



**connecting point**  
community services central

# Community Classes Winter/Spring 2024

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## CAREGIVING

### Self-Care for the Caregiver

Take responsibility for your self-care and improve your mental, emotional, and physical health. Identifying sources of strength, such as healthy activities, family, mentors, and friends, can help minimize stress. (Available on Zoom and in-person at Connecting Point)  
*Tuesday, February 13 – 3:30-5:00pm*

### Relationship Building for Caregivers

This class will help you build and maintain healthy Caregiver/Client relationships. Learn how to determine, set, and maintain boundaries with your clients while maintaining professionalism throughout. (Available on Zoom and in-person at Connecting Point)  
*Tuesday, March 12 – 3:30-5:00pm*

### Confident Dementia Caregiver Series:

#### The Confident Dementia Caregiver 1 - What is Dementia and Alzheimer's Disease?

Learn about the various types of dementias and the accurate diagnosis, treatments, and resources for those with memory loss. (In-person at the Madelyn Helling Library)  
*Wednesday, February 28 – 2:00-4:00pm*

#### The Confident Dementia Caregiver 2 - Communication and Validation Techniques for Dementia Clients

Learn communication skills, including validation and reminiscence techniques, to reduce stress and increase quality of life for persons with memory loss. (In-person at the Madelyn Helling Library)  
*Wednesday, March 6 – 2:00-4:00pm*

#### The Confident Dementia Caregiver 3 - Responding to Behavioral Challenges of Dementia Clients

Explore realistic and concrete approaches to those with memory loss who exhibit aggressive, repetitive, agitated, or combative behaviors. (In-person at the Madelyn Helling Library)  
*Wednesday, March 13 – 2:00-4:00pm*

### Making Health Care Decisions: Advance Directives and POLST Forms

Understand how to complete Advance Health Care Directive and POLST forms, in which you will make health care and end-of-life decisions. Legal forms that do not require an attorney to complete will be available in the class. (In-person at the Madelyn Helling Library)  
*Thursday, April 18 – 2:00-4:00pm*

### All Ages CPR/First Aid/AED

Learn basic Adult/Infant/Child CPR and First Aid, including use of AEDs (Automated External Defibrillators). Areas include sudden cardiac arrest, choking, basic life support care, and serious injury. You must complete entire class and pass practical & written skills test to obtain certification. (In-person at Connecting Point)  
*Wednesday, January 31 – 8:30am-5:00pm*  
*Tuesday & Wednesday, March 26 & 27 – 1:00-5:00pm*  
*Wednesday, June 12 – 8:30am-5:00pm*

### Narcan and Opioid Overdose Response Training

Join Nevada County Public Health and the Know Overdose campaign in an opioid overdose response training. Learn approaches that empower and support and harm reduction tools, including how to use the lifesaving opioid overdose response drug naloxone (Narcan). (Available on Zoom and in-person at Connecting Point)  
*Tuesday, March 19 – 4:00-5:00pm*

## HEALTH & WELLNESS

*Nutrition classes brought to you by Nevada County Public Health and California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program (USDA SNAP). Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.*

### Enjoying Sweet Treats While Reducing Sugar Intake

Added sugar, found in most packaged/processed foods, contributes to poor health and disease. Learn how to reduce added sugars in your diet, how to use food label and ingredient list to identify added sugars, and make healthy treats at home. Class includes a recipe and tasting. (In-person at Connecting Point)  
*Wednesday, January 10 – 2:00-3:00pm*

### Healthy Meal Planning on a Budget

How can I create a healthy meal on a budget? What are solutions to common healthy eating challenges? This series will address these questions and identify best practices for healthy eating. Class includes recipe & tasting. (In-person at Connecting Point)  
*Wednesdays, April 17, 24, & May 1 – 10:30am-12pm*

### Navigating Food Choices

In this class, we will discuss how to identify healthy food choices by using the Nutrition Facts Panel and ingredient list, evaluate health claims and food marketing techniques, and outsmart the grocery store. Class includes recipe and tasting. (In-person at Connecting Point)  
*Tuesday, June 18 – 2:00-3:00pm*

**Register Now! Call (530) 274-5601 or visit [connectingpoint.org/classes](http://connectingpoint.org/classes)**

# Connecting Point Community Classes

## **Ready, Set, Safe**

Disaster can strike at any time. Learn how to create a plan to protect yourself, your family, and your property. This class will address types of disasters, understanding the hazards in your community, and how to develop your disaster plan. (Available on Zoom and in-person at the Madelyn Helling Library)

*Tuesday, April 9 – 3:30-5:00pm*

## **Stress Busters**

*Beat back stress with these fun, interactive classes, that explore a variety of stress-busting tools and techniques to live a healthier life.*

## **Minimizing Stress through Self-Care & Mindfulness**

Review how stress impacts your health, learn 25 ways to improve your health and happiness, learn to say "No," and engage in mindfulness activities. (In-person at Connecting Point)

*Wednesday, January 17 – 2:00-4:00pm*

## **Minimizing Stress through Movement & Meditation**

Further explore how stress affects your overall wellness and learn how basic techniques, including sound meditation, a cup of tea, stretching, walking, dancing, laughing, and chair exercise can help mitigate the stress in your life. (In-person at Connecting Point)

*Wednesday, March 20 – 2:00-4:00pm*

## **Humor and Stress Management**

Learn about what stress is and assess your own stress levels, while exploring how humor, the act of laughing, and guided imagery can positively impact your life and decrease stress. (In-person at Connecting Point)

*Wednesday, May 22 – 2:00-4:00pm*

## **LiftOff**

As part of the Upstate California Creative Corps and CA Arts Council grant project "Postcards from Earth," The Poetry Crashers host LiftOff, a dynamic break-out writing session. Through specialized writing prompts and other unique creative nudges, participants will practice writing poetry and prose from our depths. You don't have to be a writer or want to be a writer to attend. You just have to register and show up. (Available on Zoom and in-person at the Madelyn Helling Library)

*Wednesday, February 21 – 3:00-4:30pm*

## **Chair Yoga**

Brought to you by Nevada County Public Health, chair yoga improves your flexibility, concentration, and strength, while reducing stress. (Available only on Zoom

for Jan 23 – Feb 6) (Available on Zoom and at the Madelyn Helling Library for April 23, 30 and May 7)  
*Tuesdays, January 23, 30 and February 6 – 4:15-5:00pm*  
*Tuesdays, April 23, 30 and May 7 – 4:15-5:00pm*

## **Qigong**

Brought to you in partnership with the Nevada County Library, this recurring class teaches the value of breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate your life energy (qi). Qigong promotes health, vitality and a tranquil state that we call a "Qigong state of mind." These sessions provide an easy-to-follow daily ritual to self-healing. (In-person at the Madelyn Helling Library)

*Every Thurs throughout Winter/Spring – 10:00-11:00am*

## TECHNOLOGY

### **Internet Basics**

Brought to you by the Nevada County Library, this workshop introduces newly connected users to basic terminology, functionality, and navigation of internet browsers, search engines and websites. (In-person at Connecting Point)

*Friday, February 16 – 10:30-11:30am*

### **Computer Basics: Windows 11**

Brought to you by the Nevada County Library, this workshop will introduce computer basics and use of Windows 11. (In-person at Connecting Point)

*Friday, May 17 – 10:30-11:30am*

### **Tech Drop-In**

Have a question about your device? Need to have your computer or device looked at? Want to learn more about the Library's digital services? Drop in from 10:00am to 12:00pm every Wednesday and 1:00pm to 3:00pm every Friday at the Madelyn Helling Library for help from friendly Library volunteers and staff. This service also is offered at the Grass Valley branch every Tuesday from 2:00 to 3:00 pm There will be free coffee and donuts, too!

### **Tech It Out**

Tech It Out features a revolving set of topics around PC use, smartphones, and other gadgets taught by experienced Library volunteers. Tech It Out takes place in the Madelyn Helling Library Collaborative Technology Center on select Fridays throughout the year. Check out the library calendar at:

<https://madelynhelling.evanced.info/signup/calendar> to view when the next Tech It Out is happening!



# Connecting Point Class Schedule

winter/spring 2024  
all classes free of charge

|  |   |  |  |   |   |   |
|--|---|--|--|---|---|---|
| <b>4 JAN</b><br>Qigong<br>10-11 am                                       | <b>10 JAN</b><br>Enjoying<br>Sweet Treats<br>2-3 pm               | <b>11 JAN</b><br>Qigong<br>10-11 am                            | <b>17 JAN</b><br>Mindfulness<br>& Self-Care<br>2-3 pm          | <b>18 JAN</b><br>Qigong<br>10-11 am                 | <b>23 JAN</b><br>Chair Yoga<br>4:15-5 pm                        | <b>25 JAN</b><br>Qigong<br>10-11 am           |
| <b>30 JAN</b><br>Chair Yoga<br>4:15-5 pm                                 | <b>31 JAN</b><br>CPR &<br>First Aid<br>8:30 am-<br>5 pm           | <b>1 FEB</b><br>Qigong<br>10-11 am                             | <b>6 FEB</b><br>Chair Yoga<br>4:15-5 pm                        | <b>8 FEB</b><br>Qigong<br>10-11 am                  | <b>13 FEB</b><br>Self-Care for<br>the Caregiver<br>3:30-5 pm    | <b>15 FEB</b><br>Qigong<br>10-11 am           |
| <b>16 FEB</b><br>Internet Basics<br>10:30-11:30 am                       | <b>21 FEB</b><br>LiftOff:<br>Postcards<br>From Earth<br>3-4:30 pm | <b>22 FEB</b><br>Qigong<br>10-11 am                            | <b>28 FEB</b><br>Confident<br>Dementia<br>Caregiver<br>2-4 pm  | <b>29 FEB</b><br>Qigong<br>10-11 am                 | <b>6 MAR</b><br>Confident<br>Dementia<br>Caregiver<br>2-4 pm    | <b>7 MAR</b><br>Qigong<br>10-11 am            |
| <b>12 MAR</b><br>Relationship<br>Building for<br>Caregivers<br>3:30-5 pm | <b>13 MAR</b><br>Confident<br>Dementia<br>Caregiver<br>2-4 pm     | <b>14 MAR</b><br>Qigong<br>10-11 am                            | <b>19 MAR</b><br>Narcan<br>& Opioid<br>Overdose<br>4-5 pm      | <b>20 MAR</b><br>Movement<br>& Meditation<br>2-4 pm | <b>21 MAR</b><br>Qigong<br>10-11 am                             | <b>26 MAR</b><br>CPR &<br>First Aid<br>1-5 pm |
| <b>27 MAR</b><br>CPR &<br>First Aid<br>1-5 pm                            | <b>28 MAR</b><br>Qigong<br>10-11 am                               | <b>4 APR</b><br>Qigong<br>10-11 am                             | <b>9 APR</b><br>Ready,<br>Set, Safe<br>3:30-5 pm               | <b>11 APR</b><br>Qigong<br>10-11 am                 | <b>17 APR</b><br>Healthy Meal<br>Planning<br>10:30 am-<br>12 pm | <b>18 APR</b><br>Qigong<br>10-11 am           |
| <b>18 APR</b><br>Making Health<br>Decisions<br>2-4 pm                    | <b>23 APR</b><br>Chair Yoga<br>4:15-5 pm                          | <b>24 APR</b><br>Healthy Meal<br>Planning<br>10:30 am-12<br>pm | <b>25 APR</b><br>Qigong<br>10-11 am                            | <b>30 APR</b><br>Chair Yoga<br>4:15-5 pm            | <b>1 MAY</b><br>Healthy Meal<br>Planning<br>10:30 am-<br>12 pm  | <b>2 MAY</b><br>Qigong<br>10-11 am            |
| <b>7 MAY</b><br>Chair Yoga<br>4:15-5 pm                                  | <b>9 MAY</b><br>Qigong<br>10-11 am                                | <b>16 MAY</b><br>Qigong<br>10-11 am                            | <b>17 MAY</b><br>Cmptr Basics:<br>Windows 11<br>10:30-11:30 am | <b>22 MAY</b><br>Humor &<br>Stress Mgmt<br>2-4 pm   | <b>23 MAY</b><br>Qigong<br>10-11 am                             | <b>30 MAY</b><br>Qigong<br>10-11 am           |
| <b>6 JUN</b><br>Qigong<br>10-11 am                                       | <b>12 JUN</b><br>CPR &<br>First Aid<br>8:30 am-<br>5 pm           | <b>13 JUN</b><br>Qigong<br>10-11 am                            | <b>18 JUN</b><br>Navigating<br>Food Choices<br>2-3 pm          | <b>20 JUN</b><br>Qigong<br>10-11 am                 | <b>27 JUN</b><br>Qigong<br>10-11 am                             | <b>SCAN ME</b><br>                            |



in-person at Connecting Point, 208 Sutton Way, Grass Valley

in-person at Madelyn Helling Library, 980 Helling Way, Nevada City