

# 50plus Program

April, May and June 2020

## Community Health Programs

Dignity Health Glendale Memorial Hospital's 50plus Program offers health and fitness lectures and classes, and special discounts for all those age 50 and older.

Call (818) 502-2378 or email us at [GMH-CommunityRelations@DignityHealth.org](mailto:GMH-CommunityRelations@DignityHealth.org) to join our FREE 50plus Program or register for any event.

Hello humankindness™



### Upcoming Lectures

Lunch will be provided. Seating is limited, first come, first served.

#### **2020 Update**

**Carla Fore, RN**

What you need to know about Heart and Brain Attacks!

**Date:** April 21, 2020

**Time:** 11:30 a.m. to 1:00 p.m.

**Location:** John Stauffer Auditorium  
RSVP by April 10, 2020

#### **Benefits of Exercise from Head to Toe**

**Michelle Galanti, MA**

Learn how exercise is nature's way to combat many disease processes we associate with aging.

**Date:** May 19, 2020

**Time:** 11:30 a.m. to 1:00 p.m.

**Location:** John Stauffer Auditorium  
RSVP by May 1, 2020

#### **Infection Control**

Learn how you can control infection in the community with hand hygiene, masking and covering your cough.

**Amanda Magram, RN & Juliet Nussbaum, MPH**

**Date:** June 16, 2020

**Time:** 11:30 a.m. to 1:00 p.m.

**Location:** John Stauffer Auditorium  
RSVP by June 5, 2020

### Upcoming Classes

#### **AARP Mature Driving Class**

Program is designed to help seniors develop increased confidence and safety while driving. Certificate is good for three years car insurance discount.

**Date:** June 29 and 30 | **Time:** 9:00 a.m. to 1:00 p.m.

**Location:** Cancer Center Auditorium, 1520 S. Central Ave., Glendale, Ca 91204  
\$15.00 for AARP members | \$20.00 for nonmembers  
Check/Money Order must be payable to AARP. | RSVP by June 17, 2020

#### **AARP Mature Driving Refresher Class**

Program is designed to refresh senior driving skills and knowledge of the rules and hazards of the road. Must have taken the two-day course within the three year time of previous certificate coverage to be eligible to take the one day refresher course.

**Date:** October 5, 2020 | **Time:** 9:00 a.m. to 2:00 p.m.

**Location:** Cancer Center Auditorium, 1520 S. Central Ave., Glendale, Ca 91204  
\$15.00 for AARP members | \$20 for nonmembers  
Check/Money Order must be payable to AARP. | RSVP by September 14, 2020

#### **Strength Training and Plyometrics Exercise Class**

Glendale Memorial Hospital and Pacific Pace, LLC have partnered to co-sponsor this class. The class will begin with strength training followed by plyometrics. This full body workout will include the use of resistance bands, exercise balls, tubing, and body weight. Pacific Pace, LLC will supply all equipment.

**Date:** 4th Thursday of Each Month | **Time:** 10:00 a.m. to 11:00 a.m.

**Location:** John Stauffer Auditorium, 1420 S. Central Ave., Glendale, Ca 91204

*Reservations are currently being taken for April, May and June 2020. You must call next quarter for the following quarter.*

*\*Please note all classes and events are subject to cancel or reschedule.*