

## Classes & Events

**REGISTRATION REQUIRED!**  
**SPACE IS LIMITED, SO REGISTER EARLY.**



### Register online

Visit [sunhealthcommunityeducation.org](http://sunhealthcommunityeducation.org)



**Register by phone** Starting September 19  
623-207-1703 *except where noted*

**CLASS SIZES ARE LIMITED.** Events with fewer than 10 reservations are subject to cancellation. If you are unable to make a class you are registered for, contact us within two business days prior.



**Classes with this icon have an associated fee. Class fees are nonrefundable unless the class is canceled.**

### LOCATION KEY:

**Banner Boswell/Chapman Conf. Room** — Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

**Banner Boswell/Juniper Conf. Room** — Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

**Banner Thunderbird/Conf. Room #5** — 5555 W. Thunderbird Road, Glendale

**Center for Health & Wellbeing** — Sun Health Center for Health & Wellbeing, 14719 W. Grand, Surprise

**Grandview Terrace H&R** — Grandview Terrace Health and Rehabilitation Center, 14505 W. Granite Valley Dr., Sun City West

**La Loma Village H&R** — La Loma Village Health and Rehabilitation Center, 14260 Denny Blvd., Litchfield Park

**PORA** — PORA Learning Center, 13815 W. Camino Del Sol, Sun City West

**The Colonnade** — 19116 Colonnade Way, Surprise

### BRAIN HEALTH

#### Be Brain Smart

**Wednesday, Oct. 11; 9:30 to 11 a.m.**

Join John DenBoer, Ph.D., clinical neuropsychologist from SMART Brain Aging, as he discusses the strategies for keeping the brain active. Attendees will learn specific skills to help them identify new patterns and pathways for brain health.

*Location: Grandview Terrace H&R*

#### Important Links between Sleep Disorders & Brain Health

**Wednesday, Oct. 18; 9:30 to 11 a.m.**

Dr. David Shprecher, DO, movement disorders director at Banner Sun Health Research Institute, explains the links between REM sleep behavior disorder and Parkinson's disease and dementia. He'll share the efforts to develop treatments aimed at preventing these illnesses.

*Location: The Colonnade*

### CANCER CARE

#### Healthy Meal Prep for Cancer

**Fridays, Oct. 6 & 20; 10 to 11 a.m.**

Open to cancer survivors, family and friends, learn how to create easy and affordable dishes packed with antioxidants and flavor. Topics will be Pumpkin Patch (10/6) and Pesto Presto (10/20). In partnership with Cancer Support Community of Arizona.

*Location: The Colonnade (NEW LOCATION)*

#### Frankly Speaking About Cancer: Clinical Trials

**Thursday, Oct. 19; 9:30 to 11 a.m.**

Join Cancer Support Community of Arizona to learn how clinical trials are structured, and how to foster an open dialogue with your health care team about the eligibility and the viability of clinical trials as a treatment option.

*Location: PORA*

## DIABETES CARE

### Annual Diabetes Self-Management Training

**Monday, Oct. 9; 9 to 11 a.m.**

This class is designed for those who have previously completed a Diabetes Self-Management Education series. Sun Health's certified diabetes educators will provide you with the latest recommendations as part of your annual Medicare/health insurance benefit for diabetes support. **Please call 623-832-WELL (9355) by Oct. 4 to register. Fee covered by most insurance plans.**  
*Location: La Loma Village H&R*

### Diabetes Self-Management Education

This accredited five-week course provides the guidance needed to help prevent or delay diabetic complications and improve overall health. This series is taught by Center for Health & Wellbeing certified diabetes educators. **Please call 623-832-WELL (9355) to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.**

**Starts Tuesday, Oct. 24:**

**9:30 to 11:30 a.m.;** Center for Health & Wellbeing  
**1:30 to 3:30 p.m.;** Banner Boswell/Juniper Conf. Room

**Starts Wednesday, Oct. 25:**

**9:30 to 11:30 a.m.;** Banner Thunderbird/Conf. Room 5

### Diabetes Connection Support Group

**Monday, Oct. 16; 3 to 4 p.m.**

This monthly group is for individuals who have diabetes or prediabetes to gather together to share and learn in pursuit of healthy living. Our topic will be building resiliency and playing diabetes bingo. **Registration is not required.**

*Location: Center for Health & Wellbeing*

## HEALTH & WELLBEING

### Traditional Chinese Medicine

**Fridays, Oct. 13; 9:30 to 11 a.m. & Oct. 20 & 27; 9:30 to 10:30 a.m.**

JoDee Chenaur, LAc, discusses how imbalances of the five elements (wood, fire, earth, metal and water) can manifest in your digestive health and psychological wellbeing and how to address them based on your primary element. **Note: Registration for this three-class series requires 40 class credits (\$40).**

*Location: The Colonnade*

### VA Pension Aid and Attendance Program

**Wednesday, Oct. 18; 2 to 3:30 p.m.**

Attorney Lora G. Johnson explains the guidelines for the VA Aid and Attendance pension program and what veterans or surviving spouses can do to qualify for this extra income.

*Location: Banner Boswell/Juniper Conf. Room*

### Make Your Wishes Known Workshop: Advanced Directive Workshop

**Thursday, Oct. 19; 1:30 to 3:30 p.m.**

Join Paul Fredericks and Sun Health staff to review the Advance Directive forms and get assistance with completing the necessary forms to make your end of life wishes known.

*Location: Center for Health & Wellbeing*

### Meditation Is More than You Think

**Mondays, Oct. 30, Nov. 6 & 13; 9:30 to 10:30 a.m.**

Meditation Expert Sue Witter will teach the different styles of meditation and allow you to experience, discuss and practice each. **Note: Registration for this three-class series requires 25 credits (\$25).**

*Location: The Colonnade*

## LUNG HEALTH

### Valley Fever

**Tuesday, Oct. 24; 9:30 to 10:30 a.m.**

Valley Fever can affect people of any age, but it's most common in adults aged 60 and older. Join Dr. Craig Rundbaken, pulmonologist, as he discusses the symptoms, diagnosis and treatment for this potentially devastating disease. Please also read the article about Valley Fever with Dr. Rundbaken on page 10 of this magazine.

*Location: Grandview Terrace H&R*



**MEMORY CARE****Dementia Caregiver Support Group**  
**Wednesdays, Oct. 4 & 18; 3 to 4 p.m.**

Marty Finley, MEd, Sun Health's Memory Care Navigator, leads this support group specifically for people caring for a loved one with Alzheimer's disease or any type of dementia. **Registration is not required.**

*Location: Grandview Terrace H&R*

**Home Safety & Dementia****Thursday, Oct. 26; 9:30 to 10:30 a.m.**

Marty Finley, MEd, Sun Health's Memory Care Navigator, invites you to learn tips on making the home safer for your loved one with dementia.

*Location: Banner Boswell/Juniper Conf. Room*

**NUTRITION****Spice Up Your Life**

Join Registered Dietitian Nutritionist Tracy Garrett as she discusses a handful of the spices that have been shown scientifically to provide therapeutic health benefits, including ginger, clove, cinnamon, saffron, turmeric, garlic and cumin.

**Friday, Oct. 13; 9:30 to 10:30 a.m.**

*Location: La Loma Village H&R*

**Monday, Oct. 23; 10 to 11 a.m.**

*Location: The Colonnade*

**PHYSICAL FITNESS**

All classes held at Center for Health & Wellbeing

**Note:** Physical fitness classes are offered in eight-class series. Registration for a series requires 40 class credits (\$40).

**Chair Yoga****Wednesdays – 8 to 9 a.m.; Series CY12:****Oct. 11, 18, 25; Nov. 1, 8, 15, 22 & 29**

Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

**Chair Yoga Plus****Wednesdays – 9:30 to 10:30 a.m.; Series YR6:****Oct. 11, 18, 25; Nov. 1, 8, 15, 22 & 29**

Yoga involves paying attention to your breathing, which can help you relax, feel less stressed and improve posture using both seated and standing postures. **Participants must be able to stand independently.**

**Tai Chi****Wednesdays – 11 a.m. to noon; Series TC12:****Oct. 11, 18, 25; Nov. 1, 8, 15, 22 & 29**

Tai Chi is a traditional Chinese martial art shown to improve strength and balance, and help with stress reduction and relaxation.

**Strength Training for Health****Fridays – 11 a.m. to noon; Series ST12:****Oct. 13, 20, 27; Nov. 3, 10, 17; Dec. 1 & 8**

This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.

**Fit and Balanced****Wednesdays – 1:30 to 2:30 p.m.; Series FAB2:****Oct. 18 & 25; Nov. 1, 8, 15 & 29; Dec. 6 & 13**

This eight-week beginner level, low-intensity class will focus on the strength, flexibility, and balance exercises used in *A Matter of Balance* program with gradual progression, using a chair as support. **Participants must be able to stand independently.**

**SAFETY****Balance & Strength Training****Wednesdays – 3:30-4:30 pm. Oct. 18 & 25; Nov. 1, 8, 15 & 29; Dec. 6 & 13**

This advanced eight-week series emphasizes balance exercises, along with leg and core strength training, in a group setting. Home exercises will be provided. Rhonda Zonoozi, exercise physiologist, will be the instructor.

**Participants must be able to stand without assistance. Call 623-832-WELL (9355) to register and inquire about cost.**

*Location: Center for Health & Wellbeing*

**Matter of Balance****Fridays – 2 to 4 p.m. Oct. 6, 13, 20, 27; Nov. 3, 10, 17 & Dec. 1**

Are you concerned about falling or have you fallen in the past? Have you restricted activities because of the fear of falling? This eight-class evidence-based series is designed to reduce falls and the fear of falling while increasing activity levels among older adults. **Note: Registration for this eight-class series requires 25 credits (\$25).**

*Location: Banner Boswell/Chapman Conf. Room & The Colonnade*

# October Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
<p><b>2</b></p> <p><b>Note:</b> Mon. exercise classes continue from prior month. Next series begins <b>November 6, 2017</b></p>	<p><b>3</b></p>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• Dementia Support Group; 3 to 4 p.m.</li> </ul>	<p><b>5</b></p>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• Healthy Meal Prep; 10 to 11 a.m.</li> <li>• Matter of Balance <b>(1 of 8)</b>; 2 to 4 p.m.</li> </ul>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>• Annual Diabetes Self-Management; 9 to 11 a.m.</li> </ul>	<p><b>10</b></p>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga <b>(CY12)</b>; 8 to 9 a.m.</li> <li>• Chair Yoga Plus <b>(YR6)</b>; 9:30 to 10:30 a.m.</li> <li>• Be Brain Smart; 9:30 to 11 a.m.</li> <li>• Tai Chi <b>(TC12)</b>; 11 a.m. to noon</li> </ul>	<p><b>12</b></p>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• Traditional Chinese Medicine; 9:30 to 11 a.m. <b>(1 of 3)</b></li> <li>• Spice up Your Life; 9:30 to 10:30 a.m.</li> <li>• Strength Training <b>(ST12)</b>; 11 a.m. to noon</li> <li>• Matter of Balance <b>(2 of 8)</b>; 2 to 4 p.m.</li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>• Diabetes Support Group; 3 to 4 p.m.</li> </ul>	<p><b>17</b></p>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga <b>(CY12)</b>; 8 to 9 a.m.</li> <li>• Chair Yoga Plus <b>(YR6)</b>; 9:30 to 10:30 a.m.</li> <li>• Sleep &amp; Brain; 9:30 to 11 a.m.</li> <li>• Tai Chi <b>(TC12)</b>; 11 a.m. to noon</li> <li>• Fit &amp; Balanced <b>(FAB2)</b>; 1:30 to 2:30 p.m.</li> <li>• VA Pension Aid; 2 to 3:30 p.m.</li> <li>• Dementia Support Group; 3 to 4 p.m.</li> <li>• Balance &amp; Strength; 3:30 to 4:30 p.m. <b>(1 of 8)</b></li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• Frankly Speaking About Cancer: Clinical Trials; 9:30 to 11 a.m.</li> <li>• Advance Directive Workshop; 1:30 to 3:30 p.m.</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Traditional Chinese Medicine; 9:30 to 10:30 a.m. <b>(2 of 3)</b></li> <li>• Healthy Meal Prep; 10 to 11 a.m.</li> <li>• Strength Training <b>(ST12)</b>; 11 a.m. to noon</li> <li>• Matter of Balance <b>(3 of 8)</b>; 2 to 4 p.m.</li> </ul>
<p><b>23</b></p> <ul style="list-style-type: none"> <li>• Spice up Your Life; 10 to 11 a.m.</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• Diabetes Self-Management; 9:30 to 11:30 a.m. <b>(1 of 5)</b></li> <li>• Valley Fever; 9:30 to 10:30 a.m.</li> <li>• Diabetes Self-Management; 1:30 to 3:30 p.m. <b>(1 of 5)</b></li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>• Chair Yoga <b>(CY12)</b>; 8 to 9 a.m.</li> <li>• Chair Yoga Plus <b>(YR6)</b>; 9:30 to 10:30 a.m.</li> <li>• Diabetes Self-Management; 9:30 to 11:30 a.m. <b>(1 of 5)</b></li> <li>• Tai Chi <b>(TC12)</b>; 11 a.m. to noon</li> <li>• Fit &amp; Balanced <b>(FAB2)</b>; 1:30 to 2:30 p.m.</li> <li>• Balance &amp; Strength; 3:30 to 4:30 p.m. <b>(2 of 8)</b></li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>• Home Safety &amp; Dementia; 9:30 to 10:30 a.m.</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• Traditional Chinese Medicine; 9:30 to 10:30 a.m. <b>(3 of 3)</b></li> <li>• Strength Training <b>(ST12)</b>; 11 a.m. to noon</li> <li>• Matter of Balance <b>(4 of 8)</b>; 2 to 4 p.m.</li> </ul>
<p><b>30</b></p> <ul style="list-style-type: none"> <li>• Meditation Is More than You Think; 9:30 to 10:30 a.m. <b>(1 of 3)</b></li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>• Diabetes Self-Management; 9:30 to 11:30 a.m. <b>(2 of 5)</b></li> <li>• Diabetes Self-Management; 1:30 to 3:30 p.m. <b>(2 of 5)</b></li> </ul>	<p><b>REGISTRATION REQUIRED FOR MOST CLASSES</b>  <b>CLICK OR CALL TODAY!</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>Register online</b> Starting September 19</p> <p><a href="http://sunhealthcommunityeducation.org">sunhealthcommunityeducation.org</a></p> </div> <div style="text-align: center;">  <p><b>Register by phone</b> Starting September 19</p> <p>623-207-1703 <i>*except where noted</i></p> </div> </div>		