

Newington Senior & Disabled Center

Course Guide: Evidence-Based Programs

Fall 2018

AGING MASTERY PROGRAM

Daytime Class: Mondays, October 15 - December 17 (10 classes)

10:00 a.m. - 11:30 a.m. *or*

Evening Class: Tuesdays, October 16 - December 18 (10 classes)

6:00 p.m. - 7:30 p.m.

The Aging Mastery Program® is a comprehensive and fun approach to living that celebrates the gift of longevity. The 10-week program combines goal-setting, daily practices & peer support to help participants make meaningful changes in their lives. These changes lead to improved health, stronger financial security, enhanced well-being & improved connectedness to communities.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A MATTER OF BALANCE

Fridays, October 26 - December 21 (8 classes)

9:30 a.m. - 11:30 a.m.

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. **A Matter of Balance** is a program designed to reduce the fear of falling and increase activity level among older adults. Participants will learn how to view falls as controllable, set goals and make changes to reduce fall risks at home.

LIVE WELL

Wednesdays, November 7 - December 12 (6 classes)

9:30 a.m. - noon

The Live Well program is an evidence-based program for people with ongoing conditions such as heart disease, depression, arthritis, pain and anxiety or those caring for someone with an ongoing health condition.

Learn strategies to take control, feel better, energize and live and enjoy your life!



"It's Your Life...Live it Well"

For more information or
to register:

Newington Senior and Disabled Center

120 Cedar Street, Newington CT

860.665.8778



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TAI JI QUAN: MOVING FOR BETTER BALANCE

Monday and Wednesday Afternoons:

October 22, 2018 - April 22, 2019 (48 classes)

(no classes 11/7/18, 12/24/18, 12/31/18, 1/21/19, 2/18/19)

1:15 p.m. - 2:15 p.m.

Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function and to prevent falls. It is designed for older adults and people with balance difficulties. This program can accommodate individuals who need some assistance with walking. **No prior experience with Tai Chi is needed.** You will learn the movements over the course of twice per week class in a supportive environment.

Course full - check us out in
Spring 2019!



Powerful Tools for *Caregivers*

POWERFUL TOOLS FOR CAREGIVERS

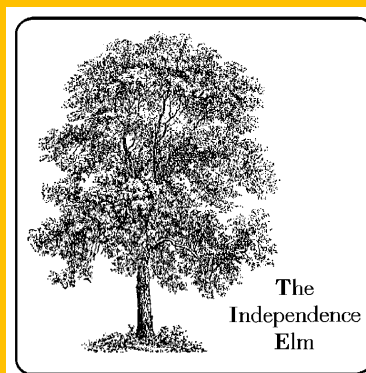
Wednesdays, October 17 - November 28 (6 classes)

6:00 p.m. - 8:30 p.m.

Powerful Tools for Caregivers is designed to provide the family caregiver with the tools they need to take care of themselves. Whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country, this program is for you! Learn how to: reduce personal stress, practice self-care, reduce anger, guilt and depression, communicate effectively with doctors & family, utilize resources, make tough decisions, problem solve and set goals.

About Evidence-Based Programs:

Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease. They are based on research and provide documented health benefits, so you can be confident they work. Boomers and older adults who participate in EBPs can lower their risk of chronic diseases and falls—or improve long-term effects of chronic diseases or falls. **Please call the Newington Senior & Disabled Center office to register: 860-665-8778.**



All programs offered free of charge in conjunction with the following sponsors:

LiveWell, LiveWell Diabetes, and Aging Mastery Program® are brought to you through the CT Healthy Living Collective (cthealthyliving.org). A Matter of Balance is brought to you through a grant from Jefferson House Institute. Powerful Tools for Caregivers is brought to you through the Dana Reeves Foundation