



# 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](mailto: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.