

2026 Class Schedule

Classes held in Cowlitz County

AREA AGENCY ON
Aging & Disabilities
OF SOUTHWEST WASHINGTON

Registration is not required to attend classes.

Class	Date	Day	Time	Location
Staying Well: Emotional Wellness	Jan-28	Wed	10:30a-12:30p	FVRL - Woodland Community Library 411 Lakeshore Dr, Woodland WA 98674
Day-to-Day Caregiving	Feb-18	Wed	1-2:30p	FVRL - Woodland Community Library 411 Lakeshore Dr, Woodland WA 98674
Dementia Caregiving	Feb-25	Wed	10:30a-12:30p	FVRL - Woodland Community Library 411 Lakeshore Dr, Woodland WA 98674
Day-to-Day Caregiving	Mar-16	Mon	5:30p	Longview Public Library 1600 Louisiana St, Longview WA 98632
Legal & Financial Issues: Get Planning	May-29	Fri	12-2p	YMCA of SW WA 766 15th Ave, Longview WA 98632
Dementia Caregiving	Jul-24	Fri	12-2p	YMCA of SW WA 766 15th Ave, Longview WA 98632
Powerful Tools for Caregivers (6 weeks: Tues, 9/15 - 10/20)	Sep-15	Tues	2-3:30p	YMCA of SW WA 766 15th Ave, Longview WA 98632
Fall Prevention	Sep-25	Fri	12-2p	YMCA of SW WA 766 15th Ave, Longview WA 98632

To Attend Classes held in Clark County

Residents of both counties are welcome to attend classes in either county.

If the dates/times above don't work for you,
or you'd like to attend a class not on this schedule,
reach out to our Aging and Disability Resource Center for a Clark County flyer
or visit the Fort Vancouver Regional Library events page.

Aging and Disability Resource Center (Cowlitz County)
360-501-8399 or CowlitzADRC@dshs.wa.gov

Fort Vancouver Regional Library - www.FVRL.org

In the top menu, select "Attend Events"

Under Find An Event select "All Events"

Under the event filters, select the Program "Area Agency on Aging & Disabilities"

AAADSW Education - 2026

Class Descriptions

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Brain Health & Aging

The brain is our most complex organ. It is also one of the most important. That's why trying to keep it healthy is critical now, and as we age. Join us as we learn about the basics of brain health, including ways to promote healthy aging and reduce potential threats to brain health.

Day to Day Caregiving Skills

Caring for a loved one at home? Would you like to learn some practical skills and tips for helping with day-to-day personal care? In this class we will talk about activities of daily living, creating routines, managing incontinence, equipment and assistive devices, nutrition, community resources and more.

Dementia Caregiving

Caring for someone with dementia? Join us to learn new tips related to dementia caregiving. We'll talk about what dementia is, ideas on preparing for the road ahead, developing your caregiver tool box, creating useful routines, and communicating effectively.

Fall Prevention

Are you a senior who wants to stay independent? A family caregiver who wants to protect your loved one from falling? Join us for a Fall Prevention workshop and learn about: recognizing and reducing risk factors, making your home safer, talking with your healthcare providers about related medical factors, mobility devices that can help prevent falls and make getting around easier, and how medications and chronic conditions might increase fall risk

Legal and Financial Issues: Get Planning

What does it mean to get your affairs in order? Planning for the future is tough enough without all the legal terms and misinformation floating around. In this class, we'll help you understand Medicare and its many parts, explore long-term care options, and get an understanding of core legal documents (including wills, trusts, powers of attorney, and advance directives). Become empowered with the knowledge you need to reduce future stress and help to ensure that all your legal and healthcare preferences are honored.

Powerful Tools for Caregivers Workshop

Powerful Tools for Caregivers is a six-week workshop open to spouses, partners, adult children, and friends caring for a loved one at home. Classes provide you with tools and tips to better handle the unique challenges you face. Learn to reduce personal stress, communicate effectively with family and medical staff, deal with difficult feelings, and more.

Staying Well: Emotional Wellness

Developing and maintaining wellness is a lifelong journey. In this workshop you'll learn skills to evaluate and improve emotional wellness, understand the connection between your emotions and other aspects of your life, manage your feelings, build a strong support system, and cope with changes and challenges.

Taming the Medicine Cabinet

The majority of Americans take at least one medication, and 20% take five or more. Keeping track of your medications can be challenging. Join us as we explore some of the common causes of medication errors and challenges that most people face. We will also identify practical tips that anyone can use, including how to take back medications that are expired or no longer needed.

SEE REVERSE SIDE FOR CLASS SCHEDULE

