

June – July – August 2019 Senior Circle Schedule

Registration required for all events, please call (260) 425-3087.

This phone number rings at both Senior Circle locations (St. Joseph Hospital and Georgetown).

HEALTH SCREENINGS & INFORMATION

Lab Blood Draws

- Tuesdays, June 25 & Aug 27, 8:15–9 a.m.
- **MD Imaging, 801 W. Main Street (corner of Main & Van Buren)** - location may change

Comprehensive Metabolic Panel (12-hour fast required)

The comprehensive metabolic panel blood draw includes calcium, carbon dioxide, chloride, creatinine, glucose, alkaline phosphatase, potassium, total protein, sodium SGPT, SGOT and BUN.

- Cost: \$25 cash or check only (no credit or debit cards)

Lipid Profile (12-hour fast required)

The Lipid profile includes total cholesterol, HDL, triglycerides, LDL and cholesterol HDL ratio. Twelve-hour fast required.

- Cost: \$25 cash or check only (no credit or debit cards)

Hemoglobin A1C (non-fasting)

The A1C test reflects your average blood sugar level for the past two to three months. Specifically, it measures what percentage of your hemoglobin—a protein in red blood cells that carries oxygen—is coated with sugar (glycated). The higher your A1C level, the poorer your blood sugar control and the higher your risk of diabetes complications.

- Cost: \$20 cash or check only (no credit or debit cards)

Vitamin D Screening (non-fasting)

Lack of exposure to the sun and a limited intake of food rich in Vitamin D are a couple of reasons for Vitamin D deficiency. This deficiency can cause a variety of conditions, so don't miss the screening.

- Cost: \$50 cash or check only (no credit or debit cards)

Thyroid/TSH (non-fasting)

The thyroid gland helps control your metabolism and can affect your heart, brain, liver, kidney and skin. This screening helps determine if your thyroid is functioning properly.

- Cost: \$30 cash or check only (no credit or debit cards)

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Free Hearing Screening

Fort Wayne Audiology Center staff conduct hearing screenings, check for ear wax, clean hearing aids and assist with minor hearing aid repairs—all FREE in the Senior Circle office.

St. Joseph Hospital, Medical Office Bldg, 800 Broadway, Ste 100, Senior Circle office

- Tuesdays, June 18, July 16 & Aug 20, appointments available 9:30–11:00 a.m.

Georgetown, 6505 E State Blvd, Senior Circle office

- Tuesdays, June 11, July 9 & Aug 13, appointments available 9:30–11:00 a.m.

Foot Care Clinic

Janet and Linda from Lincoln Pedic will be coming to our Georgetown office to trim toenails and file calluses.

- Cost: \$24 cash or check (no credit or debit cards)

Georgetown, 6505 E State Blvd, Senior Circle office

- **Morning appointments**

- June 14, July 12 & Aug 2

- **Afternoon appointments**

- June 18, July 16 & Aug 20

Wellness Series

Diabetes Support Group

This support group provides a great opportunity to spend time with people who are living with diabetes. They discuss a variety of topics throughout the year, with plenty of time for questions each session. Feel free to bring a support person with you.

- Every 3rd Thursday of the month, 1:30-2:30 p.m.
- June 20 – Dealing with Diabetes Burnout
- July 18 – Diabetes Medications
- August 15 – Checking Blood Sugars – Bring your log books!
- St. Joseph Hospital Conference room (Come through the front doors of the hospital and meet in the lobby. The instructor will walk with the group to the location.)
- Questions? Call Debbie Harvey, RN, BSN, CDE, at (260) 425-3393

SOCIAL ACTIVITIES

Senior Circle Stitchers

- Wednesdays, June 5 & 19, July 3 & 17 and Aug 7 & 21, from 1–3:30 p.m.
- ***St. Joseph Hospital, Medical Office Bldg, 800 Broadway, Ste 100, Senior Circle office***

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Bingo – RSVP by the Friday before

Enjoy an afternoon of playing bingo! Bring a few prizes with you.

St. Joseph Hospital, Medical Office Bldg., 800 Broadway, Ste. 100, Senior Circle office

- Tuesday, June 4, 2–3 p.m. (register by June 1)
- Tuesday, July 9, 2–3 p.m. (register by July 3)
- Tuesday, Aug 13, 2-3 p.m. (register by Aug 9)

Georgetown, 6505 E State Blvd, Senior Circle office

- Thursday, June 20, 11 a.m.–12 p.m. (register by June 18)
- Thursday, July 18, 11 a.m.–12 p.m. (register by July 16)
- Thursday, Aug 22, 11 a.m.–12 p.m. (register by Aug 22)

Creative Canvas Painting Classes

Carl Mosher, artist and painting instructor, teaches step-by-step painting to anyone who wants to learn. Even if you’ve never painted before, you can tap into your artistic talents with Carl’s help. All supplies are provided and participants leave class with a finished painting.

- \$25 cash or check (no credit or debit cards)
- ***St. Joseph Hospital, Medical Office Bldg, 800 Broadway, Ste 100, Senior Circle office***
- Reservation required

Swampy Egret

- Friday, June 28, 12–4 p.m. (register by June 25)

Alpine Meadow

- Friday, July 26, 12–4 p.m. (register by July 18)

Macaw

- Friday, Aug 23, 12–4 p.m. (register by Aug 20)



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EXPERT ASSISTANCE

Legal Counseling

An elder law attorney from Beers, Mallers, Backs and Salin will provide a free 20-minute elder law-related consultation for asset preservation planning; Medicaid planning; nursing home, assisted living and in-home services planning; VA pension/benefits; wills; trust; Power of Attorney; guardianship and estate planning.

- Fridays, June 14, July 12 & Aug 9, 1–2 p.m.
- ***St. Joseph Hospital, Medical Office Bldg, 800 Broadway, Ste 100, Senior Circle office***

EXERCISE & FITNESS

Walking at Spiece

Enjoy free walking privileges at Spiece after showing your membership card. The track is 1/9th of a mile and indoors to keep you warm in the winter and cool in the summer. ***Please note:*** Spiece may have a new landlord in the near future at which time both parties would need to reevaluate the partnership. But, for now, this arrangement is still in place.

- 5310 Merchandise Dr. (off Lima Road, south of I-69 exit 311A)

Chair Exercise Class

Tony Sanchez, cardiopulmonary rehab and wellness gym coordinator at St. Joseph Hospital will be having a 45-minute chair exercise class which will focus on balance, strength, range of motion and cardio at our Georgetown location.

- Tuesday, June 11, 1 p.m. (register by June 6)
- Tuesday, June 25, 1 p.m. (register by June 20)
- ***Georgetown, 6505 E State Blvd, Senior Circle office***
- Cost \$1
- Space is limited



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Circle Swimmers

Aqua fitness improves circulation, burns calories and is easier on your joints than some other forms of exercise. It also increases flexibility, range of motion and energy levels. Participants must be able to enter and exit the pool independently.

- Six-week sessions: June 3 to July 11 and July 22 to Aug 29
- Cost: \$54/six-week session
- Call (260) 425-3087 to register

On Fort Wayne Orthopedics Campus

- Mondays & Wednesdays, 12:15–1 p.m.
- Tuesdays & Thursdays, 12:15–1 p.m.
- ***The Orthopedic Hospital, Fort Wayne Orthopedics campus, 7601 W. Jefferson Blvd, outpatient rehab suite 102***

Wellness Center at St. Joseph Hospital

The Wellness Center has treadmills, recumbent bikes, upright bikes, steppers, ellipticals and resistance equipment. A healthcare professional will monitor your blood pressure, heart rate and oxygen saturation. For an appointment and special Senior Circle pricing, call (260) 425-3208. Be sure to tell them that you are a Senior Circle member.

DISCOUNT

Fort Wayne Children's Zoo

15% Discount on one day passes for Senior Circle members and their families. Online only. Discount does not apply to season passes. Valid 365 days from purchase date. The zoo will NOT accept your Senior Circle card at the gate; You must have a pre-printed ticket.

- Adults ages 19-61: \$12.75 (normally \$15)
- Children ages 2–18: \$8.50 (normally \$10)
- Seniors ages 62+: \$10.20 (normally \$12)

To purchase tickets:

1. Go to LutheranHealth.net/SeniorCircle.
2. Click on "purchase zoo tickets".
3. Enter your 9-digit member number (found on your Senior Circle membership card).
4. For password, type "SCMember".
5. Purchase tickets using a credit card.
6. Print your e-tickets to use as your admission pass.

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TRAVEL, TRIPS & TOURS

We're partnering with the Whitley County Council on Aging for fun excursions.

- Make checks payable to WCCOA and send to:
 - WCCOA, 710 Opportunity Dr., Columbia City, IN 46725
- Questions? Call Darlene Bockelman at (260) 248-8944
- Please consult with WCCOA regarding cancellation policy prior to making reservation.

The Buddy Holly Story

- July 24
- Travel to Indianapolis to the beautiful Beef and Boards Theatre for a delicious buffet lunch and enjoy the show.
- Cost: \$122 with \$25 deposit due by June 20 and final payment due by July 15.
- We will leave Fort Wayne at 8:45 a.m. We'll be back in Fort Wayne by 6:00 p.m.

Wine and Chocolates

- Aug 22
- Visit Ghyslain Confectionary and Abbott's Candies as well as two popular Central Indiana wineries. Lunch will be at The Chocolate Moose in Farmland.
- Cost: \$130 with \$35 deposit due by June 30 and final payment due by Aug 1.

Mystery Tour

- Sept 18
- Take a one-day trip to... oh, yeah, that's part of the secret.
- Cost: \$125 with \$25 deposit due by Aug 10 and final payment due by Sept 8.