

– cont. from cover

important in reducing your risk for atherosclerosis,” Dr. Henry said. “Smoking is probably the worst thing you can possibly do for your body, and smokers are very prone to developing complications of atherosclerosis.”

Atherosclerosis is not just a problem you can worry about when you get older. It develops over many decades, and fatty streaks can begin to form in adolescence. If you develop problems with cholesterol, diabetes, or high blood pressure, you risk speeding up the process of atherosclerosis.

Your doctor can evaluate your risk for these conditions by checking for abnormal cholesterol levels, signs of diabetes and high blood pressure. If you’re at high risk, your doctor might recommend medical imaging studies to evaluate your arteries for signs of atherosclerosis.

The good news is that any lifestyle changes you make or medications you take to address atherosclerosis will help throughout your body. So, with them, you can reduce your risk of heart disease, stroke and PAD.

“Atherosclerosis is the major underlying cause of most deaths worldwide,” Dr. Henry said. “But it is actually quite straightforward to prevent and manage. Most deaths and health complications from atherosclerosis can be avoided or significantly delayed.” Here’s how:

- Focus on a healthy lifestyle with proper diet and exercise
- Schedule your routine health screenings
- Take medications if necessary

To connect with a health care provider who can help you reduce your odds of developing these conditions, visit bannerhealth.com.

Lunch & Learn | Free and Open to the Public

Lunch is provided **FREE** to you. All events begin at NOON unless noted otherwise.

Space is limited - **Reservations are required**. Please call High Country Seniors at 928.596.4747 to register today. Visit the Banner High Country Seniors Website for more details....www.bannerhealth.com/HighCountrySeniors

BREAST CANCER | Snehal Thakker M.D.

October 8 | Reservations due by October 5

October is breast cancer awareness month. As women age, their breast cancer risk increases. Most breast cancers are diagnosed after age 50. Breast cancer occurs when cells of the breast tissue grow and multiply uncontrollably. This primarily affects women but can also affect men. Please join Dr. Snehal Thakker as he discusses risk factors, diagnosis and treatment of breast cancer to include chemotherapy and radiation.

MEDICARE UPDATE | Joanne Conlin, Central Arizona Aging

October 22 | Reservations due by October 17

Turning 65? Time to sign up for Medicare. Joann Conlin will help us understand how Medicare works, what it costs and who is eligible. She will cover Part A (Hospital insurance, Part B (Medical insurance) and Part D (drug coverage), supplemental insurance, Medicare advantage plans, the difference between Medicare and Medicaid and much, much more. Call to reserve your seat.

ARTHRITIS | Michael Manning, D.O.

November 12 | Reservations due by November 5

Arthritis literally means joint inflammation. Joints are places where two bones meet, such as your elbow or knee. There are many types of arthritis with different causes and treatments. Common symptoms include pain, redness, heat, and swelling. It’s important to know what type you have in order to get the proper treatment. Join Dr. Manning when he discusses arthritis and treatments.

NUTRITION | Jami Heap, R.D. Banner Health

December 10 | Reservations due by December 5

Sugar, corn syrup, processed foods... You and your family can eat better and balance energy by making smarter food choices. Learn how to use the nutrition facts label to make healthy food choices. Learn the link between food and mood. Join Jami to learn more about the Dietary Guidelines that meet nutrient needs, promote health, and prevent disease.

Community Workshops | Free and Open to the Public

DIABETIC WORKSHOP | Ongoing Mondays from 11am – 12 noon

Have you been diagnosed with diabetes or pre-diabetes? We are here to help. Join John Hancock, RN, CDCES hosts a workshop to gain a deeper understanding of how you can live a healthier life. The workshop is ongoing, Mondays from 11 a.m. – 12 noon.

Course content includes:

- What is diabetes and why do I have it
- Meal planning
- The importance of exercise
- Monitoring blood sugar
- Weight loss
- (How to avoid) Complications

HYPERTENSION WORKSHOP

4 weeks starting Monday, October 6 from 10:30 am– 11:00 am

Do you have High Blood Pressure? Nearly half of adults in the United States have been diagnosed with hypertension.

Join our four-week workshop to find out how you can manage your blood pressure. Workshops begin on Monday October 6, 2025. Please plan to attend all four weeks. The next four-week workshop will begin on January 5, 2026.

RIM COUNTRY FORGET-ME-NOTS

Meets twice monthly on the 1st and 3rd Wednesday at 1:30pm-3:00pm

Support for caregivers of those with Alzheimer's, Dementia and Brain Disorders. This support group offers financial support, training, information, fellowship and more. This support group is free and open to the public.

T.O.P.S. (Taking Off Pounds Sensibly)

Meets every Wednesday morning at 8:00am

Eat healthier and lose weight! TOPS is a weight-loss support program that gives you freedom to follow a meal plan that works for you — and support to help you stick to that plan. With TOPS, you have choices to help you be healthy at any size. No cookie-cutter diets! This group is supportive and welcoming to everyone. Join us today for better health tomorrow. TOPS organization membership fees do apply.

Community Events | Free and Open to the Public

BLOOD DRIVE | VITALANT

When: October 3rd and December 5th from 9:00am – 1:00pm

Location: High Country Seniors, 215 S Beeline Hwy

To schedule an appointment, visit www.Vitalant.org

COMMUNITY HEALTH AND CARE FAIR

When: Saturday, November 1st from 8:30am – 2:00pm

Location: Julia Randall Elementary School Gym.

There will be a variety of FREE services available, including blood tests, vision screenings, blood pressure checks, oral health, skin care, massage, and vaccines. It's your one-stop shop to connect with local health providers and take advantage of FREE Health Screenings. All ages are welcome!!

October 2025

Mon	Tues	Wed	Thurs
		8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Not	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot 2:00-3:30 Arts & Crafts	9:00-10:00 Widow's Window 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 12:00-1:00 LUNCH AND LEARN Breast Cancer – Dr. Snehal Thakker 1:00-3:30 Mah Jong	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 3:00-4:00 Technology 101
9:00-10:00 Paper Crafts Qi Gong 12:00-3:45 Hand & Foot	9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 2:00-3:00 Book Lovers Club	8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Not	9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle
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<div>1</div> <div>9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot 2:00-3:30 Arts & Crafts</div>	<div>2</div> <div>9:00-11:00 Widow's Window 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle</div>	<div>3</div> <div>8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Not</div>	<div>4</div> <div>9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle</div>
<div>8</div> <div>9:00-11:00 Paper Crafts 9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot</div>	<div>9</div> <div>9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 2:00-3:00 Book Lovers Club</div>	<div>10</div> <div>8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 12:00-1:00 LUNCH AND LEARN Nutrition - Jammi Heape 1:00-3:30 Mah Jong</div>	<div>11</div> <div>9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle 3:00-4:00 Technology 101</div>
<div>15</div> <div>9:00-11:00 Paper Crafts 9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot</div>	<div>16</div> <div>9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle</div>	<div>17</div> <div>8:00-9:15 T.O.P.S. 9:30-10:30 Qi Gong 10:30-12:00 Banner Jammers - offsite 1:00-3:30 Mah Jong 1:30-3:00 Forget-Me-Not</div>	<div>18</div> <div>9:00-11:00 Knit, Stitch, Quilt & Crochet 9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle</div>
<div>22</div> <div>9:30-10:30 Qi Gong 12:00-3:45 Hand & Foot</div>	<div>23</div> <div>9:00-10:00 Feeling Fit 10:00-11:00 Feeling Fit 12:00-4:00 Pinochle</div>	<div>24</div> <div>CLOSED (CHRISTMAS VACATION)</div>	<div>25</div> <div>CLOSED (CHRISTMAS VACATION)</div>
<div>29</div> <div>CLOSED (CHRISTMAS VACATION) (OPEN FOR TAG PAYMENTS ONLY)</div>	<div>30</div> <div>CLOSED (CHRISTMAS VACATION) (OPEN FOR TAG PAYMENTS ONLY)</div>	<div>31</div> <div>CLOSED (CHRISTMAS VACATION)</div>	<div>JAN 1</div> <div>CLOSED (HAPPY NEW YEAR)</div>

