

TAKE IN KNOWLEDGE, TAKE HOME LUNCH Series

July 20
10:00 AM

Virtual Cruise: The World of Senior Housing

Apple Valley Senior Center | 14601 Hayes Road | Register at 952-953-2345

Please join us for this unique 'Sailing' experience. Experience several local senior housing communities as you visit their 'VIRTUAL' Ports of call. Each location will share a fun, cruise themed presentation of their community and supply samplings of food from around the world. Your boarding pass entitles you to wonderful resources and information about the senior housing services in your community, including fun gifts from presenters.

August 3
10:00 AM

Life Care Planning: Estate Planning: Wills and Powers of Attorneys

Burnsville Senior Center | 296 W. Burnsville Parkway | Register at 952-707-4120

Informative presentation by one of the state's leading elder law firms on what important documents you should have in place for yourself and your loved ones if you are the main caregiver. The speaker will focus on health care directives, power of attorneys and a living will document.

August 17
10:00 AM

Life Care Planning: Medical Assistance and Veterans Benefits

Burnsville Senior Center | 296 W. Burnsville Parkway | Register at 952-707-4120

This session will focus on understanding how people pay for home care, day care, assisted living, memory care and nursing home care. Topics covered include Medicare, Medicaid, long-term care insurance and private pay with emphasis on eligibility, asset protection and tax considerations. We will also discuss the medical benefits and long-term care benefits for Veterans and their surviving spouses.

September 30
11:00 AM

Does the Thought of Downsizing and Moving Overwhelm You?

Apple Valley Senior Center | 14601 Hayes Road | Register at 952-953-2345

Senior Move Specialist and Professional Sorter from Gentle Transitions will be presenting educational tips to help those considering an upcoming move or who would just like to declutter for the future. From downsizing, sorting, getting rid of the excess, to packing, unpacking and resettling, you will gain valuable knowledge and a multitude of resources to help you get through the process "gently".

October 13
10:00 AM

Forgetfulness, is it Normal or a Warning Sign?

Rosemount Steeple Center | 14375 South Robert Trail | Register at 651-322-6016, or ci.rosemount.mn.us/parks

Did you know memory loss is not a normal part of aging? Our speaker will help us identify what is normal, versus signs and symptoms of dementia. We will also learn about the common causes of dementia and steps that can be taken when you are concerned about a loved one's memory loss. Learn about ways you can help maintain a healthy brain and overall memory.

November 15
10:00 AM

Simple Technologies That Can Change Your Life

Rosemount Steeple Center | 14375 South Robert Trail | Register at 651-322-6016, or ci.rosemount.mn.us/parks

Join us for an interactive overview of various technologies and space modifications that support active aging in the place you call home. These simple solutions can change your life!

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