

CLASSES DESIGNED FOR THE 55+ COMMUNITY

For Health & Living Classes & Events

INTER VALLEY HEALTH PLAN INVITES YOU TO OUR CLAREMONT JULY CLASSES & EVENTS

Come learn how to keep your vitality and be healthy!

MOVIE IN THE AFTERNOON: *Oklahoma!* Wednesday, July 6 @ 1 pm

Come and enjoy this classic movie musical. Fun, popcorn and other refreshments provided.



UNDERSTANDING SOCIAL MEDIA, Thursday, July 7 @ 10 am

Join us in this two hour class that will give you a better understanding about social networking and media. You will also learn about photo/video sharing on Facebook, Twitter, Pinterest, YouTube and more. Learn what these sites can do for you, how to keep your information safe, and more! (No computer is needed for class)

BEE BRAINY: *Brain Trauma*, Wednesday, July 13 @ 10 am – Celeste Palmer is a survivor and motivational speaker on brain trauma. Learn about this difficult situation, how you can cope or help a loved one to cope.



MEDICARE STEP BY STEP, Wednesdays, July 13 @ 5:30 pm or July 27 @ 10 am

Are you turning 65 years of age in the next six months or so? You need to know your options for Medicare coverage and how to avoid the penalties that can be imposed if you do not follow the steps involved. Learn the steps to get started, what to expect and what benefits you are entitled to. **New online RSVP for this class ONLY at ivhp.com/step-by-step.**

Wii OLYMPICS, Thursday, July 14 @ 10 am – Join us for the second part of this challenge — swimming! Support your local office and win the gold, you won't even get wet. Trivia and refreshments provided.

ARMCHAIR TRAVEL TO THE PHILIPPINES, Tuesday, July 19 @ 10 am

Can't travel much? Join us as we travel to this beautiful country, learn the culture and sample Filipino refreshments.

BEE BRAINY: *Online Brain Training*, Wednesday, July 20 @ 10 am

What is online cognitive training? Does it work? Come to this discussion to find out.



FACEBOOK 201, Thursday, July 28 @ 5:30 pm – This class is for anyone who already has a Facebook page and are somewhat familiar but would like to know more.

A comprehensive outline covers how to post pictures and albums, how to keep information safe and much more. Bring your questions and we'll help you find the answers. You must bring your email address and password to class.



INTER VALLEY HEALTH PLAN MEDICARE INFORMATION & VITALITY CENTER

**Pomona Valley Health Center Building
1601 Monte Vista Ave
Suite 275, Claremont**

RSVP'S REQUIRED

Registration information on back

YOU ARE INVITED TO ATTEND OUR RANCHO CUCAMONGA JULY CLASSES & EVENTS

OSTEOPOROSIS AND YOU! Wednesday, July 13 @ 10 am – Learn the facts about this bone disease, the risk factors, prevention and treatments. A FREE* Bone Density Screening will be available to attendees.

MEDICARE STEP BY STEP, Wednesday, July 13 @ 2:30 pm – Are you turning 65 years of age in the next six months or so? You need to know your options for Medicare coverage and how to avoid the penalties that can be imposed if you do not follow the steps involved. Learn the steps to get started, what to expect and what benefits you are entitled to. **New online RSVP for this class ONLY at ivhp.com/step-by-step.**

SOCIAL MEDIA OVERVIEW, Wednesday, July 20 @ 2:30 pm – In a two hour class you learn about photo/video sharing on Facebook, Twitter, Pinterest, YouTube and other sites. Learn what these sites can do for you, how to keep your information safe and more!

MEDICARE INFORMATION & VITALITY CENTER

James L. Brulte Senior Center @ Central Park, 11200 Baseline Rd, Rancho Cucamonga

YOU ARE INVITED TO ATTEND OUR ENGLISH & SPANISH JULY CLASSES & EVENTS IN CHINO

MEDICARE STEP BY STEP, Saturday, July 9 @ 10 am / Friday, July 15 @ 10 am / Wednesday, July 27 @ 3 pm

Are you turning 65 years of age in the next six months or so? You need to know your options for Medicare coverage and how to avoid the penalties that can be imposed if you do not follow the steps involved. Learn the steps to get started, what to expect and what benefits you are entitled to. **New online RSVP for this class ONLY at ivhp.com/step-by-step.** *(This class is offered in Spanish below)*

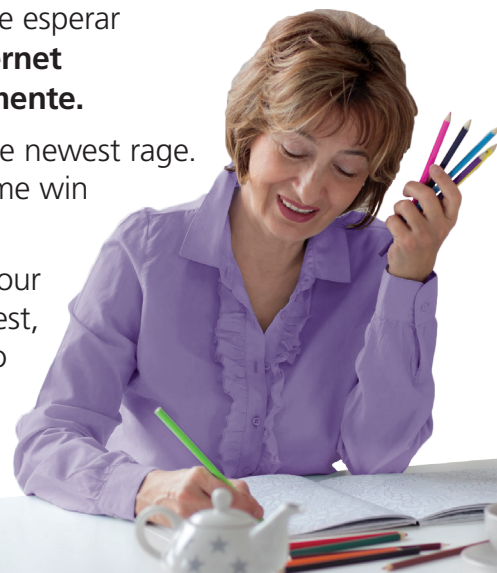
MEDICARE PASO POR PASO, Meircoles, 27 del Julio @ 4:30 pm – Esta clase informativa hablara del complejo sistema de Medicare y es ideal para alguien que recientemente ha recibido Medicare o para aquellos que quieren saber más información. Aprenda los pasos para comenzar, que esperar y que beneficios le corresponden. **Nuevo en nuestra pagina de internet ivhp.com/step-by-step haga su reservación para esta clase sólomente.**

COLOR AWAY! Thursday, July 21 @ 10 am – Coloring for Adults is the newest rage. Learn about the many benefits and how it enhances brain health. Come win one of our raffle prizes* or pick up a FREE* color pattern.

SOCIAL MEDIA OVERVIEW, Tuesday, July 26 @ 2 pm – In this two hour class you learn about photo/video sharing on Facebook, Twitter, Pinterest, YouTube and other sites. Learn what these sites can do for you, how to keep your information safe and much more!

MEDICARE INFORMATION & VITALITY CENTER

Superior Grocery Store, Space D (inside store)
12375 Central Ave @ 60 fwy, Chino



RSVP's required. Call or go online to register: **800-251-8191 x 625**

or **TTY/TDD 800-505-7150**, 7 days a week, 7:30 am to 8 pm

www.forhealthandliving.com/ivhpevents



For accommodation of persons with special needs, call the number on above. Inter Valley Health Plan is a not-for-profit HMO with a Medicare contract. Enrollment in Inter Valley Health Plan depends on contract renewal. This is an advertisement. *No obligation.