Aging.

Hartford HealthCare Health Center, 35 Talcottville Road, Vernon. **Free.** Facilitated by Jennifer McCaughey, MS, resource coordinator, Hartford HealthCare Center for Healthy Aging. **RSVP to Jennifer McCaughey, 860.696.4623.**

Hartford HealthCare Family Health Center, 2 Northwestern Drive, Bloomfield. **Free.** Facilitated by Amina Weiland, CDP, CDCP, resource coordinator, Hartford HealthCare Center for Healthy Aging. **RSVP to Amina Weiland, 860.286.3236.**

Hartford HealthCare Center for Healthy Aging at Jefferson House, 1 John H. Stewart Drive, Newington. **Free.** Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging. **RSVP to Michelle Wyman, 860.666.7258.**

Hartford HealthCare Center for Healthy Aging at Hartford HealthCare Medical Group, 1000 East Main St., Torrington. **Free.** Facilitated by Jennifer Labrie, resource coordinator, Hartford HealthCare Center for Healthy Aging. **RSVP to Jennifer Labrie, 860.496.6240.**

Wednesday, Jan. 16, 10am-1pm. Free. Beckish Senior Center, 188 Route 66, Columbia. Facilitated by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. **RSVP to Beckish Senior Center, 860.228.0759.**

Thursday, March 12, 10am-12pm. Free. Ashford Senior Center, 25 Tremko Lane,

Ashford. Facilitated by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. **RSVP to Ashford Senior Center, 860.487.5122.**

Bereavement Support Groups

Sponsored by Hartford HealthCare at Home Hospice Care

First and third Wednesdays: Jan. 15, Feb. 5 & 19 and March 4 & 18, 2-3:30pm. Free. Glastonbury Riverfront Community Center, 300 Welles St., Glastonbury. Facilitator Bill Pilkington, supervisor for pastoral and bereavement services. **For more information, call 860.493.7159.**

First and third Thursdays: Jan. 2 & 16, Feb. 6 & 20 and March 5 & 19, 11am-12:30pm. Free. 34 Ledgebrook Drive, Mansfield Center. Facilitator Ivan Bilyk, pastoral counselor supervisor. **For more information, call 860.493.7159.**

Second and fourth Mondays: Jan. 13 & 27, Feb. 10 & 24 and March 9 & 23, 1-2:15pm. Free. Hartford Hospital-Room 117, 85 Jefferson St., Hartford. Facilitator Andrea Burr, pastoral counselor. **For more information, call 860.493.7159.**

Second and fourth Tuesdays: Jan. 14 & 28, Feb. 11 & 25 and March 10 & 24, 5:30-6:30pm. Free. MidState Medical Center, 435 Lewis Ave., Meriden. Facilitator Doreen Bottone, MidState chaplain. **For more information, call 860.493.7159.**

Alzheimer's and Dementia Support Group

First Tuesdays: Jan. 7, Feb. 4 and March 3, 10-11am. Free. West Hartford Senior Center, 15 Starkel Road, West Hartford. Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics and safety issues. Facilitated by Michelle Wyman, LSW, CDP Hartford HealthCare Center for Healthy Aging, and Elaine Reid, CDP. *Sponsored by West Hartford Senior Center and Hartford HealthCare Center for Healthy Aging.* **RSVP to Michelle Wyman, 860.666.7258.**

First Tuesdays: Jan. 7, Feb. 4 and March 3, 11:30am. Free. Institute of Living, 200 Retreat Ave., Donnelly Conference Room (1st floor), Hartford. *See description above.* Facilitated by Nancy March and Glynis Cassis, LCSW. *Sponsored by Hartford HealthCare Institute of Living.* **RSVP to Laura Durst, 860.545.7234.**

First Wednesdays: Feb. 5 and March 4, 9:30-11am. Free. Backus Outpatient Care Center, 111 Salem Turnpike, Norwich. *See description above.* Facilitated by Adrienne DeVivo, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Adrienne DeVivo, 860.456.6877.**

First Thursdays: Jan. 2, Feb. 6 and March 5, 10:30-11:30am. Free. Litchfield Community Center, 421 Bantam Road, Litchfield. *See description above.* Facilitated by Jennifer Labrie, BA,

HS-BCP, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Jennifer Labrie, 860.496.6240.**

Second Tuesdays: Jan. 14, Feb. 11 and March 10, 5:30-7pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. *See description above.* Facilitated by Ali Weber, MSW, Arbor Rose at Jerome Home and Susan Grimes, transitional care coordinator, Hartford HealthCare at Home. *Sponsored by Arbor Rose at Jerome Home.* **RSVP to Ali Weber, 860.356.8281.**

Second Tuesdays: Jan. 14, Feb. 11 and March 10, 10:30-11:30am. Free. Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. *See description above.* Facilitated by Jenn Doty, BSW. *Sponsored by Mulberry Gardens of Southington.* **RSVP to Jenn Doty, 860.276.1020.**

Second Wednesdays: Jan. 8, Feb. 12 and March 11, 6:30-8pm. Free. Southington Care Center, Anna Fanelli Room, 45 Meriden Ave., Southington. *See description above.* This group is an affiliated support group of the Alzheimer's Association Connecticut Chapter. Facilitated by Patty O'Brian, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Southington Care Center and Hartford HealthCare Center for Healthy Aging.* **RSVP to Patty O'Brian, 860.628.3833.**

Third Wednesdays: Jan. 15, Feb. 19 and March 18, 10-11am. Free. Windham Hospital, Johnson Room, 112 Mansfield Ave., Willimantic. *See description above.* Facilitated by Adrienne DeVivo, CDP, dementia specialist, Hartford HealthCare Center for

Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Adrienne DeVivo, 860.456.6877.**

Third Wednesdays: Jan. 15, Feb. 19 and March 18, 7-9pm. Free. Charlotte Hungerford- Memorial Building Conference Room, 540 Litchfield St., Torrington. *See description above.* Facilitated by Karen Cornell, LCSW. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Karen Cornell, 860.585.3269.**

Last Mondays: Jan. 27, Feb. 24 and March 30, 10:30am-noon. Free. Duncaster, 40 Loeffler Road, Bloomfield. *See description above.* Facilitated by Michelle Wyman, LSW, CDP, Hartford HealthCare Center for Healthy Aging, and Sara Therion, MSW. *Sponsored by Duncaster and Hartford HealthCare Center for Healthy Aging.* **RSVP to Michelle Wyman, 860.666.7258 or Sara Therion, 860.380.5012.**

Diabetes Prevention

YMCA Diabetes Prevention Program

Tuesdays and Thursdays, Jan. 7 to March 26. Free. Sessions are offered 12:30 or 7pm. Southington Community YMCA, Spirit Mind Body Center, 130 N. Main St., Southington. This 12-week series incorporates exercise with education from health professionals including Hartford HealthCare registered dietitians, pharmacists and advanced practice registered nurses. This program is for individuals who have not already been diagnosed with Type 2 Diabetes. Participants receive a free three-month YMCA membership and guidance in the gym. For Southington residents only. For more information,

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contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email jmiceli@sccymca.org.

Parkinson's Disease Support

Beat Parkinson's Today

Mondays and Thursdays:

Jan. 6, 9, 13, 16, 20, 23, 27 & 30, Feb. 3, 6, 10, 13, 17, 20, 24 & 27 and March 2, 5, 9, 12, 16, 19,

23, 26 & 30. Beginner – 2pm;

Bronze – 3pm. Free. Chase Family Movement Disorders Center,

35 Talcottville Road, Suite 3, Community Well and Education Room, Vernon-Rockville. Beat

Parkinson's Today is an exercise program that can improve the quality of life for people with

movement disorders by performing exercises that are functional

to everyday living. Classes consist of boxing and functional interval exercises. Every workout

is scalable to each individual.

Classes encourage brain activation,

challenge balance and stability,

and teach proper technique and form.

Registration required.

RSVP online at

beatpdtoday.com or call

860.463.3747.

Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers

Jan. 7, Feb. 4 and March 3, 10:30am-12pm. Free.

Hartford HealthCare Health Center, Chase Family Community Wellness and Education Room - Suite 3, 35 Talcottville

Road, Vernon. Open to caregivers of those with movement

disorders and other neurodegenerative conditions.

Discussion includes the many facets of caregiving in a safe, compassionate environment,

providing an opportunity for caregivers to share their experiences and

receive inspiration, guidance and

validation. Presented by Amanda Brill, LCSW and Jennifer McCaughey, MS, CDP. *Sponsored by Chase Family Movement Disorders Center and Hartford HealthCare Center for Healthy Aging.* **RSVP to Amanda Brill, 860.696.4653.**

Stroke Support Groups

Wednesdays, Jan. 8 and March 11, 3pm. Free. MidState

Medical Center, 435 Lewis Ave., Conference Room 7 (3rd Floor),

Meriden. This group provides support and education for stroke

survivors and their caregivers/families. Light refreshments will

be served. Facilitated by Christina Collin, stroke coordinator.

Registration is not required.

For questions, contact Christina Collin, 860.224.5900, ext. 6468.

Wednesdays, Feb. 12 and April 15, 3pm. Free. Hospital for Special

Care, 2150 Corbin Ave., New Britain. See description above.

Facilitated by Christina Collin, stroke coordinator. Registration

is not required. **For questions, contact Christina Collin,**

860.224.5900, ext. 6468.

Cancer Support Groups

LIVESTRONG at the YMCA

Free. Cheshire Community

YMCA, 961/967 S. Main St.,

Cheshire. Have you or someone you know, been diagnosed with

cancer? Whether in treatment, in remission or you have beaten

it, you are eligible to participate in the LIVESTRONG at the YMCA

program. The Cheshire Community YMCA is seeking participants

for the next session. Small group class meets twice weekly

for 12 weeks. A full YMCA membership is included during the

program. **Contact John Phillips at 203.272.3150, ext. 511 or email jphillips@sccymca.org.**

Therapeutic Art Group

Third Thursdays, Jan. 16, Feb. 20 and March 19, 5:30pm.

Helen and Harry Gray Cancer Center - Taylor B Conference,

85 Retreat Ave., Hartford. Therapeutic Arts and Support Groups

provide cancer patients, survivors and caregivers with a safe

and relaxing environment to process and share their journeys.

As individuals create bonds, they can offer mutual support while

confronting the trials of treatment and recovery. Sessions

offer new and inventive art directives, such as Inside/Outside

Masks, Image Card making, Zen Garden Therapy, sculpture

directives and more. No artistic ability is required. Presented by

Lauren Ciborowski, Hartford HealthCare Integrative Medicine. *Sponsored*

by Hartford HealthCare Integrative Medicine. **RSVP to Lauren**

Ciborowski, 860.754.6154.

Informational Events

Avon

Meditative Painting

Thursday, Feb. 6, 6-8pm. Free.

Hartford HealthCare Medical Group, 339 West Main St., Avon

- Community Room. During this night of creativity and restoration,

participants will be guided through a community meditation

and learn several techniques of meditative painting.

Please bring a blanket, yoga mat, and/or pillow. No experience

is required. Presented by Lauren Ciborowski, Hartford HealthCare

Integrative Medicine. *Sponsored by Hartford HealthCare Integrative*

Medicine. **RSVP to 1.855.HHC.**

HERE/ 1.855.442.4373.

Bristol

Vertigo: Signs, Symptoms and Management

Monday, Jan. 13, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. Learn more about: basics of vertigo; causes and effects on patient's lives; and how physical therapy can aid in the treatment. Presented by Michelle Carli, PT, Hartford HealthCare Rehabilitation Network. *Sponsored by Harford HealthCare Rehabilitation Network.* **RSVP to Bristol Senior Center, 860.584.7895.**

Staying on Your Feet in the Ice and Snow

Wednesday, Feb. 5, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. Keep yourself safe this winter – learn a few basic things we can do to prevent falls and injuries in the ice and snow. Presented by Kaitlyn McKenzie, exercise physiologist, GoodLife Fitness. *Sponsored by GoodLife Fitness. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness.* **RSVP to Bristol Senior Center, 860.584.7895.**

How to Fall Safely

Wednesday, March 11, 10:30am. Free. Bristol Senior Center, 240 Stafford Ave., Bristol. Sometimes there's no way to avoid a fall but you can at least prepare how to do it properly. Learn how to fall down the correct way forwards or backwards, all the details on how to do it safely to reduce the risk or lessen the severity of injury. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. *Sponsored by GoodLife Fitness.* **RSVP to Bristol Senior Center, 860.584.7895.**

Cheshire

How to Be Aware of Your Surroundings

Monday, Feb. 24, 10:30am. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. Avoiding slips, trips and falls. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. *Sponsored by GoodLife Fitness.* **RSVP to Cheshire Senior Center, 203.272.8286.**

Cough and Cold Medicines

Wednesday, March 11, 1:30pm. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. Learn what cough and cold medicines are safe and how to take them. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSE, and Christina Polomoff, PharmD, BCACP, BCGP, both pharmacists with Integrated Care Partners Hartford HealthCare Group and professors with University of Connecticut School of Pharmacy. *Sponsored by Hartford HealthCare Senior Services.* **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

Keeping Memory Strong

Monday, March 23, 10:30am. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. This program offers tips to keep your brain sharp and activities to challenge the mind - all while having fun! Presented by Patty O'Brian, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Cheshire Senior Center, 203.272.8286.**

Columbia

Healthy Brain Series

Tuesdays, Feb. 3, 10 & 24 and March 2, 12:30-1:30pm. Free. Beckish Senior Center, 188 Route 66, Columbia. This four-part series will offer tips to keep your brain sharp and activities

to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

Session 1: Intro –

Eat Brain Foods & Stay Hydrated

Session 2: Challenge Your Mind Daily –

Activities to Stay Sharp

Session 3: Count Sheep –

Be Creative and Have Fun

Session 4: Coping with Changes and Remaining positive –

Presented by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Beckish Senior Center, 860.228.0759.**

Cromwell

Focused Awareness Meditation

Tuesday, Feb. 25, 12:30pm. Free. Cromwell Senior Center, 41 West St., Cromwell. Focused Awareness Meditation is a simple, five-step technique. Learn how this scientifically based practice can help you to feel more relaxed, focused and calm. Participants are asked to bring a large towel or a small blanket with them for proper positioning in their chair. Presented by Maquita Sellers, exercise physiologist, GoodLife Fitness. *Sponsored by GoodLife Fitness.* **RSVP to Cromwell Senior Center, 860.632.3447.**

Ellington

Caring for Your Aging Parents

Monday, Jan. 27, 6:30pm. Free. Human Services Department, 31 Arbor Way, Ellington. As adult children take on caregiving responsibilities for their parents, they begin to manage their loved one's finances, living situations, health issues, medical decisions, and other daily activities. Learn more about the impact on the physical and emotional health of caregivers and community resources to prepare for the

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caregiving journey. Presented by Jennifer McCaughey, MS, resource coordinator. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Ellington Human Services Department, 860.870.3198.**

Farmington

Understanding Lymphedema
Wednesday, Jan. 15, 1pm. Free.
 Farmington Senior Center, 321 New Britain Ave., Unionville. The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling, a disease that causes pain and limits mobility. Topics include: the causes and effects of swelling, ways to manage it, and how occupational and physical therapy can help. Presented by Sonia Bourgelas, OTR/L CLT-LANA, Hartford Hospital Rehabilitation Network. *Sponsored by Hartford HealthCare Senior Services.* **RSVP to Farmington Senior Center, 860.675.2490.**

Granby

Hoarding Disorder: The Basics
Tuesday, April 7, 1pm. Free.
 Granby Senior Center, 15 N Granby Road, #C, Granby. Hoarding is the persistent difficulty discarding or parting with possessions, regardless of their actual value. Topics include: symptoms, treatment options and available resources. Presented by Alyssa Nett, MA, Hartford Hospital, Institute of Living. *Sponsored by Hartford HealthCare Institute of Living.* **RSVP to Granby Senior Center, 860.844.5352.**

Hartford

Mental Health First Aid
Saturdays, Jan. 11 and March 7, 8am. Free. Hartford Hospital,

Institute of Living, Commons Building, 200 Retreat Ave., Hartford Room, 2nd Floor, Hartford. Just as CPR helps people assist an individual having a heart attack - even without clinical training - Mental Health First Aid enables individuals to assist someone experiencing a mental health-related crisis. Learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. After attending all eight hours, individuals will be certified in Mental Health First Aid. *Sponsored by Hartford HealthCare Institute of Living.* **RSVP to 1.855.HHC.HERE/1.855.442.4373.**

Meriden

Eating for Healthy Weight Loss
Wednesday, March 11, 10:30am. Free. Meriden Senior Center, 22 W. Main St., Meriden. What does it mean to be healthy throughout the aging process? Learn how to eat healthier and be conscious of healthy eating no matter the age. Presented by Tracey Luciani, registered dietician, Southington Care Center. *Sponsored by Hartford HealthCare Senior Services.* **RSVP to Meriden Senior Center, 203.237.0066.**

New Britain

Lunch and Learn: Men's Health; A Urologist's Perspective
Thursday, Jan. 9, 12-1pm. Free. Hospital of Central Connecticut - New Britain Campus, 100 Grand St., Lecture Room 1&2, New Britain. Learn more about: Treatments for enlarged prostate causing urination issues; how erectile dysfunction may be a sign of other health concerns;

treatment options for erectile dysfunction; plus, Q & A with the expert. Presented by John Griffith, MD, Urology, Hartford HealthCare Medical Group. A light lunch will be served. Seating is limited, registration required. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to 1.855.HHC.HERE/1.855.442.4373.**

They Say I Have Dementia - What Does That Mean?

Tuesday, Jan. 14, 5-7pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. A diagnosis of dementia can be frightening for those affected by the syndrome, their family members and caregivers. Learn more about: signs and symptoms of dementia, different types of dementia and risk factors. Presented by Patty O'Brian, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging and Arbor Rose at Jerome Home.* A light dinner will be served. Seating is limited, registration required. **RSVP to Arbor Rose at Jerome Home, 860.229.3707.**

Dinner with the Doc: Understanding Heart Disease
Thursday, Feb. 20, 5-7pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. Learn more about: signs and symptoms; latest treatments; prevention methods. Presented by Andre Elias Ghantous, MD, FACC, chief of cardiology. A light dinner will be provided. Seating is limited, registration required. *Sponsored by Arbor Rose at Jerome Home.* **RSVP to 1.855.HHC.HERE/1.855.442.4373.**

New Hartford**Staying on Your Feet in the Snow & Ice**

Wednesday, Jan. 8, 11:30am. Free. New Hartford Senior Center, 530 Main St., 3rd floor, New Hartford. Learn basic ways to prevent falls and injuries and keep yourself safe this winter. Presented by Susan Saya, PT, MBA, area rehabilitation manager, Hartford HealthCare Rehabilitation and Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Diane Barrett, 860.379.3980.**

Managing SAD – Seasonal Affective Disorder

Wednesday, Feb. 5, 11:30am. Free. New Hartford Senior Center, 530 Main St., 3rd Floor, New Hartford. Learn about the effects of both seasonal and holiday blues and ways to help manage and prevent. Presented by Tracy Morales-Gabelmann, LCSW, clinical coordinator – Adult Outpatient Behavioral Health, Charlotte Hungerford Hospital, and Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Diane Barrett, New Hartford Senior Center, 860.379.3980.**

Understanding Arthritis

Wednesday, March 4, 11:30am. Free. New Hartford Senior Center, 530 Main St., 3rd Floor, New Hartford. Learn what can cause arthritis and factors that can contribute, as well as how to manage the symptoms to provide pain relief, improve movement and increase your ability to do daily activities. Presented by Susan Saya,

PT, MBA, area rehabilitation manager, Hartford HealthCare Rehabilitation, and Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Diane Barrett, 860.379.3980.**

Newington**Keeping Memory Strong**

Monday, Feb. 10, 1pm. Free. Newington Senior & Disabled Center, 120 Cedar St., Newington. This program will offer tips to keep your brain sharp and activities to challenge the mind - all while having fun. Presented by Michelle Wyman, LSW, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Newington Senior & Disabled Center, 860.665.8778.**

Do You Suffer From Painful or Tender Muscles? Learn about Dry Needling

Monday, March 16, 1pm. Free. Newington Senior & Disabled Center, 120 Cedar St., Newington. Trigger points are irritable, hard “knots” within a muscle that may cause pain over a large area, leading to difficulty performing everyday tasks. Dry needling is a treatment approach that releases the tight muscle bands and can lead to decreased pain and improved function. Presented by Matthew Reynolds, physical therapist, Hartford HealthCare Rehabilitation Network. *Sponsored by Hartford HealthCare Senior Services.* **RSVP to Newington Senior & Disabled Center, 860.665.8769.**

Plainville**Wound Healing 101**

Thursday, Jan. 23, 10am. Free. Plainville Senior Center, 200 East St., Plainville. Learn about the seven essential steps of wound care and basic diabetic education. Presented by Dr. Nicholas Verdura, Hartford HealthCare Medical Group. *Sponsored by Hartford HealthCare Senior Services.* **RSVP to Plainville Senior Center, 860.747.5728.**

All About Arthritis

Thursday, Feb. 20, 1pm. Free. Plainville Senior Center, 200 East St., Plainville. Learn how dietary factors, free radicals and trauma can cause arthritis as well as how arthritis is diagnosed and what you can do to prevent it. Presented by Maquita Sellers, exercise physiologist, GoodLife Fitness. *Sponsored by GoodLife Fitness.* **RSVP to Plainville Senior Center, 860.747.5728.**

CBD and Pain Management

Thursday, March 19, 1-2pm. Free. Plainville Senior Center, 200 East St., Plainville. Learn more about: CBD in relief of pain, commonly treated conditions and forms of CBD. Presented by Michael Peshka, RN, Hartford HealthCare Pain Treatment Center. *Sponsored by Hartford HealthCare.* **RSVP to Plainville Senior Center, 860.747.5728.**

Salisbury**Keeping Memory Strong**

Thursday, Jan. 23, 11am. Free. Noble Horizons, 17 Cobble Road, Salisbury. This program features strategies to keep your brain healthy and mind sharp along with challenging fun activities. Learn the difference between normal age-related changes and signs of concern. Presented by

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Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Caroline Kenny Burchfield, director of community relations, Noble Horizons, at cburchfield@churchhomes.org or 860.435.9851.**

Memory Screenings

Thursday, Jan. 23, 1-3pm. Free. Noble Horizons, 17 Cobble Road Salisbury. These confidential memory screenings average 10 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam. Presented by Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Caroline Kenny Burchfield, director of community relations, Noble Horizons cburchfield@churchhomes.org or 860.435.9851.**

Simsbury

Ending Loneliness: Finding a Meaningful Life

Tuesday, Feb. 4, 1:30-2:30pm. Free. Simsbury Senior Center, 754 Hopmeadow St. #1, Simsbury. Loneliness is recognized as a public health issue. Research indicates that loneliness affects individuals' physical, mental and emotional health. We will examine the causes of loneliness and find meaningful ways to fulfill your life. Presented by Amina Weiland, CDP, CDCP, and Luz Renteria, resource coordinators, Hartford HealthCare Center for Healthy Aging. *Sponsored by*

Hartford HealthCare Center for Healthy Aging. **RSVP to Simsbury Senior Center, 860.658.3273.**

Southington

Cancer Awareness

Wednesday, Jan. 15, 1:30pm. Free. Southington Calendar House, 388 Pleasant St., Southington. Learn more about general cancer awareness followed by a bingo game based on the talk. Everyone will be a winner of a small prize. Presented by Linda Ivey, outreach educator, Hartford HealthCare Cancer Institute. *Sponsored by Hartford HealthCare Senior Services.* **RSVP to Southington Calendar House, 860.621.3014.**

All About Arthritis

Wednesday, Feb. 12, 1:30pm. Free. Southington Calendar House, 388 Pleasant St., Southington. Learn how dietary factors, free radicals and trauma can cause arthritis as well as how arthritis is diagnosed and what you can do to prevent it. Presented by Christine Solimini-Swift, exercise physiologist, GoodLife Fitness. *Sponsored by Hartford HealthCare Senior Services.* **RSVP to Southington Calendar House, 860.621.3014.**

Cough and Cold Medicines

Wednesday, March 11, 1:30pm. Free. Cheshire Senior Center, 240 Maple Ave., Cheshire. Learn what cough and cold medicines are safe and how to take them. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, Pharmacist with Integrated Care Partners Hartford HealthCare Group & Clinical Professor, University of Connecticut School of Pharmacy OR Christina Polomoff, PharmD, BCACP, BCGP, Integrated Care Partners Hartford HealthCare Group

& Assistant Clinical Professor, University of Connecticut School of Pharmacy and University of Connecticut School of Pharmacy students. *Sponsored by Hartford HealthCare Integrated Care Partners.* **RSVP to Southington Calendar House, 860.621.3014.**

South Windsor

Staying on Your Feet in the Ice and Snow

Tuesday, Jan. 7, 1pm. Free. South Windsor Senior Center, 150 Nevers Road, South Windsor. Keep yourself safe this winter – learn a few basic things to prevent falls and injuries in the ice and snow. Presented by Kaitlyn McKenzie, exercise physiologist, GoodLife Fitness. *Sponsored by GoodLife Fitness.* **RSVP to South Windsor Senior Center, 860.648.6361.**

Do You Think You Have Acid Reflux?

Friday, Feb. 7, 1pm. Free. South Windsor Senior Center, 150 Nevers Road, South Windsor. Learn about natural ways to prevent heartburn and medications that can help or worsen stomach acid. Presented by Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, and Christina Polomoff, PharmD, BCACP, BCGP, both pharmacists with Integrated Care Partners Hartford HealthCare Group and professors with University of Connecticut School of Pharmacy. *Sponsored by Hartford HealthCare Senior Services and Integrated Care Partners.* **RSVP to South Windsor Senior Center, 860.648.6361.**

Growing Older Can Bring New Purpose

Tuesday, March 3, 1pm. Free. South Windsor Senior Center, 150 Nevers Road, South Windsor. Growing older changes

things: Our physical beings, our outlook on life, our wisdom. Does that mean your purpose has to change along the way? Life might look different than we thought it would, but that's okay. Presented by Kaitlyn McKenzie, exercise physiologist, GoodLife Fitness. *Sponsored by GoodLife Fitness.* **RSVP to South Windsor Senior Center, 860.648.6361.**

Thomaston

Understanding Alzheimer's Disease & Dementia

Thursday, Jan. 9, 2pm. Free. Thomaston Senior Center, Town Hall, 158 Main St., Thomaston. Learn the difference between Alzheimer's disease and dementia as well as some of the typical age-related changes that occur in the brain. Presented by Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Mary Ann Martin, municipal agent, 860.283.5989.**

Torrington

Know How to Go

Wednesday, Jan. 15, 12-1pm. Free. Charlotte Hungerford Hospital, The Hungerford Center Conference Room, 780 Litchfield St., Torrington. Learn about transportation options in Northwest Connecticut including access to public, para-transit and ancillary transportation as well as programs and other resources for seniors and people with disabilities. Includes a round of Transportation Bingo. Presented by April Chaplin, Northwest CT regional mobility manager/ombudswoman for The Kennedy Center Inc., WCAA. Light refreshments will be served. *Sponsored by Hartford HealthCare*

Center for Healthy Aging. **RSVP to Jennifer Labrie, 860.496.6240.**

Vernon

Movement Disorders and other Neurodegenerative Conditions: Support for Caregivers

Tuesdays, Jan. 7, Feb. 4 and March 3, 10:30am-12pm. Free. Hartford HealthCare Health Center, Chase Family Community Wellness and Education Room- Suite 3, 35 Talcottville Road, Vernon. All caregivers of those with movement disorders and other neurodegenerative conditions are welcome to discuss the many facets of caregiving in a safe, compassionate environment. This group provides the opportunity to share experiences and receive inspiration, guidance and validation. Presented by Amanda Brill, LCSW and Jennifer McCaughey, MS, CDP. *Sponsored by Chase Family Movement Disorders Center and Hartford HealthCare Center for Healthy Aging.* **RSVP to 860.696.4653.**

Wallingford

Living with Heart Disease

Friday, April 3, 10:30-11:45am. Free. Wallingford Senior Center, 238 Washington St., Wallingford. Learn about: heart failure and coronary artery disease, importance of energy conservation techniques and tips for home safety. Presented by David Santoro, OTR/L, adjunct instructor, Quinnipiac University Occupational Therapy program, and Occupational Therapy master's program students. *Sponsored by Hartford HealthCare Senior Services.* **RSVP to Wallingford Senior Center, 203.265.7753.**

West Hartford

Understanding Arthritis

Wednesday, Jan. 15, 10:30am. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. Learn how dietary factors, free radicals and trauma can cause arthritis as well as how arthritis is diagnosed and what you can do to prevent it. Presented by Kaitlyn McKenzie, exercise physiologist, GoodLife Fitness. *Sponsored by Hartford HealthCare Senior Services.* **RSVP to Elmwood Senior Center, 860.561.8180.**

Expectant Grandparents Class

Saturdays, Jan. 25 and March 28, 10am. \$5 per person. Hartford Hospital Wellness Center at Blue Back Square, 65 Memorial Road, Suite 425, West Hartford. This class gives grandparents the opportunity to talk with a trained professional RN about birthing changes, baby care, infant feeding, safety concerns and how to share in the family experience. Presented by Sarah Thayer, community patient educator, Hartford HealthCare. **RSVP to 1.855.HHC. HERE/ 1.855.442.4373.**

Common Sleep Disorders – Symptoms, Diagnosis and Treatments

Thursday, Feb. 6, 10am. Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. Learn more about: recognizing sleep disorders, various sleep studies, and treatment options including sleep hygiene tips. Presented by Rob McArthur, RRT, clinical education specialist, Hartford HealthCare Sleep Disorders Centers. *Sponsored by Hartford HealthCare Sleep Disorders Center.* **RSVP to Elmwood Senior Center, 860.561.8180.**

Ending Loneliness:**Finding a Meaningful Life****Wednesday, Feb. 19, 10:30pm.**

Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. Loneliness is recognized as a public health issue. Research indicates that loneliness affects individuals' physical, mental and emotional health. We will examine the causes of loneliness and find meaningful ways to fulfill your life. Presented by Amina Weiland, CDP, CDCP, and Luz Renteria, resource coordinators, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Elmwood Senior Center, 860.561.8180.**

Pain Treatment and CBD**Thursday, Feb. 27, 10-11am.**

Free. Elmwood Senior Center, 1106 New Britain Ave., West Hartford. Learn more about: diagnosing pain, conditions and treatment options. Presented by Michael Peshka, RN, Hartford HealthCare Pain Treatment Center. *Sponsored by Hartford HealthCare Pain Treatment Center.* **RSVP to Elmwood Senior Center, 860.561.8180.**

Wethersfield**Introduction to Zentangle****Saturday, Jan. 4, 9am. Free.**

Hartford HealthCare Medical Group, 1290 Silas Deane Highway, Wethersfield. Zentangle is a method of creating abstract art through structured patterns. Like yoga and meditation, the relaxed focus of Zentangle provides benefits which may include reduced stress and anxiety, relaxation and enhanced creativity. Introductory students will learn a brief background on this practice as well as several basic patterns. Everyone will create artwork to keep and supplies will be pro-

vided to practice with. Presented by Laura Marks, Hartford HealthCare Medical Group. *Sponsored by Hartford HealthCare Medical Group.* **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

Introduction to Soul Collage**Thursday, Jan. 9, 6pm. Free.**

Wethersfield Health Center, 1290 Silas Deane Highway, Wethersfield. Learn to access your intuition and wisdom, take a relaxing break from stress, renew your spiritual connection, or reconnect with your creativity. The simple process known as SoulCollage® mixes imagination and intuition using powerful images, scissors and glue to form a card to reflect your inner self. No artistic skills are needed. Learn the basics of SoulCollage and begin to create a deck of cards that becomes your own visual journal for accessing inner wisdom, daily guidance or simply as an avenue of self-expression. Presented by Lisa Huppert. **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

Zentangle Mandalas:**Arts for Exhibition****Saturday, Jan. 11, 1pm. Free.**

Hartford HealthCare Medical Group, 1290 Silas Deane Highway, Wethersfield. This is a group project of Zentangle inspired mandalas. The creative series will be incorporated into Art for Healing's collaborative art exhibit, intended to honor the patients, survivors and caregivers of the Helen & Harry Grey Cancer Center. Certified art instructors, Laura Marks and Lori Oblinger, will guide participants through a series of tangles. **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

Crystal Singing Bowls Sound Healing**Tuesday, Jan. 14, 6:30pm. Free.**

Wethersfield, Hartford HealthCare Medical Group, 1290 Silas Deane Highway Wethersfield. Our bodies are largely comprised of water and water is liquid crystal. Science has proven that every atom emits its own vibrational frequency; therefore our cells and entire body give off vibrational frequency. Crystal Singing Bowls resonate crystal-line vibration, aligning with the body's personal crystal vibration, supporting a healthy metabolism. Each specific vibration of the bowls awakens and stimulates not only the chakras, but also the organs, tissues, bone and cells of the body to remember the patterning for perfect health, calming the mind and ultimately triggering endorphins. Recipients often feel more energized, balanced, reduced pain and peaceful along with gaining deeper insight, perspective and clarity of thought. Participants may sit or lie down (bring yoga mat, blanket, pillow, eye covering and water). Facilitated by Priscilla Gale. **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

Advanced Zentangle Class**Saturdays, Jan. 25 and Feb. 8,****1pm. Free.** Hartford HealthCare

Medical Group, 1290 Silas Deane Highway, Wethersfield. The prerequisite to this class is Intro to Zentangle with this instructor. We will explore more complex tangles, and ways to layer and combine them, experimenting with various colors, textures, mediums, and shapes. Bring your starter kit! Facilitated by Laura Marks, Hartford HealthCare Medical Group. **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.**

Willimantic

Veterans Coffee Talk

First Tuesdays: Jan. 7, Feb. 4 and March 3, 8:30-9:30am. Free. Windham Hospital, 112 Mansfield Ave., Bernard Desrosier Room, Willimantic. This monthly “coffee talk” and support group for veterans offers information about: presumptive diseases, service-connected disabilities, Aid & Attendance, Connecticut Veterans Wartime Service Medal, burial allowances for survivors of veterans, and more. Complimentary coffee and refreshments will be served. Facilitated by Joseph Zuzel, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Hartford HealthCare Center for Healthy Aging, 860.456.6785.**

Dementia and Caregiving: Focusing on the Person While Understanding the Disease Progression

Fridays, Jan. 10, 17, 24 & 31, 9:30-11am. Free. Windham Hospital, Johnson Room, 112 Mansfield Ave, Willimantic. Are you caring for someone with dementia? Do you want to more about the progression of the disease and good communication tips? Four-week program includes:
Session 1 - Overview of Dementia
Session 2 - Basics of Good Communication and Understanding Behaviors
Session 3 - Safety in the Environment and how to structure a day with activities;
Session 4 - Taking Care of the Caregiver and Care Options. Presented by Adrienne DeVivo, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for*

Healthy Aging. **RSVP to 1.855. HHC.HERE/ 1.855.442.4373.**

Live Well with Chronic Conditions

Mondays, Feb. 3, 10, 17 & 24 and March 2 & 9, 9-11:30am. Free. Windham Hospital, 112 Mansfield Ave., Willimantic. Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, chronic pain, anxiety or depression? Or do you care for someone who does? Live Well with Chronic Conditions is a community-based six-week workshop series for adults and their caregivers who want to learn ways to manage their chronic diseases. Presented by Amina Weiland, CDP, CDCP, and Joseph Zuzel, resource coordinators, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Joseph Zuzel, 860.456.6785.**

Live Well with Chronic Conditions

Mondays, Feb. 3, 10, 17 & 24 and March 2 & 9, 9-11:30am. Free. Windham Hospital, 112 Mansfield Ave., Willimantic. Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, chronic pain, anxiety or depression? Or do you care for someone who does? Live Well with Chronic Conditions is a community-based six-week workshop series for adults and their caregivers who want to learn ways to manage their chronic diseases. Presented by Amina Weiland, CDP, CDCP, and Joseph Zuzel, resource coordinators, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Joseph Zuzel, 860.456.6785.**

Windsor

The Best Gift is You: Putting Yourself First

Wednesday, Jan. 15, 1pm. Free. Windsor Senior Center, 599 Matianuck Ave., Windsor. Learn the causes and symptoms of stress and explore different creative self-care strategies, focusing on making self-care a priority to meet your physical, emotional and spiritual needs. Presented by Amina Weiland, CDP, CDCP, and Luz Renteria, resource coordinators, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Windsor Senior Center, 860.285.1992.**

Ending Loneliness: Finding a Meaningful Life

Wednesday, Feb. 12, 10-11am. Free. Windsor Locks Senior Center, 41 Oak St., Windsor Locks. Loneliness is recognized as a public health issue. Research indicates that loneliness affects individuals’ physical, mental and emotional health. We will examine the causes of loneliness and find meaningful ways to fulfill your life. Presented by Amina Weiland, CDP, CDCP, and Luz Renteria, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.* **RSVP to Windsor Locks Senior Center, 860.627.1425.**

Winsted

Making the Most of your Doctor’s Appointment

Wednesday, Jan. 29, 1pm. Free. Winsted Senior Center, 80 Holabird Ave., Winsted. With most doctors’ appointments being only 10 minutes, planning can lead to better results. With preparation, you may gain a better understanding of your health,

(Continued next page)

medicines and follow-up plan - which leads to better management of your health and well-being. Presented by Linda Lawrence, BSN-RN, transitional care nurse, and Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging. **RSVP to Jennifer Kelley, 860.379.4252.***



Wear Red for Women's Heart Health

Wednesday, Feb. 19, 1pm. Free. Winsted Senior Center, 80 Holabird Ave., Winsted. Join others in wearing red and learn how to live a heart-healthy lifestyle through better diets, regular exercise, stress management and more. Presented by Tamara Walker, LPN, transitional care coordinator, Hartford HealthCare at Home, and Jennifer Labrie, BA, CDP, resource coordinator, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging and Hartford HealthCare at Home. **RSVP to Jennifer Kelley, 860.379.4252.***

Lunch & Learn

Men's Health: A Urologist's Perspective
Thursday, Jan. 9, 12-1pm. Free. Hospital of Central Connecticut – New Britain Campus, 100 Grand St., Lecture Room 1&2, New Britain. Learn more about: treatments for enlarged prostate causing urination issues, how erectile dysfunction may be a sign of other health concerns, treatment options for erectile dysfunction, plus, Q & A with the expert. Presented by John Griffith, MD, Urology, Hartford HealthCare Tallwood Men's Health. A light lunch will be served. Seating is limited, registration required. *Sponsored by Hartford HealthCare Center for Healthy Aging. **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.***

What's Ahead at Southington Public Library

Thursday, Feb. 20, 12-1pm. Free. Hospital of Central Connecticut, Bradley Campus, 45 Meriden Ave., Conference Room A, Southington. Learn more about the upcoming renovation project, referendum and library programming. Q & A with the director will follow. Presented by Kristi Sadowski, executive director, Southington Public Library. A light lunch will be served. Registration required. *Sponsored by Hartford HealthCare Center for Healthy Aging. **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.***

Wound Care – What to Know

Thursday, March 12, 12-1pm. Free. Hospital of Central Connecticut – New Britain Campus. 100 Grand St., 1st Floor, Lecture Room 1&2, New Britain. Learn more about: good skin

care techniques when there are comprehensive skin wounds, treatments and surgery. Q & A with the doctor will follow. Presented by George Perdrizet, MD, PHD, medical director of the Wound Care and Hyperbaric Chamber. A light lunch will be provided. Registration required. *Sponsored by Hartford HealthCare Center for Healthy Aging. **RSVP to 1.855.HHC.HERE/ 1.855.442.4373.***

Dinner with the Doc

They Say I Have Dementia: What Does That Mean?

Tuesday, Jan. 14, 5-7pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. A diagnosis of dementia can be frightening for those affected by the syndrome, their family members and caregivers.

Learn more about: signs and symptoms of dementia, different types of dementia and risk factors. Presented by Patty O'Brian, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. A light dinner will be provided. Registration required. *Sponsored by Hartford HealthCare Center for Healthy Aging and Arbor Rose at Jerome Home. **RSVP to Arbor Rose at Jerome Home, 860.229.3707.***

Dinner with the Experts: Dementia

Wednesday, Jan. 22, 5-7pm. Free. Southington Care Center, 45 Meriden Ave., Southington. Learn more about: conditions associated with dementia, diagnosis and treatment options, and steps after diagnosis. Presented by Amy Sanders, MD, MS, FAAN, director, Memory Care Center at Hartford HealthCare Ayer Neuroscience Institute,

and Patty O'Brian, dementia specialist, Hartford HealthCare Center for Healthy Aging. A light dinner will be served. Seating is limited, registration required. *Sponsored by Southington Care Center. RSVP to 1.855.HHC.HERE/1.855.442.4373.*



Understanding Heart Disease
Thursday, Feb. 20, 5-7pm. Free. Arbor Rose at Jerome Home, 975 Corbin Ave., New Britain. Learn more about: signs and symptoms, latest treatments and prevention methods. Presented by Andre Elias Ghantous, MD, FACC, chief of cardiology. A light dinner will be provided. Seating is limited, registration required. *Sponsored by Arbor Rose at Jerome Home. RSVP to 1.855.HHC.HERE/1.855.442.4373.*

Stroke: A Brain Attack
Thursday, March 19, 6-8pm. Free. Hop Meadow Country Club, 85 Firetown Road, Simsbury. Learn more about stroke: how the brain is affected, the recovery process and new innovations in recovery. Presented by David Monti, MD, Hartford HealthCare Inpatient Rehabilitation Unit. A light dinner will be provided. Registration required. *Sponsored by McLean and Hartford HealthCare. RSVP to 1.855.HHC.HERE/1.855.442.4373.*

Center for Healthy Aging Informational Series

Healthy Brain Series

This five-part series offers tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions.

Session 1: Intro – Eat Brain Foods & Stay Hydrated

Session 2: Challenge Your Mind Daily – Activities to Stay Sharp

Session 3: Coping with Changes and Managing Stress – Be Social

Session 4: Count Sheep – Be Creative and Have Fun

Session 5: Be Positive – Find a Purpose

Presented by Patty O'Brian, CDP, and Michelle Wyman, LSW, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging.*

Healthy Brain Series

Tuesdays, Jan. 7, 14, 21 & 28 and Feb. 4, 2-3pm. Free. Cora J. Belden Library, 33 Church St., Rocky Hill. See description above. Presented by Patty O'Brian, CDP, and Michelle Wyman, LSW, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Cora J. Belden Library, 860.258.7621.*

Healthy Brain Series

Tuesdays, Feb. 3, 10 & 24 and March 2, 12:30-1:30pm. Free. Beckish Senior Center 188 Route 66, Columbia. This four-part series will offer tips to keep your brain sharp and activities to challenge the mind, all while having fun. Participants are encouraged to attend all sessions. **Session 1:** Intro – Eat Brain Foods & Stay Hydrated;

Session 2: Challenge Your Mind Daily – Activities to Stay Sharp; **Session 3:** Count Sheep – Be Creative and Have Fun; **Session 4:** Coping with Changes and Remaining positive. Presented by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging. RSVP to Beckish Senior Center, 860.228.0759.*

Healthy Brain Series

Tuesdays, March 3, 10, 17, 24 & 31, 2pm. Free. Western CT Area Agency on Aging, 84 Progress Lane, Waterbury. See description above. Presented by Patty O'Brian, CDP, and Jennifer Labrie, CDP, dementia specialists, Hartford HealthCare Center for Healthy Aging. *Sponsored by WCAAA and Hartford HealthCare Center for Healthy Aging. RSVP to Jessica Warner, 203.757.5449, x114.*

Open Houses

Cedar Mountain Commons
 3 John H. Stewart Drive, Newington. **Saturdays, Jan. 4, Feb. 1 and March 7, 10am-2pm.** Just stop by. **Information: 860.665.7901.**

Arbor Rose, 975 Corbin Ave., New Britain. Sundays, Jan. 19, Feb. 16 and March 15, 10am-2pm. Just stop by. **Information: 860.229.3707.**

The Orchards at Southington
 34 Hobart St., Southington. **Saturdays, Jan. 11, Feb. 8 and March 14, 10am-2pm.** Just stop by. **Information: 860.628.5656.**

Mulberry Gardens of Southington, 58 Mulberry St., Plantsville. Jan. 4, Feb. 8 and March 14, 10-2pm. Just stop by. **Information: 860.276.1020.**