



Southcentral
Foundation



Teatime with Elders Virtual Learning Circle

Thursdays, 12:30 - 1:30 p.m.

Thursday, July 1

Community Resources

Learn about community resources for independent living.

Thursday, July 8

Buy and Support Local

Take advantage of farmer's markets and produce.

Thursday, July 15

Fraud Prevention

Learn about AARP Benefits and how to prevent fraud.

Thursday, July 22

Healthy Vision Month

Learn about cataract and eye health with a presentation.

Thursday, July 29

Preserved Fish

Enjoy a pickled fish demonstration.

For more information or if you have questions, contact SCF Health Education at (907) 729-2689 or scfelderswellness@southcentralfoundation.com.



Scan this QR code to join the SCF learning circle.

To participate online, please follow these simple steps:

1. Visit Zoom.us in your browser on the day and time of the desired class.
2. Select Join a Meeting in the top left corner of the screen.
3. Enter the meeting ID: 937 5949 4088
4. Enter the meeting password: HealthEd!!
5. Get connected.

To call in and participate via phone, follow these simple steps:

1. Call (646) 558-8656 on the day and time of your desired class.
2. When prompted, enter the 11-digit meeting ID: 937 5949 4088, then press #.
3. Get connected.