

## Educational Opportunities

**Classes must be registered for in advance (Classes may be terminated 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 Life Reimagined**

Dreaming of more? Life Reimagined puts the power of change in your hands, letting you take control of your transitions – and decisions. Life Reimagined is all about possibilities – envisioning them, evaluating them and making them a reality. Online and in person, you get expert guidance and resources for your situation, along with support from peers pursuing similar goals for work, relationships, health and finance. Find fresh meaning through the Life Reimagined approach: an authentic way to rethink – and realize – what’s possible for you. Use our steps and tips to guide you through personal changes towards your goals. Start from where you are now in your life and explore where the possibilities lead you.

Whether transforming a passion into a career or revamping your health, Life Reimagined empowers you to turn dreams into reality. Join a Life Reimagined Guide as they lead you through this AARP supported program. All materials are free and available at the first class. Information may also be obtained at the Life Reimagined website: [lifereimagined.org](http://lifereimagined.org)

Registration is required one week prior to the start of the class.

Fee: FREE

### **Central Orange SC**

Tues, May 12 or May 19 (244010-02 or 03) 1 - 3 pm

### **Seymour Center**

Thurs, May 14 or May 21 (343027- 02 or -04) 6 - 8 pm

### **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, Apr 17 by calling 919- 245-2015 for the Central Orange SC. Register for this course by Tues, Mar 31 by calling 919-968-2070 for the Seymour Center.

Fee: \$15 for members, \$20 for non-members

Instructor: Lynroy Thomas

**Central Orange SC**

Fri, Apr 24 (214002-01)

9:30 am – 2:30 pm

Instructor: Ava Bailey

**Seymour Center**

Thurs, Apr 16 (324005-02)

9:30 am – 2:30 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 this 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 University, 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, Apr 4**

Instructor: Jerry Bergner, Certified Life Business Financial Adviser

Fee: FREE

**Seymour Center**

Sat, Apr 18 (324002-10)

9 am – 5 pm

**Films for Later Life**

A popular film series that explores the heart's desire in Later Life to re-discover and re-invent itself, and to live a simpler, yet larger and more meaningful life.

**Series Host: Bolton Anthony** founded Second Journey after working as a public librarian, university administrator, and social change activist.

Fee: FREE

**Seymour Center**

Tues, Mar 10 & Apr 7; Thurs, Mar 19 & Apr 16 (353010-11)

6:30 pm

The spring installment of this popular feature film series resumes with a pair of films to welcome the return of spring along with a special guest moderator to remind us that spring – and every season of life – is ever present. The two films in April explore two long-standing (and very different) marital relations and how they weather the storms of later life.

The series is sponsored in partnership with Second Journey and hosted by its founder, Bolton Anthony. For full details, see [SecondJourney.org/Spring.htm](http://SecondJourney.org/Spring.htm).

**Spring, Summer, Fall, Winter... and Spring** - Tues, March 10

“...a luminous meditation on the wisdom of Buddhism and the cycles of human life as they are played out in the pristine beauty of the natural world.” John Sullivan, author of *The Spiral of the Seasons: Welcoming the Gifts of Later Life*, will moderate.

(2003) • 102 min. • Korean • Subtitled

**The Attack** - Thurs, March 19

An Arab surgeon living in Tel Aviv discovers a dark secret about his wife in the aftermath of a suicide bombing.

(2012) • 102 min. • Hebrew • Subtitled

**Even the Rain** - Tues, April 7

As a director and his crew shoot a controversial film about Christopher Columbus in Cochabamba, Bolivia, local people rise up against plans to privatize the water supply.

(2010) • 103 min. • Spanish • Subtitled

**Nebraska** - Thurs, April 16

An aging, booze-addled father makes the trip from Montana to Nebraska with his estranged son in order to claim a million-dollar Mega Sweepstakes Marketing prize.

(2013) • 115 min. • US

**Finding Mark Twain in the 21<sup>st</sup> Century with Rob Bruce**

It was an early school assignment of reading *The Gilded Age* that sparked in Rob Bruce a lifelong affinity for its author Samuel Clemens, aka Mark Twain. “The writing was wonderful, but it was also the person that came through the writing that I was drawn to. His expert use of humor and satire and his realistic recreations of time and place have been hugely influential on literature and everyday American life.” Rob’s love of Twain’s work has led him to explore the influence and importance of Twain’s work on writers and American life in the 20th and 21st centuries. Come discover how Twain’s use of realism, humor and satire influenced American life as Dr Bruce lectures on the life and work of Mark Twain.

Presenter: Robert Bruce, PhD, Director of the William and Ida Friday Center for Continuing Education

Fee: FREE

**Seymour Center**

Thurs, Apr 23 (324015-01)

2 - 3 pm

### **Fraud Fighters Presentation**

Come learn about popular scams and identity theft tricks - and how to avoid them! Speakers will discuss recent scams and important steps to take to protect yourself. The speakers have received training from the NC Attorney General's Office's Senior Fraud Task Force.

Presenter: Claire O'Brien, President of the Consumer and Commercial Law Society

Fee: FREE

Seymour Center

Fri, Mar 27 (313030-02)

1 - 2:30 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, Mar 16; Apr 20; May 18 (353020)

2 - 3 pm

**Mon, Mar 16 - Leana Wen**, Emergency Physician, Public Health Advocate

#### ***What Your Doctor Won't Disclose***

Wouldn't you want to know if your doctor was a paid spokesman for a drug company? Or held personal beliefs incompatible with the treatment you want? Right now, in the US at least, your doctor simply doesn't have to tell you about that. And when physician Leana Wen asked her fellow doctors to open up, the reaction she got was ... unsettling.

**Mon, Apr 20 - George Takei**, Actor and Activist

#### ***Why I Love a Country that Once Betrayed Me***

When he was a child, George Takei and his family were forced into an internment camp for Japanese-Americans, as a "security" measure during World War II. 70 years later, Takei looks back at how the camp shaped his surprising, personal definition of patriotism and democracy.

**Mon, May 18 - Ziauddin Yousafzai**, Education Activist

#### ***My Daughter, Malala***

Pakistani educator Ziauddin Yousafzai reminds the world of a simple truth that many don't want to hear: Women and men deserve equal opportunities for education, autonomy, an independent identity. He tells stories from his own life and the life of his daughter, Malala, who was shot by the Taliban in 2012 simply for daring to go to school. "Why is my daughter so strong?" Yousafzai asks. "Because I didn't clip her wings."

### **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 Thursdays (257002-1)

3 – 5:30 pm

### **Write Your Life**

“Listen to your life; all moments are key moments,” Frederick Buechner once said. In this supportive two day writing-intensive class, participants will learn how to draw on the “material” of their lives to write and revise memoirs, stories, or plays. Elements covered include time compression and expansion, scene vs summary, how to find your themes, recognize your purpose, and develop and polish your piece from an initial draft to something worthy of publication. Working individually, in small groups, and one-on-one with the instructor, this class is sure to inspire your creativity. Krawiec is the author of numerous publications, including two novels (*Faith in What?* and *Time Sharing*), a story collection, two adult biographies, four plays and two books of poetry, most recently *She Hands Me the Razor*. He has won fellowships from the National Endowment for the Arts and the North Carolina Arts Council. In 2009, he was awarded the Excellence in Teaching Award from UNC-Chapel Hill. He is founder of **Jacar Press** a community active press.

Instructor: Richard Krawiec, Author, UNC Professor

Fee: \$50 (for 2 workshops)

#### **Seymour Center**

Sat, Mar 7 & 14 (324011-01)

9 am – 12 noon

### **Writing for Television Workshop**

In the “Writing for Television” workshop, participants will learn the basic tools and practices used by successful television writers. The workshop will begin with an introduction from the instructor, followed by a brief “getting to know you” game with the participants. An outline of the information to be covered will be distributed. The instructor will discuss in detail the information on the handout while encouraging participants to share their thoughts and experiences. The pilot (first) episode of ABC’s hit show, *Modern Family* will be shown. After the screening, participants will be asked to identify the previously discussed tools present in the episode. In closing, the instructor will encourage participants to look closely at their favorite shows to identify the common tools and practices discussed, and will share sources available to participants who’d like to learn more about television writing. The instructor will use the book, *Crafty TV Writing* by Alex Epstein as a guide. Register by Sat, Apr 18. Must have minimum of 20 participants, no more than maximum of 30 participants, for this class to take place.

Instructor: Neena Page Ramsey

Fee: FREE

#### **Central Orange SC**

Thurs, Apr 30 (213020-02)

2 – 4 pm

#### **Seymour Center**

Sat, Apr 25

(314701-01)

12 noon – 2 pm

## FINANCIAL PLANNING

### Consumer Education Services Series

**Sticking to a Budget that Works for You:** Springtime is a great time to reflect, retool and renew your commitment to money management. How well does your budget work for you? Could it be more realistic or inspiring? For those who don't have a budget yet, take the plunge and get started now. This workshop will give you the tools to create and maintain a successful, rewarding budget. It will include recommended guidelines for spending, ideas to help you track your expenses and tips for staying motivated.

Instructor: Kelly Peak, Certified Educator in Personal Finance (CEPF)<sup>®</sup> educator, CESI (cesisolutions.org)

Fee: FREE

#### Central Orange SC

Fri, May 8 (244001-01)

9:30 – 11:30 am

#### Seymour Center

Wed, Mar 4 (324013-01)

10 – 11:50 am

**Building and Protecting Your Credit:** What is the state of your credit? Do you need to build or rebuild good credit? What does your credit score and credit report say about you? If you need to get a new loan, insurance or housing, your credit report may be used to determine your eligibility and rates. Take steps now to manage and protect your credit and ensure that it is the best it can be. This workshop will discuss how to get your free credit report and also provide information about how to improve your credit report and credit score.

Instructor: Gerry Homovec, Certified Educator in Personal Finance (CEPF)<sup>®</sup> educator, CESI (cesisolutions.org)

Fee: FREE

#### Central Orange SC

Fri, May 15 (244001-02)

9:30 – 11:30 am

#### Seymour Center

Wed, Apr 1 (324013-02)

10 – 11:50 am

**Me, Myself and ID Theft:** Could someone else be pretending to be you? Could they be stealing information, borrowing money in your name and wrecking your financial future? Identity theft is on the rise and the thieves are getting sneakier. This workshop will cover the most likely ways your personal information could be stolen and how you can prevent this theft. It will also discuss how to determine if someone else is using your identity and the steps to take if you believe your identity has been stolen.

Instructor: Kelly Peak, Certified Educator in Personal Finance (CEPF)<sup>®</sup> educator, CESI (cesisolutions.org)

Fee: FREE

#### Central Orange SC

Fri, May 22 (244001-03)

9:30 – 11:30 am

#### Seymour Center

Wed, May 20 (324013-03)

10 – 11:50 am

### **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, Mar 31. 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 Feb 26.**

Tues, Apr 7                      Foundations of Investing  
Thurs, Mar 5

Tues, Apr 14                     Fixed Retirement Income  
Thurs, Mar 12

Tues, Apr 21                     Take Stock in the Market  
Thurs, Mar 19

Tues, Apr 28                     A Smart Start to Mutual Funds  
Thurs, Mar 26

Tues, May 5                      Annuities and Your Retirement  
Thurs, Apr 2

Tues, May 12                     Preparing Your Estate Plan  
Thurs, Apr 9

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

#### **Central Orange SC**

Thurs, Mar 5 – Apr 9 (254003-03)

2 – 3:30 pm

#### **Seymour Center**

Tues, Apr 7 – May 12 (334004-02)

2 - 3:30 pm

### **Standing Guard: Protect What You've Worked For**

You've worked hard to provide for your family. Whether you're approaching retirement or have recently retired, your focus may begin to shift from building your financial foundation to protecting the financial resources you've created for you and your family.

This presentation discusses proactive ways to address key risks you may encounter and strategies to help prepare for the unexpected. **Must register by Wed, May 6 for Central Orange SC. Register by Wed, Apr 1 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

#### **Central Orange SC**

Wed, May 13 (224013-01)

12 noon – 1:30 pm

#### **Seymour Center**

Wed, Apr 8 (324016-01)

12 noon – 1:30 pm

### **Stocks: The Nuts and Bolts**

As you consider your long-term financial goals, how do stocks measure up? This seminar shares basic information to help evaluate how stocks may fit into an overall strategy. We'll discuss and review common versus preferred stock, dividends, investment strategy and different ways to own stock. **Must register by Wed, Apr 15 for Central Orange SC. Register by Wed, Feb 25 for Seymour.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

#### **Central Orange SC**

Wed, Apr 22 (224014-01)

12 noon - 1:30 pm

#### **Seymour Center**

Wed, Mar 4 (324017-01)

12 noon - 1:30 pm

### **Time Matters: Women's Outlook on Retirement**

This program shares perspectives on financial concerns facing women who are getting ready for or have recently transitioned to retirement. It discusses retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. It also addresses how to prepare for the unexpected, including market and inflation risks, and the rising costs of health care and long-term care. **Must register by Wed, May 13 for Central Orange SC. Register by Wed, May 20 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

#### **Central Orange SC**

Wed, May 20 (224015-01)

12 noon - 1:30 pm

#### **Seymour Center**

Wed. May 27 (324018-01)

12 noon - 1:30 pm