



# NEW and On-Going Programs in May, June & Beyond !!!

Please RSVP at 941-383-6493 or by email: [MaryAnnBrady@aginginparadise.org](mailto:MaryAnnBrady@aginginparadise.org)

All workshops are \$10 unless otherwise noted and are located at 6200 Gulf of Mexico Drive, 2<sup>nd</sup> floor, Longboat Key.



## **Make Your Own Mosaics!**

**Mondays, June 5, 12, 19 & 26 12:30 – 2:30pm**

Unleash your creative side while creating beautiful, unique works of art with mosaics. Learn to arrange cut glass and tile on a variety of base shapes (or bring your own!) with a sea life theme. No experience necessary! Wear comfortable clothing you don't mind getting dirty. All materials provided (but bring your own tweezer). RSVP so we have enough materials. We can't wait to see what you create!!! **\$40 per class or \$150 for all four**



## **Mat Pilates for Seniors**

**Thursdays 10-10:45am**

Join instructor Suzy Brenner for Pilates – a series of exercises to improve posture, strengthen the core muscles of the abdomen, back and pelvis to increase balance, trunk strength and flexibility. Modifications to exercises will be provided to make the moves more or less challenging as needed. Please bring a yoga mat if you have one!



## **REIKI II Share Session with Virginia Steagall**

**Wednesday, June 14<sup>th</sup>, 1:45 – 4pm**

~ This Share Session is open to anyone who has completed a Reiki II course ~ Reiki Share is for the purpose of: sharing experiences, answering questions, exchanging Reiki. Virginia Steagall is a retired nursing educator who has been teaching Reiki for twenty years.



## **JUNE & JULY: Learn to play Mah Jongg!!**

Join AIPRC advisory board member Carol Peschel to learn the fundamentals of Mah Jongg. Work your brain playing this fun, challenging game. The following Tuesdays from 12:30 – 2:30pm: June 27, July 11, 18, 25.

Call us to save your spot at the table...941-383-6493.

## Our Brain Health Forum ‘Lunch & Learn’ was a hit!

**Program Presenters**

|   |  |
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|  <p><b>Dr. Alan Grindal, Neurologist</b><br/>Sarasota Memorial Health<br/>Care System Memory Clinic<br/>Topic: The Cognitive Aging<br/>Process</p>                                 |  <p><b>Dr. Cheryl Brandi, DNSc, ARNP</b><br/>Nurse Practitioner<br/>Educator and Researcher<br/>Roskamp Institute<br/>Topic: Research and Future<br/>Possible Brain Health Treatments</p> |
|  <p><b>Dr. Jack Wazen, Partner</b><br/>Silverstein Institute, VP and<br/>Director of Research Ear<br/>Research Foundation<br/>Topic: How Hearing Loss<br/>Affects Brain Health</p> |  <p><b>Nicci Kobritz, President</b><br/>Center for Brain Health, and<br/>Youthful Aging Home Health<br/>Topic: Practical Lifestyle<br/>Interventions for Positive<br/>Cognitive Aging</p> |

On Wednesday, May 10<sup>th</sup> from 10am to Noon, more than 60 people flocked to AIPRC to hear the latest information about brain health. Our 4 distinguished speakers (left) offered valuable information from the

latest scientific research. A few basics we learned: if you can't read the ingredients, don't eat the food!; get a hearing aid if you need one – it will help your brain's function; and talk to your doctor if you're noticing a difference in your memory or basic ability to do day-to-day tasks. But that was just the tip of the iceberg. Thank you to all our presenters for taking the time, and to Nicci Kobritz for providing the wonderful, Mediterranean Diet lunch! And Thank



you Alderman Oaks for sponsoring this forum and for your ongoing support of AIPRC!



[www.aldermanoaks.com](http://www.aldermanoaks.com)

### **Smartphone/Tablet Photo Management Workshop**



On May 17<sup>th</sup>, we had more than a dozen individuals tapping away at their smartphones, learning how to take, edit, store and send photos. Everyone learned at least one new nifty tidbit about these tiny computers that have become a part of our lives. AIPRC learned just how popular our hands-on workshops can be and promised to do more in the future ... another smartphone program, a Facebook tutorial, stay tuned!

**Is there a workshop you'd like us to hold at AIPRC? We want to hear from you!**

## [On-Going Programs...Something for Everyone!](#)



### **Shifting Sands Support Group Thursdays 3-4:30pm**

Led by MiMi Horwitz, the Pastoral Care Assistant of the Longboat Island Chapel, this group provides an opportunity for any senior going through a difficult transition to discuss issues related to personal & health concerns; to give and receive emotional, spiritual and practical support; and to exchange information in a confidential setting.



### **FREE Memory & Lifestyle Screenings!**



First Tuesday of each month from 2-4pm

One-on-one cognitive assessment, along with other factors which affect our memory, such as sleep, exercise & diet. Brought to AIPRC by the Center for Brain Health.

Space is limited so reserve your spot early!



***Play Bridge!*** Larry Auerbach, Emerald Life Master with 8000+ Master Points offers Refresher Friday Bridge sessions from 10:30 to 11:30 a.m. This is a Fun and Relaxed Step-by- Step Approach to growing your bridge skills. Plus ACBL (American Contract Bridge League) Open Pairs Duplicate Games on Tuesdays, from 1 to 4 p.m. Please call Mary Ann 941 383-6493 for Friday sessions; or Susan Brill, 941-782-8205(home) 941-216-9600(cell) for Open Pairs games. Fridays/\$10; Open Pairs Duplicate/\$11

**Memoirs Group: 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, 10 to 11:30 a.m.**

***Learn to write your life story!***



**Two FDA-approved Juvents:** The Juvent is a micro-impact platform used as a therapy device developed initially by NASA to enhance circulation and bone density, ease joint pain and assist in wound healing. You must schedule your first *Juvent* visit only; call (941) 383-6493. Recommended usage is 20 minutes, three times per week. Suggested donation per use is \$5. **Juvent Hours:** Monday - Friday from 10 a.m.- 3 p.m.



**We Need You! Become an AIPRC Volunteer.** Bring your skills and join our



team...everything from delivering fliers, assisting in the office, preparing snacks, event photography, etc.



Set your own hours and join our fun, friendly crew. Call or stop by today to discuss!

Thank you to our **Enchanted Paradise Gala Sponsors** for helping us make our annual celebration a wonderful fundraising success!

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Thank you to our **Platinum Sponsor:**



*AGING in Paradise Resource Center* is located on the 2<sup>nd</sup> floor of the *Longboat Island Chapel*. You may reach us by calling **(941) 383-6493**. To RSVP for classes or workshops please email [maryannbrady@aginginparadise.org](mailto:maryannbrady@aginginparadise.org)

Suzy Brenner, Executive Director  
Mary Ann Brady, Executive Assistant



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