

F.Y.I. [FOR YOUR INFORMATION]

Onsite Enrichment Seminars & Activities



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENRICH ENGAGE CONNECT

Fall 2014

The following unique and fascinating events are offered onsite, just for you.

Unless otherwise noted, these details apply to the seminars:

12:30-1:30 pm
Conference Room C
Free, no registration required

For more information, contact Angela Hunter, Active Adults Coordinator, at (760) 942-9622, ext. 1436 or June Green, Active Adults Assistant, at ext. 1429.

Topics, dates, times and fees are subject to change.



FREE MOVIE DAYS

Popcorn will be served!

Registration required by calling 760.635.3050.

September-May

12:15-2:30 pm (No admittance once movie has begun)

- September 17: "Monuments Men"
- October 15: "The Grand Budapest Hotel"
- November 12: "The Secret Life of Walter Mitty"
- December 17: "Winter's Tale"

KNITTING CLUB

- Second and fourth Mondays of month
- 12:30-2:30 pm
- West Lobby
- Note: You must register with June Green at ext. 1429.

MYSTERY BOOK CLUB

- First Tuesday of month
- 12:30-2:00 pm
- Conference Room C
- Note: You must register with June Green at ext. 1429.

I HAVE DIABETES - NOW WHAT?

In this fun, interactive session, Rhonda Sher will share information what insurance underwriters look for when people apply for life insurance.

You will learn:

- The type of life insurance policies available and how they differ.
- How to choose an insurance agent to help you get what you want.
- The best time to apply for life insurance with pre-existing conditions.
- How to use life insurance for burial, creating an emergency cash fund and leaving a legacy.

Rhonda Sher is a gifted speaker who is known for making audiences laugh while they learn. At this session, Rhonda will have fun door prizes and a wealth of information to share.

- September 24 | 12:30-2:00 pm
- Conference Room C



Continued on reverse.

DISCLAIMER

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ACTIVE ADULTS | MAGDALENA ECKE FAMILY YMCA

200 Saxony Road | Encinitas, California 92024 | 760.942.9622 | ecke.ymca.org

MEDICARE UPDATE

Health care reform is ongoing. What costs will change in Medicare for 2015? What benefits? Every year plans change and your health needs may change. Do you know how to find out much YOUR drugs will cost next year on YOUR plan and if they will still be covered? There is no perfect plan but one can learn to evaluate which ones best meet ones needs and budget. Judy Schreiber, R.N., Health Insurance Advisor, has been in the health care arena for over 35 years. She will educate you on basics, choices and answer questions.

- **October 9 | 12:30-2:00 pm**
- **Conference Room C**

LIFE BEGINS AT SEVENTY

Since he turned seventy, Alan Mindell won four gold medals as a sprinter in the 2012 San Diego Senior Olympics. His novel, "The Closer," a baseball love story about a career minor league knuckle-balling relief pitcher, was published in 2013, and has become a best seller. In addition to his running and writing success, he dances regularly in the San Diego area and works as a tour guide. He will speak about the idea of never giving up, no matter what one's age, and the fact for him "Life Begins At Seventy."

- **October 22 | 12:30-2:00 pm**
- **Conference Room C**



SAVVY SOCIAL SECURITY PLANNING: HOW TO MAXIMIZE YOUR SOCIAL SECURITY BENEFIT

Without question, the retirement topic that confuses people most and generates the most questions is claiming Social Security benefits. When should you apply? How are benefits taxed? How can you maximize your benefits? Ryan Hyslop, First Vice President and Financial Advisor at

Morgan Stanley Wealth Management returns to the Y to share his expertise and educate you on topics such as the different types of benefits (primary, spousal and survivor), the different claiming strategies including file and suspend and whether to claim more now or later depending on your personal financial situation. Ryan will show you how to fit Social Security into your overall financial portfolio so you can make the most of your money and have greater comfort in your retirement years.

- **November 11 | 12:30-2:00 pm**
- **Conference Room C**

COMPASSIONATE REAL ESTATE FOR THE BOOMER & UP WHAT TO DO WITH ALL YOUR STUFF?

Will my finances allow me to age in place? What are my housing options? Is my home safe as I age? The Senior communities of today....it is not your "old age home" anymore. Did you know a charity may pay you to live at your home? What is a reverse mortgage? Ronald L. Greenwald, MBA, Senior Real Estate Specialist is an Real Estate Broker with Pacific Sotheby's International Realty who specializes in joining with aging adults, their families, estate planning attorney's, and financial planners, to make sure there is a team working to ensure the aging adult is respected and honored.

Ron will educate and inform you about housing options and choices. If you wish to age in place, what is the best course of action? If you wish to downsize, what steps to take? Thinking about senior communities, what is a CCRC? Come join Ron with your intergenerational family members and lots of questions.

- **November 19 | 12:30-2:00 pm**
- **Conference Room C**

Visit the Active Adults Web page at ecke.ymca.org

5 STEPS FOR ORGANIZING AND DECLUTTERING YOUR WAY TO A MORE SPACIOUS LIFE!

It's never too late to start the process of decluttering to create a more organized home or office, so what are you waiting for? The benefits that organizing offers are numerous: health and safety, financial, social and emotional. In this presentation you will:

- Learn how to identify what is holding you back and how to work through it.
- Review the 5 basic steps to organizing anything.
- Create an action plan to get started today.

Denise Levine is the Owner of Outside In Organizer and Makeovers. She is an author, speaker, and board member of the National Association of Professional Organizers in San Diego (NAPO SD). Denise has been offering professional organizing, time management coaching, and wardrobe/image consulting for personal and professional needs since 2010.

- **December 9 | 12:30-2:00 pm**
- **Conference Room C**

UPCOMING SEMINARS

Check for flyers around the Y, contact Angela Hunter, Active Adults Coordinator at ext. 1436, or visit the Active Adults web page for details.

January:

New Year's Resolutions for the Retiree (motivational tips and strategies)

February:

Cultivating a Loving Relationship for Couples

March:

Spring Financial Clean Up

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FOR MORE INFORMATION:

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