


Classes & Events

REGISTRATION REQUIRED!
SPACE IS LIMITED, SO REGISTER EARLY.

 **Register online** begins at 6 a.m.
Visit sunhealthcommunityeducation.org

 **Register by phone** beginning at 8 a.m.
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/Memorial Hall West — Support Services, 1st Floor, 13180 N. 103rd Dr., Sun City

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

Grace Bible Church — 19280 N. 99th Ave., Sun City

Grandview Terrace Ballroom — Grandview Terrace, 4th Floor, 14515 W. Granite Valley Dr., Sun City West

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

What Does Parkinson's Research Mean for You?
Wednesday, Jun. 27; 9 to 10:30 a.m.

Banner Sun Health Research Institute's David Shprecher, DO, shares new research projects that are underway to bring us closer to a cure for Parkinson's. Learn about new advances that are being developed to end Parkinson's disease.

Location: Grandview Terrace/Ballroom

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Jun. 1 & 15; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will highlight Berry Bash (6/1) and Nuts & Seeds (6/15).

Location: The Colonnade

Integrative Oncology

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

Brian Archambault, NMD from West Valley Naturopathic Center, will explain the risks and benefits of combining complementary and alternative medicine with conventional oncology treatment.

Location: PORA

DIABETES CARE

Diabetes Connection

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

This monthly group is for individuals who have diabetes or prediabetes. June's topic: technology advancements in blood glucose monitoring with guest speaker Liz Caray from Abbott Diabetes Care. **Registration is not required.**

Location: Center for Health & Wellbeing



Need a Ride?

Northwest Valley Connect is available

northwestvalleyconnect.org • (623) 282-9300

HEALTH & WELLBEING

Take a Tour of the Center for Health & Wellbeing

Tuesday, Jun. 5; 11 a.m. to noon

Tour the Sun Health Center for Health and Wellbeing to learn about its services and meet the staff.

Location: Center for Health & Wellbeing

VA Pension Aid & Attendance Program

Tuesday, Jun. 5; 1:30 to 3 p.m.

Attorney Yvette Ashworth and Paralegal Marcy Maloy explain the guidelines for the Veterans Administration Aid & Attendance pension program and what veterans or surviving spouses can do to qualify for this extra income.

Location: Center for Health & Wellbeing

The Aging Eye

Thursday, Jun. 7; noon to 1 p.m.

In this informative workshop, Arizona Eye Institute's Dr. Eugene Shifrin explains what happens to our eyes as we age and how we can proactively maintain optimal vision and eye health.

Location: Grace Bible Church

Rx Matters

Wednesday, Jun. 13; 1:30 to 3 p.m.

According to the Arizona Department of Health Services, drug-related deaths in adults over 55 years old increased annually from 94 in 2003 to 351 in 2013. Join Lead Prevention Specialist at Area Agency on Aging, Kristin Riccio, to learn the importance of drug misuse and abuse in older adults, its consequences and how to talk with your doctor and pharmacist about pain and realistic pain management expectations.

Location: Banner Boswell Medical Center/Memorial Hall West

Is it Hearing Loss or Memory Loss?

Thursday, Jun. 14; 10 to 11:30 a.m.

Daniel Hewson, MSc, of Ascent Audiology, will address how the ear works, the effects of hearing loss and its correlation to memory loss and the advancement of hearing aid technology.

Location: Grandview Terrace H&R

Be Strong: Building Strength & A Healthy Prostate

Tuesday, Jun. 19; 1:30 to 3 p.m.

The pelvic floor plays a vital role in reducing the risk of incontinence, improving sexual intercourse and improving core stability. Occupational Therapists Linda Rudd and Melissa Lee will educate you on the role of the pelvic floor, common prostate issues that can occur in a man's life and how to address them.

Location: Grace Bible Church

HEART HEALTH

Blood Pressure Check

Wednesday, Jun. 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

Taking Care of Your Heart

Thursday, Jun. 21; 10 to 11 a.m.

Join Heather Mathews-King, registered dietitian at Banner Boswell Medical Center, as she guides you on your heart healthy eating journey. Nicole Petcu, Heart and Chest Pain Program manager, also teaches about hands-only CPR.

Location: Banner Boswell/Memorial Hall West

Get the Facts about High Blood Pressure

Monday, Jun. 25; 1:30 to 3 p.m.

Join Sun Health's Exercise Physiologist Rhonda Zonoozi to discover the risks for developing high blood pressure, the recommendations for prevention and treatment of this condition, and the new guidelines from the American Heart Association.

Location: Faith Presbyterian Church

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Jun. 6 & 20; 3 to 4 p.m.

Marty Finley, MEd, a Memory Care Navigator for Sun Health, leads this support group. **Registration is not required.**

Location: Grandview Terrace H&R

Engaging Your Loved One with Dementia in Brain Stimulating Activities

Monday, Jun. 18; 2 to 3:30 p.m.

Cheryl Ortega, Memory Care Navigator for Sun Health, shares ideas and strategies to encourage your loved one's interest and enthusiasm to learn new things and participate in activities.

Location: Grandview Terrace H&R

NUTRITION

Inflammation & Your Diet

Heart disease, cancer, diabetes and Alzheimer's disease are all associated with inflammation in the body. Certain foods may contribute to the degree of inflammation in the body. Join Sun Health Registered Dietitian Nutritionist Tracy Garrett as she shares natural tips to reduce inflammation and improve health.

Monday, Jun. 11; 2 to 3:30 p.m.

Location: The Colonnade

Friday, Jun. 22; 2 to 3:30 p.m.

Location: Center for Health & Wellbeing

PHYSICAL FITNESS

All classes held at the Center for Health & Wellbeing

Note: Physical fitness classes are offered in eight-class series.

Registration for a series requires 40 class credits (\$40).

🕐 Tai Chi

Wednesdays – 11 a.m. to noon; Series TC20:

Jun. 6, 13, 20 & 27; Jul. 11, 18 & 25

Note: Seven-class series; registration requires 35 class credits (\$35)

Beginning Tai Chi modified for seniors.

🕐 Strength Training for Health

Fridays – 11 a.m. to noon; Series ST20:

Jun. 1, 8, 15, 22 & 29; Jul. 6, 13 & 20

Low-intensity class to strengthen the upper- and lower-body muscle groups.

SAFETY

Balancing Your Fall Risk

Join Exercise Physiologist Rhonda Zonoozi to learn about the essential components of balance. She'll explain why balance is important and describe ways to improve your static, dynamic, and postural balance and how to challenge your sensory systems to reduce your risk of falling.

Tuesday, Jun. 19; 10 to 11:30 a.m.

Location: La Loma Village H&R

Wednesday, Jun. 20; 10 to 11:30 a.m.

Location: The Colonnade

Get Smart about the Latest Vehicle Technology

Thursday, Jun. 28; 2 to 3 p.m.

AARP has teamed up with The Hartford to develop Smart DriverTEK, a fun and interactive workshop to provide drivers with the necessary tools to navigate modern vehicle technology.

Location: The Colonnade

Need Information on Community Resources?

Call Today!



OUR NEIGHBOR NETWORK

Our Neighbor Network (ONN) helps local residents remain independent, safe and healthy. ONN offers free referrals to nonprofit health, human, and volunteer services that can help you or your neighbor.

623-832-4ONN (4666)

June Classes & Events At-A-Glance

Mon

Tue

Wed

Thu

Fri



Register online

Starting at 6 a.m., May 10

sunhealthcommunityeducation.org



Register by phone

Starting at 8 a.m., May 10

623-207-1703

**except where noted*

1

- Healthy Meal Prep; 10 to 11 a.m.
- Strength Training (**ST20**); 11 a.m. to noon

4

Note: Monday exercise classes continue from prior month. Next series begins on July 2, 2018.

5

- Take a Tour CHW; 11 a.m. to noon
- VA Pension Aid & Attendance; 1:30 to 3 p.m.

6

- Tai Chi (**TC20**); 11 a.m. to noon
- Dementia Caregiver Support Group; 3 to 4 p.m.

Note: Other Wednesday exercise classes continue from prior month. Next series begins on Aug. 1, 2018.

7

- The Aging Eye; noon to 1 p.m.

8

- **ST20** continues

11

- Inflammation & Your Diet; 2 to 3:30 p.m.

12

13

- **TC20** continues
- RX Matters; 1:30 to 3 p.m.
- Blood Pressure Checks; 2 to 4 p.m.

14

- Hearing Loss or Memory Loss?; 10 to 11:30 a.m.

15

- Healthy Meal Prep; 10 to 11 a.m.
- **ST20** continues

18

- Engaging Your Loved One; 2 to 3:30 p.m.
- Diabetes Connection Group; 3 to 4 p.m.

19

- Balancing Your Fall Risk; 10 to 11:30 a.m.
- Be Strong: Strength & Healthy Prostate; 1:30 to 3 p.m.

20

- Balancing Your Fall Risk; 10 to 11:30 a.m.
- **TC20** continues
- Dementia Caregiver Support Group; 3 to 4 p.m.

21

- Integrative Oncology; 9:30 to 11 a.m.
- Taking Care of Your Heart; 10 to 11 a.m.

22

- **ST20** continues
- Inflammation & Your Diet; 2 to 3:30 p.m.

25

- Get the Facts about High Blood Pressure; 1:30 to 3 p.m.

26

27

- What Does Parkinson's Research Mean for You? 9 to 11:30 a.m.
- **TC20** continues

28

- Latest Vehicle Technology; 2 to 3 p.m.

29

- **ST20** continues