

INFORMATION & Inspiration FOR OLDER ADULTS & CAREGIVERS

JOIN US!

Most workshops are in person.

RESERVATIONS ARE REQUIRED.

Register online at
www.lifespanrochester.org
or call 585-244-8400, ext. 201.

FREE WORKSHOPS!

NOV - DEC
2023

All online sessions will be closed captioned. ASL interpretation is scheduled for some classes. For all other classes, interpreting services, translation services, and additional accommodations are available upon request and with advance notice.

Servicios de interpretación disponibles con solicitud previa. Por favor, déjenos saber con anticipación.
Favor de llamar (585) 244-8400 y marque 9.

Got Medicare Questions? We have answers!

Medicare 101

Thursday, Nov. 2,
10 am – 12:30 pm at Lifespan.

A nothing-to-sell, high level overview of Medicare Parts A, B, C, and D, Medigap plans.

Medicare Made Easy!

Whether you are new to Medicare, continuing to work after age 65, or considering retirement, come learn about your Medicare options and what is right for you!

Thursday, Nov. 2, 11 am - Noon,
Livonia Wildbriar Estate.

Thursday, Nov. 2, 12:45 – 1:45 pm,
Avon Senior Program.

Thursday, Nov. 9, 11 am - Noon,
VFW in Mt. Morris.

Friday, Nov. 10, 2 – 3 pm,
Livingston County Conference Center in Mt. Morris.

Tuesday, Nov. 21, 10 - 11 am,
Livingston County Govt. Center in Geneseo.



How to Choose a Medicare Plan

Our nothing-to-sell Medicare counselors will discuss 2024 premiums, deductibles, and co-insurance costs and help you compare Medicare Advantage and Medigap plans to determine which best meets your specific needs.

Wednesday, Nov. 8,
5 – 6:30 pm at Lifespan.

Monday, Nov. 13,
10 – 11:30 am at Lifespan.

Wednesday, Nov. 29,
10 – 11:30 am at Lifespan.



SCAMO! It's like BINGO!

Friday, Nov. 3, 10:30 - 11:30 am
at Lifespan

Learn about the latest scams in a fun, familiar format. Gets rave reviews!

Living Healthy with Diabetes

Six Thursdays beginning Nov. 9
through Dec. 21,
9:30 am - Noon,
Webster Senior Center

Addresses physical, emotional, and social impacts of living with or caring for someone with type 2 diabetes, and healthy strategies for remaining active. Covers factors impacting blood sugar, monitoring blood glucose, foot care, avoiding complications, and menu planning.

Legal Aspects of Aging

Thursday, Nov. 9, 1:30 - 3 pm
at Lifespan.

Everything you need to know about power of attorney, MOLST forms, health care proxy, trusts, and wills.

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FREE WORKSHOPS!

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Pre-retirement Saturday!

What You Need to Know about
Medicare and Social Security

NOV. 4, 9 AM – NOON
AT LIFESPAN

1 Medicare Made Easy 9 – 10:30 am

Whether you are new to Medicare, continuing to work after age 65, or considering retirement, come learn about your Medicare options and what is right for you! This is a nothing-to-sell, basic overview of Medicare Parts A, B, C, and D.

2 Understanding Social Security and Your Benefits

10:45 – Noon at Lifespan

Learn how to make well-informed decisions about Social Security.

Technology and Supportive Services to Age-in-Place Vendor Fair!

Monday, Nov. 13, 2 – 6 pm
at Lifespan.

Come see technology and other supportive services and equipment to help older adults age-in-place.

Introduction to SAIL (Stay Active and Independent for Life!)

Thursday, Nov. 16, 12:30 – 1:30 pm,
Brighton Senior Center.

SAIL is an evidence-based fall prevention program centered around strength, balance, and fitness for adults aged 65 and older. Come try out one of Lifespan's newest fall prevention classes!

Science of Art & Gratitude Online

Tuesday, Nov. 21, 2 – 3 pm
via Zoom.

Having an "attitude of gratitude" is more powerful than you may think. Participants will learn about the relationship between gratitude, happiness and brain health and how to implement the practice in daily lives.

Drop by our Volunteer Fair

Monday, Nov. 6

9 am – 4 pm at Lifespan

Recently retired? Looking to fill your time? Want to give back to your community? Try volunteering! We have many fulfilling opportunities. Drop by our volunteer fair to learn about the variety of opportunities!

Matter of Balance

Every Monday and Wednesday
Nov. 27 through Dec. 20, 10 am – Noon, Greece Senior Center

Designed to reduce the fear of falling, increase confidence levels and increase physical activity. Promotes balance, strengthening, flexibility, range of motion, and problem-solving. Workshop is a combination of gentle group exercise and group discussion.

Caregivers Refresh & Renew Online

Wednesday, Nov. 29, 1 – 2:30 pm
via Zoom.

Caregiver stress can sneak up on us over time or all at once. Mental, physical, and emotional resources NEED to be refreshed and renewed on a regular basis in order to bring our best selves to the person for whom we care. Join us and learn ways to rejuvenate yourself!

Supportive Housing Options

Wednesday, Nov. 15, 2 – 3:30 pm
at Lifespan.

Understanding and navigating housing options for older adults is often a challenge. This workshop will review and compare independent living, adult care facilities (assisted living, enriched housing, memory care etc.), family-type homes, and nursing homes. Participants will learn questions to ask when touring and how to narrow down options.

Finger Lakes Caregiver Institute Caregiver Wellness Conference

Saturday, Dec. 2, 9 – 3 pm, Memorial Art Gallery.

Join us to learn about legal issues of caregiving, caregiver wellness, tools, and education for family caregivers!

Reservations ARE required for every workshop.

Register online at lifespanrochester.org or call 585-244-8400, ext. 201.

Please note if the workshop is in-person or online, and time of each workshop. They differ.

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Monroe County
Office for the Aging

