Additional programs offered by Wilder’s Community Center for Aging:

**Adult Day Health Program**
Improves the quality of life for older adults with disabilities and/or memory loss and their families. Daily programs of socialization, creative arts, and recreational engagement are provided. Participants have access to health, nutritional and social services through our program. For more information or to schedule a tour, contact us at 651-280-CARE [2273] or caregiving@wilder.org.

**Health and Wellness Programs**
As we grow older, we all wish for good health and a sense of well-being for ourselves and our loved ones. Chronic conditions like diabetes, arthritis, depression, chronic pain, high blood pressure and many other conditions can make life and health hard to manage. Wilder offers two six-week workshops, “Living Well with Chronic Conditions” and “Living Well with Diabetes.” These workshops offer practical tips and guidelines for taking control of your health! The sessions are interactive and participants learn from each other as they are guided by two trained leaders. Each participant will receive a copy of the companion book, “Living a Healthy Life with Chronic Conditions.”

**Meals on Wheels**
Provides affordable hot, nutritious meals delivered directly to older adults and adults with disabilities. Meals are delivered Monday through Friday by friendly and caring volunteers. This daily check-in is a lifeline for many people who live alone in the community. Contact Christine Miller at 651-280-2533 to sign up for meals or to become a Meals on Wheels volunteer! Offered in collaboration with the Senior Services Consortium of Ramsey County.

Some services are funded, in part, by a Live Well at Home grant from the Minnesota Department of Human Services as well a private grants.
Ongoing Groups

These groups happen every month and there is no need to register. For questions or to find out if a group is cancelled for any reason, call 651-280-2273 or email caregiving@wilder.org

Memory Café
For people with dementia and their care partner. Come and enjoy a snack and good company with other families living with dementia. In partnership with Health Partners Neuroscience Center.
First Wednesday, 10:00—11:30 am
NO JANUARY MEETING
Feb. 5, Mar. 4
Location: Health Partners Neuroscience Center
295 Phalen Boulevard, St. Paul

Caregiver Coffee Hour
Have a cup of coffee and a treat while chatting with other caregivers.
First Friday, 9:00—10:30 am
Jan. 3, Feb. 7, Mar. 6
Caregivers are welcome to drop in anytime during the coffee hour.

Let’s Do Lunch!
For LGBT seniors, boomers and allies - enjoy lunch and gather information on senior and LGBTQ services.
Second Tuesday, 11:30 am—1:30 pm
Jan. 14, Feb. 11, Mar. 10
(Also Fourth Friday at Little Brothers—Friends of the Elderly in Minneapolis)

Memory Loss Discussion Group
Caregiver support group. On-site respite available with pre-approval.
Second Thursday, 10:00—11:30 am
Jan. 9, Feb. 13, Mar. 12

Walking, Talk and Reminisce at the History Center
Meet in the café then take a dementia-friendly tour of an exhibit
Third Tuesdays, 9:30—10:30 am
Jan. 21, Feb. 18, Mar. 17
Location: Minnesota History Center
345 W. Kellogg Blvd. St. Paul

LGBTQ Caregiver Support Group
Open to anyone in the LGBTQ community caring for an older adult or person with dementia. On-site respite available with pre-approval.
Third Tuesday, 1:00—2:30 pm
Jan. 21, Feb. 18, Mar. 17

Adult Children Caregiver Support Group
Caregiver support group for anyone caring for a parent, grandparent or other parental figure with any condition.
Third Wednesday, 6:00—7:30 pm
Jan. 15, Feb. 19, Mar. 18

Walking and Talking at the Mall of America with AARP
We will get active by walking around the mall and then have coffee and treats while we learn about various health topics
Third Thursdays, 9:30—10:30 am
Jan. 16, Feb. 20, Mar. 19
Location: AARP Information Center at the Mall of America 228 W. Market, Bloomington

Men’s Caregiving Support Group
Open to any man caring for an older adult or person with dementia
Fourth Thursday, 10:00—11:00 am
Jan. 23, Feb. 27, Mar. 26

Special Classes and Events
These groups and classes are one-time events or limited-time series. Most ask for registration. For information or to register contact 651-280-2273 or email caregiving@wilder.org

January 2020
No classes or events. Ongoing groups continue with some exceptions (see group listing for information)

February 2020
No classes or events. Ongoing groups continue with some exceptions (see group listing for information)

March 2020
Powerful Tools for Caregivers
A 6-week class that teaches caregivers skills for stress management, decision-making and finding support. On-site respite is available with pre-approval.
Thursdays, March 5—April 9, 1:00—3:00 pm
Register by March 3

Nutrition Lunch and Learn
Nutritionist and Dietician Lisa Kane will explain the MIND Diet for brain health, answer your nutrition questions and demonstrate how to make a MIND diet salad. Lunch will be served.
Wednesday March 11
Lunch 12:00—12:30 pm
Talk 12:30—1:30 pm
Register by March 9
(will repeat on April 8, same time)

Adult Day Health Tour
Join other caregivers to learn about the benefits of adult day services for people with memory loss and their families. We will have a brief presentation and tour at Wilder and then take a bus to look at two other day programs in our area (Salvation Army and the Roitenberg Adult Day Program).
Respite is available at Wilder’s day program with pre-approval.
Tuesday, March 24
1:00—3:30 pm
Register by March 20

NEW Support Group for Caregivers of People with Parkinson’s Disease
This will be the first of a new monthly program with pre-approval. An opportunity for caregivers of people with Parkinson’s Disease to meet with others and talk about the joys and stresses of caregiving and share what works and gain support.
Respite may be available in the day program with pre-approval.
Fourth Wednesdays
Beginning March 25
1:00—2:30 pm
Please call by the Monday before the group if you need respite

To register, contact 651-280-CARE (2273) or caregiving@wilder.org

*All classes and support groups are subject to cancellations pending numbers of participants