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AGING & FAMILY SERVICES

Education Classes

for seniors and caregivers

Winter/Spring 2026

DEALING WITH DEMENTIA

Online class

Jan 27 & 29 10 AM - 12 PM

Feb 24 & 26 12- 2 PM

DEMENTIA LIVE®

Classes are held in Vineyard

Jan 14 10 AM and 12 PM

Feb TBA

STRESS-BUSTING FOR FAMILY CAREGIVERS

Online class

Jan 13 - Mar 10 7 - 8:30 PM

Mar 3 - Apr 28 10-11:30 AM

MEDICARE Q & A CLASS

Online class

Jan 20 6 PM

Feb 17 6 PM



For class details
please scan QR
code or see website



Senior Education Series

All classes are virtual

SAFEGUARD YOURSELF AGAINST SCAMS

Jan 22 1 PM

ASST'D LIVING & SKILLED NURSING GUIDE

Feb 12 11 AM

HOSPICE & FUNERAL PLANNING

Mar 11 11 AM

All classes are free but registration is required.



801-229-3818



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