

September 2017

Pinterest Party – How to Make Your Money Go Further

The Pinterest Party sessions will feature five financial concepts and will utilize new teaching methods to reinforce learning. Participants will develop their own vision boards and learn to differentiate between solid research based information and information provided for commercial gain. Participants will develop an understanding of financial management concepts and will be able to relate these concepts to their own financial goal.

October 2017

Creative Stitchery: Beginning Embroidery

Creative Stitchery – Beginning Embroidery is designed to teach participants a creative heritage skill by developing fine motor skills, manual dexterity, encouraging interactive social relationships, and creating an appreciation of the historical significance of embroidery. Creative Stitchery is simply another way of describing embroidery - the art of decorating fabric with a needle and thread. During this lesson, participants will receive an overview of the curriculum, learn a brief history of embroidery, make a sample of basic embroidery stitches, plus discuss other basic embroidery tips and tools.

November 2017

Stay Happy, Stay Healthy!

Stay Happy, Stay Healthy! – Did you know that there is a connection between staying happy and laughing? Having a sense of humor aids us in having a better quality of life. Come and learn more about the connection between health and humor.

December 2017

Understanding Generational Differences

Each generation is significantly different from the ones that preceded and followed it because members of each generation have been shaped and molded by markedly different societal influences during their developmental years. Learn to understand each generation's characteristics and values in order to develop strong generational relationships.

January 2018

Know Thy self! – This lesson focuses on self-assessment – both for the physical and mental self. Come to help know you a little better!

February 2018

Maximizing Your Dollars in Retirement

Feeling financially secure is important at all stages of life. Unfortunately, due to recent changes in the economy many retirees are feeling financially vulnerable. A recent study conducted by Allianz Life Insurance Co., found six of ten baby boomers fear outliving their retirement funds more than they fear dying. The objectives of the program are: (1) to identify ways to stretch your retirement income by reviewing retirement assets and expenses; and (2) to understand methods to maximize your retirement assets while protecting against inflation.

March 2018

Toaster Ovens: A Primer

Toaster ovens became popular household appliances in the mid-1950s, and have changed significantly since those early days. This program introduces today's toaster ovens and provides insights on their purchase, use and care. Advantages and challenges are reviewed, and recipes are included.

April 2018

The In's and Out's of Downsizing Your Home

The United States Census Bureau estimates that the average person will move 11.7 times during his or her lifetime. Although there are many reasons for a person to consider moving, downsizing to a smaller home has become a recent trend. Smaller homes typically require less maintenance and can result in significant savings for the homeowner. Participants will gain understanding of the process of downsizing to a smaller home. .

May 2018

Vegetarian 101: History, Health and Tips

Every day we make choices about the foods we eat. Some people elect a plant-based eating pattern, ranging from foods with no animal connections (vegan) to those with mostly plant-based food and minimal animal connections (flexitarian and vegetarian). This lesson explores vegetarian and vegan diets, providing history, outlining health benefits and reviewing possible nutrient challenges. Tips for eating vegetarian or vegan are outlined, as are strategies for moving toward a plant-based diet.