

Check in time: 8 AM – 8:45 AM  
Lunch: 11:30 AM  
Visit Exhibits: 10:45 – 11:15 AM

**ALL REGISTRATIONS DUE BY JUNE 15, 2016**  
**27<sup>th</sup> ANNUAL SENIOR ENRICHMENT DAY CONFERENCE – WEDNESDAY, JUNE 22, 2016**  
Big Rapids High School – 21175 15 Mile Road, Big Rapids, Michigan 49307

For More Information  
Call 231-972-2884

### SESSION I – 9 AM

Balance & Fall Prevention  
Chair Line Dancing  
Crochet Basics **(\*Fee for class)**  
EnhanceFitness®  
Estate Planning 101  
Find Your Weakest Link to Health Problems  
Good Grief  
Guide to the Markets  
Hands Only CPR  
Holistic Health for Seniors  
Interactive History of the Area  
Invasive Species  
Keep America Singing  
Medicare & the Affordable Care Act  
My Library, My Lifeline  
PACE: Program of All-Inclusive Care of the Elderly  
Preserving Food Safely!  
Recycling T-Shirts! **(\*Must take this class for both 1<sup>st</sup> & 2<sup>nd</sup> Sessions!)**  
Senior Scams/Personal Safety  
Small Acrylic Painting **(\*Must take this class for both 1<sup>st</sup> & 2<sup>nd</sup> Sessions! Fee for class)**  
Stamping Homemade Cards  
Veterinary Medicine Today  
Vinyl Letter Welcome Signs **(\*Fee for class)**  
What to Do With Cash

### SESSION II – 10 AM

Aging Eyes Are Smiling  
Beach Blanket Book Review  
Creative Wood Burning For Beginners  
Crochet Basics **(\*Fee for class)**  
DASH: Dietary Approaches to Stop Hypertension  
Diabetes & Pre-diabetes: Difference & Care  
Find Your Weakest Link to Health Problems  
Good Grief  
Guide to the Markets  
Hands Only CPR  
Human Trafficking  
Interactive History of the Area  
Invasive Species  
Keep America Singing  
Keeping Your Independence with Choices  
Line Dance  
Managing the Long Term Care Benefit Maze  
Medicare & the Affordable Care Act  
My Library, My Lifeline  
Preserving Food Safely!  
Reversing the Diseases of Aging  
Senior Bullying  
Stamping Homemade Cards  
Veteran Affairs  
Vinyl Letter Welcome Signs **(\*Fee for class)**  
What to Do With Cash

### SESSION III – 1 PM

Acrylic Landscape Painting **(Must take this class for both 3<sup>rd</sup> & 4<sup>th</sup> Sessions! Fee for class)**  
Basics of Alzheimer's Diseases  
Beach Blanket Book Review  
Birds of the Backyard  
Creative Wood Burning For Beginners  
Crochet Basics **(\*Fee for class)**  
Differentiating Between Normal Aging & Dementia  
eReaders + Summer Reads = Fun!  
Find Your Weakest Link to Health Problems  
Fun with Flowers! **(\*Fee for class)**  
Growing Your Own Medicine  
Hands Only CPR  
Homeopathy for Seniors  
Infant Safe Sleep  
Invasive Species  
Keeping Your Independence with Choices  
Line Dance  
Medicare & the Affordable Care Act  
My Plate for Older Adults  
Nature: Snowflakes to Wildflowers  
Navigating Through Big Rapids on the Web  
Reader's Theatre  
Recycling T-Shirts! **(Must take this class for both 3<sup>rd</sup> & 4<sup>th</sup> Sessions!)**  
Senior Scams/Personal Safety  
Small Acrylic Painting **(\*Fee for class. Must take this class for both 3<sup>rd</sup> & 4<sup>th</sup> Sessions!)**  
The Incredibly Shrinking Brain  
Wood Nesting Boxes for Robins  
ZUMBA GOLD®

### SESSION IV – 2 PM

Beach Blanket Book Review  
Birds of the Backyard  
Creative Wood Burning For Beginners  
Crochet Basics **(\*Fee for class)**  
Differentiating Between Normal Aging & Dementia  
eReaders + Summer Reads = Fun!  
Find Your Weakest Link to Health Problems  
Fun with Flowers! **(\*Fee for class)**  
Growing Your Own Medicine  
Hands Only CPR  
Healthy Living for Your Brain & Body  
Human Trafficking  
Infant Safe Sleep  
Interactive History of the Area  
Invasive Species  
Keeping Your Independence with Choices  
My Plate for Older Adults  
Navigating Through Big Rapids on the Web  
Relaxation & Meditation for Seniors  
Senior Nutrition  
Surgical Mission Trips  
The Incredibly Shrinking Brain  
Unraveling the Mystery of Medicare  
Wood Nesting Boxes for Robins  
ZUMBA GOLD®