

# Town Crier: Week of Oct. 27

By **LB Indy Staff** - October 27, 2023

## **Veterans to Celebrate Nov. 11**

The Veterans of Foreign Wars Post 5868 and American Legion Post 222 will proudly celebrate Veterans Day and the 77<sup>th</sup> anniversary of VFW Post 5868 at Heisler Park Monument Point on Saturday, Nov. 11 at 11 a.m. sharp. A musical prelude starts at 10:45 a.m. The public is invited. Seating is limited.

## **Good things come in threes at the Susi Q: Train your brain, create art, & insure your health**

This fall, the Susi Q center will be offering a two-part Brain Bootcamp as a fun way to fire up your neurons; a painting class that will spark your creativity; and practical advice from Medicare experts so that you can make the best choices for your individual health needs.

### *Train Your Brain*

**Ben Allen, Educational Specialist, Alzheimer's Orange County**, offers Brain Bootcamp, two free 90-minute sessions over two weeks filled with interactive memory enhancement strategies and healthy brain lifestyle tips. This course is not intended for people living with Alzheimer's disease or other forms of dementia.

"Wordle enthusiasts, crossword puzzlers, and bridge and mahjong players will no doubt enjoy a competitive advantage after learning new memory techniques and the use of visual images in this class!" said Jo Ann Ekblad, Director of Programming and Communications.

"On a more serious note, participants may well feel comforted to learn the difference between normal age-related memory changes and

symptoms of serious problems such as Alzheimer's."

The two sessions are scheduled for November 7 and November 14 from 2 – 3:30 p.m. at the Susi Q Center, 380 Third Street. Register [here](#).

### *Paint in Pastel*

The Susi Q will present Still Life Painting in Pastel: The Basics with instructor Gianne de Genevraye, an acclaimed international artist.

Emphasizing that her classes are non-competitive, de Genevraye noted that her emphasis is very much on the joy of making art, not on individual prowess. "My classes are structured not to be intimidating in any way," she said.

Day one will focus on exercises that explore light and shadow; day two will focus on negative space and color, while students complete a contemporary finished Autumn Still Life drawing; and session three features a "Short History of Still Life" presentation along with an exhibition of students' artwork light refreshments.

The three sessions take place on consecutive days: Tue, Nov 7 and Wed Nov 8 from 10 a.m. – 12 p.m., and Thurs Nov 9 from 4 – 6 p.m. Register [here](#).

### *Make the Most of Your Medicare*

On Tuesday, Nov 14, from 9 a.m. to 3 p.m., HICAP (Health Insurance Counseling and Advocacy) counselors will be on hand to help Medicare beneficiaries review their health and drug plans and make the best decisions for their health.

"Getting unbiased information to help you make choices that are vital for your individual health needs is so important," said Susi Q Care Manager Martha Hernandez.

Appointments are required to speak to the counselors. Call 949-715-8104 to schedule a time that works for you.

While this day is important because it takes place during the Open Enrollment period, Oct 15 – Dec 7, Susi Q offers free Medicare counseling all year long on the third Monday of every month.

For more information on these three great offerings, visit [www.thesusiq.org](http://www.thesusiq.org). To RSVP by phone, call 949-715-8105, or email [christineb@thesusiq.org](mailto:christineb@thesusiq.org).

Share this:

0

---

---

**LB Indy Staff**