

HEALTH, EDUCATION, AND FUN!

Reservations are required for all listed events.

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

April 2019

"Is It Forgetfulness or Alzheimer's Disease?"

Learn the latest in diagnosing Alzheimer's and other dementia-related diseases to help determine if it is forgetfulness or Alzheimer's. New research is redefining the diagnosis and potential treatment possibilities.

Methodist Dallas, Weiss Auditorium

Monday, April 8, 5:30 – 8 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, April 3 and 17, 10 a.m.

Methodist Dallas, Weiss Auditorium Fridays, 10 a.m.

AARP Safe Driving Course

\$15 for AARP members, \$20 for nonmembers – exact cash or check. Bring your AARP card to get the discount.

For more information or to register, call 214-947-0017.

Methodist Richardson, Bush-Renner, Conf. Center A

Wednesday, April 17, 8:30 a.m. – 1:30 p.m.

Methodist Charlton, Conf. Room 8

Wednesday, April 24, 9 a.m. – 1 p.m.

Essential Oils and Health – How Are They Related?

Learn how aromatherapy uses essential oils derived from plants to enhance your physical and mental health.

Seating is limited and reservations are required.

A \$5 donation appreciated.

Methodist Dallas, Weatherford Conf. Room

Thursday, April 4, 9:30 – 11 a.m.

Methodist Richardson, Bush-Renner, Physician Offices I, Ste. 200

Tuesday, April 23, 9:30 – 11 a.m.

Methodist Charlton, Conference Room 8

Thursday, April 25, 12:30 – 2 p.m.

Social Security Makes Retirement Planning Easy

Topics will include how to make the most of your social security benefits, eligibility, and taxes, as well as information on applying for disability, survivor, and spousal benefits.

Methodist Richardson, Bush-Renner, Physician Offices I, Ste. 200

Wednesday, April 17, 11 a.m. – noon

Methodist Charlton, Auditorium

Thursday, April 18, 11:30 a.m. – 1 p.m.

Methodist Dallas, Hitt Auditorium

Wednesday, April 24, 11:30 a.m. – 1 p.m.

Grief Support for the Loss of a Loved One

Methodist Richardson, Bush-Renner, Ed. Room C

Wednesday, April 10, 10 – 11:30 a.m.

Methodist Charlton, Conference Room 8

Thursday, April 11, 11:30 a.m. – 1 p.m.

Methodist Dallas, Weatherford Conf. Room

Thursday, April 25, 11:30 a.m. – 1 p.m.

Methodist Charlton Call 214-947-7135

Vision Board for Fun and Relaxation

Monday, April 22, 10 a.m., Auditorium

Book Club Tuesday, April 23, 10 a.m., Conf. Room 3,

Educated: A Memoir by Tara Westover

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

Meditation for Health

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

Walking Program

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

Internet Know-How

Friday, April 12, 9:30 a.m., Auditorium

Methodist Dallas Call 214-947-4628

Artistic Silver Lining

Supply list provided upon registration.

Monday, April 22, 9:30 a.m., Weatherford Conf. Room

Walking Program

Tuesdays, 9 a.m., Generations Office



Connect with us



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