



1-800-AGE-LINE
1-800-243-5463

www.EastAlabamaAging.org

District 4 Masters Games Were A Success!

The District 4 Masters Games of Alabama were a huge success! Thank you to everyone who was involved and helped make it a great time. We had over 70 competitors qualify for over 200 events in the upcoming State Games October 10 - 13 in Trussville, AL.

To see a list of winners, just follow this [link](#).



National Senior Center Month

We like to think of the Senior Center as summer camp for adults without having to pack a suitcase! Want to learn a new skill? How about pickleball or line dancing? Maybe you want to become a master at dominoes or try your hand at quilting? Anything is possible at your local Senior Center and we even throw in a nutritious lunch. Check out all of our great programs over at our [website](#).



National Medicare Education Week

Did you know that 1 in 5 Medicare beneficiaries describe Medicare as confusing, or that less than 50% of beneficiaries understand what parts A through D even cover?

Medicare is vital to the health and wellness of Seniors. It is important that everyone is properly educated on this program. Get the facts about Medicare on our [website](#) and help us this week as we spread the education!



Emergency Preparedness Month

This month, we're also taking the time to raise awareness about Emergency Preparedness. Having an emergency supply kit can make all the difference when disaster strikes. This is especially true for our older adult population.

Learn more about how you can prepare for an emergency by following this [link](#).



Area Agency on Aging
AGING AND DISABILITY RESOURCE CENTER