



Mark your Calendars! First Tuesday of Each Month

SENIOR SAFETY SERIES

Via Linda Senior Center
10-11:30 am
Room 5

- ✓ Sept. 3 - Fall and Fire Prevention - Home Safe Home
- ✓ Oct. 1 - Caring for Someone with Dementia (Pt. 1)
- ✓ Nov. 5 - Caring for Someone with Dementia (Pt. 2)
- ✓ Dec. 3 - Caring for Someone with Parkinson's
- ✓ Jan. 7 - Living at Home Safely
- ✓ Feb. 4 - Palliative Care
- ✓ March 4 - Maintaining Quality of Life
- ✓ April 1 - Staying Home Safely (Veterans)
- ✓ May 6 - Get the Most from your Doctor Visit
- ✓ June 3 - Exercise at Home

**Brought to you by Scottsdale Fire Department,
Senior Helpers and HonorHealth**

Refreshments sponsored by Tiffany Milby, West USA Realty,
Seniors Real Estate Specialist®

WWW.ScottsdaleFD.com, search Home Safe Home * HSH@Scottsdaleaz.gov * 480-312-1817





Mark your Calendars!

SENIOR SAFETY SERIES

Granite Reef Senior Center
10-11:30 am
Room 10

- ✓ Sept. 16 - Fall and Fire Prevention - Home Safe Home
- ✓ Oct. 21 - Caring for Someone with Dementia (Pt. 1)
- ✓ Nov. 18 - Caring for Someone with Dementia (Pt. 2)
- ✓ Dec. 16 - Caring for Someone with Parkinson's
- ✓ Jan. 27 - Living at Home Safely
- ✓ Feb. 24 - Palliative Care
- ✓ March 17 - Maintaining Quality of Life
- ✓ April 21 - Staying Home Safely (Veterans)
- ✓ May 19 - Get the Most from your Doctor Visit
- ✓ June 16 - Exercise at Home

**Brought to you by Scottsdale Fire Department,
Senior Helpers and HonorHealth**

Refreshments sponsored by Tiffany Milby, West USA Realty,
Seniors Real Estate Specialist®



WWW.ScottsdaleFD.com, search Home Safe Home * HSH@Scottsdaleaz.gov * 480-312-1817