

Landon Fitness Center

The Landon Fitness Center offers exercise classes daily.

Fitness Classes

The Landon Center on Aging offers free exercise classes to anyone 55+ years old. Classes are one hour long and consist of strength training, flexibility, balance, and cardiovascular training. For class schedules call Shannon at (913)588-0716.

Shannon's Classes

Stretch & Balance - Tuesdays - 12:15 to 1:00 pm
This is a 45 minute class designed to increase flexibility and balance.

Stretch & Core - Fridays - 11:00 to 11:30 am
Stretching and exercises to strengthen your core muscles.

To sign up or for more information call Shannon at (913)588-0716.

Meditation, Tai Chi, Yoga, & Zumba

- Meditation - Wednesdays - 9:00 to 9:30 am
- Yoga - Wednesdays - 9:30 to 10:00 am
- Tai Chi - Wednesdays - 10:15 to 11:00 am
- Zumba - Fridays - 10:00 to 10:45 am

No experience, devices or special abilities of any kind are required.

Call Matt Chandler at (913)588-3094 to sign up or for more information.

The Landon Center on Aging is dedicated to promoting health and well-being among older adults through excellence in education, research, and service.

Kansans Optimizing Health Program (KOHP)

February 21 (Tuesday)
9:30 AM- Noon, and will run for 6 weeks
Landon Center on Aging, Room 270

This is a chronic disease self management workshop for folks with diabetes, arthritis, high blood pressure, stroke, or any chronic condition that limits their ability to live a full life. Up front cost will be \$25, which will be returned to every individual who completes the program. Call Sara Kurtz at 913-945-6706 to register or more information.

Family Caregivers Support Group Jan 26, Feb 23, Mar 22, Apr 26, & May 24 Noon to 1:00 pm, Room 270

Support and information for family caregivers.
Call Myra at (913)588-2365 or e-mail mhyatt@kumc.edu for more information.

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WINTER 2012 COMMUNITY OUTREACH PROGRAMS



THEO AND ALFRED M. LANDON
CENTER ON AGING

<http://www2.kumc.edu/coa>

Brownbag Lunch Series

All programs are on Wednesdays in Room 200, unless otherwise noted.

January 11, Noon to 1:00 pm

Writing for Life

Did you know that writing can keep you healthier and happier? Learn ways to improve your health with writing.

January 18, Noon to 1:00 pm

Fit for Life!

Learn the benefits of mind and body activity for seniors.

January 25, Noon to 1:00 pm

What's So Great About Getting Old?

Lots of things about us get better as we get older. The best kept secret in America is all the ways in which we improve as we get older.

February 1, Noon to 1:00 pm

Charity Scams

Most charities and businesses want to do honest work with honest people. But how can you protect yourself from scam artists?

February 8, Noon to 1:00 pm

Laughing Matters

Discover the secret to aging with humor, as we "laugh and learn".

February 15, Noon to 1:00 pm

The Caregiver Institute

This program was created in response to concerns about the unmet needs of the caregivers in our community.

February 22, Noon to 1:00 pm

Urinary Incontinence

A presentation on muscle strengthening exercises for home use to improve urinary incontinence along with therapy programs and modalities used to increase bladder strength.

February 29, Noon to 1:00 pm

Why Did You Eat That?

Presenting new research at KU that has focused on the role of the brain in evaluating the rewarding properties of food, and how we make decisions about what to eat, and how much.

March 7, Noon to 1:00 pm

Did My Family Make Me Crazy?

Is there someone in your family history that everyone thought was odd or different? Did you ever wonder how that impacted you? Are genetics destiny? What causes mental illness? Come and learn more about mental illness.

March 14, Noon to 1:00 pm

Volunteerism: The Secret to Health & Happiness

How does volunteering benefit you by being healthier and living longer?

March 21, Noon to 1:00 pm

Untangling the Mysteries of Alzheimer's

Dr. Burns will discuss the early clinical features, diagnosis, treatments, and pathological changes of Alzheimer's Disease.

March 28, Noon to 1:00 pm

Difficult Conversations

Find out how to broach conversations about end of life issues, funeral arrangements, DNR, disease process, and many more areas that are difficult for loved ones to talk to with their family member about.

April 4, Noon to 1:00 pm

Veteran's Benefits

There are services available to all veterans and in some cases their caregivers. Find out about how you can help a veteran (or a spouse of a veteran) access these services.

April 11, Noon to 1:00 pm

Home Health vs Private Duty

Come learn the simple differences, similarities and benefits between Home Health and Private Duty agencies, while also learning how they complement each other.

April 18, Noon to 1:00 pm

Pain Management

We will identify goals of pain management, barriers to effective pain management and ways to overcome them.

April 25, Noon to 1:00 pm

Food Safety for Seniors

Discover four easy ways to keep foods safe; how to recognize food borne illness; the truth about take out foods and what foods older adults should never eat.



March 13, 2012

Noon to 2:30 pm

Gotta Dance

GOTTA DANCE chronicles the debut of the New Jersey Nets' first-ever senior hip-hop dance team, 12 women and 1 man - all dance team newbies, from auditions through to center court stardom. Who says you can't hip-hop if you're 80-years-old?