

ALL IN Mountain Brook presents

SILVER SPARTANS PROGRAM

All sessions begin at 10:00 a.m.

Junior League of Birmingham
2212 20th Avenue South
Birmingham, Alabama 35223



September 17th

Safety Strategies,
presented by MBPD & MBFD

October 22nd

Technology Tips for Everyday Life,
presented by O'Neal Library staff

November 19th

**Caring through Connection:
Understanding Grief & Loneliness**
presented by Caleigh Alevy, CJFS

December 17th

**Bridging Generations:
Connecting with Your Grandchildren**
presented by a panel of local grandparents

January 21st

Active Aging: Mobility & Balance Basics
presented by Debbie Perkins, Always Best Care

February 18th

**Staying in Charge:
Informed Decisions for Independent Living**

March 18th

**Connecting Seniors to Community Care:
Wellness Fair**

April 22nd

First 5 Training
presented by Mtn. Brook Fire Department

May 20th

**Community Champions
Service Project & Social**