

Classes & Events

Registration Opens July 12

BONE & JOINT HEALTH

Causes and Treatment for Knee Pain

Wednesday, Aug. 15; 2 to 3:30 p.m.

Dustin Sepich, MD, orthopedic surgeon, will talk about causes and treatment for knee pain including both operative and nonoperative treatment modalities and how to improve patient outcomes.

Location: Grandview Terrace H&R

BRAIN HEALTH

Exercise Your Parkinson's Knowledge

Physical Therapist Celeste Delap will demonstrate key exercises and explain how exercise has a positive impact for individuals with Parkinson's disease.

Tuesday, Aug. 7; 10 to 11:30 a.m.

Location: Center for Health & Wellbeing

Tuesday, Aug. 28; 10 to 11:30 a.m.

Location: La Loma Village/MPR

Plaques and Tangles without Memory Problems

Monday, Aug. 13; 2 to 3:30 p.m.

Can scientists find a way to stop Alzheimer's disease before it ever affects your memory and thinking? Research efforts are now focused on individuals who may be at risk for Alzheimer's but do not show any symptoms as a way to prevent the disease. Michael Malek Ahmadi, PhD, Bioinformatics Scientist at Banner Alzheimer's Institute, will provide an overview of how preclinical AD is defined and how it is being used to develop preventative therapies.

Location: The Colonnade

Brain Health as You Age: You Can Make a Difference

Monday, Aug. 27; 1 to 2:30 p.m.

Certified Health Coach Rhonda Zonoozi will share evidence-based information on brain health as we age and will explain what we can do to help keep our brain functioning at its best.

Location: Faith Presbyterian Church

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Aug. 3 & 17; 10 to 11 a.m.

Chef Debra of Cancer Support Community of Arizona will highlight Bean Bonanza (8/3) and Crazy for Kale (8/17).

Location: The Colonnade

DIABETES CARE

Diabetes Self-Management Training

This ten-hour course provides guidance to help prevent diabetic complications and improve overall health. This series is taught by Tracy Garrett and Susan Welter, registered dietitians and certified diabetes educators; and Rhonda Zonoozi, exercise physiologist and certified health coach. Please call 623-832-WELL (9355) to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.

Tuesdays & Fridays – Aug. 7, 10, 14 & 17:

9:30 a.m. to noon; The Colonnade

1:30 to 4 p.m.; Banner Boswell/Chapman Conf. Room

Tuesdays – Aug. 28; Sep. 4, 11, 18 & 25

9:30 to 11:30 a.m.; Center for Health & Wellbeing

2 to 4 p.m.; Banner Boswell/Juniper Conf. Room

Wednesdays – Aug. 29; Sep. 5, 12, 19 & 26

2 to 4 p.m.; Banner Thunderbird/Conf. Room 3



Need a Ride?

Northwest Valley Connect is available
northwestvalleyconnect.org (623) 282-9300

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

Register Online

Beginning at 6 a.m. July 12
sunhealthcommunityeducation.org

Register By Phone

Beginning at 8 a.m. July 12
623-207-1703
except where noted

 Classes with this icon (\$) have an associated fee.

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.

Fees are nonrefundable unless the class is canceled.

Annual Diabetes Self-Management Training

Monday, Aug. 13; 3 to 5 p.m.

This class is for those who have previously completed a Diabetes Self-Management program. Sun Health's certified diabetes educators will provide you with the latest recommendations as part of your annual Medicare/health insurance benefit for diabetes support. **Please call 623-832-WELL (9355) by Aug. 6 to register. Fee covered by most insurance plans.**

Location: Banner Thunderbird/Conf. Room 5

HEALTH & WELLBEING

This is Only a Test...a Senior Fitness Test

The Senior Fitness Test™ was designed to assess functional fitness — the physical ability to perform normal everyday activities safely and independently. Join Exercise Physiologist Rhonda Zonoozi to learn what is included in the actual test and how you can sign up for it in the future.

Wednesday, Aug. 15; 10 to 11:30 a.m.

Location: The Colonnade

Tuesday, Aug. 21; 1:30 to 3 p.m.

Location: Grace Bible Church

End of Life – A Physician's Perspective

Thursday, Aug. 16; 10 to 11:30 a.m.

Join A. Collins Villamor, MD, to learn about advanced directives, life support, end of life choices and hospice from a physician's point of view.

Location: PORA

Medicare 101

Monday, Aug. 20; 10 to 11:30 a.m.

Suzanne Tatz, an independent health insurance broker, will cover the ABC & Ds of Medicare and the changes for 2019, including whether you qualify for Extra Help on prescriptions or Part B premiums!

Location: SCW Foundation/Webb Room

Fun with Drums

Wednesday, Aug. 29; 2 to 3:30 p.m.

Did you know drumming can reduce anxiety and stress, help control pain and boost the immune system? Join Musical Therapist Piper Laird to blend sound and rhythm in an interactive drumming experience. Drums & instruments will be provided.

Location: Grandview Terrace Ballroom

MEMORY CARE

Dementia Caregiver Support Group

Marty Finley and Cheryl Ortega, Memory Care Navigators for Sun Health, lead these support groups.

Registration is not required.

Wednesdays, Aug. 1 & 15; 3 to 4 p.m.

Location: Grandview Terrace H&R

Thursdays, Aug. 9 & 23; 10 to 11 a.m.

Location: Iora Primary Care

Family Caregivers Caring for Themselves

Thursday, Aug. 23; 2 to 3:30 p.m.

Cheryl Ortega, Sun Health Memory Care Navigator, shares why caregivers must take care of themselves and ideas on how to make that happen.

Location: The Colonnade



Healthy U

August 2018

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).

📍 Chair Yoga

Wednesdays – 8 to 9 a.m.; Series CY22:

Aug. 1, 8, 15, 22 & 29; Sep. 5, 12 & 19

Mondays – 8 to 9 a.m.; Series CY23:

Aug. 27; Sep. 10, 17 & 24; Oct. 1, 8, 15 & 22

Beginning Chair yoga.

📍 Chair Yoga Plus

Wednesdays – 9:30 to 10:30 a.m.; Series CYP4:

Aug. 1, 8, 15, 22 & 29; Sep. 5, 12 & 19

Chair Yoga using both seated and standing postures.

Participants must be able to stand independently.

📍 Tai Chi

Wednesdays – 11 a.m. to noon; Series TC22:

Aug. 1, 8, 15, 22 & 29; Sep. 5, 12 & 19

Mondays – 11 a.m. to noon; Series TC23:

Aug. 27; Sep. 10, 17 & 24; Oct. 1, 8, 15 & 22

Beginning Tai Chi modified for seniors.

📍 Fit & Balanced

Wednesdays – 1:30 to 2:30 p.m.; Series FAB5:

Aug. 8, 15, 22 & 29; Sep. 5, 12, 19 & 26

Beginner level, low-intensity class focusing on strength, flexibility and balance exercises using a chair as support.

Participants must be able to stand independently.

📍 Mat Yoga

Mondays – 9:30 to 10:30 a.m.; Series MY5:

Aug. 27; Sep. 10, 17 & 24; Oct. 1, 8, 15 & 22

Floor based Yoga. Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat or towel.

📍 Strength Training for Health

Mondays – 1 to 2 p.m.; Series ST23:

Aug. 27; Sep. 10, 17 & 24; Oct. 1, 8, 15 & 22

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

📍 Balance & Strength Training

Wednesdays – 3:30 to 4:30 p.m.: Aug. 8, 15, 22 & 29;

Sep. 5, 12, 19 & 26

Led by Rhonda Zonoozi, exercise physiologist, this advanced class emphasizes balance exercises, along with leg and core strength training. **Participants must be able to stand without assistance. Call 623-832-WELL (9355) to register and inquire about cost.**

Location Key:

Banner Boswell/Chapman Conf. Room

Support Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

Banner Boswell/Juniper Conf. Room

Services, 2nd Floor, 13180 N. 103rd Dr., Sun City

Banner Thunderbird Medical Center/Conf. Room 3

5555 W. Thunderbird Road, Glendale, AZ

Banner Thunderbird Medical Center/Conf. Room 5

5555 W. Thunderbird Road, Glendale, AZ

14 LiveWell • The Sun Health Way

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

Iora Primary Care

13940 W. Meeker Blvd Ste 101 Sun City West

La Loma Village MPR

La Loma Village Multipurpose Room, 2nd Floor, 14154 Denny Blvd., Litchfield Park

PORA

PORA Learning Center, 13815 W. Camino Del Sol, Sun City West

Sun City West Foundation/Webb Room

14465 W. R. H. Johnson Blvd., Sun City West

The Colonnade

19116 N. Colonnade Way, Surprise Way

Healthy U August Classes & Events At-A-Glance

MON	TUE	WED	THU	FRI
<p>🖥 Register Online Beginning at 6 a.m. on July 12 sunhealthcommunityeducation.org</p>	<p>📞 Register by Phone Beginning at 8 a.m. on July 12 623-207-1703</p>	<p>1</p> <ul style="list-style-type: none"> • Chair Yoga (CY22); 8 to 9 a.m. • Chair Yoga Plus (CYP4); 9:30 to 10:30 a.m. • Tai Chi (TC22); 11 a.m. to noon • Dementia Caregiver Support Group; 3 to 4 p.m. 	<p>2</p>	<p>3</p> <ul style="list-style-type: none"> • Healthy Meal Prep; 10 to 11 a.m. <p>Note: Friday exercise class continues from prior month. Next series begins on Sep. 28, 2018.</p>
<p>6</p>	<p>7</p> <ul style="list-style-type: none"> • Diabetes Self-Management (1 of 4); 9:30 a.m. to noon • Exercise Your Parkinson's; 10 to 11:30 a.m. • Diabetes Self-Management (1 of 4); 1:30 to 4 p.m. 	<p>8</p> <ul style="list-style-type: none"> • CY22, CYP4, TC22 continue • Fit & Balanced (FAB5); 1:30 to 2:30 p.m. • Balance & Strength (1 of 8); 3:30 to 4:30 p.m. 	<p>9</p> <ul style="list-style-type: none"> • Dementia Caregiver Support Group; 10 to 11 a.m. 	<p>10</p> <ul style="list-style-type: none"> • Diabetes Self-Management (2 of 4); 9:30 a.m. to noon • Diabetes Self-Management (2 of 4); 1:30 to 4 p.m.
<p>13</p> <ul style="list-style-type: none"> • Plaques & Tangles; 2 to 3:30 p.m. • Annual Diabetes Self-Management; 3 to 5 p.m. 	<p>14</p> <ul style="list-style-type: none"> • Diabetes Self-Management (3 of 4); 9:30 a.m. to noon • Diabetes Self-Management (3 of 4); 1:30 to 4 p.m. 	<p>15</p> <ul style="list-style-type: none"> • CY22, CYP4, TC22 & FAB5 continue • This is Only a Test....; 10 to 11:30 a.m. • Knee Pain; 2 to 3:30 p.m. • Dementia Caregiver Support Group; 3 to 4 p.m. • Balance & Strength (2 of 8); 3:30 to 4:30 p.m. 	<p>16</p> <ul style="list-style-type: none"> • End of Life - A Physician's Perspective; 10 to 11:30 a.m. 	<p>17</p> <ul style="list-style-type: none"> • Diabetes Self-Management (4 of 4); 9:30 a.m. to noon • Healthy Meal Prep; 10 to 11 a.m. • Diabetes Self-Management (4 of 4); 1:30 to 4 p.m.
<p>20</p> <ul style="list-style-type: none"> • Medicare 101; 10 to 11:30 a.m. 	<p>21</p> <ul style="list-style-type: none"> • This is Only a Test... A Senior Fitness Test; 1:30 to 3 p.m. 	<p>22</p> <ul style="list-style-type: none"> • CY22, CYP4, TC22 & FAB5 continue • Balance & Strength (3 of 8); 3:30 to 4:30 p.m. 	<p>23</p> <ul style="list-style-type: none"> • Dementia Caregiver Support Group; 10 to 11 a.m. • Family Caregivers Caring for Themselves; 2 to 3:30 p.m. 	<p>24</p>
<p>27</p> <ul style="list-style-type: none"> • Chair Yoga (CY23); 8 to 9 a.m. • Mat Yoga (MY5); 9:30 to 10:30 a.m. • Tai Chi (TC23); 11 a.m. to noon • Strength Training (ST23); 1 to 2 p.m. • Brain Health; 1 to 2:30 p.m. 	<p>28</p> <ul style="list-style-type: none"> • Diabetes Self-Management (1 of 5); 9:30 to 11:30 a.m. • Exercise Your Parkinson's; 10 to 11:30 a.m. • Diabetes Self-Management (1 of 5); 2 to 4 p.m. 	<p>29</p> <ul style="list-style-type: none"> • CY22, CYP4, TC22 & FAB5 continue • Fun with Drums; 2 to 3:30 p.m. • Diabetes Self-Management (1 of 5); 2 to 4 p.m. • Balance & Strength (4 of 8); 3:30 to 4:30 p.m. 	<p>30</p>	<p>31</p>