

General Registration Opens November 21!
623-207-1703

Classes & Events

REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.



Register online

Visit sunhealthcommunityeducation.org



Register by phone Starting November 21
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

Banner Del E. Webb/Auditorium — 14502 W. Meeker Blvd., Sun City West, use the Louisa Kellam Center for Women's Health entrance.

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

Be Brain Smart

Tuesday, Dec. 19; 9:30 to 11 a.m.

Join John DenBoer, PhD, 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: Banner Del E. Webb/Auditorium

CANCER CARE

Supplements & Cancer Care

Thursday, Dec. 7; 9:30 to 10:30 a.m.

Heather Paulson, ND, naturopathic oncologist, will discuss what you need to know about supplements during and after cancer treatment.

Location: La Loma Village H&R

Healthy Meal Prep for Cancer

Friday, Dec. 8; 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. Topic will be healthy holiday treats.

Location: The Colonnade

Caregiving and Cancer

Thursday, Dec. 21; 9:30 to 11 a.m.

Join us as Shannon Haines, BSHS shares tips on Benevilla's caregiving, self-care, supportive resources, and preparing for the unexpected when dealing with the effects of cancer.

Location: PORA



Need a Ride?

Northwest Valley Connect is available

northwestvalleyconnect.org • (623) 282-9300

DIABETES CARE

Diabetes Connection Support Group

Monday, Dec. 18; 3 to 4 p.m.

Anyone who has been impacted by diabetes or prediabetes is welcome to join us and bring a healthy potluck item (recipes are appreciated) as we celebrate and discuss strategies to keep the holidays healthy and happy. **Registration is not required.**

Location: Center for Health & Wellbeing

HEALTH & WELLBEING

🍷 The Perfect Wine Pairings for Holiday Hors d'Oeuvres

Friday, Dec. 1; 10 to 11:30 a.m.

Throw a party everyone will be talking about for days, with very little effort. Deborah Lazear, certified wine specialist and cookbook author of "Eating Out at Home," will demonstrate making tasty treats. Enjoy samples of food and wine. **Note: Registration for this class requires 20 class credits (\$20).**

Location: The Colonnade

🧘 Holiday Meditation Series

Mondays – 3 to 4 p.m.; Dec. 4, 11 & 18

Sally Charalambous demonstrates her relaxation techniques while participants learn the health benefits of meditation and how to practice it during the holidays. **Note: Registration for this three-class series requires 25 class credits (\$25).**

Location: Grandview Terrace H&R

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

Tuesday, Dec. 5; 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

The Re-purposed Life: Finding Fulfillment in Retirement

Wednesday, Dec. 13; 9:30 to 10:30 a.m.

Join Sun Health's Rev. Alrick Headley as he explores the idea of retirement and ways to live with meaning, purpose and blessedness in these years.

Location: Grandview Terrace H&R

🍷 Healthy Holiday Event

Friday, Dec. 15; 9 to 10:30 a.m.

Join the Center for Health & Wellbeing team to learn festive ways to enjoy a healthy holiday season and eliminate post-holiday regrets. **Note: Registration for this event requires 10 credits (\$10).**

Location: Center for Health & Wellbeing

Leveraging Your Body, Mind & Soul to Live Longer

Monday, Dec. 18; 2 to 3 p.m.

We are one organism, human and divine. By nurturing both, we can improve the quality and length of our lives. Please join David Boyd, MD, to learn how to access the best of yourself to live a life you have always imagined.

Location: La Loma Village H&R

🍷 The Ground Floor – Strengthening the Pelvic Floor

Wednesday, Dec. 20; 1:30 to 3:30 p.m.

Donna Schnoor will discuss Pelvic Floor Dysfunction and explore techniques and exercises to identify and strengthen these muscles. **Participants must be able to get up and down from the floor. Please bring a yoga mat.** **Note: Registration for this class requires 10 class credits (\$10).**

Location: The Colonnade

HEART HEALTH

Blood Pressure Checks

Friday, Dec. 8; 10 a.m. to noon and

Wednesday, Dec. 13; 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

The Secret Natural Therapy for Heart Health this Holiday Season

Tuesday, Dec. 12; 1:30 to 2:30 p.m.

Dr. Lena Fernandez will reveal a natural source that improves blood circulation by removing accumulated buildup of plaques and toxins that damage heart health. In addition, she will provide you with simple daily tools to live joyfully this holiday and beyond.

Location: Banner Boswell Medical Center/Juniper Conf. Room

MEMORY CARE

Helping Your Family Member with Memory Loss Enjoy the Holidays

Tuesday, Dec. 5; 10 to 11 a.m.

Marty Finley, MEd, Sun Health's Memory Care Navigator, shares how to minimize stress for yourself and your loved one with memory loss during the holidays.

Location: Center for Health & Wellbeing

Dementia Caregiver Support Group

Wednesdays, Dec. 6 & 20; 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

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 CY14:

Dec. 6, 13, 20, 27, 2017 and Jan. 3, 10, 17 & 24, 2018

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 YR7:

Dec. 6, 13, 20 & 27, 2017 and Jan. 3, 10, 17 & 24, 2018

Yoga involves paying attention to your breath, 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 TC14:

Dec. 6, 13, 20 & 27, 2017 and Jan. 3, 10, 17 & 24, 2018

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 ST14:

Dec. 15, 22 & 29, 2017 and Jan. 5, 12, 19, 26; Feb. 2, 2018

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

Monday, Dec. 18; 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: Faith Presbyterian Church

Exciting Changes in 2018 for Community Education!

More Flexible Online Registration System:

- Able to view classes listed by:
 - ◊ Date (new calendar view option)
 - ◊ Location
 - ◊ Category
- Able to tag "favorite" classes
- New registration times: Online 6 a.m. Phone 8 a.m.

Improved scheduling for Lecture Classes:

- More time for Q&A – now 90 minutes long
- More convenient class times – 10 to 11:30 a.m. and 2 to 3:30 p.m. (where indicated)

More topics you requested

Additional locations:

- Grace Bible Church in Sun City
- Iora Primary Care in Sun City West

December Classes & Events At-A-Glance

Mon	Tue	Wed	Thu	Fri
<p>REGISTRATION REQUIRED FOR MOST CLASSES CLICK OR CALL TODAY!</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Register online Starting November 21 sunhealthcommunityeducation.org</p> </div> <div style="text-align: center;">  <p>Register by phone Starting November 21 623-207-1703 <i>*except where noted</i></p> </div> </div>				<p>1</p> <ul style="list-style-type: none"> • Perfect Wine Pairings for Holiday Hors d'oeuvres; 10 to 11:30 a.m.
<p>4</p> <ul style="list-style-type: none"> • Holiday Meditation Series (1 of 3); 3 to 4 p.m. <p>Note: Monday Exercise classes continue from prior month. Next series begins on January 8, 2018.</p>	<p>5</p> <ul style="list-style-type: none"> • Helping Family Members with Memory Loss Enjoy Holidays; 10 to 11 a.m. • Take a Tour of the CHW; 11 a.m. to noon 	<p>6</p> <ul style="list-style-type: none"> • Chair Yoga (CY14); 8 to 9 a.m. • Chair Yoga Plus (YR7); 9:30 to 10:30 a.m. • Tai Chi (TC14); 11 a.m. to noon • Dementia Support Group; 3 to 4 p.m. 	<p>7</p> <ul style="list-style-type: none"> • Supplements & Cancer Care; 9:30 to 10:30 a.m. 	<p>8</p> <ul style="list-style-type: none"> • Healthy Meal Prep; 10 to 11 a.m. • Blood Pressure Checks; 10 a.m. to noon
<p>11</p> <ul style="list-style-type: none"> • Holiday Meditation Series (2 of 3); 3 to 4 p.m. 	<p>12</p> <ul style="list-style-type: none"> • The Secret Natural Therapy for Heart Health; 1:30 to 2:30 p.m. <p style="text-align: center;">HAPPY HANUKKAH!</p>	<p>13</p> <ul style="list-style-type: none"> • Chair Yoga (CY14); 8 to 9 a.m. • The Re-Purposed Life; 9:30 to 10:30 a.m. • Chair Yoga Plus (YR7); 9:30 to 10:30 a.m. • Tai Chi (TC14); 11 a.m. to noon • Blood Pressure Checks; 2 to 4 p.m. 	<p>14</p>	<p>15</p> <ul style="list-style-type: none"> • Healthy Holiday Event; 9 to 10:30 a.m. • Strength Training (ST14); 11 a.m. to noon
<p>18</p> <ul style="list-style-type: none"> • AARP Smart Driver; 12:30 to 4:30 p.m. • Leveraging Your Body, Mind & Soul; 2 to 3 p.m. • Diabetes Connection; 3 to 4 p.m. • Holiday Meditation Series (3 of 3); 3 to 4 p.m. 	<p>19</p> <ul style="list-style-type: none"> • Be Brain Smart; 9:30 to 11 a.m. 	<p>20</p> <ul style="list-style-type: none"> • Chair Yoga (CY14); 8 to 9 a.m. • Chair Yoga Plus (YR7); 9:30 to 10:30 a.m. • Tai Chi (TC14); 11 a.m. to noon • Strengthening the Pelvic Floor; 1:30 to 3:30 p.m. • Dementia Support Group; 3 to 4 p.m. 	<p>21</p> <ul style="list-style-type: none"> • Caregiving and Cancer; 9:30 to 11 a.m. 	<p>22</p> <ul style="list-style-type: none"> • Strength Training (ST14); 11 a.m. to noon
<p>25</p> <p style="text-align: center;">MERRY CHRISTMAS! Our Offices are Closed</p>	<p>26</p>	<p>27</p> <ul style="list-style-type: none"> • Chair Yoga (CY14); 8 to 9 a.m. • Chair Yoga Plus (YR7); 9:30 to 10:30 a.m. • Tai Chi (TC14); 11 a.m. to noon 	<p>28</p>	<p>29</p> <ul style="list-style-type: none"> • Strength Training (ST14); 11 a.m. to noon