

March-April-May 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 March 26, April 23, & May 28, 8:15–9 a.m.
- **MD Imaging, 801 W. Main Street (corner of Main & Van Buren)**
- Appointment required

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)

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

- Tuesday, March 19, April 16 & May 21 9:30–11:00 a.m.

Georgetown, 6505 E State Blvd, Senior Circle office

- Tuesday, April 9 & May 14, 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***
- Appointment required
- Morning appointments the 2nd Friday of the month
- April 12 & May 10
- Afternoon appointments the 3rd Tuesday of the month.
- March 19, April 16 & May 21

Alzheimer's Series

We will be holding a series of three basic Alzheimer's Association courses presented by Bonny Jacobs. Come to all or just a couple. This series will be held on Wednesday at our Georgetown location at 4:30 p.m.

- Mar 20, 4:30 p.m.: Know the 10 Signs—Early Detection Matters
- Apr 17, 4:30 p.m.: Memory loss, dementia and Alzheimer's disease
- May 15, 4:30 p.m.: Healthy Living for Your Brain and Body—Tips from the latest research
- ***Georgetown, 6505 E State Blvd, Senior Circle office***

SOCIAL ACTIVITIES

Bingo – RSVP the Friday before

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

- Tuesday, March 26, 2–3 p.m.
- Tuesday, April 9 & 23, 2–3 p.m.
- Tuesday, May 14 & 28, 2–3 p.m.
- ***St. Joseph Hospital, Medical Office Bldg, 800 Broadway, Ste 100, Senior Circle office***

Senior Circle Stitches

- Wednesdays, March 20, April 4 & 17, May 1, 15 from 1–3:30 p.m.
- ***St. Joseph Hospital, Medical Office Bldg, 800 Broadway, Ste 100, Senior Circle office***

2 | Reservations, please call (260) 425-3087

Dupont, Kosciusko Community, Lutheran, Rehabilitation, St. Joseph and The Orthopedic hospitals are owned in part by physicians.

Creative Canvas Painting Classes—Noon START TIME

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

Swamp Heron

- Friday, March 22 noon–4 p.m. (register by March 19)

Rocky Island

- Friday, April 26, noon–4 p.m. (register by April 23)

Smokey Mountain

- Friday, May 31, noon–4 p.m. (register by May 28)

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, April 12 & May 10, 1–2 p.m.
- ***St. Joseph Hospital, Medical Office Bldg, 800 Broadway, Ste 100, Senior Circle office***
- Appointment required

AARP Tax-Aide Site

AARP Foundation Tax-Aide offers free tax preparation at our Georgetown office

- Thursdays thru April 11 (except for March 14).
- 9 a.m. –1 p.m.
- Bring photo ID
- Social Security cards for everyone involved
- 2017 tax returns
- All 2018 tax documents
- ***Georgetown, 6505 E State Blvd, Senior Circle office***

AARP Safe Driving Course

- Wednesday, June 26, 2019
- 10:30 a.m. –3:30 p.m.
- ***Lutheran Hospital, Special Function Room 4***
- AARP members \$15, non-member \$20
- Class size is limited to 15
- Lunch will be served. Please note dietary restrictions at registration.
- Michelle Stimpson at (260) 435-7227 for additional information or to register

3 | Reservations, please call (260) 425-3087

EXERCISE & FITNESS

Chair Exercise Class

Tony Sanchez, cardiopulmonary rehab and wellness gym coordinator at St. Joe 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, April 4 & 18, 1 p.m.
- ***Georgetown, 6505 E State Blvd, Senior Circle office***
- Cost \$1

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: April 15 to May 23, June 3 to July 11
- 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***

On Lutheran Hospital Campus

- Mondays and Wednesdays, 10:30–11:15 a.m.
- ***Rehabilitation Hospital, Lutheran Hospital campus, 7970 W. Jefferson Blvd***