Programs in the New Year

The new year is right around the corner in the River Valley Extension District. Along with the new year often come new goals or opportunities. I am offering programming in the River Valley District in January.

The first program is the Medicare Basics Program. Medicare, all its parts, and the advertisements can be confusing. Let us help. Starting in January we will start holding our monthly Medicare Basics Programs in the River Valley Extension District. The first Medicare Basic Program has been scheduled for Tuesday, January 10th in Clay Center. It will be held at 6:00 p.m. in the Clay Center Extension Office Meeting Room (322 Grant Avenue, Clay Center, KS 67432). Please RSVP by contacting the River Valley Extension District – Clay Center Office at 785-632-5335.

We do schedule one-on-one appointments in all four offices of the River Valley Extension District. If you are New to Medicare or have questions about Medicare please contact Jordan Schuette, Adult Development and Aging Agent, in the Washington Office by calling 785-325-2121.

The second program being offered is Stay Strong Stay Healthy. Our bodies are made for activity, but modern conveniences allow us to be increasingly inactive. Physical inactivity can place our health at risk for many chronic diseases.

Here’s the good news! We have something fun planned to get you up and moving: the Stay Strong, Stay Healthy program in Washington!

This eight-week program can help you get started on the road to better health. The Stay Strong, Stay Healthy program is built on simple, strength-building exercises that will improve balance, health, and state of mind. No, it’s not difficult, or complicated weight-lifting. You’ll start at a level that’s right for you. No one is too inactive to participate. Building strength promotes quality of life and independence, especially for adults over 60. Instruction is provided by Jordan Schuette, Adult Development and Aging Agent.

The class meets for one hour, two times each week at Good Shepherd Lutheran Church on Mondays and Wednesdays, starting Monday, January 23, 2023.

To register call the River Valley Extension District – Washington Office at 785-325-2121. Pre-registration is required, and the class is limited to 10 participants. The River Valley Extension District fee is $20 per person. Due to local funding the Stay Strong, Stay Healthy program fee has temporarily been reduced to $0 per person.

If you have questions about the programs please contact Jordan Schuette, Adult Development and Aging Agent, in the Washington Office at 785-325-2121.