

# ADRC Events and Education

## Something for Everyone!

### Stepping On

Tuesdays, March 26th-May 7th, 9-11am

The Royal Oaks Apartments, Osceola

**Learn about all areas of fall prevention!**

\*Pre-registration is required. Call the ADRC. \$10

### Transition Resource Night

Thursday, March 28th, 5-8pm

Osceola High School

**Connect with services and resources that are available to help students with a disability prepare for life after high school.**

\*Pre-registration is required. Call the ADRC. Free!

### Long Term Care Planning

- Sunday, March 31st, 2-3pm

Riverbend Senior Living, Amery; RSVP to Amanda or Kayla at 715-268-9949

**Get tools and tips to prepare for your future long term care needs. Free!**

### Powerful Tools for Caregivers

Wednesdays, April 10th-May 15th, 1-3pm

Voyager Room, Voyager Village Golf Club

**Focus in on your health and wellbeing as a family caregiver.**

\*Pre-registration required. Call the ADRC. \$10

### Healthy Living with Diabetes

Thursdays, April 18th-May 23rd, 5:30-8pm

Crosswalk Community Church, Frederic

**Learn what you can do to better manage your diabetes, health and wellness.**

\*Pre-registration required. Call the ADRC. \$10

### Dementia Live® and The Impact of Dementia on Relationships

Thursday, April 18th

9-10:20am Dementia Live® Experience

10:30-12pm The Impact of Dementia on Relationships

Polk County Government Center, Balsam Lake

**First, experience what your loved one is going through with dementia through Dementia Live®; then learn about how dementia impacts relationships.**

\*Pre-registration required for Dementia Live® which is scheduled in 30 min. sessions. Call the ADRC.

### Medicare 101: The A, B, C, and D's of Medicare

- Tuesday, April 23rd, 6-8pm

Trinity Lutheran Church, McKinley WI

- Wednesday, April 24th, 6-8pm

Burnett County Government Center, Siren

- Thursday, May 2nd, 6-8 pm,  
St Croix Falls Public Library

- Tuesday, May 21st, 6-8pm

Our Lady of the Lakes Catholic Church,  
Balsam Lake

**Learn the details about your current or future Medicare healthcare coverage. Free!**

### Dementia Live® Event

Tuesday, May 14th, 3-6pm

Amery Public Library, Amery

**Experience what it is like to have Dementia.**

\*Pre-registration is required. Dementia Live® scheduled in 30 min. sessions. Call the ADRC. Free!

### Memory Café

3rd Thursday of Each Month, 1-2:30pm

Amery Area Community Center

**Safe and welcoming social outlet for people in the early stages of dementia and their caregivers and family members. Free!**

### Caregiver Support Groups

- 3rd Tuesday of Each Month, 2-3:30pm

Peace Lutheran Church, Dresser

- 4th Thurs of Each Month, 10am-12:30pm

Grantsburg Public Library, Grantsburg

**Gain support and learn about resources available for family caregivers.**

\*Please RSVP the first time you attend. Free!

### Sip and Swipe Café

**Learn to use a tablet computer at your own pace during 2, two hour sessions. Bring your own or borrow one from us! Call the ADRC to sign up. Dates, time and location TBD by you**

**DEMENTIA Live®**

"Because it's frightening to care for someone you don't understand"

**ADRC**

Aging & Disability Resource Center  
of Northwest Wisconsin

**For more information and to register/RSVP for an event or workshop call the ADRC at 877-485-2372!**