



AUG 11-15 2025



12-1:30 PM LUNCH PROVIDED



St. Louis Central Library 1301 Olive St. St. Louis, MO 63103



RSVP REQUIRED SCAN QR BELOW

AUG 11

12PM: UNDERSTANDING NURSING HOMES:

YOUR GUIDE TO CARE CHOICES

1PM: CHAIR YOGA

AUG 12

12PM: AMBIGUOUS LOSS & GRIEF WHEN CARING FOR SOMEONE WITH ALZHEIMER'S

1PM: CENTURY OF EVENING BAGS DISPLAY

AUG 13

12PM: PROTECTING WHAT MATTERS: THE

ESSENTIALS OF ESTATE PLANNING

1PM: LIBRARY TOUR

AUG 14

12PM: FRAUD FIGHTERS: RECOGNIZING AND

PREVENTING ELDER SCAMS

1PM: PAINTING SESSION WITH ARTFULLY AGING

AUG 15

12PM: FUNDING YOUR FUTURE: NAVIGATING

LONG-TERM CARE EXPENSES

1PM: CHAIR BALLET

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