

# ADRC Events and Education

## Something for Everyone!

Spring/Summer 2018 Events Provided by the Aging and Disability Resource Center of Northwest Wisconsin

Listed in order of event date/workshop start day.



### **Stepping On**

Wednesdays, 1-3pm, April 4th-May 17th,  
Bergys Fitness and Foods in Grantsburg  
**Learn about all areas of fall prevention!**  
\*Pre-registration required. \$10/person

### **Amery Meal Site Grand Re-Opening**

April 9th-13th, Amery Congregational Church  
**Activities planned for each day before or after  
the congregate dining meal—join us for lunch!**  
All activities are free; donations accepted for lunch

### **Community Listening Sessions**

Held at multiple locations, dates and times in April  
throughout Polk and Burnett Counties  
**For community members to give input and share  
ideas about the future of transportation services  
and programs/services for older adults.**  
\*Call the ADRC for details.

### **Sip & Swipe Café**



Tuesdays and Thursdays, April 10, 12, 17 and 19  
10-11am, Amery Congregational Church  
**Learn the basic skills needed to use a tablet  
while sipping on a free cup of coffee!**  
\*Pre-registration required. Free!

### **Dementia Family Education Event**

Thursday, April 19th, 9-11:30am  
Grantsburg Public Library  
9-10am: **The Basic's of Memory Loss, Dementia  
and Alzheimer's Disease**  
10-11:30am: **Effective Communication Strategies**  
\*Pre-registration required. Free!

### **Medicare 101:**

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

Tuesday, April 24th, 6-8pm at the  
Grantsburg Senior Center  
**For anyone who is new to Medicare or has  
been on Medicare for years! Free!**

### **Powerful Tools for Caregivers**

Tuesdays, 9-11am, April 24th-May 29th,  
Polk County Government Center, Balsam Lake  
**For anyone who cares for or about an aging or  
disabled loved one.**  
\*Pre-registration required. \$10/person

### **Living Well with Chronic Conditions**

May 2018, Specific Day/Dates and Times TBD, at  
the Polk County Government Center, Balsam Lake  
**Learn to live well with your chronic health  
issue—stress, anxiety, heart disease, cancer,  
MS, migraines, diabetes, (whatever it may be)...**  
\*Pre-registration required. \$10/person

### **Medicare 101:**

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

Wednesday, May 16th, 6-8pm  
Burnett County Government Center, Room 165  
**For anyone who is new to Medicare or has been  
on Medicare for years! Free!**

### **Stepping On—Another Location!**

Tuesdays, 9-11am, June 5th-July 17th  
Golden Oaks Apartments in Frederic  
**Learn about all areas of fall prevention!**  
\*Pre-registration required. \$10/person

### **Dementia Friendly Business/**

#### **Organization Training**

Dates, times and locations TBD by  
your business or organization!  
**Free training for any business or  
organization that serves the public.**

### **Centenarian Search**

**Do you know someone living in Polk or Burnett  
Counties who is or will be 100 years of age in  
2018? We want to recognize them at the Polk  
County Centenarian Celebration and the Burnett  
County Centenarian Celebration .**

**To learn more and to register for an event/**

**workshop call the ADRC at 877-485-2372!**