



Aging Mastery Program®

National Council on Aging

Join the adventure!

*Be a part of a unique program
about how to age well.*



The Aging Mastery Program encourages mastery — developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

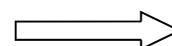
*For 10 weeks beginning on Wednesday January 17
enjoy a delicious lunch and an educational program where you can:*

- Learn how to make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- Make new friends, provide support and encouragement to your peers, and become more involved in your community.
- Earn rewards and prizes for taking small steps that can improve your well-being.

**Place: Watervliet Senior Center
1501 Broadway
Watervliet, NY**

Date(s): January 17-March 21, 2018 12-2pm

***For more information or to register, please call Kathy at 518-273-4422
Limited spots available -Sign Up Now!***



1/17 Navigating Longer Lives: The Basics of Aging Mastery: Introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, and quality of life. ** 1st Survey

1/24 Exercise and You: Discussion of the importance of exercising both the mind and body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines

1/31 Sleep: Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.

2/7 Healthy Eating and Hydration: Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines.

2/14 Medication Management: Best practices covering how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.

2/21 Financial Fitness: Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families.

2/28 Advance Planning: Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.

3/7 Healthy Relationships: Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.

3/14 Fall Prevention: Overview of the importance of falls prevention among older adults, and strategies to prevent falling.

3/21 Community Engagement: Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities. Graduation ceremony. ** 2nd survey

- *Must attend at least 8 classes to “graduate”*