Dear SeniorsPlus Education Center Friends,

We hope this email finds you well, safe, and healthy.

Staff at SeniorsPlus have been busy adapting and transitioning the way we do business. This includes the Education Center. While we cannot open the Education Center physical location, we are developing alternative and remote activities. We’re doing this because health and socialization are even more important during this time of quarantine and social distancing. And we just miss our people!

So, this is what we came up with for April and we are working on developing even more. We welcome any questions or comments that you might have.

Looking forward to seeing you again,

The SeniorsPlus Education Center Team
**Zoom 101: Using Video Conference Technology to Stay Connected**

**When:** Tuesdays, April 14, 21, 28, & May 5  
**Time:** 10:00-10:30AM

Join us for a 30-minute class to become more familiar on how to use Zoom to participate in SeniorsPlus’ online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class. You do not need a video camera for your computer, although it is helpful. You can participate with computers or hand held devices. Educational material and resources will be provided for continued, individual learning.

To register, email edcenter@seniorsplus.org or call 795-4010.

---

**Caregiver Support Groups**

**Group 1:** Monday, April 13 from 5:30-7:30PM  
**Group 2:** Thursday, April 30 from 8:30-10:00AM  
**Where:** Telephonic or Zoom Video Conferencing

Our caregiver support groups offer a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation can be an empowering experience. Due to current public health concerns, the group will meet over the phone vs in-person.

To register, email edcenter@seniorsplus.org or call 795-4010.

---

**Medicare Made Simple**

**When:** Thursday, April 30  
**Time:** 3:00-5:00PM

Learn how to navigate Medicare with this introductory course. Learn about your insurance options with Medicare, when to enroll or change plans and how state law may affect your choices. This presentation is perfect for people who are new to Medicare or anyone who currently has Medicare and would like to learn more.

To register email edcenter@seniors.org or call 795-4010.

---

**AARP Safe Driving Courses**

**When & Time:** Varies

AARP is offering a 25% discount to those who would like to take the course online. This offer is good for 90 days, effective March 10, 2020.

To learn more or register, go to www.aarpdriversafety.org.  
25% discount promo code is DRIVING SKILLS.
We are excited to launch both Tai Chi for Health & Balance and our new Better Health NOW virtual Healthy Living for ME programs!

Tai Chi for Health & Balance
When: workshop series will meet twice weekly for 8 weeks
Time: 1 hour per session/class
Where: Zoom Video Conferencing

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health, and one's ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

Better Health NOW
When: workshop series will meet once weekly for 6 weeks
Time: will vary
Where: 1-1 Telephonic or Zoom Video Conferencing

Better Health NOW is a self-guided, evidence-based program similar to our Living Well in-person workshop. The program is designed to help participants deal with chronic conditions. Some topics covered include: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, and nutrition. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the Better Health NOW Toolkit in the mail prior to starting the workshop.

INTERESTED IN TAI CHI OR BETTER HEALTH NOW?
CALL 1.800.620.6036 OR EMAIL INFO@HEALTHYLIVINGFORME.ORG

The above models were proposed by Dr. Lam and SMRC and approved by ACL, as an interim solution during the COVID-19 pandemic.
STAYING ACTIVE

Staying active is a great tool for boosting your immune system and your mood. Below are three tips to staying active while staying at home:

1. **Safety First**: You know your body best, so be sure to choose movements that compliment your abilities, even if that means starting small and moving slowly. Be sure to wear clothes that are easy to move in, and shoes with backs, like sneakers - not house shoes.

2. **Create a Routine**: Keeping up with regular activity and exercise is best done by incorporating it into your daily or weekly schedule. Take a couple minutes each week to plan out when and what types of exercises to do.

3. **Practice all 4 types of movement**: Endurance, Strength, Balance, and Flexibility.

Reach out to us for specific ideas.
Stay positive, stay safe, and keep moving!

WATCH OUT!

Scams related to COVID-19 are becoming increasingly common. To help you protect yourself and Mediare, the Senior Medicare Patrol (SMP) has developed a tip sheet. To view, clink the following link: