

IMPACTED

Increasing **M**y **P**ower **A**t **C**reative **T**hinking, **E**ducation, **D**irection

A chance to gather for the **fun** of it in the middle of the winter and to enjoy **camaraderie** and **learning**. Offered especially for those **over 50** individuals who want a variety of ideas and activities to keep the mind and body involved and to expand horizons. All ages welcome.

Expanding Your Experiences

Tour of Daktronics Followed by a Tour of Wooden Legs Brewing Co. with Craft Beer Tasting

Wednesday January 10, 2018 1 session Leaving at 1 PM. returning approx. 6 PM.

Non-refundable activity fee of \$10 payable at registration

We will tour Daktronics in Brookings. Our next stop will be a tour of Wooden Kegs Brewing Co. with taste offerings of the on-site specialty brewed beers. *Class limit 15 with transportation. Fifteen additional spots available with your own transportation. Additional fee includes pizza, beer tasting and gratuity.*

Tour of Collins Colony

Wednesday January 17, 2018 1 session Leaving at 10:45AM. returning approx. 2 PM

We will travel to the Collins Colony near Bancroft. Head Cook Helen Wipf will prepare a lunch for us to enjoy. Following lunch our tour leaders Sharon Wipf and Sandra Waldner will lead a tour and answer questions about the business and life at the colony. We will meet at the De Smet Event Center at 10:45 AM. and do some ride sharing for those who do not want to drive. Class limit 25.

Introduction to Olive Oils followed by Wine Pairings and 3-Course Dinner at the Pheasant Restaurant

Wednesday February 7, 2018 1 session Leaving at 2:30 PM and returning approx. 6:30 PM.

Non-refundable activity fee of \$35 payable at registration

Our host will lead us in tasting a variety of olive oils and learning how to use them. He will then guide us through some of the complexities of food and wine pairings during a 3-course meal and offer pointers on which wines to serve with the flavors of winter. Class limit 15 with bus transportation provided. Fifteen additional spots available for those with your own transportation. *Price includes meal, wine and gratuity.*

Join **IMPACTED** December 4, 2017!

Expanding Your Technology Capabilities

Know Your Smart Phone Capabilities

Wednesday February 21, 2018 1 session 1:00 – 2:30 PM.

Do you ever wonder what all the “kids” are doing on their smart phones? Matt Kees and Jason Davis will show you many of the features available from operating the phone to some easy apps to use and good advice for picture taking. After the basic instruction your questions will guide the rest of the session. *Helpful to bring your own smart phone but not required.*

Class limit 20

Social Media

Wednesday February 28, 2018 1 session 1:00 – 2:30 PM.

What is Facebook? What is the difference between Facebook, Twitter and Instagram? How do I use them? Do I want to be part of any of these? What do I have to be careful about? These are some of the questions that Matt Kees and Jason Davis will be answered in this presentation about social media. *Helpful to bring your own I-pad, tablet or lap-top but not required. Class limit 20*

Introduction to Computer Apps and Computer Questions

Wednesday March 7, 2018 1 Session 1:00 – 2:30 PM.

Matt Kees and Jason Davis will introduce some of the most helpful and commonly used computer applications with information about where and how to put them on your phone or tablet. All followed by help for questions and concerns of the participants. *Helpful to bring your phone or tablet but not required. Class limit 20.*

Expanding Your Understanding

Enjoy a Book Together with SDSU instructor Amber Jensen

Tuesdays January 9 & 23, 2018 2 Sessions 1:00 – 2:30 PM.

Non-refundable book fee of \$8 payable at registration

Daughters of the Grasslands is a memoir by retired professor Mary Woster Haug. “It began simply as a record of a visit to a fascinating but alien world. As she delved more deeply in Korea’s culture, she began exploring parallels to her own upbringing in South Dakota. The result is a love song to all that is best about the people of both places and a testament to our faith in human nature.” wrote one reviewer. SDSU instructor Amber Jensen will lead us in the discussion as she shares her knowledge of the book and the author.

No Tests No Grades Just Fun

Life Planning

Wednesday January 24, 2018 1 Session 1:00 – 3:30 PM.

Have you ever thought I really should do an advanced health directive in case something happens to me? How about what really needs to be in a will and do I need one? What can I do now to help my kids or next of kin if something happens to me? Representatives from Wilkinson Law office, Avera Hospital and Welter Funeral Home will lead us in advice for our own life planning activities now. Hopefully long before we or our families need it.

Emergency Situations

Tuesday January 30, 2018 1 Session 1:00 – 3:30P.M.

What should I do until help or the ambulance gets here? Jennifer Anderson DNP and local emergency responder, will lead us in an introduction/refresher to CPR - not CPR certification - just things we need to know in an emergency. Other topics will be how to use a defibrillator and where they are located in the city as well as stopping bleeding and things that will help emergency responders. Class limit 20.

Avera Orthopedics Hip and Knee Pain with Physical Therapy options

Wednesday February 14, 2018 1 Session 1:00 – 3:00P.M.

Does injury or pain in your hips or knees keep you from enjoying your activities? Avera orthopedic providers will discuss how to help determine what is creating the pain, treatment options, and how to maintain healthy hips and knees

Expanding Your Physical Fitness Regimen

Senior/Chair Yoga

Tuesdays and Thursdays January 11,16,18,23,25 &30 6 Sessions 9:00 - 9:45A.M..

Gentle yet challenging chair yoga. We will learn seated and standing poses to help improve breathing, strength, flexibility and awareness. Wear comfortable loose-fitting clothes. Appropriate for brand new or continuing yoga students with adaptations for all abilities. Taught by Darci Lee, 200-hour Registered Yoga Teacher.

Strong Women Stay Young

Tuesdays and Thursdays February 13,15,20,22,27 & March 1, 2018 6 Sessions 9:00 – 10:00 AM.

This class will be modeled after the research and best seller by Miriam Nelson PH.D. Her research was done at Tufts University and published in the Journal of the American Medical Assoc. The simple exercises can be done on machines or with light free weights. It is designed for women 50 to 89. In the study women achieved denser bones, better balance, flexibility and energy than women younger. Class limit 20.