

SKILLBUILDERS

SPRING
2012

for Widows, Widowers or anyone experiencing significant life changes.

- March 8** **Surviving and Thriving:** *Linda Upstill* - Rumsey Yost
- March 15** **Estate & Legal Matters:** *Cheryl Denton* - Attorney
with Petefish, Immel, Heeb & Hird, LLP
- March 22** **Home Maintenance 101:** *Neil Gaskin*
Owner-Natural Breeze Remodeling
- March 29** **Personal Safety and Home Security:** *Gary Squires*
Douglas Co. Sheriff's Office
- April 5** **Talk to Your Doc Like a Pro:** *Joleen Bechtel* RN
- April 12** **Taking Care of Your Car:** *Richard Haig* - Westside 66
- April 19** **Healthy Eating for One** (in auditorium): *Susan Krumm*
Douglas County Extension Office
- April 26** **Managing Your Money:** *Barbara Braa* - VP, Corner Bank
- May 3** **Gardening for Wellbeing:** *Judy Northway*
Master Gardener Douglas County Extension Office
- May 10** **Aging in Place:** *Linda Crabb OTR,CLT* - Visiting Nurses
- May 17** **Celebration & Remembrance**

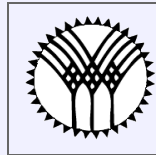
For Questions contact

Pattie Johnston
Lawrence Public Library
785-843-3833 or
Paul Reed/Sarah Rooney
at Visiting Nurses
785-843-3738

For Transportation Contact

Douglas County
Senior Center
785-842-0543

Thursdays
10:00-11:45am
Lawrence
Public Library
Gallery Room



Senior Center