

Mark your Calendars! First Tuesday of Each Month

## SENIOR SAFETY SERIES

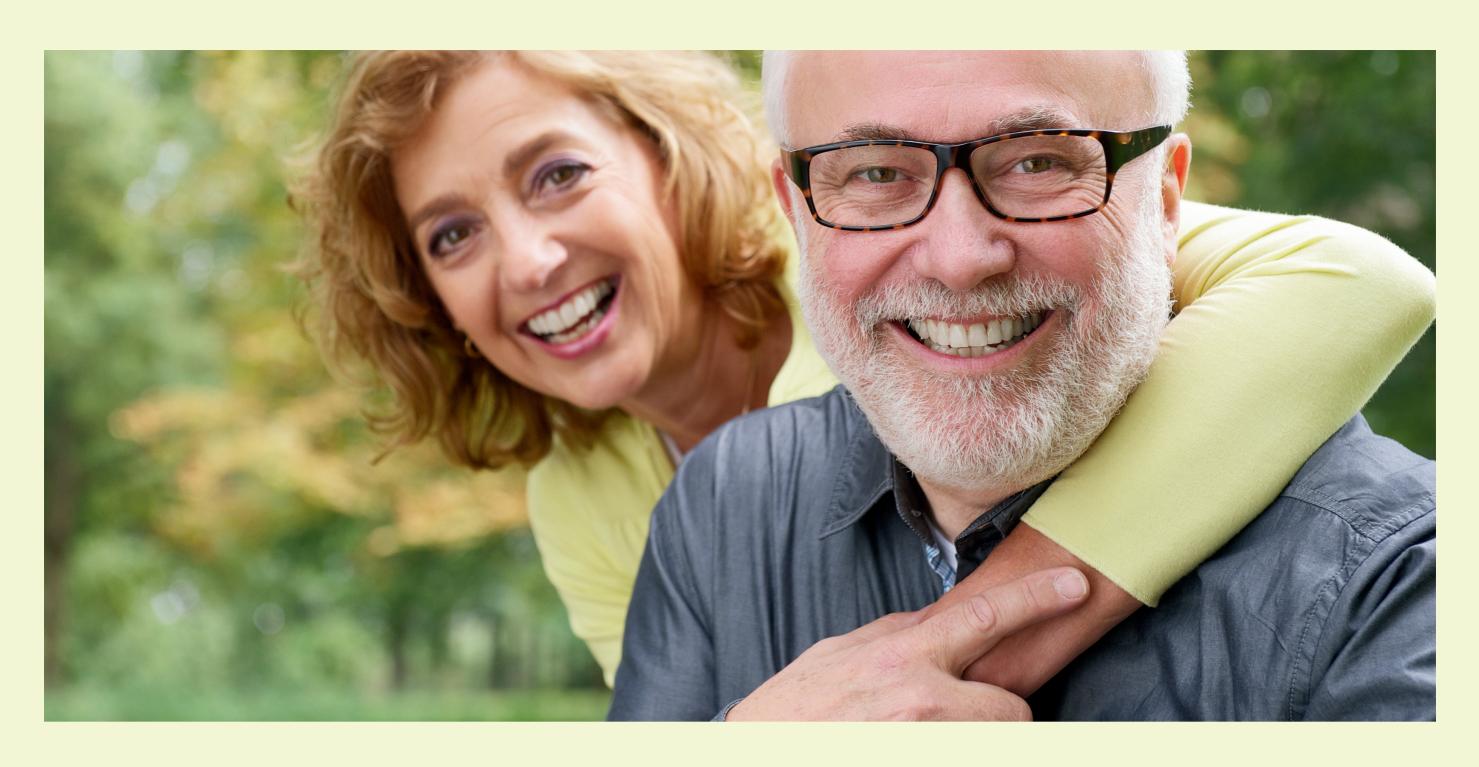
**Via Linda Senior Center** 10-11:30 am Room 5

- 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®





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## SENIOR SAFETY **Granite Reef Senior Center** SERIES

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

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