



Prevention programs Manitowoc/Kewaunee County for 2016 are listed below. For updated information or to find out how to register for any of these programs, **please call ADRC of the Lakeshore @ 1-877-416-7083.** You may access our calendar @ www.ADRCofttheLakeshore.com or for state wide classes @ <https://wihealthyaging.org/programs-services>

Date	Host Site	Class	Time/Day	Location	Description
January 20, 27 Feb. 3, 10, 17, 24 Mar. 2nd	Northland Lodge	Stepping On	Wednesdays 9:00 to 11:00 A.M.	Activity Room	Cost \$10
March 2, 9, 16, 23, 29 April 6 th	Aurora Medical Center, Two Rivers	Healthy Living With Diabetes	Wednesdays 1:30 to 4:00 P.M.	Michigan Room	Cost \$10
March 2, 9, 16, 23, 29 April 6 th	Manitowoc Senior Center	Stepping On	Wednesdays 10:00 A.M. to Noon	Activity Room	Cost \$10
April 4, 11, 18, 26 May 2, 9	Aurora Medical Center, Two Rivers	Powerful Tools For Caregiving	Mondays 9:30 A.M. to Noon	Michigan Room	Cost \$10
April 25, May 2, 9, 16, 23, June 6, 13	HFM/Western Avenue Campus	Stepping On	Mondays 10:00 A.M. to Noon	Conference Room/Main Fl	Cost \$10
May 2, 9, 16, 23 June 1, 6, 13	St. Anne's Church Francis Creek Area	Stepping On	Mondays 8:30 to 10:30 A.M.	Church Basement	Cost \$10
June 1, 8, 15, 22, 29 July 6 th	Holy Family Memorial	Healthy Living With Diabetes	Wednesdays 1:00 to 3:30 P.M.	Harbor Town Cooperstown Room	Cost \$10
July 7, 14, 21, 28 Aug. 4, 11, 18	River Wood Place	Stepping On	Thursdays 1:30 to 3:30 P.M.	2 nd Floor Lounge	Waived
Aug.30 - Sept. 6, 13, 20, 27 + Oct. 4	Harbor View Assisted Living	Powerful Tools For Caregiving	Tuesdays 5:30 to 8:00 P.M.	Dining Room	Cost \$10
Sept. 7, 14, 21, 28 Oct. 5, 12, 19	Trinity Lutheran Church. Kiel	Stepping on	Wednesdays 8:30 to 10:30 A.M.	School Cafeteria	Cost \$10
Sept. 29, Oct. 6, 13, 20, 27 & Nov. 3, 10	Felician Village	Stepping On	Thursdays 5:30 to 8:30 P.M.	The Gardens Mezzanine	Cost \$10
Oct. 3, 10, 17, 24, 31 Nov. 7 th	Aurora Medical Center, Two R	Powerful Tools	Mondays 9:30 A.M. to Noon	Michigan Room	Cost \$10
Oct. 6, 13, 20, 27 Nov. 3, 10	Aurora Medical Center, Two R	Healthy Living With Diabetes	Thursdays 2:00 to 4:30 P.M.	Michigan Room	Cost \$10
Oct. 11, 18, 25 Nov. 1, 8, 15	River's Bend Cancelled	Living Well	Tuesdays Lunch @ 11:30 Class Noon to 2:30	Activity Room	Cost \$10
		KEWAUNEE ↓			
Sept. 29, Oct. 6, 13, 20, 27 & Nov. 3	Grandview Terrace, Algoma	Powerful Tools For Caregiving	Thursdays 1:00 to 3:30 P.M.	Algoma	Cost \$10