Greetings AARP Tampa Bay Partners & Senior Allies!

AARP Florida is working with community partners to provide valuable information, resources and comfort to our members and the general public through a series of virtual events.

How can you get involved?
- Join us! We welcome your participation.
- Help us get the word out! Please feel free to share these with others who might benefit from any of these events
- Share your ideas! Are there topics or programs you think would make a good addition to our virtual line-up? Let me know.

**Tuesday, June 9**
11:30 – 12:00 PM

**Coffee, Caregivers & Conversations: What to Do and Not Do with your Finances During Coronavirus**
Coronavirus has created several stressors for caregivers in their everyday life around health, family, food and isolation. Another stressor has been financial as families and caregivers alike deal with reduced income and uncertainly in state & federal budgets and the stock market. Join Ryan Singleton, from Singleton Legal, an attorney specializing in helping clients resolve their financial problems, as he shares information about how to handle your finances during coronavirus. **Disclaimer:** Consult your financial/tax advisor or lawyer for advice involving your personal situation. [Register Here](#)

**Wednesday, June 10**
1:00 – 2:00 PM

**AARP Money Wise Wednesday: Government Imposters Scams**
AARP invites you to join us for a Fraud Watch presentation on government imposter scams. Con artists go to great lengths to convince you that they are from the federal or local government with the intent of stealing your money or your identity. They pretend to be from the Social Security Administration or IRS, or they claim to be from the non-existent Government Grants Administration. We’ll talk about all of these scams and allow time for you to ask your questions and share experiences you may have encountered. [Register Here](#). A link to join will be sent to registrants that day of the event.

**Thursday, June 11**
1:00 – 2:00 PM
HomeFit: Creating Lifelong Homes
Session 1: Assessing your home’s exterior, stairways and bathrooms
What if all homes could be suitable for anyone, regardless of a person’s age or physical ability? What if a person who wants to live independently, regardless of his or her age or physical ability, could do just that? Join Laura Capp, Certified Aging in Place Specialist, to learn more about resources created by AARP to help people stay in the homes they love by turning them into a “lifelong home,” suitable for themselves and anyone in their household. Register Here

Thursday, June 11
1:00 – 2:30
AARP Tele-Town Hall: Personal Resilience in the New Normal
As many states and communities continue physical distancing measures and others begin relaxing them, this week’s live Q&A event will address the challenges of staying socially engaged and connected to loved ones while remaining safe. Find out how you can stay sharp, manage anxiety and cope with isolation under the shifting regulations. Call toll free 1-855-274-9507 to submit a question and listen to the live event. You may also watch live on Facebook.
Recordings from past AARP Coronavirus Tele-Town Halls, Click Here.

Thursday, June 11
Virtual Yoga: Yin Yoga
6:00 – 7:00 PM
Join AARP Florida and Sonya Quijada for virtual yoga sessions each Thursday evening. This week we present Yin Yoga. Relax and unwind with deep stretching and long hold yoga poses. Be sure to register so the website and logon information can be sent to you before class. Register Here
Learn more about Sonya Quijada.

Thursday, June 12
World Elder Abuse Awareness Day Symposium
12:00 – 1:30 PM
This event is to honor and recognize World Elder Abuse Awareness Day (WEAAD), which is June 15. This FREE event will explore how our brains process information during a crisis (such as a pandemic), examine fraud and scams both online and in the community – then, explore how
communities are moving to better protect elders from abuse and exploitation. CEU & CLE Credit available for professionals. Register Here

Tuesday, June 16
11:30 – 12:00 PM
Coffee, Caregivers & Conversations: Legal Aid
Please join AARP Florida and Supervising Attorneys Katianna Mazard and Sarah Barker from Coast to Coast Legal Aid of South Florida, Senior Citizen Law Project to discuss community resources available to seniors and their caregivers. Register Here

Thursday, June 18
1:00 – 2:00 PM
HomeFit: Creating Lifelong Homes
Session 2: Assessing your home’s kitchen and other rooms.
What if all homes could be suitable for anyone, regardless of a person’s age or physical ability? What if a person who wants to live independently, regardless of his or her age or physical ability, could do just that? Join Laura Capp, Certified Aging in Place Specialist, to learn more about resources created by AARP to help people stay in the homes they love by turning them into a “lifelong home,” suitable for themselves and anyone in their household. Register Here

Thursday, June 18
Virtual Yoga: Power Yoga
6:00 – 7:00 PM
Join AARP Florida for virtual yoga sessions each Thursday evening. This week we present Power Yoga. Get the blood flowing and build strength with this yoga class. Be sure to register so the website and logon information can be sent to you before class. Register Here
Learn more about Sonya Quijada.

Tuesday, June 23
11:30 – 12:00 PM
Coffee, Caregivers & Conversations: Caregiving & The Workplace
Many caregivers are still in the workforce while caring for their loved ones. During the coronavirus pandemic, many found themselves working from home while also balancing caregiving duties. Others found their jobs did not allow for remote work and faced furloughs or unemployment. Please join us for this important discussion with Amanda Singleton, from Singleton Legal, a nationally recognized unpaid caregiver advocate. Register Here
Tuesday, June 23
7:00 – 8:00 PM
*Medicare Essentials: Costs, Coverage & Other Questions Answered – Part 1*
How much do you know about Medicare? The decisions you make now could affect what doctors you see, how much you might spend on your health in the future and more. This free, two part webinar will explore the basics of Medicare, as well as important information about telehealth and Medicare coverage during the global Coronavirus pandemic. Whether you’re 65 or will be soon, there’s no better time to start exploring your Medicare options. (Note: Q&A will be held during Part 2 on 6/25) [Register now!](#)

Thursday, June 25
Virtual Yoga: Chair Yoga
6:00 – 7:00 PM
Join AARP Florida for virtual yoga sessions each Thursday evening. This week we present Chair Yoga. We will learn how to off-set the problems encountered with eight hour days at a desk. Be sure to register so the website and logon information can be sent to you before class. [Register Here](#)  
[Learn more about Sonya Quijada.](#)

Thursday, June 25
7:00 – 8:00 PM
*Medicare Essentials: Costs, Coverage & Other Questions Answered – Part 2*
In part two, we’ll help you get answers about Medicare by providing you the opportunity to ask questions during this Q&A session. [Register now!](#)

Wednesday, July 1
1:00 – 2:00 PM
*AARP Fraud Watch: Operation Protect Veterans*
Con artists steal billions from Americans every year. It is especially troublesome when scams target America’s veterans who have served our nation so admirably. That’s why the AARP Fraud Watch Network officially launched Operation Protect Veterans to help you fight back! We are providing tools and resources to help you spot and avoid scams that target veterans. Our recent research on consumer fraud and military veterans found that not only
are veterans explicitly targeted by scams, they fall victim twice as often as the general public. Join us for a virtual presentation where you will learn helpful tips to better protect your finances, benefits and identity. **Pre-registration is required.** A link to the Zoom session will be sent to you by email the morning of the event.

Michelle Cyr  
AARP Florida  
Associate State Director for Community Outreach in Tampa Bay  
[www.aarp.org/tampabay](http://www.aarp.org/tampabay)

AARP has been working to promote the health and well-being of older Americans for more than sixty years. In the face of this outbreak, AARP is providing