

## Classes & Events

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


 **Register online**

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

 **Register by phone Starting October 24**

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

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

**Faith Presbyterian Church** — 16000 N. Del E. Webb Blvd., Sun City

**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 N. Colonnade Way, Surprise

### BRAIN HEALTH

#### Normal Aging vs. Dementia

**Wednesday, Nov. 8; 9:30 to 10:30 a.m.**

We all notice changes in our memory as we age. Join Sun Health's Marty Finley, MEd, to learn the difference between normal aging and what may be cause for concern.

*Location: Grandview Terrace H&R*

#### Effective, Natural Approaches to Brain Wellness

**Wednesday, Nov. 15; 9:30 to 10:30 a.m.**

Live free of memory, sleep, anxiety and fatigue problems. Timothy Gerhart, DC, will share research-based healthy-lifestyle techniques to support brain health for a lifetime.

*Location: The Colonnade*

### CANCER CARE

#### Healthy Meal Prep for Cancer

**Fridays, Nov. 3 & 17; 10 to 11 a.m.**

Open to cancer survivors, family and friends, join Chef Debra of Cancer Support Community of Arizona to learn how to create easy and affordable dishes packed with antioxidants and flavor. Topics will be (11/3) Beet Bonanza and (11/17) Root Veggies.

*Location: The Colonnade (NEW LOCATION)*

### DIABETES CARE

#### Diabetes Expo

**Friday, Nov. 10; 8:30 a.m. to noon**

Health care professionals, service providers and vendors will be at this expo to provide information and resources on diabetes prevention and management. See back cover for event information.

**Registration not required.**

*Location: The Colonnade*

### 📍 Annual Diabetes Self-Management Training

**Friday, Nov. 17; 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 the latest recommendations as part of your annual Medicare/health insurance benefit for diabetes support. **Please call 623-832-WELL (9355) by Monday, Nov. 13 to register. Covered by most insurance plans.**

*Location: The Colonnade*

## HEALTH & WELLBEING

### Take a Tour of the Sun Health Center for Health & Wellbeing

**Tuesday, Nov. 7; 11 a.m. to noon**

Tour the Sun Health Center for Health & Wellbeing to learn about its services and meet the staff.

*Location: Center for Health & Wellbeing*

### Blood Pressure Checks

**Thursday, Nov. 9; 10 a.m. to noon, and Wednesday, Nov. 15; 2 to 4 p.m.**

Retired nurse volunteers are on site to check your blood pressure and answer any questions you may have.

**Registration is not required.**

*Location: Center for Health & Wellbeing*

### Down in the Dumps? Let's Dump the Depression

**Thursday, Nov. 16; 9:30 to 10:30 a.m.**

Are you feeling down in the dumps? Has the feeling prohibited you from accomplishing tasks or affected your day-to-day functioning? Memory Care Navigator Jane Harrison will explore symptoms, causes, effects and ways to manage and overcome the feelings associated with depression.

*Location: PORA*

### Wounds, Bandages & Dressings

**Monday, Nov. 20; 9:30 to 11 a.m.**

What happens when you have a wound? Tharesch Udupa, DPM, from The CORE Institute, explains wound treatments and how to promote wound healing.

*Location: Grandview Terrace H&R*

### 📍 Drum Circle

**Monday, Nov. 27; 1 to 2 p.m.**

Did you know drumming can reduce anxiety and stress, help control pain and boost the immune system? Join Banner Health's Musical Therapist Piper Laird to blend sound and rhythm in an interactive drumming experience. Drums/instruments will be provided. **Note: Registration for this class requires 5 class credits (\$5).**

*Location: Faith Presbyterian Church*

### Understanding & Supporting Your Lymphatic System

The lymphatic system is instrumental in keeping us healthy and our immune system strong. Catherine Tatum, CLT & LMT, presents four easy ways to boost your lymphatic system, detox your body and feel healthier.

**Tuesday, Nov. 14; 1:30 to 2:30 p.m.**

*Location: La Loma Village H&R*

**Wednesday, Nov. 29; 1:30 to 2:30 p.m.**

*Location: Banner Boswell Medical Center/Juniper Conf. Room*

### Identifying When Pain Meds Become Too Much

**Thursday, Nov. 30; 9:30 to 10:30 a.m.**

Barbara Mason, CADC, will discuss the growing dependence on opioids among seniors and their effect on the effectiveness and interactions of other prescription medications.

*Location: Grandview Terrace H&R*

## MEMORY CARE

### Dementia Caregiver Support Group

**Wednesdays, Nov. 1 & 15; 3 to 4 p.m.**

Marty Finley, MEd, Sun Health 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*



## NUTRITION

### Mediterranean Lifestyle

**Friday, Nov. 17; 1:30 to 2:30 p.m.**

Join Sun Health Registered Dietitian Susan Welter as she discusses the Mediterranean style of eating and the benefits from adopting this eating style. Attendees will learn how to make simple shifts in their food choices.

*Location: The Colonnade*

### Mindful Eating

**Tuesday, Nov. 28; 10 to 11 a.m.**

Have you changed your eating habits for health reasons but lost the joy of eating? Join Sun Health's Registered Dietitian Tracy Garrett in a mindful eating experience and learn how to eat with more intention and enjoyment to build a healthy relationship with food.

*Location: Center for Health & Wellbeing*

### Strength Training for Health

**Mondays – 1 to 2 p.m.; Series ST11:**

**Nov. 6, 13, 20, 27; Dec. 4, 11, 18**

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

## SAFETY

### AARP Smart Driver™ Course

**Thursday, Nov. 16; 12:30 to 4:30 p.m.**

Designed especially for drivers age 50-plus, the AARP Smart Driver™ course is intended to help drivers live more independently as they age and remain safe on today's roads. **Pre-registration is required. Fee is \$15 for AARP members and \$20 for nonmembers, payable by check only. Please bring driver's license and check payable to AARP to the session.**

*Location: Center for Health & Wellbeing*

## PHYSICAL FITNESS

All classes held at Center for Health & Wellbeing

**Note:** Due to Christmas holiday, Physical Fitness classes are offered in seven-class series. Registration for a series requires 35 class credits (\$35).

### Chair Yoga

**Mondays – 8 to 9 a.m.; Series CY11:**

**Nov. 6, 13, 20, 27; Dec. 4, 11, 18**

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

### Mat Yoga

**Mondays – 9:30 to 10:30 a.m.; Series YO6:**

**Nov. 6, 13, 20, 27; Dec. 4, 11, 18**

Yoga helps you move easier, improve flexibility, build strength and reduce stress. **Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat or towel.**

### Tai Chi

**Mondays – 11 a.m. to noon; Series TC11:**

**Nov. 6, 13, 20, 27; Dec. 4, 11, 18**

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

## Need Information on Community Resources?

Call Today!



OUR NEIGHBOR NETWORK

**Our Neighbor Network (ONN) helps local residents remain independent, safe and healthy. ONN offers free referrals to nonprofit health, human, and volunteer services that can help you or your neighbor.**

**623-832-4ONN (4666)**

# November Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
<p><b>REGISTRATION REQUIRED FOR MOST CLASSES 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 October 24 <a href="http://sunhealthcommunityeducation.org">sunhealthcommunityeducation.org</a></p> </div> <div style="text-align: center;">  <p><b>Register by phone</b> Starting October 24 623-207-1703 <i>*except where noted</i></p> </div> </div>		<p><b>1</b></p> <ul style="list-style-type: none"> <li>Dementia Support Group; 3 to 4 p.m.</li> </ul> <p><b>Note:</b> Wed. exercise classes continue from prior month. Next series begins on December 6, 2017.</p>	<p><b>2</b></p>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Healthy Meal Prep; 10 to 11 a.m.</li> </ul> <p><b>Note:</b> Fri. exercise classes continue from prior month. Next series begins on December 15, 2017.</p>
<p><b>6</b></p> <ul style="list-style-type: none"> <li>Chair Yoga (CY11); 8 to 9 a.m.</li> <li>Mat Yoga (YO6); 9:30 to 10:30 a.m.</li> <li>Tai Chi (TC11); 11 a.m. to noon</li> <li>Strength Training (ST11); 1 to 2 p.m.</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>Take a Tour of CHW; 11 a.m. to noon</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>Normal Aging vs Dementia; 9:30 to 10:30 a.m.</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>Blood Pressure Checks; 10 a.m. to noon</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>Diabetes Expo; 8:30 a.m. to noon</li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>Chair Yoga (CY11); 8 to 9 a.m.</li> <li>Mat Yoga (YO6); 9:30 to 10:30 a.m.</li> <li>Tai Chi (TC11); 11 a.m. to noon</li> <li>Strength Training (ST11); 1 to 2 p.m.</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>Understanding &amp; Supporting Your Lymphatic System; 1:30 to 2:30 p.m.</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>Effective, Natural Approaches to Brain Wellness; 9:30 to 10:30 a.m.</li> <li>Blood Pressure Checks; 2 to 4 p.m.</li> <li>Dementia Caregiver Support; 3 to 4 p.m.</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>Down in the Dumps?; 9:30 to 10:30 a.m.</li> <li>AARP Smart Driver; 12:30 to 4:30 p.m.</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>Annual Diabetes Self-Management; 9 to 11 a.m.</li> <li>Healthy Meal Prep; 10 to 11 a.m.</li> <li>Mediterranean Lifestyle; 1:30 to 2:30 p.m.</li> </ul>
<p><b>20</b></p> <ul style="list-style-type: none"> <li>Chair Yoga (CY11); 8 to 9 a.m.</li> <li>Mat Yoga (YO6); 9:30 to 10:30 a.m.</li> <li>Wounds, Bandages &amp; Dressings; 9:30 to 11 a.m.</li> <li>Tai Chi (TC11); 11 a.m. to noon</li> <li>Strength Training (ST11); 1 to 2 p.m.</li> </ul>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p> <p><b>Happy Thanksgiving. Our Offices are Closed</b></p>	<p><b>24</b></p> <p><b>Happy Thanksgiving. Our Offices are Closed</b></p>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>Chair Yoga (CY11); 8 to 9 a.m.</li> <li>Mat Yoga (YO6); 9:30 to 10:30 a.m.</li> <li>Tai Chi (TC11); 11 a.m. to noon</li> <li>Strength Training (ST11); 1 to 2 p.m.</li> <li>Drum Circle; 1 to 2 p.m.</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>Mindful Eating; 10 to 11 a.m.</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>Understanding &amp; Supporting Your Lymphatic System; 1:30 to 2:30 p.m.</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>Identifying When Pain Meds Become Too Much; 9:30 to 10:30 a.m.</li> </ul>	