

Café Talks:

10:30 a.m. May 16: “Discussing Sensitive Topics for Women.”

Physical therapy can address root causes of urinary incontinence, including urinary tract infections, pelvic floor muscle weakness and many other risk factors. Learn exercises and strategies to help manage this condition. Body mechanics along with myths and realities will also be discussed. Presented by PEAK Physical Therapy.

11 a.m. May 23: “Earring Party.” The group will be making beaded earrings. Limit 12. Sign up required. Presented by Linda Felix, North River Home Care.

10:30 a.m. May 30: “Dementia Live!” Experience dementia to gain a better understanding of what loved ones are going through. Presented by Right At Home, South Shore.

10:30 a.m. June 6: Medicare Patrol Program Workshop. Become a better educated and engaged healthcare consumer.

11 a.m. June 13: “The New Shingles Vaccine.” Find out need to know information.

