



Benevilla®

FREE EDUCATIONAL WORKSHOPS



Level Up *with* **Lorrie**

Fitness, Nutrition, and Wellness Basics for Healthier Living

Join Lorrie Karn, Director of Benefitness Adaptive Gym.

Food & Mood

Friday, August 22nd | 10:30 - 11:30

Discover which foods support restful sleep and emotional balance, and learn easy nutrition tips you can start using right away. This session offers practical guidance to help you feel more energized, focused, and calm—naturally. Ideal for anyone looking to improve their wellness through smarter food choices.



- This love story begins in the gut
- Brain fog and mood.
Are you missing nutrients?
- Intrinsic versus extrinsic factors

Don't miss out—join us and take the first step toward a healthier you!



RESERVATIONS REQUIRED

To register online visit:
Benevilla.org/education-workshops-2025
For questions or to register:
Call: Benevilla (623) 584-4999 or
Email: SupportGroups@benevilla.org

BENEVILLA MAIN CAMPUS
Burrows Conference Room

16752 N Greasewood St.
Surprise, AZ 85378

AUGUST, 2025



Benevilla®

CAREGIVER SUPPORT

For every step of the journey

Benevilla's peer-to-peer caregiver support groups and educational sessions are free and open to the public. Unless otherwise indicated, sessions are held at the NEW:

Benevilla Education Center

at the Bovard Building, 14601 N Del Webb Blvd, Sun City, AZ 85351

Dementia Caregivers

A support group for those navigating the dementia journey. Whether your loved one is newly diagnosed or in later stages, find connection, compassion, and strength together.

TUESDAYS | 9:30 – 11:00 AM

General Caregiving

This group is for caregivers of loved ones with various diagnoses who want to connect with other caregivers for support and encouragement.

THURSDAYS | 9:30 – 11:00 AM

Life During Loss

This group is for those navigating the grief process due to the expected loss of a loved one in the next 12-24 months or have recently lost a loved one in the past 12 months.

WEDNESDAYS | 9:30 – 11:00 AM

Rebuilding Life After Loss

A support group for those whose caregiver journey has ended and are looking for support as they start to build the next phase of their life.

WEDNESDAYS | 11:00 AM – 12:00 PM

AUGUST EDUCATION EVENTS

Level Up with Lorrie: Food Swaps & Gut Health*	Lorrie Karn, Director of Benefitness Adaptive Gym, shares which foods help or harm your gut—and why it matters. Discover simple, healthy food swaps for better health.	Friday August 8, 2025 9:00 –10:30 am
Level Up with Lorrie: Food & Mood*	Join Lorrie Karn, Director of Benefitness Adaptive Gym, to discover foods that promote better sleep and boost your mood.	Friday August 22, 2025 9:00 –10:00 am

***LOCATION:** Benevilla Main Campus, 16752 N Greasewood St., Surprise, AZ 85378

Registration requested for educational events. Visit <https://benevilla.org/education-workshops-2025> for more educational events and to register or call 623-584-4999.

Follow us on social media. [f](#) [@](#) [v](#) [in](#) [d](#) [X](#)

Benevilla.org



Benevilla® Free Education Workshop

WEDNESDAY, SEPTEMBER 3, 2025 | 1:00 - 2:00 PM

Avoiding Caregiver Burnout, Embracing Support

Caregiver burnout is real—but you don't have to face it alone. You'll learn practical tips for recognizing and managing burnout.

- Identify early signs of emotional and physical exhaustion
- Establish healthy boundaries and realistic expectations
- Incorporate small moments of self-care into your daily routine
- Reach out for help and use respite care regularly
- Connect with support networks and community resources

This session also introduces how the Benevilla adult day Life Enrichment Programs can be a powerful part of relieving burnout. These programs provide meaningful engagement for older adults while giving caregivers much-needed respite and peace of mind.

Discover how Life Enrichment Programs:

- Support cognitive, social, and physical well-being
- Offer safe, enriching care tailored to each individual
- Reduce caregiver stress through reliable daytime support
- Help caregivers recharge while their loved ones thrive

Presented by:



Courtney Allen
*Vice President of Program
Operations, Benevilla*

RESERVATIONS REQUIRED

To register online visit: Benevilla.org/education-workshops-2025

For questions or to register by phone call: Benevilla (623) 584-4999,
email: SupportGroups@benevilla.org, or, text: "workshop" to (520) 652-1981
(Standard messaging rates apply)

LOCATION:

BENEVILLA EDUCATION CENTER
14601 N Del Webb Blvd
Sun City, AZ 85351



Caring CONNECTIONS

FREE support groups for couples navigating Mild Cognitive Impairment or Early-Stage Dementia together.



**STARTING
AUGUST 2025**

**LOCATIONS
IN SURPRISE!**

See details below.

STAY CONNECTED WHILE NAVIGATING MEMORY CHANGES

Caring Connections are monthly support groups for couples—where one partner is living with Mild Cognitive Impairment or Early-Stage Dementia. Together, you'll explore ways to stay emotionally connected, share both the joys and challenges of your journey, and receive compassionate, practical support in a welcoming space.

Each session includes:

- Social connection with other couples
- Brain-healthy snacks
- Engaging activities
- Tools and support to help you thrive together

LOCATIONS & TIMES (NO GROUP MEETINGS IN DECEMBER)

THE COLONNADE

📅 2nd Mondays of the Month
10:00 - 11:15 a.m.
Trevi Room

📍 19116 N. Colonnade Way
Surprise, AZ 85374

GRAND COMMUNITY BAPTIST CHURCH

📅 3rd Thursdays of the Month
10:00 - 11:15 a.m.
Ministry Center Classroom

📍 18350 N. Goldwater Ridge Dr
Surprise, AZ 85374



FOR MORE INFORMATION, CALL (623) 471-9300.

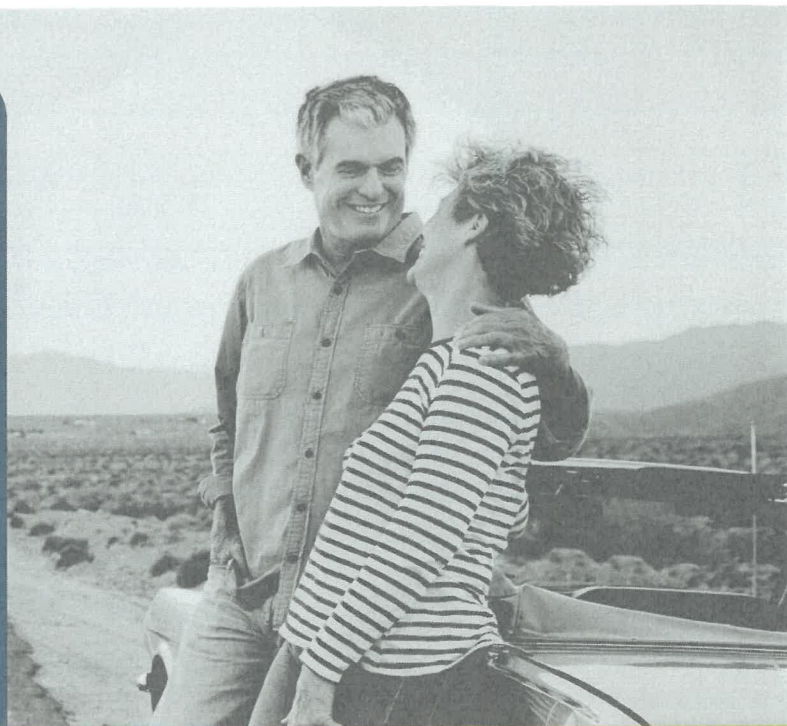
This no-cost program is made possible through the generous support of Sun Health Foundation and the City of Surprise.





November 13 - 14, 2025

**Midwestern University
Glendale, AZ**



*Register by August 31st for
Special Early Bird Pricing*

Inspire Longevity for Life

Join us for a premier event featuring workshops and panels on physical health, cognitive health, aging with purpose, and social and emotional wellbeing to provide you resources and connections to help live healthier and happier for longer.

**Keynote Speaker
Arthur C. Brooks**



**Harvard Professor and
Best-selling Author**

"Build the Life You Want: The Art and Science of Getting Happier" & "From Strength to Strength".

**Morning Keynote
Maddy Dychtwald**



**Co-founder of Age Wave,
Best-selling Author, and
Global Futurist**



Act Now! Early Bird Tickets Start at \$100!
Visit LiveWellConference.org

Too Many Treasures **HOARDING**



***"...I learned that I'm
not alone."***

This 14-week **Hoarding Therapy Group** is for individuals who self-identify with hoarding behaviors.

Participants must:

- Be 60 years of age and older.
- Participate in group interactions and home assignments.

Registration now open

Hoarding Therapy Group via ZOOM

Thursdays: 1:00pm to 2:30pm

Sept. 13th – Dec. 18th, 2025

**For more information call (602) 241-5577
or email hoarding@aaaphx.org**



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

1366 E Thomas Road, Suite 108, Phoenix, AZ 85014 | 602-264-HELP (4357) |
aaaphx.org



Olive Branch Meals

Home Delivered Meals

Banner Olive Branch has been supporting residents in the West Valley since 1988. Our mission is to help those we serve live happier and healthier lives. One of the ways we support our community in meeting this mission is through our Home Delivered Meal Program.

Quality

Through this program we provide healthy meals that we prepare daily in our Center kitchen, adhering to the highest health and safety standards and cooked by a team of experienced chefs.

All our menu items are reviewed and approved by a registered dietician, ensuring that the meals you or your loved one receive are not just delicious but healthy and balanced as well.

Some of our recent meals include dishes like:

- Pork Chop with warm apples, broccoli, roasted sweet potatoes and a roll.
- Baked Salmon with a roasted bell pepper sauce, roasted Brussel sprouts and a tomato and chickpea couscous
- Pot Roast Stroganoff with broccoli and a chef's choice vegetable

*All our meals also come with fruit and milk

Well trained staff

All our meals are delivered by well trained Banner Olive Branch Center staff members who not only provide a friendly visit but also do a wellness check to ensure that you are safe when they visit.

We also have a team of staff members at the Center who are here Monday-Friday to answer questions, update meal choices and ensure that you receive excellent customer service no matter the issue or concern.

No Additional Fees or Taxes

We offer several different diet options including a classic meal and a diabetic friendly meal option. There is no difference in price for any of these meals so you can select the best option for your needs without having to worry about extra fees.

We also don't charge tax or delivery fees and there is never a charge to change your order.

To order a meal please place your order through our secure payment portal. Please call 800-230-2273 or 602-230-2273 or visit us online at: www.BannerHealth.com/OliveBranch

We hope you will consider trying our Home Delivered Meals today. We feel confident that your health and well being will benefit.



Banner Olive Branch Senior Center

A vital resource for Sun City and neighboring communities since 1988, fostering independence and a healthy lifestyle. Explore our diverse range of programs and services.

Food and Meal Programs

- Food pantry
- Home delivered meals available daily
- Breakfast and lunch (Monday-Friday)
- Supplemental Nutrition Assistance Program

Community Programs

- Crisis financial assistance
- Medicare benefits counseling
- Legal assistance
- Tax preparation assistance
- Information and referral services

On-Site Programs and Services

- Medicare savings programs
- Medicaid (AHCCCS)
- Boost Your Budget (savings on bills and utilities)

Wellness, Education and Socialization

- Preventive screenings
- Recreational activities
- Educational classes
- Exercise classes
- Computer lab
- Library
- Informational speakers
- Educational sessions
- Support and social groups
- Entertainment
- Movie theater



13049 N. 103rd Ave., Sun City, AZ 85351

Center Hours: Monday-Friday 6am-3pm

Food Pantry: Tue, Wed & Thur 7am-11am

Want to learn more or get involved?

Explore our various volunteer opportunities by calling 623-465-6000.

More Information:

bannerhealth.com/olivebranch



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