

Late Summer and Fall 2015

REGISTRATION ESSENTIAL - community@iona.org (scholarships available)

Classes Starting in Fall

SEPTEMBER

Eat Well/Move Well – "Go4Life"

Wednesdays - September 9, 16, 23, 30

3pm - 5pm

4 sessions - \$80

This series will follow the inspirational Go4Life "National Fitness Month" program and includes field trips and team motivation. First and last sessions at Iona. All other sessions held at a Smithsonian Museum on the Mall, farmers market and a community center. Schedule upon registration.

OCTOBER

Mindful Living

Thursdays - October 1, 8, 15, 22, 29

6.30pm - 8.30pm

5 sessions - \$125

The Mindful Living series will explore a range of healthy aging approaches to wellness, community, purpose-filled living, and practical life-style choices. The series has a friendly, socially interactive approach that encourages shared wisdom and supportive group camaraderie.

OCTOBER/NOVEMBER/DECEMBER

Wellness Check-ins

Tuesdays - October 6, 13, 20, 27 + November 3, 10, 17, 24 +
December 1, 8, 15, 22, 29

2.30pm - 4.30pm

13 sessions - \$260

This weekly supportive group utilizes the latest NIH Go4Life exercise and fitness tools and inspiring Oldways Mediterranean eating planner. Combined with Iona's Nutritionist and Physical Therapy guest speakers plus peer wisdom this series will motivate healthy lifestyle throughout the holidays. Publications included in cost of series.



Phillip Gelman

NOVEMBER/DECEMBER

TCAW - Take Charge of Your Aging 101

Thursdays - November 5, 12, 19 + December 3, 10, 17

4pm - 6pm

6 sessions - \$150

Participants will learn how to navigate the opportunities and challenges of aging through presentations by aging-in-community specialists. The specialists offer expert advice, wellness coaching, guidance on critical decision-making, and planning for the future.

DECEMBER

TCAW - LGBT, Take Charge of Your Aging

Wednesdays - December 9, 16, 23, 30

3.30pm - 5.30pm

4 sessions - \$100

Research has shown the LGBT community is more likely to live alone as they age. Some feel that they have to hide their sexual orientation out of fear of discrimination. This series will provide successful LGBT aging guidance and inspiration on: long term housing, legal, financial and lifestyle choices.



New - Women's Health and Wellness group

This women's only discussion group will explore in a private setting our intimate lives and how they evolve as we age. The first session will also feature the wonderful short documentary:

Still Doing It: The Intimate Lives of Women Over 65

<http://stilldoingit.com/filmsyn.html>

Each session will foster hearty conversations and thoughtful reflection on our physical, emotional and spiritual lives.



"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."
Maya Angelou

Sessions: Thursdays - September 17, 24 and
October 1, 8, 15

3pm to 5pm

5 sessions - \$100