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| <p>4</p> | <p>2 PM Google Workspace includes a word processing program with features almost identical to Microsoft Word. One Difference, this is free. Learn the basics of document formatting, sharing and best practices for organizing documents</p> |
| <p>6</p> | <p>2 PM Second Session of Practicing with Google Docs.</p> |
| <p>7</p> | <p>10:30 AM Join us for this video that explains the benefits of using AI as a tool to manage your health and medical care.</p> |
| <p>11</p> | <p>2 PM Digital Legacy-not just social media, but email and financial accounts need to be managed so they can be accessed by loved ones when needed</p> |
| <p>12</p> | <p>11 AM Why Do I Hurt? Learn from Licensed Physical Therapist, Stuart Kershner about the anatomy of your hip pain, and exercises than can help</p> |
| <p>18</p> | <p>1 PM Learn about the wonders of the Colorado Trail with Laura Hoepfner, author of Day Hiking the Colorado Trail.</p> |
| <p>20</p> | <p>2 PM As Memorial Day approaches, come learn about General Rose, a Colorado WWII hero who was the namesake of General Rose Memorial Hospital, now Rose Hospital.</p> |
| <p>28</p> | <p>9 AM If you have ever wondered if a friend, neighbor, or loved one can successfully manage on their own, Seeing the Signs, When to Speak Up, Who to call will provide insight. Representatives from Arapahoe County, will help you understand options and limitations. Breakfast provided with RSVP. No Cost to members, \$5 nonmembers</p> |