



LIFESTYLE | JANUARY

SEMINARS



Reservations for seating are made by either signing up in the Seminar Binder in the Lifestyle Services office in Palmetto Commons or by contacting the company hosting the seminar. Seminars are paid programming by outside organizations. These programs do not reflect the views or recommendations of the Sun City Hilton Head Community Association. All phone numbers are in the (843) area code unless specified.

HearingLife

Monday, January 6

**9 a.m.–12:30 p.m., Pinckney Hall,
Congaree River Room**

Complimentary hearing screening and hearing aid cleaning. HearingLife follows a scientific, results-oriented approach to hearing healthcare provided by skilled, caring professionals. Their vision is to help more people hear better through life-changing hearing health delivered by the best professionalized care. Sign up in the Seminar Binder in Lifestyle Services.

Beaufort County Veterans Association Veterans Counseling

Thursdays, January 9

Wednesday, January 22

**9 a.m.–4 p.m., Lakehouse,
Dockside Room**

By appointment only; please call
255-6880, Monday–Friday, 8 a.m.–5 p.m.

Synergy Homecare of the Lowcountry Let's Talk About Home Care

Thursday, January 9

**11:30 a.m.–12:30 p.m., Pinckney Hall,
Kiawah River Room**

Join Ted Bliman, caregiver and care coordinator, for an interactive lunch to learn about successful home care strategies that keep people thriving in their homes. He will share examples of home care success stories and hear from attendees about their home care expectations. No reservations necessary.

Beaufort County Library Bookmobile

Thursdays, January 9, 16, 23 and 30

**9:30–10:30 a.m., Riverbend Parking Lot
11 a.m.–12:30 p.m., Pinckney Hall
Parking Lot**

Visitors to the Bookmobile may board the Bookmobile to browse inside. Visitors may also take advantage of curbside service to pick up pre-requested items. To request items in advance of a Bookmobile visit, search and place items on hold through the online catalog, by email (bookmobile@bcgov.net), or by calling Bookmobile South at 255-6678.

Beaufort Memorial Hospital Wellness Unit Health Screenings

Monday, January 13

9 a.m.–Noon, Pinckney Hall Lobby

Friday, January 24

9 a.m.–Noon, Lakehouse, Bayside Room

Free blood pressure, free blood sugar, \$10 lipid profile (cholesterol, fasting recommended), \$10 PSA (prostate blood test for men over 50).

AARP Driver's Safety Training

Tuesday, January 14

**9 a.m.–1 p.m., Pinckney Hall,
May River Room**

Become a safe driver! You could earn a three-year discount on your South Carolina auto insurance. Cost is \$25/\$20 (AARP members). Check or cash only (no cards accepted). Make checks payable to AARP. Sign up in the Seminar Binder in Lifestyles Services.

The Solar Educator

Tuesdays, January 14 and 28

Noon–1 p.m., Lakehouse, Dockside Room

The Solar Educator Team cordially invites you to an informative and interactive seminar highlighting the benefits of adopting solar energy. Bring your electric bill to be entered into a drawing. Lunch will be provided, limited to the first 25 attendees. Sign up in the Seminar Binder in Lifestyle Services to secure your entry, or call/text 533-1236.

Edward Jones

Tuesday, January 21

**12:30–2:30 p.m., Lakehouse,
Bayside Room**

Join us for lunch and a free workshop offering market updates and tips on how you can best position your investments for 2025 and beyond. Sign up in the Seminar Binder in Lifestyle Services.

Elder Law & Estate Planning, A Division of LawyerLisa

**Get Your Ducks in a Row: Preventative
Planning for Health and Happiness**

Thursday, January 23

**3:30–4:30 p.m., Lakehouse,
Bayside Room**

Learn medical, legal and financial strategies to safeguard your independence and make informed decisions for the future. Register at lawyerlisa.com/events.

continued on next page



LIFESTYLE | JANUARY

SEMINARS



Reservations for seating are made by either signing up in the Seminar Binder in the Lifestyle Services office in Palmetto Commons or by contacting the company hosting the seminar. Seminars are paid programming by outside organizations. These programs do not reflect the views or recommendations of the Sun City Hilton Head Community Association. All phone numbers are in the (843) area code unless specified.

American Red Cross Blood Drive

**Wednesday, January 29
9 a.m.–3 p.m., Pinckney Hall, Dance
Floor**

The Red Cross reminds donors that blood for patients can only come from volunteer donors. Please make time to give blood to ensure it is available for patients this winter. For appointments, please visit www.RedCrossBlood.org and enter sponsor code "SunCity" or call 1-800-733-2767.

Mark F. Winn, Attorney at Law, PLLC Wednesday, January 29 10–11 a.m., Pinckney Hall, Colleton River Room

Learn how to protect your assets, preserve your privacy, and avoid tax and probate problems so your assets will stay in your family protected from lawsuits. Light refreshments will be served. Sign up in the Seminar Binder in Lifestyle Services.

FEBRUARY SEMINARS

Monday, February 3
AARP Tax Aide Program

Thursday, February 6
AARP Tax Aide Program
Bluffton Self Help
Beaufort County Library Bookmobile

Monday, February 10
Beaufort Memorial Hospital Wellness Unit
AARP Tax Aide Program
OneBlood

Tuesday, February 11
AARP Driver's Safety Training
OneBlood

Wednesday, February 12
Beaufort County Veterans Association
Ochsner Novant 65 Plus

Thursday, February 13
Beaufort County Library Bookmobile

Saturday, February 15
AARP Tax Aide Program

Monday, February 17
AARP Tax Aide Program

Tuesday, February 18
The Solar Educator

Thursday, February 20
AARP Tax Aide Program
Beaufort County Library Bookmobile

Monday, February 24
AARP Tax Aide Program

Tuesday, February 25
The Solar Educator

Wednesday, February 26
Beaufort County Veteran's Association

Thursday, February 27
AARP Tax Aide Program
Beaufort County Library Bookmobile
The Solar Educator

Friday, February 28
Beaufort Memorial Hospital Wellness Unit