



NOVEMBER CLASSES

All classes are free
and open to the public.

Step Up To Stop Falls

November 1st 5:30 - 7:00pm

What can you do to prevent falls? Why is falling so prevalent among older adults? Learn about who falls and why and whether you need to be concerned about falling. Ways to prevent falls and community resources will be shared, and your questions answered. Class will be held at Home Aides of Central New York, 723 James Street, Syracuse.

Men Can Cook!

4 Wednesdays 11/2 -11/30 10:30 - 1:00pm

This four-part class will help "guys" find their way around the kitchen, learn basic cooking skills, how to read and prepare recipes, how to plan and make a simple, healthy meal and how to be a smart shopper. You and your classmates will eat together the meals you've cooked! (Note: no class on 11/23). Held at The United Church of Christ in Bayberry, 215 Blackberry Rd., Liverpool.

Life Harvests: Sage-ing for Caregivers Nov 10th 4:00 - 5:30pm

"Sage-ing" 101: The Sage-ing® program is a process that invites elders, family caregivers and other care partners to cultivate their lives and make the years of elderhood a time of learning and growth while engaging in life review, harvesting one's wisdom, life repair and life completion. Class will be at DeWitt Community Church, 3600 Erie Blvd. East, DeWitt.

Managing Challenging Behaviors of Dementia

Part I: Nov. 14th 2:00 - 3:30pm

Part II: Nov 21st 2:00 - 3:30pm

Part 1 teaches a three-point approach to address behaviors such as wandering, repetitive questions, agitation and other behavioral symptoms. In Part 2, we will actually discuss and share information on how to handle specific behaviors concerning class members. Note: you must take Part I prior to taking Part II. Location: Hospice CNY, 990 Seventh North St., Liverpool.

Veterans Benefits

November 17th 2:00 - 3:30pm

This class will cover such topics as veterans pension, service connected compensation, enrollment procedures for the Veterans Administration Medical Center and other veterans benefits available for qualified seniors. There will be an opportunity for questions and answers. Class will be held at Home Aides of Central New York, 723 James Street, Syracuse.

For more information or to register, please contact the Department of Aging & Youth
(315) 435-2362 ext. 140 or ext. 139 www.ongov.net/ay



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AGING AND YOUTH

alzheimer's  association