

HEALTH, EDUCATION, AND FUN!

Reservations are required for all listed events.

You must call 214-947-4628 or register online at MethodistHealthSystem.org/Generations.

October 2018

Welcome to Medicare: Are you new to Medicare?

This presentation is developed specifically for soon-to-be retirees, new retirees, and Medicare beneficiaries.

Topics covered include:

- Medicare parts A, B, C, and D
- Medigap supplemental plans
- Medicare Advantage plans
- Prescription drug coverage

Methodist Dallas, Hitt Auditorium
Thursday, October 18, 5:30 – 8:30 p.m.

Medicare Update

Join us for an update on the choices, dates, and distinctions between Medicare and Medicare Advantage.

Methodist Richardson, Bush-Renner, Physician Offices I, Ste. 200
Wednesday, October 17, 11 a.m. – noon

Methodist Charlton, Auditorium
Friday, October 19, 11:30 a.m. – 1 p.m.

Mindful Movement

A gentle exercise program that helps build core strength and natural abilities by putting mindful attentive focus on moving your body.

Methodist Charlton, Auditorium
Mondays, 10 a.m.

Methodist Richardson, Bush-Renner, Physician Offices I, Ste. 200
Wednesday, October 17, 10 a.m.

Methodist Dallas, call 214-947-4628 for location
Fridays, 10 a.m.

Grief Support for the Loss of a Loved One

Methodist Richardson, Bush-Renner, Education Room C
Wednesday, October 10, 10 – 11:30 a.m.

Methodist Charlton, Conference Room 6
Thursday, October 11, 11:30 a.m. – 1 p.m.

Methodist Dallas, Conference Room 202
Thursday, October 25, 11:30 a.m. – 1 p.m.

Methodist Charlton

Call 214-947-7135

Tai Chi

Tuesdays, 8 a.m., \$5 per class, Auditorium

Book Club

Buried Beneath the Baobab Tree
by *Adaobi Nwaubani*

Tuesday, October 23, 10 a.m., Conf. Rm. 3

Meditation for Health

Thursdays, 9:30 a.m., Conf. Rm. 8

Walking Program

Fridays, 9 a.m., Conf. Rm. 10

Methodist Dallas

Artistic Silver Lining

Supply list provided upon registration.

Monday, October 22, 9:30 a.m.,
Weatherford Conf. Rm.

Walking Program

Tuesdays, 9 a.m., Generations

AARP Safe Driving Course

\$15 for AARP members, \$20 for nonmembers.
Bring your AARP card to get the discount. For more information or to register, call 214-947-0017.

Methodist Dallas, Conference Room 202
Tuesday, October 16, 9:30 a.m. – 1 p.m.



Connect with us



Get the most updated information by
subscribing to our email newsletter at
generations@mhd.com.