

# Aging Resource Center

## In-Person & Virtual Program

Winter and Spring  
January - June 2026















**28**

New Programs  
& Activities  
Inside!

*"Neurographica Art Class"* Photo by Lars Blackmore



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

## Important Program Information

- » **Advance registration is required.**  
Register on our website: [dhaging.org](http://dhaging.org) or call 603-653-3460
- » **Classes are offered free of charge.**
- » **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 places for sharing personal stories and to protect participants' privacy.



## Weather Cancellation Policy:

Aging Resource Center will close or delay opening when the Lebanon School District closes or has a delayed opening.

We will put the closure or delay message on the Aging Resource Center's office phone at 603-653-3460.

Please call the Aging Resource Center to confirm that your appointment or program is happening before venturing out.



# 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



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



**Tami Musty**  
Administrative Assistant



**Nils Fredland**, BMus  
Program Specialist



**Jason Page**, BFA  
Program Specialist



**Kristina Ward**  
Dementia Program Specialist



**Jackson Hathorn**, MSW  
Dementia Program Specialist

## Welcome new team members!

Welcome Nils Fredland and Jackson Hathorn - New Program Specialists at Aging Resource Center.

- Nils has a background in music and is well known in the Upper Valley through his work with Revels North and as a contra and square dance caller. Most recently he worked at Visiting Nurse and Hospice managing their volunteer program. Nils will focus on Falls Prevention and will also bring more musical programs to ARC.
- Jackson has a background in medical social work, mental health coordination, and resource navigation for diverse populations. Previously, he served as the Social Worker and Mental Health Coordinator at the New Hampshire Cystic Fibrosis Center at Dartmouth Health. Jackson has joined the Dementia Resource Team.



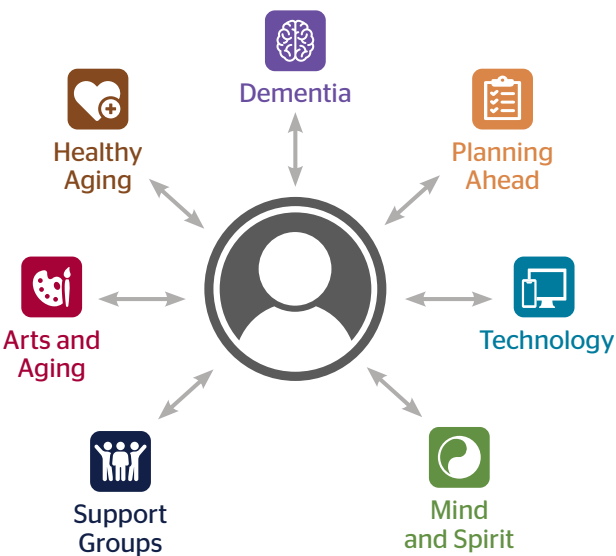
# Welcome to the Dartmouth Health Aging Resource Center

For any question about programs, please contact the Aging Resource Center  
[agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org) or call 603-653-3460

## Our Mission

To provide high-quality educational, engagement, and supportive programs and access to resources to enhance the minds, bodies, and spirits of older adults & their families.

To provide a value-added interface between Patients, Health Care Providers, and Social & Community Services in a warm welcoming environment.



## Aging Resource Center Impact in 2024: By The Numbers

### Number of Programs By Category 155 total programs

- 26 Arts and Aging
- 32 Dementia
- 46 Healthy Aging
- 16 Mind and Spirit
- 23 Planning Ahead
- 6 Support Group
- 6 Technology



### Number of Participants

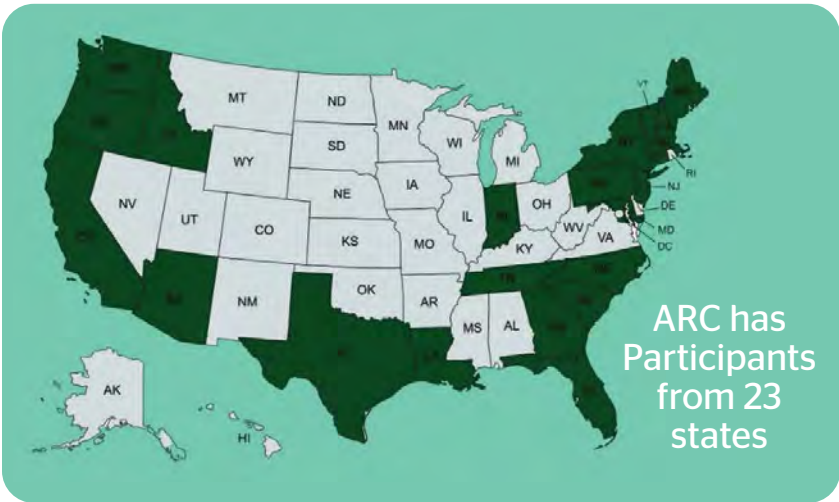
5,295 Total attendance for all program occurrences  
1,000 Total participants (unduplicated)  
Dementia Resource Team Events 284  
Total attendance

### Number of Programs In-person and Virtual

In-person  
38%



Virtual  
62%







### One-to-one Balance Screening

#### By appointment

Are you concerned about your balance or that you might be at risk of falling? Balance screenings are available in-person or virtually.

*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).*

### Stay Active and Independent for Life (SAIL)

Held at the Aging Resource Center Colburn Hill Mondays and Thursdays, January 12 to March 5 (16 sessions), 10:30 to 11:30 am or Mondays and Thursdays, April 6 to May 28. (16 sessions), 10:30 to 11:30 am

*Nils Fredland, BMus*

SAIL is an evidence-based falls prevention exercise program that helps reduce falls risk. This program involves one hour of aerobic, balance, strength, and flexibility exercises (available in standing and sitting form) set to fun music. 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).*

### SAIL Alumni Class

Held at the Aging Resource Center Colburn Hill Wednesdays January 14 to March 4 (8 sessions), 11 am to 12:30 pm, or April 8 to May 27 (8 sessions), 11 am to 12:30 pm

*Nils Fredland, BMus*

This weekly class is for participants who have completed a SAIL class and who wish to continue the program.

*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).*

### Therapeutic Chair Dancing

Held at the Aging Resource Center Colburn Hill Mondays, March 23, April, 27, May 18, June 22, 1:30-2:30 pm

*Alexis Reale, Creative Arts Therapist, Registered Dance/Movement Therapist*

Alexis Reale will lead you in chair dance where improvisational movements foster self-expression in a supportive environment. Join us to deepen your mind-body connection, promote well-being, and explore creative movement interventions while having a whole lot of fun! All experience levels and abilities are welcome!

### Keeping on Your Toes: Aging and the Podiatric Impact

Held at the Aging Resource Center Colburn Hill Friday, May 1, 11 am-12 pm

*Tania Kapila, DPM*

As we age there are a multitude of changes that occur in the feet, impacting our daily lives, activities, gait and risk of injury. While some of these changes are mild and go unnoticed, others can be debilitating and life changing. This program will be an overview of the impact of aging in the lower extremities and focus on patient education and prevention from a podiatrist's perspective.

### Men's Health

Held at the Aging Resource Center Colburn Hill Wednesday, April 29, 10-11:30 am

*Daniel Moran, DNP, APRN*

We will explore common health topics for men as they age. Some of the topics covered in the class will include health screening, advance directives, staying active, your changing body, life after retirement, substance use, and sex after 60.

### **NEW** How to Provide Dental Care for a Loved One

Held at the Aging Resource Center Colburn Hill Friday, May 29, 3-4:30 pm

*Robert Keene, DMD*

Oral care is critical to continued health of our bodies. It may also be difficult to assist someone who is not able to manage oral care on their own. This program will review strategies and techniques for providing good oral hygiene for someone you are caring for.







## IN-PERSON PROGRAMS

*In-person events are held at various locations.*

# Planning Ahead



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

**Held at the Aging Resource Center Colburn Hill**  
**By appointment**

Advance Directive 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).*

## **NEW** AARP- Be Red Cross Ready: Emergency Preparedness Essentials

**Held at the Aging Resource Center Colburn Hill**  
**Wednesday, June 3, 10-11:30**

*AARP volunteer*

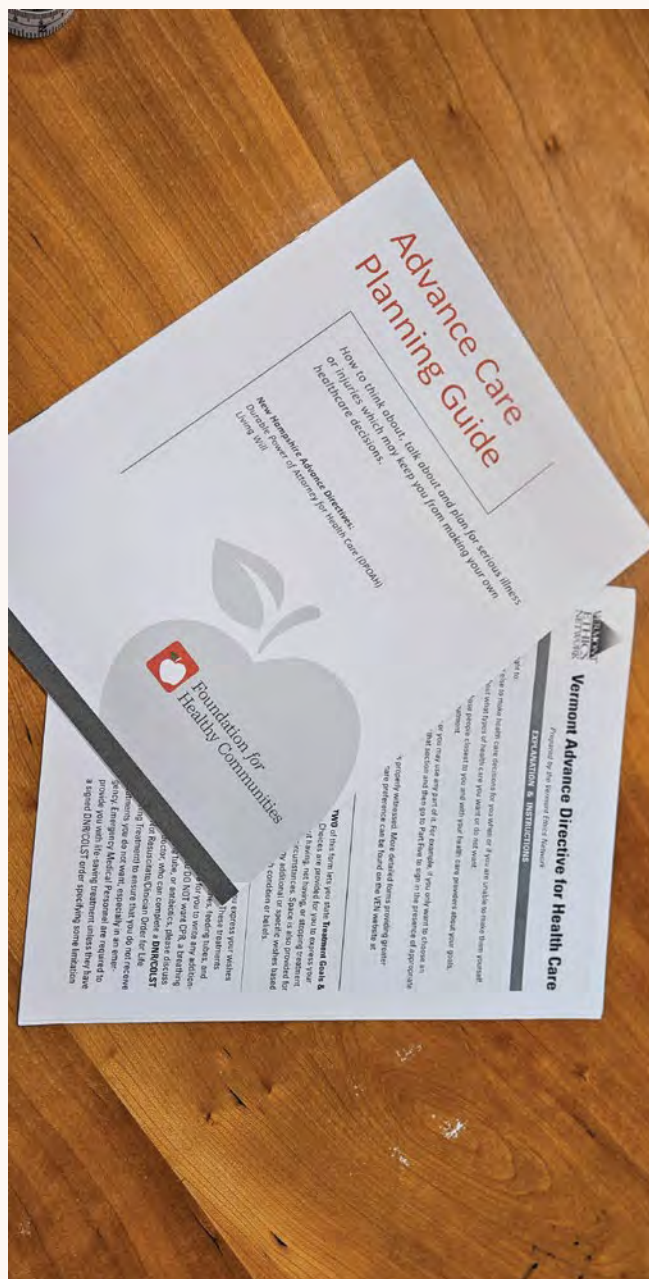
AARP has partnered with the American Red Cross because disasters have a disproportionate impact on older adults. Following simple steps in advance can help you weather a crisis safely and comfortably. While being prepared may not prevent a disaster, it will give you confidence to meet the challenge.

## **NEW** AARP-Introduction to Managing Your Privacy

**Held at the Aging Resource Center Colburn Hill**  
**Friday, June 12, 10-11:30 am**

*AARP volunteer*

Concerned about privacy? Unsure about accepting cookies? Learn about some essential privacy tips! In this introductory lecture, we'll review how ads target us online, how to limit tracking, where to find browser settings and extensions to better control how our information is shared. We'll also discuss some of the key features of password managers and why they're a safe and secure option.



**“Participation inspired me to come right home and put into effect some of the tips offered. I think really digging into this process will reduce stress and make daily living easier.”**

*- Aging Resource Center participant*





### Dementia Resource Specialist One-on-one Services

Held at the Aging Resource Center Colburn Hill  
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 [dementiaresources@hitchcock.org](mailto:dementiaresources@hitchcock.org) or call 603.653.3484 to learn more about our Dementia Resource Services.*

### Memory Café

Held at Howe Library in Hanover, NH  
Saturdays, January 10 and February 14,  
10:30 am-12:30 pm

*Geisel Medical Students and Dementia Team*

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

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

### NEW Art in Focus

Held at Hood Museum in Hanover, NH  
Friday, January 23 and April 24, 1-3 pm

*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 take a tour and enjoy hands-on art-making activity inspired by the pieces you've just seen—all materials provided.

### NEW Excursion to Dartmouth Greenhouse

Held at Dartmouth Greenhouse, Life Sciences Building, Dartmouth College in Hanover, NH  
Friday, February 13, 1-3 pm

*Kristina Ward, Dementia Program Specialist*

Join the Dementia Resource Team as we get out of the cold to visit and tour the 6000 square foot greenhouse located right on Dartmouth College's campus.

### NEW Excursion to Tomapo Farm

Held at Tomapo Farm, 110 Storrs Hill Road, Lebanon, NH

Monday, March 16, 1-3 pm

*Kristina Ward, Dementia Program Specialist*

Join the Dementia Resource Team on a visit and tour of Tomapo Farm. We will learn how maple syrup is made and hopefully taste some of the results.

### NEW Excursion to Castle in the Clouds

Held at Castle in the Clouds, 455 Old Mountain Road, Moultonboro, NH

Friday, May 29, 1-3 pm

*Kristina Ward, Dementia Program Specialist*

Join the Dementia Resource Team on a visit to the Castle in the Clouds and a tour of the estate with views of the mountains and gorgeous landscaping.

### NEW Excursion to Full Circle Farm

Held at Full Circle Farm, 80 Edgell Road, Newport, NH

Friday, June 26, 1-3 pm

*Kristina Ward, Dementia Program Specialist*

The Dementia Resource Team will visit Full Circle Therapeutic Horse Farm for a tour of the farm and visit with their herd of horses.







## IN-PERSON PROGRAMS

*In-person events are held  
at various locations.*

# Technology



### **NEW** ▶ AARP-Introduction to Artificial Intelligence (AI)

Held at the Aging Resource Center Colburn Hill  
Wednesday, May 6, 10-11:30 am

*AARP Volunteer*

Curious about AI? Want to know more about Chat GPT? 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!

### **NEW** ▶ Stay Sharp: Spotting Scams

Held at the Aging Resource Center Colburn Hill  
Thursday, May 7, 10-11:30 am

*Eric Hunter, Corporal Patrol Division,  
Lebanon Police Department*

This informative session will address both local and state-level trends in scam operations, including phishing attempts, identity theft, and financial exploitation. Police experts will share real-life examples drawn from recent cases, highlighting the tactics used by fraudsters and providing insight into how criminal behavior evolves in response to heightened awareness within the community. Attendees will gain practical, actionable strategies to safeguard themselves against such threats. Topics will include recognizing warning signs, the importance of verifying unsolicited communication, and proactive measures that can be taken to secure personal information.

### **NEW** ▶ AARP-Streaming & Smart TVs

Held at the Aging Resource Center Colburn Hill  
Friday, May 29, 10-11:30 am

*AARP Volunteer*

Every day, more and 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.

"Getting old and retiring doesn't mean you can sit back and enjoy yourself. No, there is a whole new set of issues to life that you have to learn about and take care of. There is never a dull moment. You have been very good about covering all the issues that we have to deal with. Thank you."

- Aging Resource Center participant







## IN-PERSON PROGRAMS

*In-person events are held at various locations.*



### **NEW** One-to-One Ukulele Lessons

Held at the Aging Resource Center Colburn Hill  
Second and Fourth Fridays from 1-3 pm  
By Appointment only (four 30-minute appointments available)

*Nils Fredland, BMus*

Build confidence in your ukulele playing with a 30-minute session in-person at the Aging Resource Center. Instruction for individuals, pairs, or groups that focuses on a specific area where you feel you need support. Help with strumming, chords, and singing...or putting it all together!

*Limited virtual slots also available.*

*To make an appointment, please contact Nils Fredland at 603-653-3471 or email Nils.C.Fredland@hitchcock.org*

### Drop-in Ukulele Jam

Held at the Aging Resource Center Colburn Hill  
Fourth Friday of Each Month, January to June,  
3-4:30 pm

*Nils Fredland, BMus*

The Aging Resource Center is opening its doors to welcome ukulele players of all skill levels to join together 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 time strumming and singing with other ukulele enthusiasts! All levels of ability welcome!

### **NEW** Let's Make Floral Stationary or a Picture with Fresh Flowers

Held at the Aging Resource Center Colburn Hill  
Friday, May 8, 1-3 pm

*Mary Smith*

We will be using small fresh flowers and lightly hammering them onto stationary paper or small pieces of canvas. Supplies will be provided.



## Support Groups

## IN-PERSON PROGRAMS

*In-person events are held at various locations.*



### Parkinson's Support Group

Held at the Aging Resource Center, Colburn Hill  
Second Tuesdays of Each Month, 2-3:30 pm

*Dartmouth Health 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 educational topic and then break into two separate sessions: a peer-led group for individuals living with Parkinson's and one for care partners.

*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*

### **NEW** Diabetes Type 1 Support Group

Held at the Aging Resource Center, Colburn Hill  
Fourth Wednesday every other Month- January, March, and May, 1-2-3:30 pm

*Dartmouth Health Department of Endocrinology*

Please join the newly formed support group for people living with Type 1 Diabetes. Each session will feature a topic relative to the challenges around managing your diabetes.

### **NEW** Diabetes Type 2 Support Group

Held at the Aging Resource Center, Colburn Hill  
Fourth Wednesday every other Month- January, March, and May, 2:30-4 pm

*Dartmouth Health Department of Endocrinology*

Please join the newly formed support group for people living with Tye 2 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.

# Healthy Aging



### **NEW** Diabetes 101 Workshop

Second Wednesday of each month,  
January to June, 1-2:30 pm

*Dartmouth Health Endocrinology Department*

This monthly gathering of people with 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 dealing with the impact of diabetes. *\*In-person Diabetes Support Group information on page 8.*

### The Parkinson's 101 Workshop

Fourth Wednesday of each month,  
January to June, 1-2:30 pm

*Dartmouth Health Neurology Department*

This monthly gathering of people living with Parkinson's Disease of all ages 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 8.*

### Gentle Yoga for Older Adults

Tuesdays, January 6 to February 24 (8 Sessions),  
11 am-12 pm, or Tuesdays, March 31 to May 19 (8 Sessions), 11 am-12 pm

*Kim Wenger Hall, RYT-500*

Join Kim Hall, a Hatha yoga teacher, as she offers safe and gentle opportunities to experience 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 around the mind/body/spirit connection.

### Seated Chair Yoga with Kim Hall

Tuesdays, January 6 to March 10 (10 Sessions), 3:30 pm to 4:00 pm, or Tuesdays, March 31 to June 2 (10 Sessions), 3:30 pm to 4:00 pm (10 Sessions)

*Kim Wenger Hall, RYT-500*

Join Kim Hall, a certified Hatha yoga teacher, 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 feel increased mobility, energy, and a deeper connection between your mind, body, and spirit.

### Living a Healthy Life with Chronic Conditions

Thursdays, January 8 to 12, 12:30-3 pm

*Sharon Feeney, BA and Annaliese Volckaert*

This six-week, online, evidence-based program will help you cope with symptoms of chronic illness and discuss strategies to enhance your life. Participants will receive a copy of the book "Living a Healthy Life with Chronic Conditions," an exercise CD, and a relaxation CD. They will also make weekly action plans, share experiences, and help each other address any issues with their self-management.

*For more information and registration, please email Sharon.M.Feeney@hitchcock.org.*

### Singing Workshops for People with Parkinson's and Other Vocal & Breathing Challenges

Thursdays, February 5 to March 5 (5 sessions),  
1-2:30 pm

*Angelynne Hinson*

This five-week, online, interactive singing workshop series will help strengthen and maintain the speaking voice. This program is beneficial for adults with persons managing respiratory/vocal production issues. It also has benefits for anyone who loves to sing and would like to learn more about your vocal instrument. Angelynne Hinson, an independent artist and voice educator from Portsmouth NH, will share efficient singing voice techniques including movement and breathing exercises, vocal warm-ups and sing-a-longs. The goal is to have fun singing while learning skills to maintain your voice. No singing experience necessary.

This program is a collaboration of the Dartmouth Health Aging Resource Center and Neurology Clinic and is made available by a generous grant from the Parkinson's Foundation.



## A Matter of Balance Virtual

**Mondays and Wednesdays, February 16 to March 16 (9 sessions), 1-3 pm**

*Sharon Feeney, BA and Nils Fredland, BMus*

"A Matter of Balance" is an award-winning program designed to manage falls and increase activity levels. This nine-session, online course will facilitate 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. *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).*

## Normal vs. Not Normal: What Does Normal Cognitive Aging Look Like?

**Friday, March 6, 1-2:30 pm**

*Dax Volle, MD*

Dr. Dax Volle will discuss what cognitive changes are expected as we age, when it is considered pathologic

or worrisome, 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.

## What to Know about Sleep

**Mondays, March 9 and 16 (2 sessions), 10-11:30 am**

*Courtney Stevens, PhD, Licensed Clinical Psychologist*

Join us for a two-session seminar on what's important to know about sleep and how to start taking steps to improve sleep behaviors. We will also cover why sleep is important and what sleep disturbance can look like/when to seek evaluation for sleep related concerns. How to track aspects of your sleep routine will be introduced during the first session. Participants will be encouraged to spend time recording details about sleep related behaviors between sessions to be discussed as a group, during the second session.

## Healthy Eating for Healthy Living Series

*(Please sign up for each meeting)*

*Jean Copeland, RDN, LD*

### **NEW** Eating For A Healthy Brain and A Good Night's Sleep

**Wednesday, January 21, 2-3 pm**

With aging comes changes in our dietary needs. Learn the latest about the nutrients needed for a healthy brain and a good night's sleep, and how to put them into our daily diet.

### Eating For Healthy Blood Pressure

**Wednesday, February 18, 2-3 pm**

Learn about the latest lifestyle guidelines from the American College of Cardiology for healthy blood pressure.

### **NEW** Eating For Our Age

**Wednesday, March 18, 2-3 pm**

With aging comes changes in our bodies' nutrient needs. This program reviews the reasons behind these changes and how to adapt our diets and lifestyle for this stage of life.

### **NEW** Eating For Healthy Blood Sugars, Pre-diabetes, Insulin Resistance/Sensitivity

**Wednesday, April 15, 2-3 pm**

Did you know that as our bodies age, they handle blood sugar differently than in the past? Do you know the healthy "A1c" for your age? Do you know the signs of low blood glucose? This program reviews the changes in older bodies that influence blood glucose, which vitamins or minerals may affect this, and the lifestyle to keep us healthy while managing our blood sugars.

### Eating For Healthy Bones

**Wednesday, May 20, 2-3 pm**

May is Osteoporosis Awareness Month. In this program, learn about bone cells and what lifestyle choices you can make to keep them healthy, the bioavailability of calcium, does eating an "alkaline diet" make a difference, and more!

### Eating For A Healthy Gut

**Wednesday, June 17, 2-3 pm**

Did you know that our intestines and our digestion change as we age? This program reviews the changes that normally occur with aging and offers tips on staying healthy while navigating these changes.







## VIRTUAL PROGRAMS

Livestreaming at the Aging Resource Center is available.

# Planning Ahead



## End of Life Café: A Time to Talk & Share

Third Thursday of each month, January to June  
2-3:30 pm

*Cynthia Stadler, APRN, MSN, CHPN*

Ever wonder where you can go to talk about end-of-life with other people struggling with 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 talking about these issues a little easier for you.

## **NEW** Making After-Death Decisions: A Caregiver Conversation

Friday, March 27, 10-11:30 am

*Lee Webster, BA*

When faced with the death of a loved one, making decisions about what will happen after the death occurs can be difficult for caregivers. We'll share tools and tips to help you and your family prepare to make the transition from caregivers to funeral consumers. Items we'll also cover include: what the law requires and how it can support you; what the process is and what the goals are for hiring professional help; partnering with other helpers and tapping into potential community resources; what things can be done differently to be more environmentally friendly; checklists, forms, and other aids; and how to ensure you got it right for yourself, your family, and your person.

## **NEW** AARP-Understanding Social Security and Medicare Benefits

Wednesday, April 22, 2-3:30 pm

*AARP volunteer*

This presentation provides a comprehensive overview of Social Security, including how it works, who is eligible, and the impact of claiming decisions. It aims to build attendees' confidence in making informed financial choices by exploring the implications of different claiming decisions and identifying available resources.

## Decluttering and Downsizing

Wednesdays, April 8 and 15 (2 sessions), 1:30-3 pm

*Lora Gerard, MPA*

Thinking of downsizing as preparation for a move or just to better enjoy your current space? Join us to learn basic strategies for reducing clutter or downsizing. We will discuss how to find time and stay motivated; how to make decisions about what to keep; and how to effectively use online resources to sell or give away unwanted items.

## Useful Tools for Life Planning

Thursdays, April 9 to 30 (4 sessions), 10 am-12 pm

*Jan Lord, Deborah Dworek, Lori Fortini, MEd, and Lora Gerard, MPA*

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

"I'm more informed about my options for end of life decisions and can begin to make more solid plans."

- Aging Resource Center participant





## Wednesday Dementia Caregiver Support Group

Wednesdays, January 7 to February 11 (6 meetings); March 4 to April 8 (6 meetings); May 6 to June 10-11:30 am or 2 to 3:30 pm.

*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 illness and runs in a series of consecutive weeks. 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.*

## Thursday Dementia Caregiver Support Group

Thursdays, January 8 to February 12 (6 meetings); March 5 to April 9 (6 meetings); May 7 to June 11 (6 meetings), 2-3:30 pm

*Kristina Ward, Dementia Program Specialist*

This caregiver support group is for those caring for someone with a dementia illness and runs in a series of consecutive weeks. 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.*

## SAVVY Caregiver

Tuesdays, January 6 to February 10 (6 sessions), 2-4 pm

*Kristina Ward, Dementia Program Specialist*

The Savvy Caregiver is a six-week evidence-based training program for caregivers who care for someone with Alzheimer's or related dementias. Caregivers will be encouraged to learn, develop and modify their strategies so they can accomplish their role of caregiving- which includes the contented

involvement of the person they care for. The program builds information and knowledge about the illness, developing skills to manage daily life, and fosters a different attitude towards caregiving.

## Savvy Meet Up

Fourth Tuesday of each month (except March), January, February, April, May, and June, 10-11:30 am

*Kristina Ward, Dementia Program Specialist*

Graduates of the Savvy Caregiver six-week program will meet monthly to connect and review skills learned from the program. Held on 4th Tuesday of each month.

## NEW Advance Directives for Dementia Care Partners

Tuesday, January 20, 10-11:30 am

*Lora Gerard, MPA*

Advance Directives determine who will speak for you about medical decisions when you are not able to speak for yourself, either for a short time or due to an ongoing health condition. These are vital documents for people living with dementia- but those caring for them should have these documents as well. This workshop will review Advance Directive documents and provide information on how to complete them. There will be opportunity to discuss some of the special issues that may arise for people who are caring for someone with dementia.

## NEW Dementia and Delirium: How to Tell the Difference

Tuesday, February 3, 10-11:30

*Samuel 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.







## VIRTUAL PROGRAMS

Livestreaming at the Aging Resource Center is available.

# Dementia CONTINUED



### **NEW** Supporting Loved Ones with Dementia and Vision Loss

Tuesday, March 24, 10-11:30 am

*Beth A. Daisy, MS OTR/L, CLVT, ATP, CAPS*

Join Beth Daisy, Adult Vision Rehabilitation Manager at Future In Sight for a practical and compassionate session designed for caregivers of individuals living with both dementia and vision loss. Drawing on her clinical experience as an occupational therapist and background in assistive technology, aging in place, and low vision rehabilitation, Beth will share actionable strategies to enhance safety, communication, and independence in the home.

### Treating Behavioral & Psychological Symptoms of Dementia

Tuesday, April 14, 10-11:30 am

*Brian Rosen, MD*

This talk will cover the numerous and varied behavioral and psychological symptoms of dementia (also referred to as neuropsychiatric symptoms). We will discuss the various medication and non-medication options for treatment, including newly approved treatments and possible future directions for treatment.

### **NEW** Why do I feel like this? Navigating “all the emotions” as a care partner

Tuesday, May 12, 10-11 am

*Meredith Kolodze, DSW, LICSW  
and Jackson Hathorn, MSW*

Being a care partner can be a difficult journey. We may struggle with challenging emotions like anger, sadness, or frustration, but feel like we cannot express those emotions to others. This workshop will give participants an opportunity to explore difficult emotions and to normalize that experience. Participants will leave with tools and resources to help them better navigate challenging emotions.

### **NEW** Relaxation Skills for Caregivers

Tuesday, June 16, 10-11:30 am

*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.

“This group is an invaluable resource. We all learn from each other. It is a place where I can freely express how I am feeling and receive empathy and understanding as well as help in how to respond to the challenges we are all faced with.”

- Aging Resource Center participant







### **NEW** “Navigating Around the Negatives” ... Sharing Skills for Being Happy Anyway!

Tuesdays, January 6 to February 24  
(8 sessions), 9-10:30 am

*Jeanne Childs, Board Certified Geriatric Chaplain*

The Golden Years can definitely throw kinks into our enjoyment of life. Navigating these issues can be irritating, scary, or downright daunting! This eight-week support group will allow you the space for sharing experiences. Just talking about your challenges can bring relief and help us all stay on the high side of joy and hope. You are cordially invited to join our connecting, sharing and uplifting group!

### Beginner Zentangle

Monday, January 12, 1-3 pm

*Lora Gerard, MPA, 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 the 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, 3:30-4:30 pm  
Third Wednesday of each month, 9:30-10:30 am

*Lora Gerard, MPA, 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 of the classes to build on your knowledge. Prior participation in “Beginner Zentangle” is required.

### Doing More of What’s Most Important

Thursdays, February 19 to March 26  
(6 sessions), 2-3:30 pm

*Courtney Stevens, PhD, Licensed Clinical Psychologist*

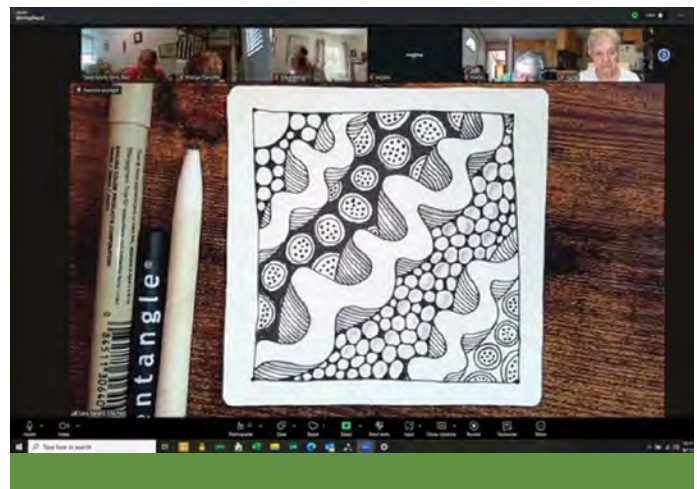
Join us each week for tips on how to spend your days doing more of what is most important to you. We will cover skills for deepening personal connections to daily activities to help you get more done and feel more satisfied and fulfilled with your time. These skills can also be used to help you increase or improve your daily health and emotional wellness routines. Discussions and activities will cover topics such as identifying and clarifying what matters most to you, tracking associations between what you do and how you feel, setting and keeping a schedule, and experimenting with new ways of doing familiar things.

### “YOU NEVER LISTEN”: How to Change Self-defeating Communication Patterns, Reduce Stress and Build Harmony in Relationships

Tuesdays, April 7 - May 26 (8 sessions),  
9-10:30am

*Jeanne Childs, Board Certified Clinical Geriatric Chaplain*

Humans yearn to be heard and understood. Yet, though we can speak, we may not know how to *communicate skillfully*. This course aims to develop these skills and enhance the health and happiness of the participants.







## VIRTUAL PROGRAMS

Livestreaming at the Aging Resource Center is available.

# Arts & Aging



## Morning Sing

**Mondays, January 5 to June 29, 9-10 am**

*Dave Richardson*

Start your week off singing! Join VT 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.

## Memoir Writing

**Wednesdays, February 4 to March 11 (6 sessions), 1-2:30 pm, Wednesdays, May 6 to June 10 (6 sessions), 1-2:30 pm**

*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.

## **NEW** Art with Kim-Still Life Drawing Intensive

**Tuesdays, March 3 and 10 (2 sessions), 10 am-12 pm**

*Kim Wenger Hall RYT-500*

In this focused series, we'll train the eye and hand through structured sketching drills. Starting with composition, major shapes, and form, we'll progress into contour, value, and contrast. Using pencils, graphite, or charcoal on large paper, most sessions will be quick studies—until the final class, when one sketch will be developed into a finished drawing.

## Food for Your Soul: Reading Poetry Together

**Second Friday of each month from January to June, 3-4 pm**

*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:

### Conversations about Art

**Third Friday of each month from January to May, 11 am-12 pm**

*Hood Museum Docent*

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 Dartmouth Health Arts Program.

*Registration before each meeting is required to receive the Zoom link.*

## Art with Kim- Imagination Exploration Abstract Watercolors

**Tuesdays, June 2 to 23 (4 Sessions), 10 am-12 pm**

*Kim Wenger Hall RYT-500*

Remember looking up into the sky and seeing animals in the clouds – the project is a bit like that. Reverse coloring involves drawing on pre-colored abstract paintings. It's a fun and easy way to unleash your creativity and reduce stress because you're not coloring in the lines; you're defining what you see within. We'll start by creating our own free-form watercolor backgrounds. Then, we'll use deep observation, imagination and fun drawing techniques to bring these abstract shapes to life, transforming them into recognizable objects or patterns.

**"I love everything and everyone who makes this possible and participates. Together we grow stronger and younger, in every way: mind, body, and spirit."**

**- Morning Sing program participant**







## Support Groups

### VIRTUAL PROGRAMS

Livestreaming at the Aging Resource Center is available.



### The Stroke Survivors' Support Group

First Friday of each month from January to June, 10-11:30 am

*Dartmouth Health Neurology Department*

A stroke can be a life-changing experience. Not just for the stroke survivor, but for the whole family. This monthly peer-to-peer group allows participants to share experiences and gain encouragement from others who are dealing with similar challenges. Stroke survivors of all ages, family members and caregivers are all invited to come to the group.

**"This event is very important to myself and my wife. We have developed so many new friends to stay connected with, have lunch with and receive a lot of moral support."**

**- Stroke Survivors' Support Group participant**

### 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 NH and VT as well as from all over the country or world.*

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

**- Virtual Participant**

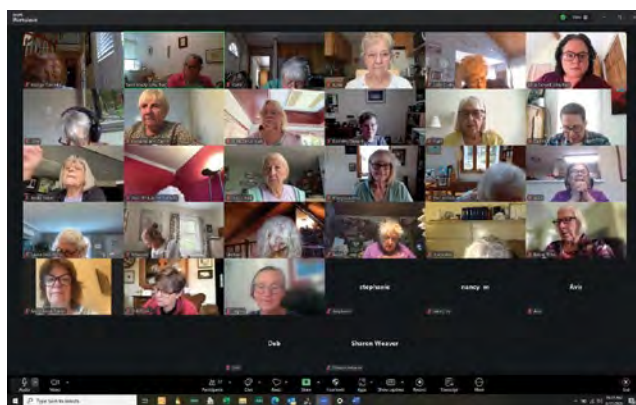
*Benefits of Live-streaming: if you cannot attend a virtual class from home, you may come to the Center and virtually attend a program on one of our computers.*

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

**- Live-Streaming Participant**

*"As a first time ZOOM participant, the video experience exceeded my expectations, and I thank all who contributed to making virtual programming possible."*

**- Virtual Participant**





# January 2026

No Sunday Events

MONDAY	TUESDAY	WEDNESDAY
		
<div>5</div> <div>  <b>Morning Sing</b> 9-10 am   Virtual         </div> <div>  <b>More Zentangle</b> 3:30-4:30 pm   Virtual         </div>	<div>6</div> <div>  <b>Navigating Around the Negatives</b> 9-10:30 pm   Virtual (8)         </div> <div>  <b>Gentle Yoga</b> 11-12 pm   Virtual (8)         </div> <div>  <b>Seated Yoga</b> 3:30-4 pm   Virtual (10)         </div> <div>  <b>Savvy Caregivers</b> 2-4 pm   Virtual (6)         </div>	<div>7</div> <div>  <b>Dementia Caregiver Support Group</b> 10-11:30 am   Virtual (6)         </div> <div>  <b>Dementia Caregiver Support Group</b> 2-3:30 am   Virtual (6)         </div>
<div>12</div> <div>  <b>Morning Sing</b> 9-10 am   Virtual         </div> <div>  <b>SAIL</b> 10:30-11:30 am In Person (2X week for 8 wks)         </div> <div>  <b>Beginner Zentangle</b> 1-3 pm   Virtual         </div>	<div>13</div> <div>  <b>Parkinson's Support Group</b> 2-3:30 pm   In Person         </div>	<div>14</div> <div>  <b>SAIL Alumni</b> 11:00 am-12:30 pm In Person (8)         </div> <div>  <b>Diabetes 101 Workshop</b> 1-2:30 pm   Virtual         </div>
<div>19</div> <div>  <b>Morning Sing</b> 9-10 am   Virtual         </div>	<div>20</div> <div>  <b>Advance Directives for Dementia</b> Care Partners 10-11:30 am   Virtual         </div>	<div>21</div> <div>  <b>More Zentangle</b> 9:30-10:30 am   Virtual         </div> <div>  <b>Nutrition Class</b> 2-3 pm   Virtual         </div>
<div>26</div> <div>  <b>Morning Sing</b> 9-10 am   Virtual         </div>	<div>27</div> <div>  <b>SAVVY Meet-up</b> 10-11:30 am   Virtual         </div>	<div>28</div> <div>  <b>Type 1 Diabetes Support Group</b> 1-2:30 pm   In Person         </div> <div>  <b>Parkinson's Workshop</b> 1-2:30 pm   Virtual         </div> <div>  <b>Type 2 Diabetes Support Group</b> 2:30-4 pm   In Person         </div>

Color &  
Icon Key:



Healthy  
Aging



Planning  
Ahead



Dementia



Technology



Mind  
and Spirit













Arts and  
Aging



Support  
Groups



All programs are free. Registration is required for all programs.  
Please call 603-653-3460, email [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org) or visit [dhaging.org](http://dhaging.org).

THURSDAY	FRIDAY	SATURDAY
1  New Year's Day Aging Resource Center Closed	2	3
8  <div>  <b>Living with Chronic Conditions</b> 12:30-3 pm   Virtual (6) </div> <div>  <b>Dementia Caregiver Support Group</b> 2-3:30 pm   Virtual (6) </div>	9  <div>  <b><u>Ukulele Lessons</u></b> 1-3 pm   In Person </div> <div>  <b>Food for Your Soul</b> 3-4 pm   Virtual </div>	10  <div>  <b><u>Memory Café</u></b> 10:30-12:30 pm   In Person </div>
15  <div>  <b>SAIL 10:30-11:30 am</b> In Person (2X week for 8 wks) </div>	16  <div>  <b>Learning to Look</b> 11 am- 12 pm   Virtual </div>	17
22	23  <div>  <b><u>Ukulele Lessons</u></b> 1-3 pm   In Person </div> <div>  <b><u>Art in Focus</u></b> 1-3 pm   In Person </div> <div>  <b><u>Drop-In Ukulele Jam</u></b> 3-4:30 pm   In Person </div>	24
29	30	31

In-Person programs are labeled and underlined. Colors match the focus areas in the booklet.

**Registration is required before the first class for classes that are part of a series, please check listings for more information.**



# February 2026

No Sunday Events

MONDAY	TUESDAY	WEDNESDAY
<p>2</p> <p> <b>Morning Sing</b> 9-10 am   Virtual</p> <p> <b>More Zentangle</b> 3:30-4:30 pm   Virtual</p>	<p>3</p> <p> <b>Advance Directives for Dementia</b> Care Partners 10-11:30 am   Virtual</p>	<p>4</p> <p> <b>Memoir Writing</b> 1-2:30 pm   Virtual (6)</p>
<p>9</p> <p> <b>Morning Sing</b> 9-10 am   Virtual</p>	<p>10</p> <p> <b>Parkinson's Support Group</b> 2-3:30 pm   In Person</p>	<p>11</p> <p> <b>Diabetes 101 Workshop</b> 1-2:30 pm   Virtual</p>
<p>16</p> <p> <b>Morning Sing</b> 9-10 am   Virtual</p> <p> <b>Matter of Balance</b>   11-3 pm Virtual (2x week for 4 weeks)</p>	<p>17</p>	<p>18</p> <p> <b>More Zentangle</b> 9:30-10:30 am   Virtual</p> <p> <b>Matter of Balance</b>   1-3 pm Virtual (2x week for 4 weeks)</p> <p> <b>Nutrition Class</b> 2-3 pm   Virtual</p>
<p>23</p> <p> <b>Morning Sing</b> 9-10 am   Virtual</p>	<p>24</p> <p> <b>Savvy Meet-up</b> 10-11:30 am   Virtual</p>	<p>25</p> <p> <b>Parkinson's Workshop</b> 1-2:30 pm   Virtual</p>

Color &  
Icon Key:



Healthy  
Aging



Planning  
Ahead



Dementia



Technology



Mind  
and Spirit





Arts and  
Aging



Support  
Groups



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THURSDAY	FRIDAY	SATURDAY
5  <b>Singing Workshop</b> 1-2:30 pm   Virtual (5)	6	7
12	13  <b>Tour of Dartmouth Greenhouse</b> 1-3 pm   In Person  <b><u>1:1 Ukulele Lessons</u></b> 1-3 pm   In Person  <b>Food for Your Soul</b> 3-4 pm   Virtual	14  <b>Memory Café</b> 10:30-12:30 pm   In Person
19  <b>Doing More of What's Important</b> 2-3:30 pm   Virtual (6)	20  <b>Learning to Look</b> 11 am- 12 pm   Virtual	21
26	27  <b><u>1:1 Ukulele Lessons</u></b> 1-3 pm   In Person  <b><u>Drop-In Ukulele Jam</u></b> 3-4:30 pm   In Person	28

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# March 2026

No Sunday Events

MONDAY	TUESDAY	WEDNESDAY
<p>2</p> <p> <b>Morning Sing</b> 9-10 am   Virtual</p> <p> <b>More Zentangle</b> 3:30-4:30 pm   Virtual</p>	<p>3</p> <p> <b>Art with Kim</b> 10-12 pm   Virtual</p>	<p>4</p> <p> <b>Dementia Caregiver Support Group</b> 10-11:30 am   Virtual (6)</p> <p> <b>Dementia Caregiver Support Group</b> 2-3:30 am   Virtual (6)</p>
<p>9</p> <p> <b>Morning Sing</b> 9-10 am   Virtual</p> <p> <b>What to Know about Sleep</b> 10-10:30 am   Virtual (2)</p>	<p>10</p> <p> <b>Art with Kim</b> 10-12 pm   Virtual</p> <p> <b>Parkinson's Support Group</b> 2-3:30 pm   In Person</p>	<p>11</p> <p> <b>Diabetes 101 Workshop</b> 1-2:30 pm   Virtual</p>
<p>16</p> <p> <b>Morning Sing</b> 9-10 am   Virtual</p> <p> <b>Trip to Tomapo Farm</b> 1-3 pm   In Person</p>	<p>17</p>	<p>18</p> <p> <b>More Zentangle</b> 9:30-10:30 am   Virtual</p> <p> <b>Nutrition Class</b> 2-3 pm   Virtual</p>
<p>23</p> <p> <b>Morning Sing</b> 9-10 am   Virtual</p> <p> <b>Chair Dancing</b> 1:30-2:30 pm   In Person</p>	<p>24</p> <p> <b>Dementia and Vision Loss</b> 10-10:30 am   Virtual</p>	<p>25</p> <p> <b>Type 1 Diabetes Support Group</b> 1-2:30 pm   In Person</p> <p> <b>Parkinson's Workshop</b> 1-2:30 pm   Virtual</p> <p> <b>Type 2 Diabetes Support Group</b> 2:30-4 pm   In Person</p>
<p>30</p> <p> <b>Morning Sing</b> 9-10 am   Virtual</p>	<p>31</p> <p> <b>Gentle Yoga</b> 11-12 pm   Virtual (8)</p> <p> <b>Seated Yoga</b> 3:30-4 pm   Virtual (10)</p>	

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Icon Key:





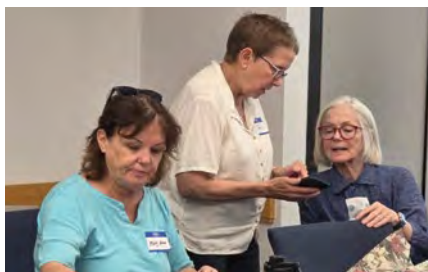











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THURSDAY	FRIDAY	SATURDAY
5  <b>Dementia Caregiver Support Group</b> 2-3:30 pm   Virtual (6)	6  <b>Normal vs Not Cognitive Function</b> 1-3 pm   Virtual	7
12	13  <b><u>1:1 Ukulele Lessons</u></b> 1-3 pm   In Person  <b>Food for Your Soul</b> 3-4 pm   Virtual	14
19  <b><u>Climate Change and Aging</u></b> 10-11:30 am   In Person	20  <b>Learning to Look</b> 11 am- 12 pm   Virtual	21
26	27  <b>Making After Death Decisions</b> 10-11:30 am   Virtual  <b><u>1:1 Ukulele Lessons</u></b> 1-3 pm   In Person  <b><u>Drop-In Ukulele Jam</u></b> 3-4:30 pm   In Person	28
		

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**Registration is required before the first class for classes that are part of a series, please check listings for more information.**



MONDAY	TUESDAY	WEDNESDAY
		1
6	7	8
 <b>Morning Sing</b> 9-10 am   Virtual	 <b>"You Never Listen"</b> 9-10:30 am   Virtual (8)	 <b>SAIL Alumni</b> 11:00 am-12:30 pm In Person (8)
 <b>SAIL</b> 10:30-11:30 am In Person (2x week for 8 wks)		 <b>Diabetes 101 Workshop</b> 1-2:30 pm   Virtual
 <b>More Zentangle</b> 3:30-4:30 pm   Virtual		 <b>Planning Ahead</b> 1:30-3 pm   Virtual (2)
13	14	15
 <b>Morning Sing</b> 9-10 am   Virtual	 <b>Behavioral and Psych Symptoms</b> 10-11:30 am   Virtual	 <b>More Zentangle</b> 9:30-10:30 am   Virtual
<b>Spring Open House &amp; Art Show</b> 1-4 pm   In Person	 <b>Parkinson's Support Group</b> 2-3:30 pm   In Person	 <b>Nutrition Class</b> 2-3 pm   Virtual
20	21	22
 <b>Morning Sing</b> 9-10 am   Virtual		 <b>Parkinson's Workshop</b> 1-2:30 pm   Virtual
		 <b>AARP - Social Security Benefits</b> 2-3:30 pm   Virtual
27	28	29
 <b>Morning Sing</b> 9-10 am   Virtual	 <b>Savvy Meet-up</b> 10-11:30 am   Virtual	 <b>Men's Health</b> 10-11:30 am   In Person
 <b>Chair Dancing</b> 1:30-2:30 pm   In Person		

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Icon Key:





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THURSDAY	FRIDAY	SATURDAY
2  <b>AARP – Social Security Benefits</b> 2-3:30 pm   Virtual	3  <b><u>AARP – Introduction to AI</u></b> 10-11:30 pm   In Person	4
9  <b>Useful Tools for Life Planning</b> 10 am-12 pm   Virtual (4)  <b><u>SAIL</u></b> 10:30 am -11:30 am In Person (2x week for 8 wks)	10  <b><u>1:1 Ukulele Lessons</u></b> 1-3 pm   In Person  <b>Food for Your Soul</b> 3-4 pm   Virtual	11
16	17  <b>Learning to Look</b> 11 am- 12 pm   Virtual	18
23	24  <b><u>Ukulele Lessons</u></b> 1-3 pm   In Person  <b><u>Art in Focus</u></b> 1-3 pm   In Person  <b><u>Drop-In Ukulele Jam</u></b> 3-4:30 pm   In Person	25
30	31	

In-Person programs are labeled and underlined. Colors match the focus areas in the booklet.

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MONDAY	TUESDAY	WEDNESDAY
		
4	5	6
 <b>Morning Sing</b> 9-10 am   Virtual		 <b>Dementia Caregiver Support Group</b> 10-11:30 am   Virtual (6)
 <b>More Zentangle</b> 3:30-4:30 pm   Virtual		 <b>Memoir Writing</b> 1-2:30 pm   Virtual (6)
		 <b>Dementia Caregiver Support Group</b> 2-3:30 am   Virtual (6)
11	12	13
 <b>Morning Sing</b> 9-10 am   Virtual	 <b>Why Do I Feel Like This?</b> 10-11:30 am   Virtual	 <b>Diabetes 101 Workshop</b> 1-2:30 pm   Virtual
	 <b>Parkinson's Support Group</b> 2-3:30 pm   In Person	
18	19	20
 <b>Morning Sing</b> 9-10 am   Virtual		 <b>More Zentangle</b> 9:30-10:30 am   Virtual
 <b>Chair Dancing</b> 1:30-2:30 pm   In Person		 <b>Nutrition Class</b> 2-3 pm   Virtual
25	26	27
Memorial Day - Aging Resource Center Closed	 <b>Savvy Meet-up</b> 10-11:30 am   Virtual	 <b>Type 1 Diabetes Support Group</b> 1-2:30 pm   In Person
		 <b>Parkinson's Workshop</b> 1-2:30 pm   Virtual
		 <b>Type 2 Diabetes Support Group</b> 2:30-4 pm   In Person

Color &  
Icon Key:





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THURSDAY	FRIDAY	SATURDAY
	1  <u>Keep on your Toes</u> 11-12 pm   In Person	2
7  <u>Dementia Caregiver Support Group</u> 2-3:30 pm   Virtual (6)	8  <u>Flower Pictures with Mary Smith</u> 1-3 pm   In Person  <u>1:1 Ukulele Lessons</u> 1-3 pm   In Person  <u>Food for Your Soul</u> 3-4 pm   Virtual	9
14	15  <u>Learning to Look</u> 11 am- 12 pm   Virtual	16
21	22  <u>1:1 Ukulele Lessons</u> 1-3 pm   In Person  <u>Drop-In Ukulele Jam</u> 3-4:30 pm   In Person	23
28	29  <u>AARP-Streaming &amp; Smart TVs</u> 10-11:30 am   In Person  <u>Trip to Castle in the Clouds</u> 1-3 pm   In Person  <u>Dental Care for Caregivers</u> 3-4:30 pm   In Person	30







In-Person programs are labeled and underlined. Colors match the focus areas in the booklet.

**Registration is required before the first class for classes that are part of a series, please check listings for more information.**



# June 2026

No Sunday Events


MONDAY	TUESDAY	WEDNESDAY
1  <b>Morning Sing</b> 9-10 am   Virtual  <b>More Zentangle</b> 3:30-4:30 pm   Virtual	2  <b>Art with Kim</b> 10-12 pm   Virtual (4)	3  <b>AARP-Be Red Cross Ready</b> 10-11:30 am   In Person
8  <b>Morning Sing</b> 9-10 am   Virtual	9  <b>Parkinson's Support Group</b> 2-3:30 pm   In Person	10  <b>Diabetes 101 Workshop</b> 1-2:30 pm   Virtual
15  <b>Morning Sing</b> 9-10 am   Virtual	16  <b>Relaxation Skills for Caregivers</b> 10-11:30 am   Virtual	17  <b>More Zentangle</b> 9:30-10:30 am   Virtual  <b>Nutrition Class</b> 2-3 pm   Virtual
22  <b>Morning Sing</b> 9-10 am   Virtual  <b>Chair Dancing</b> 1:30-2:30 pm   In Person	23  <b>Savvy Meet-up</b> 10-11:30 am   Virtual	24  <b>Parkinson's Workshop</b> 1-2:30 pm   Virtual
29  <b>Morning Sing</b> 9-10 am   Virtual	30	

Color &  
Icon Key:





All programs are free. Registration is required for all programs.  
Please call 603-653-3460, email [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org) or visit [dhaging.org](http://dhaging.org).

THURSDAY	FRIDAY	SATURDAY
4	5	6
11	12	13
	<div>  <b>AARP-Managing Your Privacy</b> 10-11:30 am   In Person         </div> <div>  <b><u>1:1 Ukulele Lessons</u></b> 1-3 pm   In Person         </div> <div>  <b>Food for Your Soul</b> 3-4 pm   Virtual         </div>	
18	19	20
25	26	27
	<div>  <b><u>Trip to Full Circle Farm</u></b> 1-3 pm   In Person         </div> <div>  <b><u>1:1 Ukulele Lessons</u></b> 1-3 pm   In Person         </div> <div>  <b><u>Drop-In Ukulele Jam</u></b> 3-4:30 pm   In Person         </div>	
		

In-Person programs are labeled and underlined. Colors match the focus areas in the booklet.

**Registration is required before the first class for classes that are part of a series, please check listings for more information.**





# Spring Open House And Art Show

**Monday, April 13th, 2026  
1:00 PM to 4:00 PM**

We Invite you to visit our Center to meet our staff, view artwork, interact with the artists for the senior Art Class at AVA Gallery, and the connect with fellow art enthusiasts.

Join us for the enriching experience!

*[dhaging.org](http://dhaging.org) | [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org) | 603-653-3460*

## 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)**



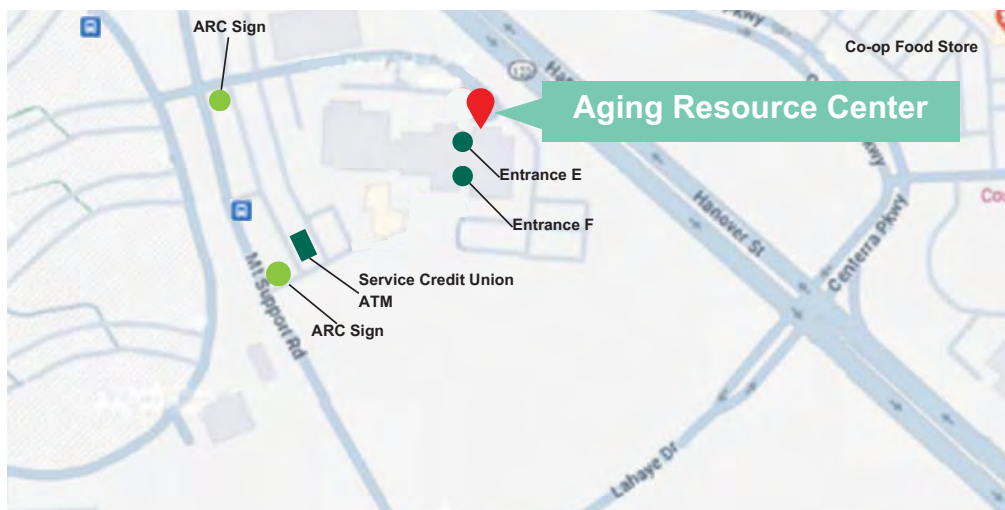


Colburn Hill, Entrance E, 444 Mount Support Road, Lebanon, NH 03766  
603-653-3460 | [dhaging.org](http://dhaging.org) | [AgingCenter@hitchcock.org](mailto:AgingCenter@hitchcock.org)

## 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

Presort First Class  
U.S. Postage  
**PAID**  
Wht Riv Jct, VT  
Permit No. 73

*All our programs are free of charge and open to the public.*

**You do not need to be a Dartmouth Health Patient to attend.**

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



The Aging Resource Center is part of the Geriatric Center of Excellence (GCOE)

The mission of the GCOE is to advance vital aging and the highest quality of life for older adults. The GCOE conducts wellness research, collaborates with health care teams and community groups, and provides education for health care professionals and the public.

Please visit the GCOE website at <https://www.dartmouth-health.org/geriatric> for more information.