

Community Workshops | Free and Open to the Public

HYPERTENSION WORKSHOP | 4 weeks starting Monday, February 5th from 10:00 a.m. – 11:00 a.m.

Do you have High Blood Pressure? Nearly half of adults in the United States have been diagnosed with hypertension. Join our four-week workshop to find out how you can manage your blood pressure. Workshop will begin on Monday, February 5th from 10:00 a.m. – 11:00 a.m. Please plan to attend all four weeks. This is a hybrid class that can be attended in person and /or on ZOOM. Call 928.596.4747 to register.

DIABETIC WORKSHOP | Ongoing Mondays from 11 a.m. – 12 noon

Have you been diagnosed with diabetes or pre-diabetes? We are here to help. Join John Hancock, RN, CDCES hosts a workshop to gain a deeper understanding of how you can live a healthier life. This hybrid class is held in person and via Zoom. **The workshop is ongoing, Mondays from 11 a.m. – 12 noon.** Course content includes:

- What is diabetes and why do I have it
- The importance of exercise
- Weight loss
- Meal planning
- Monitoring blood sugar
- (How to avoid) Complications

RIM COUNTRY FORGET-ME-NOTS | Ongoing- Meets twice monthly on the 1st and 3rd Wednesday

Support for caregivers of those with Alzheimer's, Dementia and Brain Disorders. Financial support, training, information, fellowship and more. This support group is free and open to the public.

Food For Thought Events | Free and Open to the Public

Lunch is provided FREE to you | All events begin at NOON unless noted otherwise. We are excited to offer a monthly Food for Thought Event, where we can bring great food and great education topics together for your enjoyment. Space is limited - **Reservations are required.**

Call High Country Seniors at 928.596.4747 to register today. Visit the Banner High Seniors Website for more details. www.bannerhealth.com/HighCountrySeniors

Healthcare in Rim Country | With Banner Payson Medical Center CEO, Hoyt Skabelund January 10th | Reservations due by January 3rd, 2024

Join Banner Payson Hospital CEO, Hoyt Skabelund as he shares updates about the hospital and Banner health here in Rim Country. Hoyt is an informed and engaging speaker and his over 20 years in healthcare makes him a wealth of information. Hoyt will share his insights into the future of rural healthcare in our area and invites your questions as well. We hope you can join us for this important event!

Estate Planning: What you need to know | Katie Meredith, Estate Planning Paralegal February 7th | Reservations due by January 31, 2024

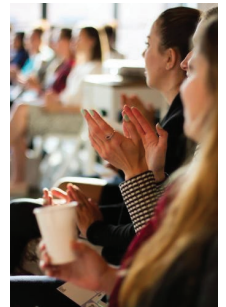
Estate Planning can seem overwhelming and even complicated, but it doesn't have to be! A well-rounded Estate plan can eliminate the mental and emotional burden of distributing assets and avoiding troublesome state and federal taxes. There are numerous options for individuals and couples that can easily and affordably be customized to individual needs and preference. Some common questions that will be answered and addressed will be:

- What is Estate Planning and why do I need it?
- What is Medical or Durable Power of Attorney?
- What are the differences between a Trust and a Will?
- How often do I need to update my Estate Plan?

Come learn how Estate Planning can be advantageous and attainable here in the Rim Country.

Coping with Alzheimer's | Sheri Kovar, Jan Summers, Bobbe Exe March 6th | Reservations due by February 27th, 2024

When a family member is experiencing symptoms of Alzheimer's, it is a difficult adjustment for everyone. Sheri Kovar, Jan Summers, and Bobbe Exe, the leaders of the Forget Me Nots Alzheimer's support group will discuss the signs to look for, techniques for coping, when to get help, and resources that are available.



Member Classes | Open to High Country Seniors Members Only

SEE CALENDAR INSERT FOR ALL DETAILS

BOOK LOVERS CLUB

A time and space to talk about your favorite books, the books you are currently reading, and to find out about new books and authors that others have discovered. There are no reading assignments for this book lovers club, just a great opportunity to learn about new and exciting genres, authors, and finds. Along with getting to share the love of reading with others just like you.



THE ART CLUB

Work with local artisan Liz Monte to create beautiful arts and crafts projects. Every month Liz will lead you through different art projects from start to finish. Sign up now- this class will be lots of fun!! CLASS IS HELD ONCE MONTHLY.

PAPER CRAFTS

Work with local artists BJ Branyan and Susan Salas will lead this monthly class on different paper-based art projects including cards, scrapbooking ideas, shadow boxes and more as determined by the class interest. Limited to 8 people maximum. CLASS IS HELD ONCE MONTHLY.

TECHNOLOGY 101

Learn the basis of computer operation from starting your computer to the basics of internet use, emails, and basic computer software programs. All levels are welcome!! If you don't have a laptop, we can loan you one for the class. CLASS IS HELD 2nd and 4th THURSDAYS.

FEELING FIT

Feeling Fit is a class focused on flexibility, strength, and balance movements. Exercises are designed to strengthen major muscle groups and include nutritional tips and healthy living information. Great for all ability levels.

PINOCHLE

Join this fun and dynamic group and help keep your brain sharp too!

VOLUNTEERS

Banner Payson Medical Center is on the lookout for Volunteers! Perks include a FREE membership to High Country Seniors!! Call the Volunteer Department at 928.471.1294 for all the details and consider joining this dynamic team today!



QIGONG

Qigong is about harmonizing our body, mind and spirit using breathing exercises, meditation, self-applied massage, and gentle movements. Doing Qigong helps to eliminate stress and anxiety and promotes emotional and physical healing.

KNIT, STITCH, QUILT AND CROCHET GROUP | NEW QUILTING ADDED

This group makes blankets, scarves and other items that are donated to community organizations to assist those in need. Please join us for a great time AND a great cause. **BEGINNERS WELCOME!!**

T.O.P.S. (TAKING OFF POUNDS SENSIBLY)

Eat what you love and get healthier! TOPS is a weight-loss support program that gives you freedom to follow a meal plan that works for you — and support to help you stick to that plan. With TOPS, you have choices to help you be healthy at any size. No cookie-cutter diets! This group is supportive and welcoming to everyone. Join us today for better health tomorrow.

NEW BANNER HIGH COUNTRY SENIORS WEBSITE

Looking for the latest High Country Seniors Member information including discounts, class updates and more? Visit the new Banner High Country Seniors website today! www.bannerhealth.com/HighCountrySeniors