

AARP Smart Driver Classes

We are currently taking reservations for AARP Smart Driver Classes to be held in our area. The familiar Driver Safety Course has been updated, refined, improved, and renamed AARP Smart Driver. It features more videos along with updated material in the classroom instruction and exercises.

Class locations, dates, and times are:

- Apalachin Methodist Church, October 2 & 3, 9AM-12PM
- Newark Valley UCC, October 7 & 8, 9AM-12PM
- Waverly United Methodist Church, October 20 & 21, 1PM-4PM

The cost for each of these classes is \$20 for AARP members and \$25 for non-members. All ages are welcome. Call 607-687-4120 ext. 331 to register.



Tioga Opportunities, Inc. receives Senior Citizens Foundation Grant

Tioga Opportunities, Inc.'s Department of Aging is excited to announce that we are the recipients of a very generous grant from the Tioga County Senior Citizens Foundation for 2015. Numerous programs offered through the Department of Aging will benefit tremendously from this gift, including Home Delivered Meals, Personal Emergency Response Systems, and the Senior Scoop newsletter. Many older adults in our county depend on these services; we appreciate the opportunity to help meet their needs.

We are equally grateful for the contribution we have received from the Tioga County Senior Citizens Foundation that will assist us in purchasing an Automated External Defibrillator (AED) for the Countryside Community Center. Several members of our staff have been trained in the use of the AED in anticipation of acquiring the device for our facility. We are thankful that we will have this important safety equipment on-hand to help people in emergency situations.

We would like to thank the Senior Citizens Foundation again for enabling us to continue to offer vital services to older adults in Tioga County. Your assistance is invaluable, and makes an important difference in the lives of many people in our community.



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Alzheimer's Support Groups

Feeling alone in your fight against Alzheimer's or dementia? Join one of the Alzheimer's support groups offered at the Countryside Community Center. Support groups are free to join, and are available to caregivers and family members who are dealing with Alzheimer's disease or other forms of memory loss. The meetings are an excellent way to find information and support. The groups will be meeting the first Monday of the month from 12:30-1:30 PM, and the third Wednesday of the month from 6:30-7:30 PM at the Countryside Community Center. Groups will be forming soon. For more information and starting dates, please call 607-687-4120, ext. 331.

alzheimer's 
association™