

FREE WORKSHOPS!

NOVEMBER
2025

INFORMATION & Inspiration FOR OLDER ADULTS & CAREGIVERS

JOIN US!

Most workshops are in person.

RESERVATIONS ARE REQUIRED.

Register online at
www.lifespanrochester.org
or call 585-244-8400, ext. 201.

Pre-Retirement Saturday

Saturday, Nov. 1

9 am–noon at Lifespan

9–10:15 am: Understanding Social Security Benefits

10:30–noon: Medicare Made Easy

Hearing Screenings

Saturday, Nov. 1

9 am–noon at Lifespan

Just drop by! Hearing screenings provided by audiology students from Nazareth University. No appointment necessary.

An In-Depth Overview of Wills: A Collaboration with LawNY

Tuesday, Nov. 4, 9:30–11 am
at Lifespan

LawNY will provide an in-depth presentation on wills and why you should consider having one. After the presentation, there will be an opportunity to sign up to work with an attorney to write your will at a follow-up clinic day at Lifespan.

Will writing services provided by LawNY are available to Monroe County residents only who are 60 or older and have an income that is at or below 300% of the federal poverty level (FPL).

Individuals - \$46,950, Couples - \$63,450

Reframing Aging: Understanding Ageism & What to Do About

Wednesday, Nov. 5

10:30 am–noon via Zoom

This workshop is geared towards professionals to raise awareness of ageism, understand its negative impacts, and explore effective strategies for creating more inclusive and age-friendly environments.
*Social work CEUS available.

Navigating Hospital, Rehab, and Home Transitions

Thursday, Nov. 6

1:30–3 pm at Lifespan AND via Zoom

Unexpected hospitalizations are distressing to both the patient and their loved ones. Join us in a discussion of what to expect during

a hospitalization, what happens when a nursing home rehab placement is recommended, and how to prepare for discharge back home.

Technology & Supportive Services to Age-in-Place Fair

Friday, Nov. 7, 1:30–4 pm
at the Jewish Community Center,
1200 Edgewood Avenue

Come see technology and other supportive services and equipment to help older adults age-in-place!

Music, Connection, and Caregiving

A Collaboration between St. John's, Lifespan, and Nazareth University

Professional Panel Discussion –
Wednesday, Nov. 12, 4–5:30 pm at
Otto A. Shults Community Center,
Nazareth University

A panel of experts facilitated by Nazareth University's Dr. David Steitz will discuss the therapeutic properties of music in the field of caregiving and older adult care.



Oasis at Lifespan, Mondays in November

Four Presidents and Their Hidden Legacies — for history buffs!

Monday, Nov. 3, 10–11 am

Not all Presidents have received the accolades that they deserve during their tenure. We'll talk about four presidents, James Monroe, Chester Alan Arthur, Herbert Hoover and Jimmy Carter, with an analysis of their contributions to our nation before, during and after their presidencies.

Delightful Dick Van Dyke

Monday, Nov. 10, 10–11 am

Few entertainers have spread more happiness over the last century than Dick Van Dyke. Join this centennial celebration as we focus on his career of singing, dancing, sublime slapstick and lots of laughter. This class will be filled with the joy that is Dick Van Dyke!

Fabulous Famous Chanteuses

Monday, Nov. 17, 10–11 am

Celebrate the voices, stories, and songs of legendary female singers who shaped the stage, radio, and recording industry. From the soulful depths of jazz and blues to the soaring melodies of Broadway and pop, we'll explore the artistry, resilience, and cultural impact of several remarkable women.

THE Dr. Rocco Vivenzio Memorial Symposium

Wednesday, Nov. 5
4:30–6 pm

Jewish Community Center
Hart Auditorium
1200 Edgewood Avenue

From Challenge to Opportunity: Reimagining the Care of Older Adults: Working together to create the care we want for our loved ones—and ourselves.

Our guest speaker, Dr. Daniel Ari Mendelson, MS, MD, FACP, AGSF, CMD, is a geriatrician and palliative medicine physician, educator, Chief Medical Officer at Jewish Home, and Professor of Geriatrics and Aging at the University of Rochester. He is recognized nationally for advancing person-centered care for older adults.

Online sessions will be closed captioned. ASL interpreting is available for any workshop upon request with advance notice. Servicios de interpretación disponibles con solicitud previa. Por favor, dejenos saber con anticipación. Favor de llamar (585) 244-8400 y marque 9.

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Monroe County
Office for the Aging



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Connecting Through Music for Caregivers

Thursday, Nov. 13, 1 pm
at The Wintergarden at Brickstone,
St. John's, 1325 Elmwood Avenue

An afternoon of joy, inspiration, and connection through music. Featuring a performance by Rochester's Encore Chorus and a discussion and demonstration led by Nazareth University's director of music therapy, Laurie Keough. Participate in group music-making, instrument-making, and more. Respite is available with advance notice.

Fun with Interpersonal Skills

Fridays, 10–11:30 am, Nov. 14, 21,
Dec. 5, 12 at Lifespan

Learn new or hone existing skills, practice them, and apply them in ways that are relevant to you. Topics covered include building self-confidence, communication skills, developing gratitude, enhancing relationships, being persuasive, expressing opinions effectively and disagreeing agreeably, inspiring others, and managing stress and worry. Recommend attending all four weeks.

The Pitfalls with Legal Eldercare Planning

Thursday, Nov. 13
2:30–4 pm at Lifespan

You have a will, power of attorney and health care proxy. Perhaps you have transferred your residence or other assets to protect against future long-term care costs. Hidden dangers could still cause problems. Learn about the most common pitfalls with eldercare planning and how to fix them. **This presentation is for those with planning already in place who may benefit from a thorough review given changes in law and personal circumstances since creation.**

Empowered Aging Forum in collaboration with Assemblyperson Sarah Clark

Saturday, Nov. 15, 9 am–2 pm
at MCC Brighton Campus
Lunch provided.

Attendance at the Empowered Aging Summit will provide you with the information you need to avoid crisis and plan for the unexpected. **Topics include the basics of estate planning, funeral planning, and Medicaid planning for long-term care.**

Legal Aspects of Aging

Tuesday, Nov. 18
9:30–11 am at Lifespan

An overview of power of attorney, MOLST forms, health care proxy, trusts, and wills.

Mild Cognitive Impairment and Alzheimer's Disease: A Conversation for Caregivers

Wednesday, Nov. 19
11:30 am–1:30 pm
at Lifespan

A light lunch is provided.

LUNCH
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Join the Lifespan caregiver team and medical professionals to learn about mild cognitive impairment and Alzheimer's disease. Identify the signs and symptoms, learn about diagnosis and current treatment options. We will share tips and tools for managing diagnosis stress with a focus on maximizing joy in your caregiving journey.

Don't Let Your Memories Fade: The Benefits of Photo Reminiscence Therapy

Thursday, Nov. 20
2–3:30 pm at Lifespan AND via Zoom

Vivid-Pix invents and harnesses technologies, making it simple for individuals, families, and organizations to relive memories. Their motto, "Don't Let Your Memories Fade™," describes the importance of photos and activities that nurture brain health, improve cognition, assist family historians and caregivers, and create connections. Vivid-Pix integrates their photo Reminiscence Therapy research and family history activities into products and services for simple operation, fun, and aging well. For more info, see www.vivid-pix.com.

Living Healthy with Diabetes

Friday, Nov. 21
1–2:30 pm at Lifespan AND via Zoom

We will discuss healthy eating strategies and menu planning for people living with Type 2 diabetes and those who are prediabetic.

Understanding the Aging Eye: Cataracts, Glaucoma, and Macular Degeneration

Friday, Dec. 5
10–11:30 am at Lifespan AND via Zoom

We delve into the intricate complexities of ocular health focusing on three prevalent conditions: cataracts, glaucoma, and macular degeneration.

Powerful Tools for Caregivers

Every Tuesday
from Nov. 11 through Dec. 16
1–2:30 pm at Lifespan

A six-week series focused on the needs of family caregivers of individuals with chronic conditions. Family caregivers develop a variety of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family members and healthcare providers, communicate more effectively in challenging situations, deal with difficult feelings, and make tough caregiving situations.



Medicare and You

Medicare 101

Wednesday, Nov. 12
1–3:30 pm at Lifespan

An overview covering Parts A, B, C, D, Medigap plans, and the benefits covered, deductible, premium, copay, and coinsurance costs, extra help qualifications for reductions in premiums and prescription drug costs, and the Medicare Savings program.

How to Choose a Medicare Plan

Monday, Nov. 3, 1–3 pm
at the Jewish Community Center,
1200 Edgewood Avenue OR

Thursday, Nov. 20, 9:30–11:30 am
at Lifespan OR

Tuesday, Dec. 2, 1–3 pm at Lifespan

A discussion of premiums, deductibles, and co-insurance costs, Medicare Advantage & Medigap plans, Part D, and how to use Medicare's Plan Finder tool to determine which plans cover your prescription drugs at the lowest cost. *This presentation is designed for those who are already enrolled in Medicare and need guidance for selecting Medicare coverage that best meets their needs.*

2026 Medicare Advantage Plan Overviews

A brief comparison of 2026 Medicare Advantage plans with premiums, co-pays and coinsurances, Part D deductibles/copays, and extra benefits. *This presentation is designed for those who are already enrolled in Medicare.*

SCHEDULE:

Thursday Nov. 6 10–11:30 am Mt. Morris	Thursday Nov. 6 1–2:30 pm Lifespan	Tuesday Nov. 11 10–11:30 am Lifespan	Friday Nov. 14 1–2:30 pm Avon	Tuesday Nov. 18 1–2:30 pm Lifespan	Tuesday Nov. 25 10–11:30 am Lifespan	Tuesday Nov. 25 1–2:30 pm Mt. Morris
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PRESENTED BY:



RESERVATIONS ARE REQUIRED for every workshop.

Register online at lifespanrochester.org or call 585-244-8400, ext. 201.

Please note if the workshop is in-person or online, and time of each workshop. They differ.