

SEPTEMBER 2019 SEMINARS

“Senior Frenzy”

Wednesday, Sept 4, 1:00 pm

Susan Winters Smith, Enfield writer and self-publisher, will tell you about her 7th book, SENIOR FRENZY. This is a non-fiction humor book for senior citizens. We need to laugh at ourselves and the changing world we live in, with all of our struggles in finding clothes to wear, healthy food that we can enjoy, fun things to do, and ways to cope with our complex medical system and the new technology. Come and have some laughs. www.wintersmithbooks.com

Breathe Easy!

Wednesday, Sept 25, 1:00 pm

Presented by Chris Reimann Respiratory Therapist

Join CareOne at Redstone for delicious Apple Pie and Ice cream and learn about tips to help prevent respiratory illnesses during the year. Register at the office.

Medicare Plans Workshop

Wednesday, Sept 25, 1:00 pm

Presented by Stateline Senior Services

Join Stateline Senior Services and learn about Aetna’s Medicare advantage plan. We will be discussing your options; original Medicare vs Medicare advantage plans, Part D & the donut hole as well as the Medicare Savings Plan. Find out if you qualify for reduced premiums and prescription copays. Stateline Senior Services, LLC. is in Somers CT and has been serving the senior community for 18 years.

