

# Aging Resource Center

## Resources, Supports, & Programming








Summer and Fall

July 2026 – December 2026



**Programs  
are free of  
charge & open  
to all-including  
caregivers!**

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Aging Resource Center  
Colburn Hill  
444 Mount Support Road  
Lebanon, NH 03766

## Important Program Information

- » **Classes are offered free of charge.**
- » **You do not need to be a Dartmouth Health patient to attend.**
- » **Advance registration is required.**  
Register on our website: [dhaging.org](http://dhaging.org) or call 603-653-3460.
- » **Classes are available by livestreaming.**  
If you cannot join virtual programs from home, please contact the Aging Resource Center to arrange to view a class by livestreaming at the Center.
- » **We do not record classes.**  
We strive to make our classes safe spaces for sharing personal stories and to protect participants' privacy.



## Our location is a Cooling Station!

The Aging Resource Center is cool when the temperature gets hot!

We invite you to use our Center as a cooling station if you need a place to stay cool and hydrated. We have air conditioning and cold drinks available.

The Center is open 8:00am to 5:00pm Monday through Friday excluding holidays. Please contact us if you need help staying cool this summer.

Please take care of yourselves and stay safe!

Call us at 603-653-3460.

# Warm Welcome from Dr. Ellen Flaherty

## Vice President Geriatric Center of Excellence at Dartmouth Health

Dear Friends,

Welcome to the Summer and Fall program for the Dartmouth Health Aging Resource Center. Each season, our team brings great care and intention to designing programs that enrich the lives of older adults and their care partners. This program reflects that commitment, one rooted in learning, connection, and well-being.

Dartmouth Health's Geriatric Center of Excellence is the home of the Aging Resource Center, creating a structure that supports, aligns, coordinates, and provides visibility for all geriatric initiatives across the Dartmouth Health system including education, direct service, research, and policy. Dartmouth Health is recognized by the Institute for Health Care Improvement as an Age Friendly Health System, focusing our work on the 4Ms of evidence-based geriatric care and services: What Matters, Medication, Mentation, and Mobility. The Aging Resource Center's mission is clear and deeply felt: to provide high quality educational, engagement, supportive programs, and access to resources that enhance the minds, bodies, and spirits of older adults and their care partners. We also strive to serve as a valued bridge between patients, healthcare providers, and community services, offering guidance in a warm and welcoming environment.

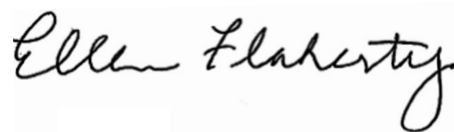
Our programs span a wide range of interests and needs, including Healthy Aging, Dementia Support and Education, Planning Ahead, Technology, Mind and Spirit, Support Groups,

and Arts and Aging. Core offerings such as Falls Prevention, Advance Directives, and Dementia Resources continue to anchor our work, providing essential tools and knowledge for navigating aging with confidence.

This season, you will find a blend of in-person, virtual, and livestreaming opportunities, a robust lending library, and individualized support, all designed to meet the diverse needs of the communities we serve. Whether you are looking to spark curiosity, strengthen resilience, explore creative expression, or connect with others, we hope you discover programs that inspire and uplift you.

Thank you for being part of our community. We look forward to learning, growing, and engaging with you in the months ahead.

Warm regards,



**Ellen Flaherty, PhD, APRN, AGSF, FAAN**

Vice President, Geriatric Center of Excellence at Dartmouth Health

Associate Professor of Medicine, Geisel School of Medicine at Dartmouth

# Aging Resource Center Team

Meet the team of the Dartmouth Health Aging Resource Center.  
To contact a specific team member, please email [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org).



**Ellen Flaherty**, PhD, APRN, AGSF, FAAN  
Vice President  
Geriatric Center of Excellence



**Laurie Emanuele**, MBA  
Director, Operational Excellence  
Geriatric Center of Excellence



**Lori Fortini**, MEd  
Program Leader

## Advance Care Planning Team



**Lora Gerard**, MPA  
Honoring Care Decisions  
Specialist



**Tami Musty**  
Administrative Assistant



**Nils Fredland**, BMus  
Program Specialist



**Jason Page**, BFA  
Program Specialist

## Falls Prevention

## Resources & New Programming

## Dementia Resource Team



**Kristina Ward**  
Dementia Program Specialist



**Jackson Hathorn**, MSW  
Dementia Program Specialist

## Thank you to our Advisory Committee Members!

- Roberta Berner | West Lebanon, NH
- Richard Brooks | Quechee, VT
- Margaret Caudill-Slosberg | Hanover, NH
- Pat Dwyer | Bradford, VT
- Sue Etkind | Grantham, NH
- Kathy Harvard | Hanover, NH
- Kathleen Hopkins | Amherst, NH
- Chuck Kusselow | Claremont, NH
- Susan Mattson | Lebanon, NH

# The Geriatric Center of Excellence

## *Advancing vital aging for all*

The Geriatric Center of Excellence at Dartmouth Health provides coordinated patient-centered care to older adults across New England, guided by the 4Ms of the John A. Hartford Foundation and Institute for Healthcare Improvement (IHI) Age-Friendly Health System: What Matters, Medication, Mentation, and Mobility.

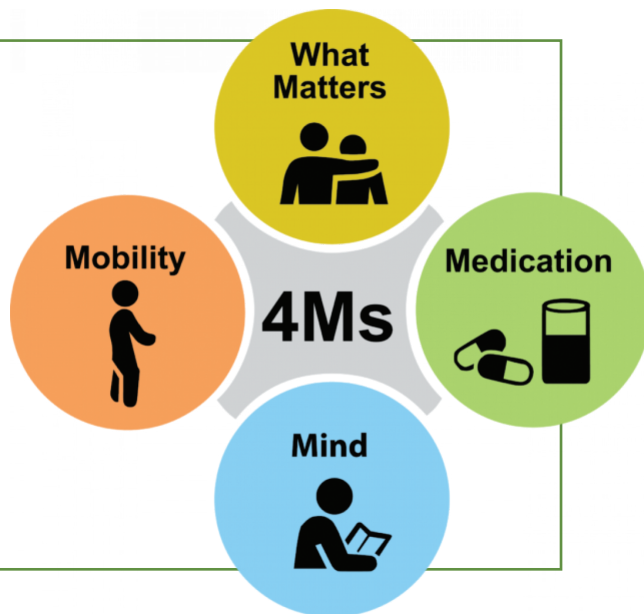
Our mission is to enrich the lives of older adults and their families by delivering high-quality educational, engagement, and supportive programs, while ensuring access to resources that nurture the mind, body, and spirit.

## The Four Pillars of the GCOE



An Age-Friendly Health system aims to follow an essential set of evidence-based practices; cause no harm; and align with what really matters most to the older adult and their family/caregivers, including health outcome goals and care preferences.

At the Geriatric Center of Excellence, we will fulfill those aims through the four foundational pillars that work in tandem to support, align, coordinate, and promote geriatric initiatives across the system.



# Aging Resource Center Mission

To enrich the lives of older adults and their families by delivering high-quality educational, engagement, and supportive programs, while ensuring access to resources that nurture the mind, body, and spirit.



## Our Impact in 2025: By The Numbers

### Programs By Category 153 total programs

- 29 Healthy Aging
- 19 Planning Ahead
- 68 Dementia
- 10 Mind & Spirit
- 20 Arts & Aging
- 7 Support Groups



ARC has participants from 26 states and British Columbia



### Number of Participants

6,025 Total attendance for all program occurrences  
875 Total participants (unduplicated)  
763 Total attendance for Dementia Resource Team Events

### % of Programs In-person and Virtual

In-person  
29%



Virtual  
71%



### Focus Area:

## Falls Prevention

Falls are the top cause of injury-related deaths among older adults.

About 1 out of every 4 people age 65 and older falls each year.

We offer balance screenings to determine if you may be at risk for a fall. We also offer proven programs to help you feel stronger, safer, and more confident. These programs include “A Matter of Balance” and “Stay Active and Independent for Life”.

## One-to-One Balance Screening

By appointment

Are you concerned about your balance or that you might be at risk of a fall? Balance screenings are available in-person and online. For more information or to schedule an appointment, please contact the Falls Prevention Team at 603-653-3415 or email [falls.prevention@hitchcock.org](mailto:falls.prevention@hitchcock.org)

## Men’s Lunch Bunch

Second Friday of Each Month September through December, 2026, 12:00pm to 1:00pm

*Jason Page, BFA and Daniel Moran, DNP, APRN*

The Men’s Lunch Bunch is a monthly gathering for men to share stories, build friendships, enjoy lunch, and have fun.



SAIL Group Photo by Tami Musty

## Stay Active and Independent for Life (SAIL)

Mondays and Thursdays, July 6 through August 27, 2026, 10:30am to 11:30am (12 Sessions)

*Nils Fredland, BMus*

SAIL is an evidence-based falls prevention exercise program that helps reduce the risk of a fall. This program involves one hour of aerobic, balance, strength, and flexibility exercises set to fun music. Exercises can be done sitting or standing. Two textbooks will be provided for reference. For more information and registration, please contact the Falls Prevention Team at 603-653-3415 or email [falls.prevention@hitchcock.org](mailto:falls.prevention@hitchcock.org).

## A Matter of Balance

Mondays and Thursdays, July 27 to August 20, 2026, 1:00pm to 2:00pm (8 Sessions)

*Nils Fredland, BMus and Spencer Burdge*

A Matter of Balance is an evidence-based program designed to manage the fear of falling and increase activity levels. This eight-session course includes group discussion to reduce the fear of falling and implementation of practical strategies to avoid falls and improve safety. This program includes some very light exercises.

## **NEW** Diabetes Fair

Wednesday, October 14, 2026, 1:00pm to 3:00pm

*Dartmouth Health Endocrinology Department*

Diabetes Fair for people living with diabetes of all ages and their care partners. New products and aids to help you manage life with Diabetes will be on exhibit. We hope to see you at the Center!





## VIRTUAL PROGRAMS

Livestreaming at the Aging Resource Center is available.

# Healthy Aging



## Gentle Yoga

Tuesdays, August 18 to October 6, 2026, 11:00am to 12:00pm (8 Sessions) or Tuesdays, October 27 to December 15, 2026, 11:00am to 12:00pm (8 Sessions)

*Kim Wenger Hall, RYT-500*

Join Kim Hall, a Hatha yoga teacher with years of experience in health coaching and fitness, for a safe and gentle introduction to the benefits of yoga. Exercise will be conducted primarily while seated and will include stretching, breathwork and relaxation. Feel the benefits of yoga as your body begins to awaken to increased movement, vitality, and a new awareness of the mind/body/spirit connection.

## Seated Yoga

Tuesdays, August 18 to October 20, 2026, 3:30pm to 4:00pm (10 Sessions) or Tuesdays, October 27 to December 15, 2026, 3:30pm to 4:00pm (8 Sessions)

*Kim Wenger Hall, RYT-500*

Join Kim Hall, a certified Hatha yoga teacher with extensive experience in health coaching and fitness, for a calming and accessible 30-minute seated yoga class. Designed for people with limited endurance and balance concerns, this class offers a safe and supportive way to explore the benefits of yoga—no mat or standing required. Each session will include gentle stretching, strength-building, breathwork, and relaxation, all done from the comfort of a chair. You'll begin to experience increased mobility, energy, and a deeper connection between your mind, body, and spirit.

## Parkinson's 101 Workshop

Fourth Wednesday of Each Month, July through November, 1:00pm to 2:30pm

*Dartmouth Hitchcock Neurology Department*

This monthly gathering of people living with Parkinson's Disease and their care partners provides information and strategies for managing a life with Parkinson's. Each month, an expert in a new area of interest will discuss how to enhance quality of life while dealing with the impact of Parkinson's Disease. \*In-person Parkinson's Support Group Information on page 19.

## A Matter of Balance-Virtual

Mondays and Wednesdays, October 19 to November 16, 2026, 1:00pm to 3:00pm (9 Sessions)

*Sharon Feeney, BA and Nils Fredland, BMus*

A Matter of Balance is an evidence-based program designed to manage the fear of falling and increase activity levels. This nine-session, online course includes group discussion to reduce the fear of falling and implement practical strategies to avoid falls and improve safety. This program includes some very light exercises.

## Effects of Aging on Skin

July 2, 2026, 2:00pm to 3:30pm

*David Grand, MD, Dermatologist*

The effects of sun and weather exposure, lifestyle, and normal aging all contribute to skin changes that happen as we age. This program will help you identify various changes and learn what is part of the normal aging process, signs that point to a more serious concern, treatments, as well as ways to maintain healthy skin.

## Diabetes 101 Workshop

Second Wednesday of each month July through November, 1:00pm to 2:30pm

*Dartmouth Health Endocrinology Department*

This monthly gathering of people living with diabetes of all ages and their care partners provides information and strategies for managing life with diabetes. Each month, a diabetes educator will explore a new area of interest and will discuss how to enhance quality of life while managing the impact of diabetes.

## **NEW** Pride in Aging LGBTQ+ Virtual Meet-Up

First Friday of each month September through December, 2:00pm to 3:30pm

*Jason Page, BFA*

Join us for our monthly meet-up, a welcoming space designed to support the health, well-being, and connection of LGBTQ+ older adults. Each session includes a brief informative topic focused on LGBTQ+ wellness.

**NEW** Preventive Health in Aging: Recommended Vaccinations and Screening Guidelines

September 2, 2026, 10:00am to 11:00am

Daniel Moran, DNP, APRN  
and Bryan A. L'Heureux, MPH

Staying healthy as we age begins with prevention. This session provides a clear, accessible overview of the vaccines and routine screening tests recommended for adults in midlife and beyond. Participants will learn the purpose of each vaccine.

Steady As You Go- Essentials of Fall Prevention

Tuesday, September 22, 2026, 1-2:30 pm

Daniel Moran, DNP, APRN and Nils Fredland, BMus

September is Fall Prevention Awareness month! Falls are common - 1 in 4 adults over age 65 falls each year - but they are not a normal part of aging! Falls can be prevented, and with the right steps, you can continue doing the things you love safely and independently. Join us virtually on Zoom for an engaging and resource-rich program exploring basic falls prevention.

Normal vs. Not Normal Cognitive Functioning

October 30, 2026, 1:00pm to 2:30pm

Dax Volle, MD

Dr. Dax Volle will discuss what cognitive changes are normally expected as we age, when to be concerned that changes are not normal, and ways to address memory loss. If you are concerned about your memory or about a loved one, bring your questions. This program will help you understand what you are experiencing.

Healthy Bones for Life

November 19, 2026, 1:00pm to 2:30pm

Meredith Welsh, APRN

This program will cover why one in two women suffer fractures from osteoporosis. We will also explore the role of calcium and Vitamin D, as well as an active lifestyle and screening for osteoporosis.

Monthly Nutrition Programs

**NEW** Warning Signs of Malnutrition or Undernutrition

September 16, 2026, 2:00pm to 3:00pm

Jean Copeland, RDN, LD

Maintain your independence by spotting the warning signs of malnutrition or undernutrition early. In recognition of Healthy Aging Month and Malnutrition Awareness Week, you will use a malnutrition screening tool designed for older adults, to spot the warning signs of malnutrition in yourself or a loved one. You will also learn what you can do about it, if you screen positive.

Make Your Plan!

October 21, 2026, 2:00pm to 3:00pm

Jean Copeland, RDN, LD

Make Your Plan! In this program, you will create your own emergency food plan and menu to use if you lose power for up to 3 days. Included will be updated information on food safety and foods not recommended for older adults, due to increased risk of illness from food poisoning. Bring a pencil and sheet of paper.

**NEW** Healthy Eating with the New Dietary Guidelines

November 18, 2026, 2:00pm to 3:00pm

Jean Copeland, RDN, LD

Join this program about the new Dietary Guidelines. Learn about what's changed, what's stayed the same, and what you need to eat for your best health.

**NEW** Understanding Your Lab Work

December 16, 2026, 2:00pm to 3:00pm

Jean Copeland, RDN, LD

In this program, we'll look at the CMP (Comprehensive Metabolic Panel) from a nutrition perspective, to learn what affects the numbers on this lab report. It will make it more interesting for you if you have a copy of your own comprehensive metabolic panel with you to refer to, during the program.



## IN-PERSON PROGRAMS

In-person events are held at Aging Resource Center Colburn Hill unless otherwise noted.

# Planning Ahead



### Focus Area:

## Advance Care Planning

Advance Care Planning helps you think about what matters most to you. It gives you a chance to talk with your loved ones and your health care team about your wishes before you are very ill or there is an emergency. It also allows you to name the person who would make decisions for you if you were not able to communicate on your own.

### **NEW** Advance Directives- Essential Information for Planning Ahead

November 5, 2026, 10:00am to 11:30am  
(for New Hampshire Residents)

November 12, 2026, 10:00am to 11:30am  
(for Vermont Residents)

*Lora Gerard, MPA*

In this workshop we will review the Advance Directive documents and laws for your state of residence. Please choose the session for the state where you live, even if you get your healthcare in a different state. You will make a plan for completing your documents and making sure they can be easily found by those who may need them. Participants will have the opportunity to sign up for a free individual appointment to finalize their documents with an Advance Care Planning Facilitator. All adults over 18 should have an Advance Directive and all adults are welcome to these sessions.

## One-to-One Advance Care Planning/ Advance Directive Assistance

**By appointment**

Advance Directives are documents that name your healthcare decision maker if you were injured or ill and not able to communicate. They can also document your healthcare choices for certain serious situations. Trained facilitators are available to meet with you to answer questions and help you complete your Advance Directives. We will also scan the plan into your Dartmouth Health electronic medical record. To make an appointment, please contact the Aging Resource Center at 603-653-3460 or email [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org)

## Useful Tools for Life Planning

Thursdays, October 1 through 22, 2026,  
10:00am to 12:00pm (4 Sessions)

*Jan Lord, Deb Dworak, Lori Fortini,  
MEd, Lora Gerard, MPA*

Come learn how to give your loved ones the gift of a carefully and thoroughly prepared advance directive, a comprehensive list of important information, and to discuss how to avoid problems in an emergency by adequate planning. This discussion is also very helpful for those who will be serving as healthcare agents or caregivers for loved ones. Appropriate for adults of all ages. We provide the program materials in advance.

**“I had already started the journey of preparing for the next steps in life, and this presentation jump-started me after a long winter of not moving forward on my goal of being prepared for my family to be involved with the end of my life.”**

- Useful Tools for Life Planning Participant





### **NEW** AARP- Jump Start Your Job Search

August 3, 2026, 10:00am to 11:30am

*AARP Presenters*

This interactive workshop provides practical tools and guidance to help you confidently navigate today's job market. Participants will learn effective strategies for updating résumés, strengthening online profiles, expanding professional networks, and preparing for interviews. Whether you're re-entering the workforce or exploring a new career path, this session offers actionable steps to move your job search forward.

### End-of-Life Café: A Time to Talk and Share

Third Thursday of Each Month September through December, 2:00pm to 3:30pm

*Cynthia Stadler, APRN, MSN, CHPN*

Ever wonder where you can go to talk about end-of-life with other people wondering about the same questions? We have scheduled a time for you to learn and share your thoughts and fears about what happens at the end-of-life. We hope that meeting together will help make it a little easier to talk about these issues.

### **NEW** AARP-Retirement Planning Strategies

September 25, 2026, 3:00pm to 4:30pm

*AARP Presenters*

Retirement planning doesn't have to be daunting. Learn tips for determining if you are on track and learn practical strategies to help you achieve retirement peace of mind. It's never too late to take charge of your financial future.

### Solo Seniors: How to Plan for Aging without a Family Caregiver

September 25, 2026, 1:00pm to 2:30pm

*Renée Harvey, Esq.*

Research has found that approximately one quarter of Americans 65 years and above are aging alone without a spouse, adult children, or relatives to rely on for assistance and company. The majority of those solo seniors are women. Join us for a

discussion focused on the personal and legal considerations involved in aging as a solo senior and how to begin planning for tomorrow...today!

### **NEW** AARP- Public Benefits for Older Adults

October 9, 2026, 3:00pm to 4:30pm

*AARP Presenters*

Several public benefit programs exist that can help eligible older adults and their families stretch their budgets, reduce expenses and obtain essential services and resources. This presentation will walk you through key programs available to people with limited income such as the Supplemental Nutrition Assistance Program (SNAP), Low-Income Home Energy Assistance Program (LIHEAP), Medicare Savings Programs (which help cover premiums and other Medicare costs), and the Medicare Extra Help Plan (aimed at Part D prescription drug plan costs). You'll learn what each program offers, who qualifies and how to access the benefits.

### Stories of Our Lives- Writing Your Own Obituary

October 23, 2026, 10:00am to 11:30am

*Lee Webster*

Writing obituaries used to be about letting people know the death occurred, a list of life accomplishments, then where to send flowers. But obituary writers have taken a turn in recent years, using this once-in-a-lifetime opportunity to paint a true picture of who this person was, what gifts and foibles they brought to the key relationships in their lives, and much more. We'll study the craft of writing death notices by the book—and how to break the rules.

### **NEW** A Look Inside The Jack Byrne Center for Palliative & Hospice Care

October 22, 2026, 10:00am to 11:30am

*Bradley Eckert, MD, MS, HMDC and Melissa Garland, MSN, RN, CHPN*

Are you curious about DHMC's Jack Byrne Center for Palliative and Hospice Care? How was it created? What are the eligibility requirements to receive care there? This program will discuss the hospital unit and help you understand more about the care available as you plan ahead.





## IN-PERSON PROGRAMS

*In-person events are held at Aging Resource Center Colburn Hill unless otherwise noted.*

# Technology



## Tech Support

**By appointment**

Do you have a question about how to use your device, like your phone, tablet, or laptop?

We are available to help you find answers and will work with you to conquer your technological challenges.

To make an appointment, please contact the Aging Resource Center at 603-653-3460 or email [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org).

*Call us with your Tech questions!*

## **NEW** AARP-Getting to Know Your Smartphone: Essential Features and Capabilities

**October 5, 2026, 10:00am to 11:30am**

*AARP Presenters*

AARP provides resources to help older adults master smartphones through guides on accessibility, AI tools, and 7-day challenges. Key skills include using voice commands (Siri/Google Assistant), setting up emergency check-ins, improving accessibility (font/zoom), and protecting data.

## AARP-Introduction to Artificial Intelligence (AI)

**November 16, 2026, 10:00am to 11:30am**

*AARP Presenters*

Curious about AI? Want to know more about ChatGPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI is being used today, what its current limitations are, and how it will shape the future!

## AARP- Streaming and Smart TVs

**December 4, 2026, 1:00pm to 2:30pm**

*AARP Presenters*

Every day, more people are "cutting the cord" and canceling their cable subscriptions. Instead, they're using free or low-cost streaming services like YouTube, Netflix, and Hulu to watch their favorite shows and movies online. This presentation will introduce streaming: what it is, how to use it, and the variety of content available. You'll also learn how to watch live TV without cable and how smart TVs, and streaming devices can let you watch videos from the internet on your television.



## VIRTUAL PROGRAMS

*Livestreaming at the Aging Resource Center is available.*

# Technology



## **NEW** AARP- Vigilance Against Cybercrime

**November 2, 2026, 10:00am to 11:30am**

*AARP Presenters*

In today's fast-paced online environment, protecting your personal information is more crucial than ever. AARP's workshop: *Vigilance Against Cybercrime* is designed to empower you with the knowledge and tools to navigate the digital world safely. We'll cover how to stay safe when using social media in public, at home, and when shopping and banking. We'll also look at common scams and how to avoid them. Join us to learn more!

## **NEW** AARP- Getting to Know Your Smartphone: Security and Privacy

**November 20, 2026, 10:00am to 11:30am**

*AARP Presenters*

This program offers comprehensive, actionable guidance on enhancing mobile security and privacy for older adults. Key areas include locking devices with biometrics, controlling app tracking, managing "significant location" data, and creating strong passwords to protect personal information from hackers and unauthorized access.



### Focus Area: **Dementia**

The Dementia Resource Program provides resource navigation, support, and education to people living with dementia and their care partners, aiming to alleviate caregiver stress, improve quality of care and provide resources to maintain well-being.

### Dementia Resources

#### By appointment

Our Dementia Resource team is happy to answer any questions you may have or provide available resources to match your needs. Please feel free to contact [dementiarresources@hitchcock.org](mailto:dementiarresources@hitchcock.org) or call 603-653-3484 to learn more about our Dementia Resource Services.

#### **NEW** Excursion to Beech Hill Farm

Held at Beech Hill Farm in Hopkinton, NH  
July 13, 2026, 1:00pm to 3:00pm

*Kristina Ward, Dementia Program Specialist*

What is better than ice cream on a hot day? Join us for some sweet treats and to check out the Gardener's barn.

#### **NEW** Journeys & Stories:

### A Passport to Memory

Held at Howe Library in Hanover, NH  
First Monday of each month, August through December, 1:00pm to 3:00pm

*Kristina Ward, Dementia Program Specialist and Sam Milnes, Adult Services Librarian*

Journeys & Stories: A Passport to Memory is a new, monthly program in collaboration with the Howe Library. Join Howe Librarians and Dartmouth Geriatric Center of Excellence staff for a "travel series" that uses books, images, short videos, and guided conversation to spark personal storytelling, emotional memory, sensory engagement, and expression. This program is intended for those living with dementia and their care partners.

*Funded by a generous grant from RUSA - Reference and User Services Association; a division of the American Library Association.*

### Caregiver Summer Fest

August 8, 2026, 1:00pm to 3:00pm

*Kristina Ward, Dementia Program Specialist*

Join us for a celebration with our dedicated caregivers and their loved ones. Our in-person events offer an opportunity for you and your family to meet and connect with others in our community. We plan to have games, music, and lunch will be served.

### Art in Focus - Hood Museum

Held at the Hood Museum in Hanover, NH  
August 28, 2026, 1:00pm to 3:00pm

*Kristina Ward, Dementia Program Specialist*

The Aging Resource Center has collaborated with the staff at the Hood Museum to bring you Art in Focus, an interactive experience at the Hood Museum, specially designed for people living with a dementia-related illness and their care partners. Together, we'll explore the galleries and engage with artwork and themes that inspire conversation, creativity, and connection. After the tour, enjoy a hands-on art-making activity inspired by the pieces you've just seen—all materials provided.

### Memory Café

Held at Howe Library in Hanover, NH  
Dates to be announced

*Geisel Medical Students and Dementia Team*

The Memory Café is a supportive space for individuals with dementia and their care partners to engage in social, cognitive, and physical activities with a brief informational session for caregivers on topics of their choosing!

*The Memory Café is led by a group of Geisel medical students under the guidance of Dr. Roshini Pinto-Powell.*



Excursion to Sanctuary Dairy Farm Photo by Lars Blackmore





## VIRTUAL PROGRAMS

Livestreaming at the Aging Resource Center is available.

# Dementia



## Wednesday Drop-In Dementia Caregiver Support Group

July 15, 2026 and August 5, 2026 2:00pm to 4:00pm

*Meredith Kolodze, DSW, LICSW*

This caregiver support group is for those caring for someone with a dementia-related illness. For the summer, we are offering one-time drop-in sessions.

## Thursday Drop-In Dementia Caregiver Support Group

July 23, 2026 and August 20, 2026, 2:00pm to 4:00pm

*Kristina Ward, Dementia Program Specialist*

This caregiver support group is for those caring for someone with a dementia-related illness. For the summer, we are offering one-time drop-in sessions.

## Communicating Effectively

July 14, 2026, 10:00am to 11:30am

*Kristina Ward, Dementia Program Specialist*

As people with dementia-related illnesses progress in their journey, the ability to use words is lost sometimes. Families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

## The Dementia Brain

August 11, 2026, 10:00am to 12:00pm

*Lora Gerard, MPA*

Dementia is not just 'memory problems.' While this is an important component, there are many other changes that happen to the brain. These changes impact how the person living with dementia experiences the world around them. We will learn about changes that impact the sensory systems, such as vision and hearing, and strategies to provide support through these changes. This will include modifications to the home environment that may help. We will also discuss how changes to the brain may impact the person in other ways, such as impulse control and the ability to understand speech.

## Wednesday Dementia Caregiver Support Group

September 9, 2026 to October 14, 2026 (6 Sessions), November 4, 2026 to December 16, 2026 (6 Sessions), 10:00am to 11:30am or 2:00pm to 3:30pm

*Morning group led by Jackson Hathorn, MSW; Afternoon group led by Meredith Kolodze, DSW, LICSW*

This caregiver support group is for those caring for someone with a dementia-related illness and runs in a six-week series. Each weekly session includes a check-in with each caregiver and features a topic relative to the challenges around caring for someone with a dementia-related illness.

*For more information and registration, please contact [dementiaresources@hitchcock.org](mailto:dementiaresources@hitchcock.org) or call 603-653-3484.*

## Thursday Dementia Caregiver Support Group

Thursdays, September 10, 2026 to October 15, 2026 (6 Sessions), November 5, 2026 to December 17, 2026 (6 Sessions) 2:00pm to 3:30pm

*Kristina Ward, Dementia Program Specialist*

This caregiver support group is a six-week series for those caring for someone with a dementia-related illness. Each weekly session includes a check-in with each caregiver and features a topic related to the challenges around caring for someone with a dementia related illness.

*For more information and registration, please contact [dementiaresources@hitchcock.org](mailto:dementiaresources@hitchcock.org) or call 603-653-3484.*

## **NEW** Dementia in Our Oldest Adults

September 29, 2026, 10:00am to 11:30am

*Alice Peck Day GUIDE Team*

How do we assess for dementia after the age of 80? How do we evaluate memory problems with all the other issues that arise with advanced age? Geriatrics specializes in the care of the older adult with an emphasis on the oldest old, particularly those with cognitive and medical problems. Join a geriatrician in taking a 'brain tour' of the different changes that occur with age and how these contribute to different types of dementia. We will also talk about geriatric 'syndromes' that complicate dementia and how to



address these together in a thoughtful way. This program will share concepts and approaches that we find helpful in geriatrics to understand the role of dementia in the lives and care of our oldest adults. This program is co-sponsored by the Alice Peck Day GUIDE Team.

### Delirium and Dementia

October 6, 2026, 10:00am to 11:30am

*Sam Landsman, MD and Brian Rosen, MD*

Confusion in older adults isn't always dementia. In this talk, we'll explore the key differences between dementia and delirium, why it matters to tell them apart, and how families and caregivers can respond when these conditions arise.

### NEW When is it Time for More Care and What to Do

October 20, 2026, 10:00am to 12:00pm

*Alice Peck Day GUIDE Team*

Caregivers often struggle with the how's and when's of getting more help at home. This workshop is intended to help you understand when you need more care, the difference between home care and residential care, a brief discussion on what could be necessary and will touch on financial implications as well. This program is co-sponsored by the Alice Peck Day GUIDE Team.

### NEW Relaxation Skills for Caregivers

November 3, 2026, 10:00am to 11:30am

*Jackson Hathorn, MSW*

This supportive class is designed specifically for caregivers of people living with dementia, who are looking to learn practical skills to reduce stress. Participants will learn and practice three evidence-based relaxation techniques: diaphragmatic breathing, guided imagery, and progressive muscle relaxation. In addition to developing these skills, the group will explore common challenges caregivers face in making time for self-care and ways to incorporate relaxation practice into your daily routine. Whether you're new to relaxation techniques or looking to refresh your skills, this class will offer a calm and encouraging space to focus on your wellbeing.

### NEW Medication Management 101: Pillboxes, Polypharmacy, and Deprescribing

November 17, 2026, 10:00am to 11:30am

*Alice Peck Day GUIDE Team*

Medication lists get longer as someone gets older and has more chronic conditions. How do we know when there are too many medications? Are there strategies for cutting the list down? How do we help people living with memory loss manage their medications? Join us as we talk about polypharmacy and deprescribing, and as we browse through old and new ideas and devices for staying on top of medication schedules. This program is co-sponsored by the Alice Peck Day GUIDE Team.

### NEW Resilience for Caregivers: Writing Tools for Managing Stress

December 1, 2026, 10:00am to 11:30am

*Meredith Kolodze, DSW, LICSW*

Join us for an interactive workshop exploring the realities of caregiver stress and burnout. Together, we'll discover how writing can serve as a powerful tool for reflection, healing, and renewal. Participants will have the opportunity to engage with guided writing prompts that help uncover and process the emotional experiences of caregiving while fostering a sense of strength, clarity, and support.





## IN-PERSON PROGRAMS

*In-person events are held at Aging Resource Center Colburn Hill unless otherwise noted.*

# Mind & Spirit



### **NEW** Ink Painting

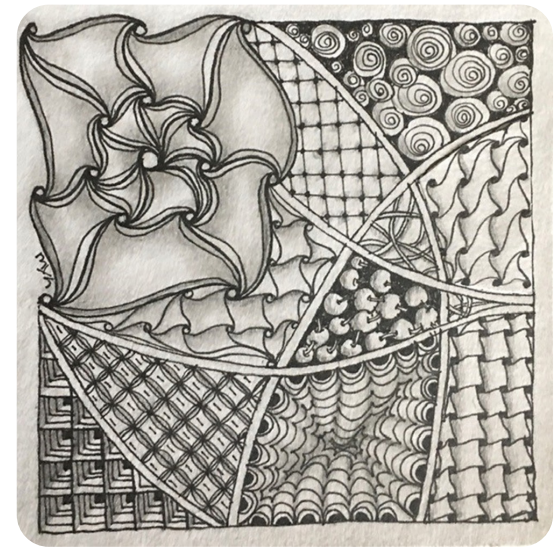
August 24, 2026, 1:00pm to 2:30pm

*Jean Gerber*

Sumi ink is a traditional, high-quality Japanese black ink commonly used for sumi-e (brush painting) and calligraphy. Using sumi ink, participants will explore value washes and mark making to create a mat framed picture of their own design. This relaxing painting method is intended for all levels and includes demonstration and exercises. All materials are provided.

**“So good! We were so impressed and wished it was a weekly event. This instructor was amazing. We love it!”**

- Birding Basics Participant



**“It was interesting to learn something new that is relaxing that I can do on my own. I’m looking forward to more classes to learn more. Many thanks for offering Zentangle!”**

- Zentangle Participant

Dried Flower Plaque Class. Photo by Tami Musty





### **NEW** Birding Basics Virtual Series

Wednesdays, July 1 through 22, 2026, 9:00am to 10:00am (4 Sessions)

*Jennifer Raymond*

This introductory class is for anyone who is interested in feeling more connected to nature. From year-round backyard favorites to seasonal visitors, this program will cover basic information to get you started learning about birds in our region.

### Buried In Treasures

Thursdays, September 3 to December 10, 2026, 3:00pm to 5:00pm (15 Sessions)

*Jennifer Raymond*

This is a 15-week, facilitated self-help program for people who would like to reduce clutter in their homes. We will work through the Buried in Treasures workbook together and share our experiences. Whether you struggle with over-acquiring, excessive saving, or both, this workshop will allow you to complete challenging and rewarding exercises towards your goals. Each week we will discuss a new skill together as a group and discuss individual progress, challenges, and successes.

### Beginner Zentangle

September 14, 2026, 1:00pm to 3:00pm

*Lora Gerard, MPA, CZT and Tami M. Musty, CZT*

Zentangle® is a simple-to-learn method to create beautiful art by drawing simple patterns. The process is a mindful and meditative art form that some use to enhance creativity, increase focus, or just to relax. In this class, participants will learn philosophy, method, and approach to creating Zentangle art. If you can draw a line and very basic shapes, you can create beautiful work! No artistic experience is required, but artists looking to incorporate something new into their practice are welcome.

### More Zentangle

First Monday of Each Month, 3:30pm to 4:30pm and Third Wednesday of Each Month, 9:30am to 10:30am, September through December

*Lora Gerard, MPA, CZT and Tami M. Musty, CZT*

Individuals who have taken Beginner Zentangle can learn additional tangles and techniques to enhance your work. Different techniques will be taught in each of these classes - you can participate in one or all the classes to build on your knowledge.

Note: Prior participation in "Beginner Zentangle" is required.

### Your Body Believes Everything You Think

Wednesdays, October 7 through November 25, 2026, 9:00am to 10:30am (8 Sessions)

*Jeanne Childs, Board Certified Clinical Geriatric Chaplain*

Learn about the high cost of negative thinking. Focusing on gloomy predictions, grudges, and negative mindsets may affect your immunity, energy level, and ability to cope. If you want to break out of such negativity, join our class! With equal measures of humor, wisdom and practicality, learn strategies to cultivate nourishing perspectives and empowering ideas to set yourselves up for a happier, healthier existence.

### What to Know about Sleep

Mondays, November 2 and 9, 2026, 10:00am to 11:30am (2 Sessions)

*Courtney Stevens, PhD*

Join us for two sessions on what's important to know about sleep and how to start taking steps to improve sleep. We will cover why sleep is important and what sleep disturbance can look like/when to seek evaluation for sleep related concerns. In the first session we will introduce methods for tracking your sleep routine. Participants will be encouraged to spend time recording details about sleep related behaviors between the sessions to be discussed during the second session.





## IN-PERSON PROGRAMS

*In-person events are held at Aging Resource Center Colburn Hill unless otherwise noted.*

# Arts & Aging



### Drop-in Ukulele Jam

**Fourth Friday of Each Month, 2:00pm to 3:30pm**

*Nils Fredland, BMus*

The ukulele is a community instrument. With that in mind, the Aging Resource Center is opening its doors to welcome ukulele players of all skill levels to join for a monthly in-person Ukulele Jam! Lyrics and Chords will be provided, and there will be a brief chord review before each song. Spend an hour strumming and singing with other ukulele enthusiasts! All levels of ability welcome!

### **NEW** Learn the Ukulele: Introductory Lessons

**Fourth Friday of each month**

**By appointment**

*Nils Fredland, BMus*

Never picked up a ukulele? Need a refresher? Build confidence in your ukulele playing with up to three 30-minute in-person sessions at the Aging Resource Center. Help with strumming, chords, and singing... or putting it all together!

### **NEW** Simple Printmaking

**July 10, 2026, 1:00pm to 3:00pm**

*Lora Gerard, MPA and Tami M. Musty*

In this workshop, we will use simple and safe materials to create prints from foam printing plates. You will draw or trace directly onto the printing plate and then print your image onto paper to use as cards, bookmarks, or whatever you like. All materials will be provided but if you would like to print onto any fun or pretty papers you have at home, feel free to bring those with you.



Ukulele Jam Photo by Lars Blackmore

### **NEW** Art with Kim- Sip and Paint

**September 25, 2026, 5:30pm to 7:30pm,**

**Held at the ARC Annex in Lebanon, NH**

*Kim Wenger Hall, RYT-500*

Join us after hours to enjoy an evening of comradery and creativity. By the end of the evening, you will have made your very own painting of Autumn Pumpkins under the full moon. All supplies needed will be provided, along with non-alcoholic drinks and snacks.

### **NEW** Flowers With Mary- Let's Play with Pumpkins!

**November 20, 2026, 1:00pm to 3:00pm**

*Mary Smith*

Come create a fall centerpiece using pumpkins and flowers. All supplies will be provided.



Memoir Writing Photo by Jason Page

**“New writers and seasoned writers are welcome and valued. Kim is very encouraging.”**

**“I have been encouraged to write more often. Ideas for writing are generated by the group. I have made new friends.”**

**- Memoir Writing Participant**





### **NEW** Art with Kim- Mixed Media Pet Portrait with Sgraffito

**Tuesdays, July 7 and 14, 2026, 10:00am to 12:00pm (2 Sessions)**

*Kim Wenger Hall, RYT-500*

Bring your favorite pet to life in bold, vibrant color! In this workshop you'll use the sgraffito technique – layering oil pastels over a bright background, then scratching through to reveal vivid color beneath. The result is a richly textured portrait that practically glows. We'll work from a photo reference to capture the personality and detail of your chosen pet, so come ready to layer, scratch, and create something truly one of a kind. A supply list will be available when registering and will be sent prior to start of class.

### Memoir Writing

**Tuesdays, July 14 through August 18, 2026 or October 6 through November 10, 2026 1:00 to 2:30pm (6 Sessions)**

*Kim Gifford, MA*

We are all open to new memories, new travels, new adventures, but what about when the new becomes old? What happens when these timely adventures turn to memory? How do we recapture them and claim them fresh and new again, and what did we learn? Let's take six weeks to open ourselves to our pasts and see what gems we can discover in writing the stories of our lives.

### Morning Sing

**Mondays, July through December, 9am to 10am**

*Dave Richardson*

Start your week off singing! Join Vermont Singer/Songwriter Dave Richardson in a virtual morning sing that will wake up your body and your mind to allow you to use your best voice for singing. No singing experience is required.

### Food For Your Soul: Reading Poetry Together

**Second Friday of Each Month, August through December, 3:00pm to 4:00pm**

*Lori Fortini, MEd*

Poems offer ways to look at our world that are relevant for our time and give rise to deep thoughts and feelings. Join me as we read poems together. We will share and discuss our responses to the poems to feed our souls.

### Learning to Look

**Third Friday of Each Month, September through December, 11:00am to 12:00pm**

*Hood Museum Docents*

Visual art can inspire and challenge us. It can also offer a focal point for rich conversations about life and ideas. Join this interactive virtual program facilitated by docents from the Hood Museum of Art to learn how to think critically about visual art in the company of your peers. Each time we will explore different works of art from the Hood Museum's collection across time and cultures. No prior experience talking about art necessary. Curiosity is the only prerequisite!

This program is presented in collaboration with the Hood Museum of Art and D-H Arts Program.

### **NEW** Art with Kim- Rainbow Mandala Watercolor Class

**Tuesdays, October 13 and 20, 2026, 10:00am to 12:00pm**

*Kim Wenger Hall, RYT-500*

Learn to create a stunning, frame-worthy mandala from start to finish. A mandala (Sanskrit for "circle") is a geometric, often circular design symbolizing the universe, cosmos, or wholeness, used primarily in Hinduism and Buddhism as a meditation aid. You'll begin by constructing your design geometrically using a compass and ruler – discovering how satisfying it is to build intricate symmetry by hand. From there, you'll bring it to life with watercolor, experimenting with your color palette to mix and layer the hues you need. A perfect introduction to both the art of the mandala and the basics of color mixing. A supply list will be available when registering and will be sent prior to start of class.



## IN-PERSON PROGRAMS

*In-person events are held at Aging Resource Center Colburn Hill unless otherwise noted.*

# Support Groups



### **NEW** One-to-one Grandfamily Resource Navigation Assistance

When grandparents, other older relatives, or even close family friends become the primary caregivers for children because the children’s parents are unable or unwilling to fulfill that role, these families are known as “grandfamilies” (in the case of grandparents and grandchildren) or, more broadly, “kinship families.” These caregiving arrangements can be formally established through legal custody or guardianship, or they can be more informal agreements between family members. The duration of such arrangements varies widely, from temporary situations to long-term commitments.

We are pleased to announce that Kristina Ward has received her certification in Grandfamilies Leadership through the University of Maine and will be able to offer assistance with navigating these relationships. If you are a caregiver in one of these types of families and are interested in learning more about resources and supports that may be available to you, please call Kristina Ward at 603-653-3459 to learn more.

### Parkinson’s Support Group

Second Tuesday of Each Month, 2:00pm to 3:30pm

*Dartmouth Hitchcock Department of Neurology*

Designed for both the person living with Parkinson’s Disease and their loved ones/care partners. These 1.5-hour monthly in-person sessions will start with a brief group Check-in and then break into two separate sessions- a peer-led group for individuals living with Parkinson’s, and one for care partners facilitated by Yuri J. Romaniuk, MSW.

### Diabetes Support Group

Fourth Wednesday Every Other Month, July, September and November, 1:00pm to 2:30pm

*Dartmouth Health Department of Endocrinology*

Please join us for an in-person support group for people living with Diabetes. Each session will feature a topic relative to the challenges around managing your diabetes.



## VIRTUAL PROGRAMS

*Livestreaming at the Aging Resource Center is available.*

# Support Groups



### Stroke Support Group

First Friday of Each Month, July through December, 10:00am to 11:30am

*Dartmouth Hitchcock Neurology Department*

A stroke can be a life-changing experience. Not just for the stroke survivor, but for their loved ones. This monthly support group, facilitated by Robert O’Donnell, MSW, allows participants to share experiences and gain encouragement from others who are dealing with similar challenges. Stroke survivors, family members and caregivers are all invited to come to the group.

**“This group meets and shares life with Parkinson’s experiences. No prep, just what comes from the heart and soul of the caretakers attending and willing to share.”**

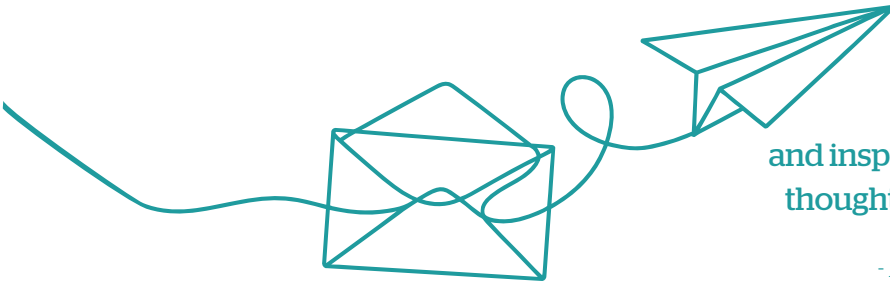
- Parkinson’s Support Group Participant



# Benefits of joining our Weekly e-Newsletter!

- **You will receive our weekly update** including the calendar of classes for the coming week.
- **You will be informed of any additional offerings** added after the booklet is published.
- **You will be able to register electronically for programs** – most classes have a link that connects to the registration page.

**Sign up for our e-Newsletter and updates at [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org)**



*“I love your thoughtful and inspiring combinations of image, poem and your thoughts. Thank you for sharing them each week.”*

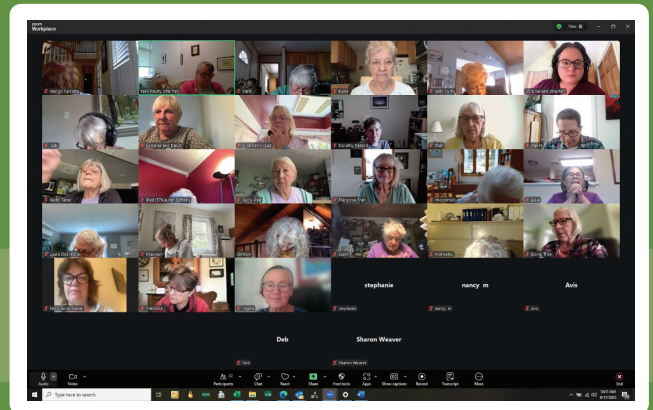
- Aging Resource Center e-Newsletter Reader

## Benefits of Attending Virtually:

Attending virtual is a great way to participate if you live away from the Upper Valley or do not have reliable transportation. People attend our programs from all over the country and internationally.

*“I love the fact that I can do them from my house. I have some mobility issues.”*

- Virtual Participant



Benefits of Live-streaming: if you cannot attend a virtual class from home, you may come to the Center and virtually attend a program on one of our computers.

*“I was listening at the Aging Resource Center, which worked great.”*

- Live-Streaming Participant

## Benefits of attending In-Person:

Attending in-person is a great way to visit our Center and to engage in the community. It is especially helpful to people who live locally or those who do not like to use a computer.

*“It was nice to go out and be with people!”*

- In-Person Participant



# Aging Resource Center Programs 2026 | Summer-Fall

Registration is required. For more details and to register, please go to our website [dhaging.org](http://dhaging.org). If you need help registering, please email us at [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org) or call 603-653-3460.

Key:

\* = First Class in a Series

**Green = in-person Class**

Black = Virtual Class

## July

### **Wednesday, July 1**

- **\*Birding Basics Virtual Series**

### **Thursday, July 2**

- **Effects on Aging Skin**

### **Friday, July 3**

- **Stroke Support Group**

### **Monday, July 6**

- **Morning Sing**
- **\*Stay Active and Independent for Life (SAIL)**

### **Tuesday, July 7**

- **\*Art with Kim- Mixed Media Pet Portrait with Sgraffito**

### **Wednesday, July 8**

- **Diabetes 101 Workshop**

### **Friday, July 10**

- **Simple Printmaking**

### **Monday, July 13**

- **Morning Sing**
- **\*A Matter of Balance**
- **Excursion to Beech Hill Farm**

### **Tuesday, July 14**

- **Dementia Program: Communicating Effectively**
- **\*Memoir Writing**
- **In-Person-Parkinson's Support Group**

### **Wednesday, July 15**

- **Drop-In Dementia Caregiver Support Group**

### **Monday, July 20**

- **Morning Sing**

### **Wednesday, July 22**

- **Parkinson's 101 Workshop**
- **Diabetes Support Group**

### **Thursday, July 23**

- **Drop-In Dementia Caregiver Support Group**

### **Friday, July 24**

- **Drop-in Ukulele Jam**

### **Monday, July 27**

- **Morning Sing**
- **\*A Matter of Balance**

## August

### **Monday, August 3**

- **Morning Sing**
- **AARP- Jump Start Your Job Search**
- **Dementia Program: Journeys & Stories: A Passport to Memory**

### **Wednesday, August 5**

- **Drop-in Dementia Caregiver Support Group**

### **Friday, August 7**

- **Stroke Support Group**

### **Saturday, August 8**

- **Dementia Program: Caregiver Summer Fest**

### **Monday, August 10**

- **Morning Sing**

### **Tuesday, August 11**

- **The Dementia Brain**
- **Parkinson's Support Group**

### **Wednesday, August 12**

- **Diabetes 101 Workshop**

### **Friday, August 14**

- **Food For Your Soul: Reading Poetry Together**

### **Monday, August 17**

- **Morning Sing**

### **Tuesday, August 18**

- **\*Gentle Yoga**
- **\*Seated Yoga**

### **Thursday, August 20**

- **Drop-in Dementia Caregiver Support Group**

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Key: \* = First Class in a Series      **Green = in-person Class**      Black = Virtual Class

***Monday, August 24***

- Morning Sing
- **Ink Painting**

***Wednesday, August 26***

- Parkinson's 101 Workshop

***Friday, August 28***

- **Dementia Program: Art in Focus - Hood Museum**
- **Drop-in Ukulele Jam**

***Monday, August 31***

- Morning Sing

## September

***Wednesday, September 2***

- Preventative Health in Aging: Recommended Vaccinations and Screening Guidelines

***Thursday, September 3***

- \*Buried In Treasure

***Friday, September 4***

- Stroke Support Group
- Pride in Aging LGBTQ+ Virtual Meet-Up

***Monday, September 7***

- Morning Sing
- More Zentangle
- **Dementia Program: Journeys & Stories: A Passport to Memory**

***Tuesday, September 8***

- **Parkinson's Support Group**

***Wednesday, September 9***

- \*Dementia Caregiver Support Group-Mornings
- Diabetes 101 Workshop
- \*Dementia Caregiver Support Group-Afternoons

***Thursday, September 10***

- \*Thursday Dementia Caregiver Support Group

***Friday, September 11***

- **Men's Lunch Bunch**
- Food For Your Soul: Reading Poetry Together

***Monday, September 14***

- Morning Sing
- Beginner Zentangle

***Wednesday, September 16***

- More Zentangle
- Nutrition Program: Warning Signs of Malnutrition or Undernutrition

***Thursday, September 17***

- End-of-Life Café

***Friday, September 18***

- Learning to Look
- **Art with Kim- Sip and Paint**

***Monday, September 21***

- Morning Sing
- **Fall Open House**

***Wednesday, September 23***

- Parkinson's 101 Workshop
- **Diabetes Support Group**

***Friday, September 25***

- Solo Seniors
- AARP-Retirement Planning Strategies
- **Drop-in Ukulele Jam**

***Monday, September 28***

- Morning Sing

***Tuesday, September 29***

- Dementia in Our Oldest Adults

## October

***Thursday, October 1***

- \*Useful Tools for Life Planning

***Friday, October 2***

- Stroke Support Group
- Pride in Aging LGBTQ+ Virtual Meet-Up

Registration is required. For more details and to register, please go to our website [dhaging.org](http://dhaging.org). If you need help registering, please email us at [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org) or call 603-653-3460.

Key: \* = First Class in a Series      **Green = in-person Class**      Black = Virtual Class

**Monday, October 5**

- Morning Sing
- **AARP-Getting to Know Your Smartphone: Essential Features and Capabilities**
- **Dementia Program: Journeys & Stories: A Passport to Memory**
- More Zentangle

**Tuesday, October 6**

- Dementia Program: Delirium and Dementia
- \*Memoir Writing

**Wednesday, October 7**

- \*Your Body Believes Everything You Think

**Friday, October 9**

- **Men's Lunch Bunch**
- AARP- Public Benefits for Older Adults
- Food For Your Soul: Reading Poetry Together

**Monday, October 12**

- Morning Sing

**Tuesday, October 13**

- \*Art with Kim- Rainbow Mandala Watercolor Class
- **Parkinson's Support Group**

**Wednesday, October 14**

- **Diabetes Fair**

**Thursday, October 15**

- End of Life Café

**Friday, October 16**

- Learning to Look

**Monday, October 19**

- Morning Sing
- \*A Matter of Balance

**Tuesday, October 20**

- Dementia Program: When is it Time for More Care and What to do?

**Wednesday, October 21**

- More Zentangle
- Nutrition Program: Make Your Plan!

**Thursday, October 22**

- A Look Inside The Jack Byrne Center for Palliative & Hospice Care

**Friday, October 23**

- Stories of Our Lives- Writing Your Own Obituary
- **Drop-in Ukulele Jam**

**Monday, October 26**

- Morning Sing

**Tuesday, October 27**

- \*Gentle Yoga
- \*Seated Yoga

**Wednesday, October 28**

- Parkinson's 101 Workshop

**Friday, October 30**

- Normal vs. Not Normal Cognitive Functioning

## November

**Monday, November 2**

- Morning Sing
- \*What to Know about Sleep
- AARP- Vigilance Against Cybercrime
- **Dementia Program: Journeys & Stories: A Passport to Memory**
- More Zentangle

**Tuesday, November 3**

- Dementia Program: Relaxation Skills for Caregivers

**Thursday, November 5**

- **Advance Directives- Essential Information for Planning Ahead (NH)**

**Friday, November 6**

- Stroke Support Group
- Pride in Aging LGBTQ+ Virtual Meet-Up

**Monday, November 9**

- Morning Sing

**Tuesday, November 10**

- **Parkinson's Support Group**

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Key: \* = First Class in a Series      **Green = in-person Class**      Black = Virtual Class

### **Wednesday, November 11**

- **Diabetes 101 Workshop**

### **Thursday, November 12**

- **Advance Directives- Essential Information for Planning Ahead (VT)**

### **Friday, November 13**

- **Men's Lunch Bunch**
- **Food For Your Soul: Reading Poetry Together**

### **Monday, November 16**

- **Morning Sing**
- **AARP-Introduction to Artificial Intelligence (AI)**

### **Tuesday, November 17**

- **Dementia Program: Medication Management 101: Pillboxes, Polypharmacy, & Deprescribing**
- **Parkinson's 101 Workshop**

### **Wednesday, November 18**

- **More Zentangle**
- **Nutrition Program: Healthy Eating with the New Dietary Guidelines**

### **Thursday, November 19**

- **Healthy Bones for Life**
- **End of Life Café**

### **Friday, November 20**

- **AARP- Getting to Know Your Smartphone: Security and Privacy**
- **Learning to Look**
- **Flowers With Mary- Let's Play with Pumpkins!**
- **Ukulele Jam**

### **Monday, November 23**

- **Morning Sing**

### **Wednesday, November 25**

- **Diabetes Support Group**

### **Friday, November 27**

- **Drop-in Ukulele Jam**

### **Monday, November 30**

- **Morning Sing**

## **December**

### **Tuesday, December 1**

- **Dementia Program: Resilience for Caregivers: Writing Tools for Managing Stress**

### **Friday, December 4**

- **Stroke Support Group**
- **AARP- Streaming and Smart TV's**
- **Pride in Aging LGBTQ+ Virtual Meet-Up**

### **Monday, December 7**

- **Morning Sing**
- **More Zentangle**
- **Dementia Program: Journeys & Stories: A Passport to Memory**

### **Tuesday, December 8**

- **Parkinson's Support Group**

### **Friday, December 11**

- **Men's Lunch Bunch**
- **Food For Your Soul: Reading Poetry Together**

### **Monday, December 14**

- **Morning Sing**

### **Wednesday, December 16**

- **More Zentangle**
- **Nutrition Program: Understanding Your Lab work**

### **Thursday, December 17**

- **End of Life Café**

### **Friday, December 18**

- **Learning to Look**
- **Ukulele Jam**

### **Monday, December 21**

- **Morning Sing**

### **Monday, December 28**

- **Morning Sing**

## Come Browse our Lending Library!

Along with books on specific physical conditions, including Parkinson's Disease and Dementia, and information on practical services and reference resources, the Aging Resource Center has an extensive library of books and videos on Caring for the Body, Caring for Caregivers, and Caring for the Soul and Spirit.

**Everyone is welcome to come in to have a cup of coffee while looking through the library. All materials are available to be borrowed to read at home.**

*We hope to see you in our library!*



Winterfest Photo by Herb Swanson



## Fall Open House & ARC Art Show 2026

We invite you to visit the Aging Resource Center for our Fall Open House. Meet our staff, view artwork created through our art programs, and learn about our services.

Monday, September 21, 2026

1:00pm to 4:00pm

Aging Resource Center, Entrance E

444 Mount Support Rd., Lebanon, NH 03766



Excursion to Sanctuary Dairy Farm Photo by Lars Blackmore.

## Aging Well Community Fair: Living Options and Resources

Thursday, October 22, 2026

2:00pm to 5:00pm

Claremont Senior Center

5 Acer Heights Rd.

Claremont, NH 03743

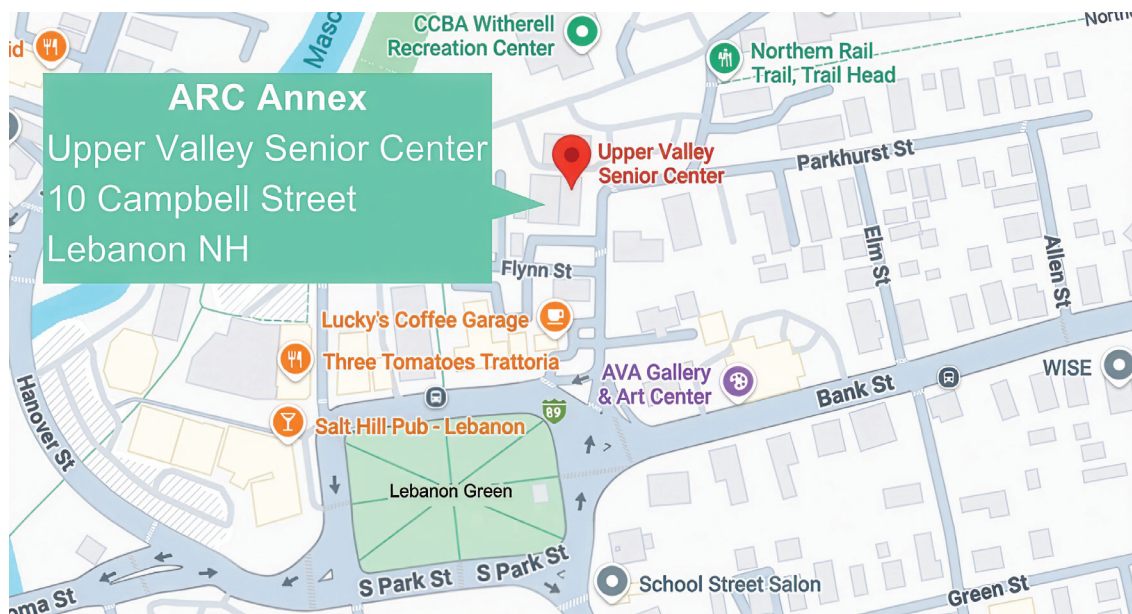
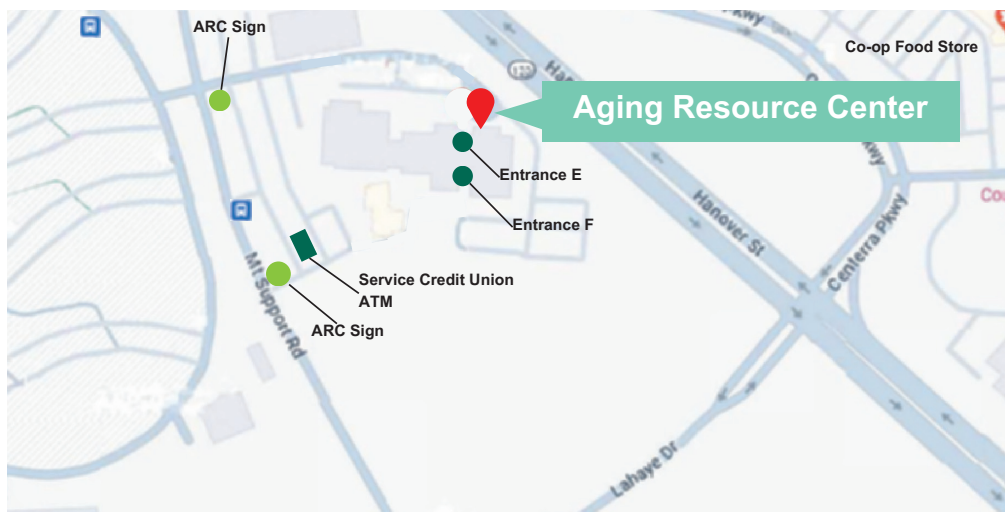
Join us to explore housing options, in-home support services, caregiver resources, and community-based supports that help older adults thrive!

Colburn Hill, Entrance E, 444 Mount Support Road, Lebanon, NH 03766  
603-653-3460 | dhaging.org | AgingCenter@hitchcock.org

## How to find the Aging Resource Center:

### From NH Route 120:

Turn onto Lahaye Drive toward the hospital complex across from Centerra Park/COOP Food Store. At the Roundabout take the first exit to the right onto Mt. Support Road to Colburn Hill Offices. Go past the entrance to the classrooms and take a right at the second Aging Resource Center sign to Entrance E. Continue straight to the parking sign marked Entrance E on the right. Park in lot E and look for the Aging Resource Center sign at the Entrance E door. (There is additional parking at Entrance F around the building)



## How to find the ARC Annex:

Our ARC Annex is located in the Upper Valley Senior Center at 10 Campbell Street in downtown Lebanon off the green by the CCBA. Look for the Aging Resource Center banner.



Aging Resource Center  
Colburn Hill  
444 Mount Support Road  
Lebanon, NH 03766

For information about any of our programs, to be added to our mailing list, to register, or to cancel a registration, **email [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org), call 603-653-3460, or visit: [dhaging.org](http://dhaging.org).**

# THANK YOU

## For Supporting the Aging Resource Center!

Our mission is to offer valuable health and wellness education and support at no cost. We could not do this without generous support from donors.

If you would like to donate, please visit: [dhaging.org](http://dhaging.org)

*ARC community events*



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