Forever Dublin 55+ Educational Series: Summer/Fall Schedule

Saturday, October 1, 10:00 AM to 1:00 PM
Dublin Coffman Park Pavillion
2nd Annual Plant Swap & Share Event

Join the Dublin Garden Club, Barbara Ray, Dublin's Nature Education Coordinator, and a representative from the Franklin County Soil & Water Division for this day of "gardening." Swap or just share both indoor and outdoor plants, starters or seeds that you have. Barbara Ray will present pollinator garden designs that you can incorporate in your garden. Learn about composting and how to install a rain barrel at your home. Bring plants to share in containers and labeled for easy identification.

Thursday, October 6, 10:00 AM to 11:30 AM
Dublin Library
Medicare 201: High Level Overview & Online Exploration of Medicare.gov

Kendra Buford of the Ohio Department of Insurance will present an overview of Medicare and various plans. She will demonstrate how to go online and compare plans to help you determine which plan is best for you. You will have the opportunity to practice navigating the medicare.gov website.

Tuesday, November 15, 12:30 PM to 2:00 PM
Dublin Library, Room 3
Winter Emotional Wellness

Taking care of your mental health is a year-round practice. Winter months can leave some feeling more isolated, unmotivated or stressed. Maintaining your mental health through these months is important in supporting your overall health, safety and wellness. The Chief Clinical Officer for Syntero, Sara Harrison-Mills, MSW, LISW-S, will lead a discussion on strategies to help you beat the winter blues and find creative ways to stay connected and vibrant throughout the winter season. Enjoy a cup of mulled cider and seasonal muffins during this presentation.

All Forever Dublin presentations are free, but we do require registration. Please register online at www.foreverdublin.com/events, email us at foreverdublinhub@syntero.org or call Beth Baker, the Forever Dublin Navigator at 614.940.3053. Space may be limited for some presentations.