



Exciting Programs Coming in May & Beyond !!!

Please RSVP at 941-383-6493 or by email:
MaryAnnBrady@aginginparadise.org

All workshops are \$10 and are located at 6200 Gulf of Mexico Drive, 2nd floor, Longboat Key, unless noted otherwise.

Is there a workshop you'd like us to hold at AIPRC? We want to hear from you!



Manage Photos on Your Smartphone or Tablet!

Wednesday, May 17th, 10 – 11:30am

This hands-on workshop will help you not only take and save photos, but figure out how to store and find those great pics people send you via email and text. AIPRC's own Suzy (iPhone) and Mary Ann (Android) will work with you on the basics on photo management, and try to answer any individual questions. Don't forget to bring your phone or tablet! \$10 per person -- RSVP by phone or email.

Mat Pilates for Seniors



Thursdays 10-10:45am

Join instructor Suzy Brenner for Pilates – a series of exercises to improve posture, strengthen the core muscles of the abdomen, back and pelvis to increase balance, trunk strength and flexibility. Modifications to exercises will be provided to make the moves more or less challenging as needed. Please bring a yoga mat with you! \$10 per class



Learn to play Mah Jongg!!

Join AIPRC advisory board member Carol Peschel to learn the fundamentals of Mah Jongg. We hope to begin in late June, so let us know if you're interested! We need 4 people to begin and will coordinate a convenient day and time. Call us today...941-383-6493.

Our Brain Health Forum 'Lunch & Learn' was a hit!

Program Presenters



Dr. Alan Grindal, Neurologist
Sarasota Memorial Health
Care System Memory Clinic
Topic: The Cognitive Aging
Process



Dr. Cheryl Brandt, DNSc, ARNP
Nurse Practitioner
Educator and Researcher
Roskamp Institute
Topic: Research and Future
Possible Brain Health Treatments



Dr. Jack Wazen, Partner
Silverstein Institute, VP and
Director of Research Ear
Research Foundation
Topic: How Hearing Loss
Affects Brain Health



Nicci Kobritz, President
Center for Brain Health, and
Youthful Aging Home Health
Topic: Practical Lifestyle
Interventions for Positive
Cognitive Aging

On Wednesday, May 10th from 10am to Noon, more than 60 people flocked to AIPRC to hear the latest information about brain health. Our 4 distinguished speakers (left) offered valuable information from the

latest scientific research. A few basics we learned: if you can't read the ingredients, don't eat the food!; get a hearing aid if you need one – it will help your brain's function; and talk to your doctor if you're noticing a difference in your memory or basic ability to do day-to-day tasks. But that was just the tip of the iceberg. Thank you to all our presenters for taking the time, and to Nicci Kobritz for providing the wonderful, Mediterranean Diet lunch! And Thank



you Alderman Oaks for sponsoring this forum and for your ongoing support of AIPRC!



www.aldermanoaks.com



We Need You! Become an AIPRC Volunteer.

Bring your skills and join our team...everything from delivering fliers, assisting in the office, preparing

snacks, event photography, etc. Set your own hours and join our fun, friendly crew.

Call or stop by today to discuss!



[On-Going Programs...Something for Everyone!](#)



Shifting Sands Support Group Thursdays 3-4:30pm

Led by *MiMi Horwitz*, the Pastoral Care Assistant of the Longboat Island Chapel, this group provides an opportunity for any senior going through a difficult transition to discuss issues related to personal & health concerns; to give and receive emotional, spiritual and practical support; and to exchange information in a confidential setting.



Play Bridge! **Larry Auerbach, Emerald Life Master with 8000+ Master Points** offers Refresher Friday Bridge sessions from 10:30 to 11:30 a.m. This is a Fun and Relaxed Step-by- Step Approach to growing your bridge skills. Plus ACBL (American Contract Bridge League) Open Pairs Duplicate Games on Tuesdays, from 1 to 4 p.m. Please call **Mary Ann** 941 383-6493 for Friday sessions; or Susan Brill, 941-782-8205(home) 941-216-9600(cell) for Open Pairs games. Leave your name, number & dates to enjoy these **unique opportunities to play Bridge!** Fridays/\$10; Open Pairs Duplicate/\$11



BOOK CLUB!

**Our book club has had its final meeting of the season.
Stay tuned for next season's books – beginning in November!**

Memoirs Group: **2nd and 4th Wednesday of the month, 10 to 11:30 a.m.**
Learn to write your life story!



Two FDA-approved Juvents: The Juvent is a micro-impact platform used as a therapy device developed initially by NASA to enhance circulation and bone density, ease joint pain and assist in wound healing. You must schedule your first *Juvent* visit only; call (941) 383-6493. Recommended usage is 20 minutes, three times per week. Suggested donation per use is \$5.

Juvent Hours: Monday - Friday from 10 a.m.- 3 p.m.

Thank you to our Enchanted Paradise Gala Sponsors for helping us make our annual celebration a wonderful fundraising success!



Thank you to our Platinum Sponsor:



Aging in Paradise Resource Center is located on the 2nd floor of the Longboat Island Chapel. To volunteer, donate, or to leave a legacy go to www.aginginparadise.org or call (941) 383-6493. To RSVP for classes or workshops please email maryannbrady@aginginparadise.org

Suzy Brenner, Executive Director
Mary Ann Brady, Executive Assistant



Aging in Paradise Resource Center PH: 941 383-6493 www.aginginparadise.org #59-1114318