

CLASS	DAY	TIME	DATES	FEE
LECTURES Contributions accepted for all free programs				
The Bee and The Beekeeper Speaker: Gerald Raffa, Beekeeper Honey tasting and honey available for sale	W	12:45-1:45pm	9/4	FREE
The Importance of Supplements and Flu / Pneumonia Prevention (Followed by Individual Medication Review By Appt.) Speaker: Maria Franco, Gurwin Pharmacist Individual Medication Review Appt. Register by Mon 9/9	W	12:45-2:00pm	9/11	FREE
Picking the Right Yoga Class for You Speaker: Kathleen Divone, CPT, Metro Physical & Aquatics Therapy	M	11:00-12:00pm	9/23	FREE
Elder Veteran's Law Speaker: Julie Wyetzner, COO ,Genser Cona Elder Law	M	12:45-1:45pm	9/23	FREE
Scams Affecting Senior Communities Speakers: Federal Bureau of Investigation Intelligence Analysts	W	12:45-1:45pm	10/2	FREE
Memory Training Speaker: Dr Laura Ana, Licensed Clinical Psychologist	M	12:45-1:45pm	10/21	FREE
Getting to the Core of It All Speaker: Daniel Nagorski, DPT Metro Physical & Aquatics Therapy	M	11:00-12:00pm	10/28	FREE
Broadway Ballads & Show Stoppers: Part IV Speaker: Richard Knox	M	12:45-1:45pm	10/28	FREE
Medicare Basics Parts A, B, C and D Speaker: Mary Ann Simmons	W	12:45-1:45pm	11/6	FREE
The Health Benefits of Acupuncture Speaker: Marisa Andersen, Acupuncturist	M	12:45-1:45pm	11/18	FREE
Cardio or Strength or Both! Speaker: Ian Feurtado, MS CPT, Metro Physical & Aquatics Therapy	M	11:00-12:00pm	11/25	FREE
What is Normal Aging? Speaker: Beth Signore, Family Service League	M	12:45-1:45pm	11/25	FREE