

## Educational Opportunities

**Classes must be registered for in advance (Classes may be cancelled if minimum numbers are not reached.)** by calling the **Seymour Center** in Chapel Hill at 919-968-2070 or the **Central Orange Senior Center** in Hillsborough at 919-245-2015.

### **AARP Smart Driver Course**

The AARP Smart Driver Safety course is the nation's largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive today's roads safely so they can stay independent for many years to come. 97% of those who take it change at least one driving behavior. And the best part - there are no tests! Just useful information to stay safe on the road.

This course is designed to help you: Update driving skills and your knowledge of the rules and hazards of the road; Learn about normal age-related physical changes and how to adjust your driving to compensate; Reduce your chances for traffic violations, accidents and chances for injuries; and Get an insurance discount. Auto insurance companies in most states provide a multi-year discount to AARP graduates! Restrictions may apply per state.

Highlights of the course: The AARP Smart Driver Safety course is packed with useful information you can use immediately, including: How to maintain a proper following distance; the safest way to change lanes and make turns at intersections; the effects of medications on driving; and reducing driver distractions such as eating, smoking and cell phone use. **Please bring a bag lunch and tea will be provided.** Register for this course by Fri, Oct 1, by calling 919-968-2070 for the Seymour Center. Fee: \$15 for AARP members, \$20 for non-members

Instructor: Ava Bailey

### **Seymour Center**

Thurs, Oct 8 (324005-03)

9:30 am – 2:30 pm

### **Abacadabra! It's Magic for the Grandkids**

You will WOW! and amaze your grandkids as you learn tricks that are not technically difficult but will impress family and friends. You do not need any special talent - just an interest in learning and practicing the tricks. Join Lee Werley, amateur magician as he teaches and gives you an idea of what to expect with kids of different ages. Young children often just express amazement, but as your grandkids get older they will work hard to figure out how you've done it! The tricks that will be demonstrated and explained include vanishing handkerchiefs, how to magically untie ropes, mind reading tricks, the classic cups and balls trick, and numerous card tricks. You might also enjoy doing these tricks at adult parties or dinners with friends. Required registration ends one week prior to each workshop.

Instructor: Lee Werley

Fee: FREE

### **Central Orange SC**

Session I: Tues, Sept 22 (244024-01)

3 – 5 pm

Session II: Thurs, Oct 8 (244024-02)

6 – 8 pm

### **Bees Are Our Friends: We Can't Live Without Them**

The importance of pollination was recognized by Mesopotamians as early as the 9<sup>th</sup> century BC, which is as true today as it was in ancient times. There is the need to better understand the biology of insect pollinators for the sake of both cultivated and native plants, particularly with the sharp decline in bees and butterflies. This presentation provides guidelines for ensuring pollinator health in the urban landscape, and offers information on what we can all do to help our native pollinators through these uncertain times. This program is co-sponsored with NC Botanical Gardens.

Presenter: Johnny Randall, PhD, Director of Conservation Programs  
North Carolina Botanical Garden.

Must have 15 participants for this course to take place. Register by Mon, Sept 14.

Fee: FREE

#### **Seymour Center**

Mon, Sept 21 (344045-01)

2 – 3 pm

### **Create a More Satisfying Life in Just One Day!**

Morning refreshments, (coffee, fruit, & muffins), lunch, and class workbook will be provided.

- Are you facing a crossroads in your life?
- Are you wondering if you should retire, or begin a new career?
- Do you feel there is something more you could be doing to create deeper value for yourself and others?

#### *Create a more satisfying life in just one day!*

- This class is designed to lead you through a process of discovering what activities utilize your skills and abilities to their highest and most fulfilling levels!
- You will leave the class with a clearer picture of your desired life, as well as an outline of how you might move forward to make this picture a reality!

The class is based on the 13-step program introduced in the book, *If Your Life Were a Business, Would You Invest in It?*, used by individuals and organizations worldwide to maximize their efficiency and life/work satisfaction. **It will cover the first 8 steps**, leading you to a deeper and more detailed discovery of your passions and purpose.

**Class Facilitator: Jerry Bergner** is a speaker, trainer, and coach who guides individuals and team members in seamlessly aligning their life/work with their deepest passions – creating purpose-driven lives that are worth investing in. He pulls from his diverse background – including the financial services industry where he skillfully and passionately directs clients seeking to grow their wealth while allocating their resources to the outcomes that matter most to them. **He helps his clients create realistic and comprehensive life plans that focus their time, talents, energy, and money in the areas that bring them the most satisfaction and reward.** He presents regularly for associations, corporations, educational groups, senior centers, and more – and for such groups as Duke Univ, the Public Library System, and UNC. See [www.LifeBiz.biz](http://www.LifeBiz.biz) for more about his speaking, training, and coaching. **Registration deadline: Sat, Sept 26.**

Instructor: Jerry Bergner, Certified Life Business Financial Adviser

Fee: FREE

#### **Seymour Center**

Sat, Oct 3 (324002-12)

9 am – 5 pm

### **Laughology**

Did you know that laughter improves your immune system and breathing? Charles Dickens said it best, “There is nothing in the world so irresistibly contagious as laughter and good humor.” This class will have two sessions. The first session will involve a video and the second session will be filled with lots of fun laughing exercises. Prior to each session there will be a TEDTalk presentation by Sophie Scott, titled, “Why Do We Laugh”. Please join the TEDTalk presentation on Mon, Sept 21 at 2 pm at the Seymour Center. This will be an introduction to the Laughology sessions. You will need to register by the same date of Mon, Sept 21.

Instructor: Emily Gordon

Fee: FREE

### **Seymour Center**

Session I: Mon, Sept 28 (344046-01)

2 – 3 pm

Session II: Mon, Oct 5 (344046-02)

2 – 3 pm

### ***Prime Time: Making the Most of Your Life***

There are some great quotes in the book, which is very informative and life affirming. It encourages one to be happy, self-aware and develop friendships. The mission of this book is to change cultural perception of aging. Well researched and focused on the premise of not just getting older, but getting better. It is highly recommended that you get the book prior to class start date. If you need assistance ordering this book, please contact Cydnee Sims at 919-245-4250 by Fri, Aug 28. Otherwise, please feel free to purchase/obtain a copy on your own. The book is titled *Prime Time*, by Jane Fonda (Random House 2011). Highlighted chapters of focus and discussions are listed below for course guidance. However, please read the entire book in your spare time. Class is limited to 12 participants.

### **Highlighted chapters as follows:**

#### **Session One – Mon, Oct 26**

Chapt 5: *Eleven Ingredients of Successful Aging*

Chapt 8: *You and Your Brain, Use it or Lose It*

#### **Session Two – Mon, Nov 2**

Chapt 11: *Importance of Friendship*

Chapt 12: *Love in the Third Act of Your Life*

#### **Session Three- Mon, Nov 9**

Chapt 16: *Leaving Footprints or Generatively*

Chapt 12: *Ripening Time, A Challenge for Women*

Chapt 19: *Let's Hear it for the Revolution*

Facilitator: Emily Gordon

Fee: FREE

### **Seymour Center**

Mon, Oct 26; Nov 2, 9 (344047-01)

2 – 3 pm

### **Stress Management: The Mindfulness Way**

Modeled after Jon Kabat-Zinn's class at the Stress Reduction Clinic at the Univ Massachusetts, this class will offer you a comprehensive understanding of mindfulness techniques and how mindfulness can affect your life in many positive ways.

Practicing mindfulness allows you to bring awareness to what is going on in your mind and body at any given moment, helping you to slow down so that you can recognize warning signs of stress. You will probably find that as a result of participation in this class, you will learn to stay more focused, relaxed and decrease your tendencies to "knee jerk" reactions to stress triggers.

Research shows that the most people who participate fully in the programs may see an improvement in conditions such as but not limited to: Insomnia, Catastrophic Thinking, Anxiety and Depression, Fatigue, Headaches, Musculoskeletal Pain, and Hypertension. Each class will include discussion, introduction to a Mindfulness Practice, and educational presentations. You will also be provided handouts to supplement what you learn in class.

**What are the Benefits?** Quiet and calm the mind, Pay attention to your moment to moment experiences, Restore and maintain a sense of personal balance, Decrease the symptoms associated with stress, Improve overall physical and emotional well being

**What do Mindfulness Practices include?** Mind-Body awareness, Breath Awareness for Stress Management, Mindfulness Meditation Practices, including walking and seated meditation, Mindful Eating, Thought and Emotion Awareness, Learning how to Step out of "Auto Pilot" and live your life to its fullest, Loving Kindness/Self Compassion Meditation

**To get the most from this program, participants will want to commit to:**

- Attending each class.
- Being on time and staying for the full class.
- Setting aside time for a home practice .

Presenter: Paula Huffman, BS, RN, ERYT, is a Registered Nurse and Experienced Registered Yoga Teacher. She also holds certifications in Restorative Yoga Instruction and has studied with the Center for Mindfulness at the University of Massachusetts with Jon Kabat-Zinn, as well as with the University of North Carolina at Chapel Hill's Mindfulness Program. She currently teaches with the Program on Integrative Medicine at UNC in their Mindfulness program and also provides classes and seminars in various locations throughout the region as an independent contractor through her business Carolina Wellness Institute and the NC Mindfulness Center. **Please register by Fri, Sept 9.** Must have 10 participants for class to take place.

Fee: \$65

**Seymour Center**

Weds, Sept 23-October 14 (354140-01)

10-11am

### **Sharpening the Pencil: A Memoir Class for Beginners**

Has it been awhile since you put pencil to page, or opened up a blank Word document on the computer? Are you a former teacher, someone who fills up a journal with pages of memories, or a casual writer? Come sharpen your pencil with us and capture your life memories in an informal setting that will encourage you to re-discover your talents and the joy of creating beautiful sentences!

This class is open to writers of all skill levels, but will be especially tailored to beginners. Everyone's life is interesting in its own way, and this class provides a forum to write down your memories. Whether you are working on a project that is big or small, writing for yourself, or to leave a legacy for your friends and family; the instructor will provide weekly reading material to inspire; weekly writing prompts to jumpstart your creativity, and a relaxed forum to share your writing with other members of the group. Members of the class will have the optional opportunity to share a section of their work during class time. The instructor will cover topics such as organization, brainstorming and editing. Please note that this is a non-fiction class.

The instructor, Allison Kirkland, graduated from Duke Univ with a degree in English and earned her Masters of Fine Arts in Creative Non-fiction Writing at The New School in NYC. She has worked in publishing and arts administration, but her passion is showing others how to craft their own life stories.

Registration required by Thurs. Sept 17.

Fee: \$60 for 6-weeks series.

### **Seymour Center**

Thurs, Sept 24 - Nov 5 (354062-03)

6:30 - 8:30 pm

### **Smart Phones - Keeping Your Data Safe and Secure**

Many of us use smart phones which are really tiny computers. All computers, large or small, need to be maintained and safe guarded. This workshop teaches you how to do all this and more. Please register by Thurs, Oct 1.

Instructor: Geoff Hathaway

Fee: FREE

### **Central Orange SC**

Thurs, Oct 8 (234017-02)

6 - 7:30 pm

**TED Talks at Central Orange** -What are TED Talks? They are engaging talks, filmed before live audiences about big ideas. The purpose of the talks is to spark conversation. (TED stands for Technology, Entertainment and Design and is produced by a nonprofit, nonpartisan foundation.) The films are 20 to 30 minutes long and are followed by discussions led by Lisa Berley and volunteers.

#### **Thurs, Sept 24 - *My Stroke of Insight*, Jill Bolte Taylor, Brain Scientist**

Jill Bolte Taylor had a research opportunity few brain scientists would wish for: a massive stroke. She tells the astonishing story of watching as her brain functions shut down one by one. Her TED talk is highly informative and unique.

#### **Thurs, Oct 22 - *How a Driverless Car Sees the Road*, Chris Urmson, Director of Self-Driving Cars at Google**

Statistically, the least reliable part of the car is...the driver. This talk has fascinating footage showing how the driverless car sees the road and makes decisions about what to do next!

#### **Thurs, Nov 19 - *Nature, Beauty, Gratitude*, Louie Schwarzberg, Photographer and Brother David Steidle-Rast, Benedictine Monk**

As we anticipate the holiday of Thanksgiving, this film has a stunning

time-lapse nature photography accompanied by powerful words of gratitude.  
As this is a short film, a second film on this subject will be added to the program.

Fee: FREE

### **Central Orange SC**

Thurs, Sept 24; Oct 22; Nov 24 (due to holiday) (254038-09,10,11) (*New Time*) 3 - 4 pm

### **TED Talks at Seymour**

What are TED Talks? TED stands for Technology, Entertainment and Design. TED is owned by a nonprofit, nonpartisan foundation. Its agenda is to make great ideas accessible and spark conversation. Topics are created and made available for use by TED. Join us as we dive into TED Talks at Seymour including a 15 minute video/talk and follow up discussions led by Emily Gordon. Please register for each session.

Facilitator: Emily Gordon

Fee: FREE

### **Seymour Center**

3<sup>rd</sup> Mon, Sept 21; Oct 19; Nov 16 (353020) 2 - 3 pm

#### **Mon, Sept 21 - *Why We Laugh*, Sophie Scott, Neuroscientist, Stand-up Comic**

Did you know that you're 30 times more likely to laugh if you're with somebody else than if you're alone? Cognitive neuroscientist Sophie Scott shares this and other surprising facts about laughter in this fast-paced, action-packed and, yes, hilarious dash through the science of the topic.

#### **Mon, Oct 19 - *Questioning the Universe*, Stephen Hawking, Theoretical Physicist**

In keeping with the theme of TED2008, professor Stephen Hawking asks some Big Questions about our universe – How did the universe begin? How did life begin? Are we alone? – and discusses how we might go about answering them.

#### **Mon, Nov 16 - *Everyone Around You has a Story You Must Hear*, Dave Isay, Story Collector**

Dave Isay opened the first *StoryCorps* booth in New York's Grand Central Terminal in 2003 with the intention of creating a quiet place where a person could honor someone who mattered to them by listening to their story. Since then, *StoryCorps* has evolved into the single largest collection of human voices ever recorded. His TED Prize wish: to grow this digital archive of the collective wisdom of humanity. Hear his vision to take *StoryCorps* global – and how you can be a part of it by interviewing someone with the *StoryCorps* app.

### **Telling Your Story**

Join this creative writing group and create a special gift for your family and loved ones. Members will be assigned at-home exercises as well as have group participation to help develop their stories.

Fee: FREE

### **Central Orange SC**

2nd & 4th Thurs (257002-1) 3 - 5:30 pm

### **The Art of Travel: The Ins and Outs**

This course will discuss things you should think about when planning vacation travel: Why do you want to travel? Should you use a travel agent? Is travel insurance worthwhile? We will also discuss what you should know about cruises - the big cruise lines are not the only option. Are tour companies the way to go, and what do they offer? Tours come in different shapes and sizes; it is not "if it is Tuesday, this must be Belgium" anymore. Where and when should you go? How should you research your trip in books and on the internet? What about packing for a trip? What about a volunteer vacation? So many good nuggets offered in this course, you will be glad you attended. Scott Goldsmith trained as a travel agent and completed a college certification program. He interned at two different travel agencies to learn the business and has been traveling for more than 47 years. He has visited 47 states, more than 35 countries and six continents. Join him as he shares his personal and education experiences in travel. Must have 15 for class to take place. No more than 30. Register by Mon, Sept 21.

Instructor: Scott Goldmith

Fee: \$60 (6 classes)

#### **Seymour Center**

Mon, Sept 28 - Nov 2 (344048-01)

2 - 3:30 pm

### ***The Artist's Way***

Using *The Artist's Way* process can be an empowering technique for the aspiring and working artist, in a multitude of artistic and non-artistic areas. It can also be a tool for any non-artist in an inspiring manner as well. Julia Cameron wrote the book and developed the process. This twelve week program is designed to lead an individual to recovering creativity from a variety of blocks such as an individual's limiting beliefs, fear, self-sabotage, jealousy, guilt, addictions and other inhibiting forces, replacing them with artistic confidence and productivity. *The Artist's Way* links creativity to the individuals' spirituality by tapping into a higher power which allows them to connect with their own creative energies, and to guide them through a variety of exercises and activities which can spur imagination and capture new ideas. The book is utilized for weekly meetings which are designed as a baseline for the work which is done independently by each attendee. **Course Materials:** *The Artist's Way* book by Julia Cameron. A spiral bound notebook (college ruled and a good writing pen. The total number of participants will be limited to 6 individuals due to the nature of the program. Must register by Tues, Aug 25

**Facilitator:** Violet DeKnikker

Violet is an artist, writer, bead artist and quilter. She has shown her work in a variety of locations in Orange, Durham and Alamance, NC counties.

Fee: \$120 (12 week course, \$10 a class)

#### **Seymour Center**

Tues, Sept 8

(Please Note: first class will meet from 9 -11 am)

Tues, Sept 15 - Nov 24 (354100-01)

9 - 10am

### **Women's Health Support Group (Mandarin Only)** 女性健康支持小组

Meet with other women once a month to discuss the challenges new immigrant women face. Also come to discuss the available resources, seek emotional peer support and explore options for decision-making. It is a safe environment where people respect your

privacy. The maximum number of participants is eight. Please register with the facilitator before you come.

**Facilitator:** Zhenzhen Yu

Fee: FREE

**Seymour Center**

Tues, Jul 21; Aug 18; Sept 15; Oct 20,; Nov 3 (352758)

9:45 - 10:45 am

**Writing Workshops and Critique Group with Pam Baggett**

Pam Baggett has taught writing classes through Duke Univ's Continuing Studies Program, the Ackland Art Museum at UNC, the Orange County Library, and numerous botanical gardens and arboreta. Poems appear in *The Atlanta Review*; *Crab Orchard Review*; *Heron Clan III*; *Kakalak*; *Kentucky Review*; *San Pedro River Review*; *The Sow's Ear*; the anthology *Creatures of Habitat* from *Main Street Rag*; *Forgetting Home: Poems About Alzheimer's*; and *The Southern Poetry Anthology, Volume VII: North Carolina*.

**Writing from the Rope Bridge**

Whether life changes suddenly and drastically, or slowly, inexorably divides itself into Before and After. There's a time in-between when it can feel like we're standing on a rope bridge, straddling chaos. We're raw, afraid, and open. Writing that recaptures those vulnerable times and dwells in deep personal truth touches readers deeply, as we were touched. In this generative workshop, we'll examine poems written from or about the rope bridge, then work to produce our own. Minimum 5 students; Maximum 9. Register by Sat, Sept 5

Fee: \$20

**Seymour Center**

Sat, Sept 12 (344034-01)

10 am -12:30 pm

**Skeletons, Goblins, and Ghosts: a Poetry Workshop**

What scares you? What haunts you? What do you keep hidden? In this generative workshop, we'll write first about childhood Halloween memories, then dig deeper as we examine our skeletons, secrets, buried truths, and fears that go bump in the night. We'll consider the metaphorical guts and gore of life, horrors real or imagined, the sometimes thin line between fact and fiction, and how we sleep at night. Minimum 5 students; Maximum 9. Register by Sat, Sept 26.

Fee: \$20

**Seymour Center**

Sat, Oct 10 (344035-01)

10 am - 2:30 pm

**Soundtrack: a Poetry Workshop**

Nursery rhymes, Muzak carols at the mall, the tune playing during your first kiss – we live our lives surrounded by song and its counterpart, lyrical language. In this generative workshop, we'll write about the music and musicians that matter to us, the personal soundtrack we play in our heads, moments when a song seemed to save us. We'll also examine sound from a poetic perspective, considering techniques to improve the musicality of our lines. Minimum 5 students; Maximum 9. Register by Sat, Nov 7.

Fee: \$20

**Seymour Center**

Sat, Nov14 (344036-01)

10 am -12:30 pm

**Poets Critique Group**

Writing is hard, and we do it alone. Make the journey easier by joining this supportive poets critique group, in which you'll receive feedback on poems you're ready to revise. We'll acknowledge and praise the gems in your work and help you find rough spots in need of polishing. Each week, we'll also look at a few published poems and consider the techniques that make them successful. You'll leave with some optional writing prompts to work on at home. Minimum 5 students; Maximum 9. Register by Tues, Sept 22.

Fee: \$90 (for 10 sessions)

**Seymour Center**

Tues, Sept 29 - Dec 8 (344037-01)

(class will not meet on Tues, Nov 24)

6:30 - 8:30 pm

**FINANCIAL PLANNING**

**Broadening Your Knowledge of Investing**

Your family's goals are unique to you. Your investment strategy should be, too. This presentation is an expanded look at the "how" of creating an investing strategy, as well as the investment components that form your financial picture. We'll also discuss investing as a process and a journey toward your goals. **Must register by Wed, Sept 9 for Central Orange SC. Must register by Wed, Sept 16 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

**Central Orange SC**

Wed, Sept 16 (244019-01)

12 noon - 1 pm

**Seymour Center**

Wed, Sept 23 (344050-01)

2 - 3:30 pm

**Financial Overview - A Drop-In Session**

Consumer Education Services Inc (CESI) is a non-profit service provider of personal financial education and solutions for all of life's stages. Our goal is enhanced economic stability for everyone we serve. Stop by our information table and pick up some free resources on topics such as identity theft, budgeting, debt management and other personal financial topics.

Our trained counselors work with you to evaluate your financial situation and create a plan to help you find financial solid ground. CESI counselors are available by phone and online for a free financial assessment. Call us at 1-877-322-8816 or visit us at

[www.cesisolutions.org](http://www.cesisolutions.org)

CESI's services include:

- Financial Education
- Debt Management Counseling

- Housing Counseling
- Student Loan Counseling
- Pre and Post Bankruptcy Counseling
- Representative Payee Services
- Veteran's Administration Fiduciary Program

We are here to help you. Please stop by and say hello.

Provided by Gerry Homovec, Outreach Coordinator and Certified Educator in Personal Finance (CEPF)® educator, and Kelly Peak, Certified Educator in Personal Finance (CEPF)® educator from CESI ([www.cesisolutions.org](http://www.cesisolutions.org))

Fee: FREE

**Central Orange SC**

Fri, Sept 25 10 am – 12 noon

Mon, Oct 5 3 – 5 pm

**Seymour Center**

Mon, Sept 14 (344051-01) 2:30 - 4:30 pm

Fri, Oct 9 (344051-02) 10 am – 12 noon

**Maximizing Your Money for the Holidays**

If money makes the world go round, where does your money go? Especially at holiday time, it may seem to quickly disappear as you spend for gifts, travel, and special events. This workshop is your chance to discuss and discover new ways to make your dollars go further. It will also help reveal what is most important to you and how the choices you make with your money are shaped by your values. It will provide recommended budget guidelines and tips for saving money that will last long past the holidays. Don't let the season of love become the season of debt! Plan ahead and maximize your money.

**Registration required by one week before the class.** Minimum number is 8, maximum is 20.

Instructors: Gerry Homovec, Certified Educator in Personal Finance (CEPF)® educator and Kelly Peak, Certified Educator in Personal Finance (CEPF)® educator from CESI ([www.cesisolutions.org](http://www.cesisolutions.org))

Fee: FREE

**Central Orange SC**

Mon, Nov 9 (244025-01) 10 am – 12 noon

**Seymour Center**

Mon, Nov 16 (344052-01) 2:30 – 4:30 pm

**Preparing Your Estate Plan**

Do you know where your assets will go when you die? If not, this seminar will help familiarize you with the basic steps of estate planning, including the function of a will and the different types of trusts. An estate-planning attorney will be present at this event. **Must register by Wed, Sept 30 for Central Orange SC. Must register by Wed, Oct 7 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

**Central Orange SC**

Wed, Oct 7 (244020-01) 12 noon – 1 pm

### **Seymour Center**

Wed, Oct 14 (344053-01)

12 noon - 1 pm

### **Retirement for Boomers and Retirees**

It's never too late or too early to learn about growing your money. Join us for this series led by Jane Clark, Financial Advisor with Edward Jones. Maximum: 15 participants

**Note: Tues sessions will be held at the Seymour Center from 2- 3:30 pm. Call 919-968-2070 to register for sessions at the Seymour Center by Tues, Sept 29. Thurs sessions will be held at the Central Orange SC from 2 -3:30 pm. Call 919-245-2015 to register for sessions at Central Orange Senior Center by Sept 10.**

### **Central Orange SC**

Thurs, Sept 17	Foundations of Investing
Thurs, Sept 24	Focus on Fixed Income
Thurs, Oct 1	Stocks: The Nuts and Bolts
Thurs, Oct 8	An Investor's Tour of Mutual Funds
Thurs, Oct 15	What Happens After the Paychecks Stop?
Thurs, Oct 22	Preparing Your Estate Plan

### **Seymour Center**

Tues, Oct 6	Foundations of Investing
Tues, Oct 13	Rules of the Road - Seymour Center
Tues, Oct 20	Stocks: The Nuts and Bolts
Tues, Oct 27	Focus on Fixed Income
Tues, Nov 3	An Investor's Tour of Mutual Funds
Tues, Nov 10	Retirement by Design

Material Fee: \$15 payable to the instructor at the first class

### **Central Orange SC**

Thurs, Sept 17 - Oct 22 (254003-02)

2 - 3:30 pm

### **Seymour Center**

Tues, Oct 6 - Nov 10 (334004-08)

2 - 3:30 pm

### **Retirement Has Changed - What's Your Next Step**

Do you know whether you are on track to achieve your retirement goals? Or do you think you may have to work a little longer? This seminar shows you how to take inventory of current assets and determine how much income you may need during retirement. We will also cover how to structure retirement plan distributions to best suit your personal needs. **Must register by Wed, Oct 28 for Central Orange SC. Must register by Wed, Nov 4 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

### **Central Orange SC**

Wed, Nov 4 (244021-01)

12 noon - 1 pm

### **Seymour Center**

Wed, Nov 11 (344052-01)

12 noon - 1 pm