

Darien Senior Center Programs: April 10 to 19

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Big Band music, what to ask your pharmacist, how to save money at the drug store, a craft workshop, a presentation on what's changing with Medicare: Here's what's coming up at the Darien Senior Activities Center from April 10 through 19, 2017.

For more information, **contact Darien Senior Programs at 203-656-7490:**

MEDICARE BOOT CAMP

Monday, April 10 @ 10:00 2 Renshaw Road 203-656-7490

New to Medicare? Looking to brush up on changes? A representative from the Southwestern CT Agency on Aging will be here to present an in-depth program on Medicare – what Medicare covers, what a Medicare Advantage Program is, and ways to fill in gaps on coverage.

SOPHISTICATION BAND ENTERTAINS

Tuesday, April 11 @ 12:30 2 Renshaw Road 203-656-7490

Patrick and Jane Marino will be here to perform the sounds of Big band jazz, ballroom music, 50's, Latin, and pop music. Come enjoy some fun, friends, and dancing! Lunch (\$4.00) will be served at noon, entertainment will begin at 12:30.

CT PHARMACY: TOP QUESTIONS TO ASK YOUR PHARMACIST

Wednesday, April 12 @ 13:30 2 Renshaw Road 203-656-7490

One of your greatest health resources is just inside the doors of your neighborhood drugstore: your pharmacist. As trained experts in medications, pharmacists can give advice on over-the counter and prescription drugs, help you take new drugs safely and offer tips to make them more effective. They also supplement the information you get from your doctor. Diane of CT Pharmacy will present a program on important questions you should always ask your pharmacist.

SPRING CENTERPIECE CRAFT WITH RUTH ANN RAMSAY

Wednesday, April 12 @ 10:00 am 2 Renshaw Road 203-656-7490

Come create a beautiful spring centerpiece using live greens. Ruth Ann will provide all the things necessary along with helpful instruction. Project cost will be \$4.00. Sign up is a must as this is a very popular project!

ERIK RAMBUSCH GREAT DECISIONS: CONFLICT IN THE SOUTH CHINA SEA

Thursday April 13 @ 10:00 am 2 Renshaw Road 203-656-7490

Great Decisions is America's largest discussion program on world affairs, published annually by the Foreign Policy Association. Great Decisions provides background information, current data and policy options for each issue and serves as the focal text for discussion groups. We will meet **once a month on the second Thursday** to discuss one topic per session. The leader will facilitate the process.

WALGREENS PHARMACY: COST SAVING MEDICATION

Wednesday April 19 @ 12:30 2 Renshaw Road 203-656-7490

On average, people over age 65 take 14-18 prescription medications a year according to Medicare.gov. Multiple medications are challenging to manage, and rising medication costs put significant financial pressure on seniors. Drug costs have been increasing steadily over the years and every dollar counts, especially for older adults. Brian from Walgreens Pharmacy will be here to present ways to reduce costs and some tips to help save money on prescription drugs.