2020 CLASS SCHEDULES

Creating Confident Caregivers® is a six-week program for family caregivers of persons with dementia who live at home. Using the Savvy Caregiver© program, it provides knowledge, skills, and information to improve caregiving for both the caregiver and the person with dementia. Participants must pre-register for this free program, as class size is limited. Caregivers may attend classes at any location.

The following Area Agencies on Aging meet the AASA service standard and use staff trained in this evidence-based program. AASA monitors programs and provides ongoing leader training to ensure caregiver participants receive a consistent, quality program. Please contact the Area Agency on Aging staff listed to register or inquire about future dates or other locations.


**Thursdays**, March 12 – April 16, 2020
1:00-3:00 p.m.
**The Helm at The Boll Life Center**
158 Ridge Rd.
Grosse Pointe Farms, MI 48236
Call 313.882.9600 to register

**Wednesdays**, April 8 – May 13, 2020
5:30 -- 7:30 p.m.
**St. Patrick Senior Center**
58 Parson St.
Detroit, MI 48201
Call 313.833.7080 to register

**Mondays**, April 13 – May 18, 2020
1:00 – 3:00 p.m.
**NSO Northwest Wellness Center/Northwest Activities Center**
18100 Meyers Road
Detroit, MI 48235
Call 313.397.8227 to register
**Region 2 Area Agency on Aging** – **Counties** – **Jackson, Hillsdale, Lenawee**

**Tuesdays**, February 4 – March 10, 2020
2:00 – 4:00 pm
Perennial Park

**Hillsdale County Senior Services Center**
320 Bacon St., Hillsdale, 49242
Contact Perennial Park at 517-437-2422 to register

**Thursdays**, April 23 – May 28, 2020
2:00 – 4:00 pm

**Region 2 Area Agency on Aging**
102 Main St.
Brooklyn, MI 49230
Contact Region 2 at 517-592-1678 to register

To inquire about programs, contact Region 2 at 517-592-1974

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**Region 3-A Area Agency on Aging** – **County** – **Kalamazoo**

**Wednesdays**, March 25, April 1, 8, 15, 22 & 29, 2020
2:00 – 4:00 p.m.

**Oakland Centre**
2255 W. Centre Ave.
Portage, MI 49024

For program information and to register,
contact Patti Stratton, LLMSW, at 269-373-5141 or Email: psstra@kalcounty.com

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**Region 3-B Area Agency on Aging**- **CareWell Services** - **Counties** -- **Barry, Calhoun**

**Wednesdays**, March 18 through April 22, 2020
1:00-3:30 pm
The Legacy
700 North Ave
Battle Creek, MI 49017
Call 269/441-0930 to register

**Wednesdays**, May 6 through June 10, 2020
5:30-8:00 pm
**CareWell Services Southwest**
200 W Michigan Ave, 2nd Floor
Battle Creek, MI 49017
Call 269/441-0930 to register

**Wednesdays**, August 12 through September 16, 2020
5:30-8:00 pm
**CareWell Services Southwest**
200 W Michigan Ave, 2nd Floor
Battle Creek, MI 49017
Call 269/441-0930 to register

**Wednesdays**, October 7 through November 11, 2020
5:30-8:00 pm
**CareWell Services Southwest**
200 W Michigan Ave, 2nd Floor
Battle Creek, MI 49017
Call 269/441-0930 to register

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**Region IV Area Agency on Aging** – **Counties** – Berrien, Cass, Van Buren

**Mondays**, March 16 through April 20, 2020
10:00 am-12:00 pm
**Cass County Council on Aging- Lowe Center**
60525 Decatur Road
Cassopolis

Contact Tracy at 269-982-7731 for information and to register

**Mondays**, March 16 through April 20, 2020
1:00 pm-3:00 pm
**Cass County Council on Aging- Lowe Center**
60525 Decatur Road
Cassopolis

Contact Tracy at 269-982-7731 for information and to register

**Tuesdays**, March 31 through May 5, 2020
2:00 pm – 4:00 pm
Bronson Commons  
23332 Red Arrow Highway  
Mattawan, MI 49071  
Contact Faith at 269-982-7746 for information and to register

**Thursdays**, April 2 through May 7, 2020  
**1:00 pm – 3:00 pm**  
**Campus for Creative Aging**  
2920 Lakeview Avenue  
St. Joseph, MI 49085  
Contact Teri at 269/982-7769 for information and to register

See program listings at:  
https://campusforcreativeaging.org/creating-confident-caregivers/

For program information and registration, contact Tracy at (269) 983-0177 or toll free at (800)442-2803 or email  tracymanning@areagencyonaging.org

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**Valley Area Agency on Aging**  – Counties – Genesee, Lapeer, Shiawassee

**Wednesdays**, March 11 through April 22, 2020  
9:30 am- 11:30 am  
**Imlay City Senior Center**  
395 E. Third St.  
Imlay City, MI

**Fridays**, April 17 through May 15, 2020  
1:30 – 3:30 pm  
**Durand Senior Center**  
8618 E. Lansing Rd.  
Durand MI

**Tuesdays**, May 5 through June 9, 2020  
2:00 – 4:00 pm  
Burton Senior Center  
3410 S. Grand Traverse St.  
Burton, MI

For program information and registration, contact Jennifer Joyner at Valley Area Agency on Aging – (810) 239-7671 Ext 281

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**Tri-County Office on Aging**  – Counties – Clinton, Eaton, Ingham

**Thursdays**, January 23 through February 27, 2020  
3:30 – 5:30 pm  
MSU Radiology Bldg., Conf. room 190
**Wednesdays**, April 15 through May 20, 2020  
5:30 – 7:30 pm  
MSU Radiology Bldg., Conf. room 190

**Wednesdays**, September 23 through October 28, 2020  
3:30 – 5:30 pm  
MSU Radiology Bldg., Conf. room 190

These programs are in the **MSU Radiology Building, 304 Service Rd., Conference Room 190**  
East Lansing, MI 48824

To register, contact Sara Roberts at 517-355-4099 or Linda Davis at 517-887-1447

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**Region 9 Area Agency on Aging** – **Counties** – Alcona, Arenac, Alpena, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle, Roscommon

**Otsego County**

**Wednesdays**, April 8 through May 13, 2020  
6:00 – 8:00 pm  
**Munson Healthcare Otsego Memorial Hospital**  
**Medical Professional Building**  
Gaylord, MI 49735

**Wednesdays**, August 5 through September 9, 2020  
6:00 – 8:00 pm  
**Munson Healthcare Otsego Memorial Hospital**  
**Medical Professional Building**  
Gaylord, MI 49735

For information and to register for these programs, call the Otsego County Commission on Aging at **989.732.1122**

**Presque Isle County**

**Tuesdays**, May 5 through June 16, 2020  
1:00 – 3:00 pm  
**Rogers City Area Senior and Community Center**  
131 Superior Street  
Rogers City, MI 49779

**Cheboygan County**

**Thursdays**, July 9 through August 13, 2020  
**Cheboygan County Council on Aging**  
1531 Sand Road  
Cheboygan, MI 49721
For information and to register for these programs, call 989-358-4616 or e-mail mainvilleb@nemcsa.org

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**Area Agency on Aging of Northwest Michigan (AAANM)** – Counties – Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, Wexford

To register for these programs, call **1-800-442-1713** or Online at [www.aaanm.org/workshop-registration](http://www.aaanm.org/workshop-registration)

**Benzie County**

**Wednesdays**, April 8, 15, 22, 29, May 6 & 13, 2020
1:00 am – 3:00 p.m.
**Trinity Lutheran Church**
955 James St., Frankfort MI 49635

**Grand Traverse County Programs**

**Tuesdays**, February 18, 25, March 3,10, 17, & 24, 2020
2:00 – 4:00 p.m.
**Area Agency on Aging of Northwest Michigan**
1609 Park Dr. Traverse City, 49686

**Mondays**, April 6, 13, 20, 27, May 4, & 11, 2020
1:00 – 3:00 p.m.
**Area Agency on Aging of Northwest Michigan**
1609 Park Dr. Traverse City, 49686

**Tuesdays**, April 14, 21, 28, May 4, 12, & 19, 2020
5:30 – 7:30 p.m.
**Area Agency on Aging of Northwest Michigan**
1609 Park Dr. Traverse City, 49686

**Tuesdays**, June 2, 9,16, 23, 30 & July 7, 2020
1:00 – 3:00 pm
**Area Agency on Aging of Northwest Michigan**
1609 Park Dr. Traverse City, 49686

**Tuesdays**, July 21, August 4, 11, 18, & 25, 2020
2:00 – 4:00 p.m.
**Area Agency on Aging of Northwest Michigan**
1609 Park Dr. Traverse City, 49686
**Mondays**, October 12, 19, 26, November 2, 9, & 16, 2020
5:30 – 7:30 p.m.
Area Agency on Aging of Northwest Michigan
1609 Park Dr. Traverse City, 49686

**Wednesdays**, October 12, 19, 28, November 4, 11, & 18, 2020
1:00 – 3:00 p.m.
Area Agency on Aging of Northwest Michigan
1609 Park Dr. Traverse City, 49686

Wexford County

**Tuesdays**, June 30, July 7, 14, 21, 28 & August 4, 2020
5:30 – 7:30 p.m.
Wexford County Council on Aging
714 W. 13th St., Cadillac, 49601

**Fridays**, September 4, 11, 18, 25, October 2, & 9, 2020
1:00 – 3:00 p.m.
Wexford County Council on Aging
714 W. 13th St., Cadillac, 49601

To Register for these programs, call (800) 442-1713 or (231) 947-8920
For program information and registration, view
[www.aaanm.org/workshop-registration](http://www.aaanm.org/workshop-registration)

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**Upper Peninsula Area Agency on Aging (UPCAP)** – Counties – Alger, Baraga, Chippewa, Delta, Dickinson, Gogebic, Houghton, Iron, Keweenaw, Luce, Mackinac, Marquette, Menominee, Ontonagon, Schoolcraft

**Mondays**, February 10 through March 16, 2020
10:00 a.m. – 12:00 P.M (CST)
Dickinson Iron Community Services Agency
1238 Carpenter Ave.
Iron Mountain, MI 49801

**Tuesdays**, May 19 through June 23, 2020
10:00 – 12:00 p.m. (EST)
UPCAP
2501 14th Ave. South
Escanaba, MI 49829

Dial 2-1-1 or visit us on the web at [www.upcap.org](http://www.upcap.org) for program information.