

Nourish Your Mind Lecture Series 2010 Carlsbad Senior Center



2/7/2010

Title of Lecture #1

Seven (non-financial) Challenges to Successful Retirement (Second Adulthood)

Description:

Retirement in 21st century America is very different from that of our grandparents'. For most of us, the transition is the most significant experience we will have as an adult - our world changes: society, family and friends treat us differently and we even see ourselves differently. In addition, we shoulder new responsibilities and unique challenges than any time before. In struggling with the new reality, it often leaves us confused and frustrated wondering what it takes to be successful in retirement or what we call "second adulthood." From the research we have found, there are seven challenges to successful retirement and in this lecture we will identify each challenge as well as discuss strategies to overcome them.

Location:

799 Pine Avenue Carlsbad, CA 92008-2428 ~ (760) 602-4650

Cost: Free admission

Time:

Thursday, March 25, 2010 ~ 6:30pm – 8:30pm

***Seating is limited please call the Carlsbad Senior Center front desk at
(760)602.4650 to reserve a seat.***



Title of Lecture #2:

Are You ‘Sandwiched’ In-between? Helping Aging Parents and Supporting Boomerang Children

Description:

We live in an ever-changing, fast-paced world. Today, most American’s are struggling with the economic realities of shouldering new responsibilities, added family obligations, and unique generational challenges requiring us to stretch resources, think more critically and find more effectively means to manage stressed relationships. For nearly the 17 million American families caught in-between helping aging parents and supporting boomerang children/grandchildren, these challenges are everyday realities and are part of an ever growing 21st century phenomenon called the ‘Sandwich Generation.’ It is likely you are or know someone that is sandwiched.

So, what can be done? How do we know if we are candidates to be ‘Sandwiched’? Where can we find help? What do we need to know? Join us as we begin answering these questions and learn some “do’s and don’ts.”

Location:

799 Pine Avenue Carlsbad, CA 92008-2428 ~ (760) 602-4650

Cost: Free admission

Time:

Thursday, April 8, 2010 ~ 6:30pm – 8:30pm

***Seating is limited please call the Carlsbad Senior Center front desk at
(760)602.4650 to reserve a seat.***



Title of Lecture #3:

Aging – Gracefully with Purpose

Description:

Aging gracefully is a process of discovering our maturity, of valuing our experience and wisdom that comes from lifelong learning, curiosity, optimism and creativity. Entering the next phase of life, Baby Boomers continue to reinvent, and evolve social norms. With 10 - 20 more years of healthier, vital living post-career ahead of them, they are looking toward exploring the new wonders of growing old knowing the best lies ahead. Focused on establishing aging as the next positive life experience, join us as we explore what research is telling us and hear how others are defining aging. We look forward to your contribution to the conversation on Aging Gracefully with Purpose.

Location:

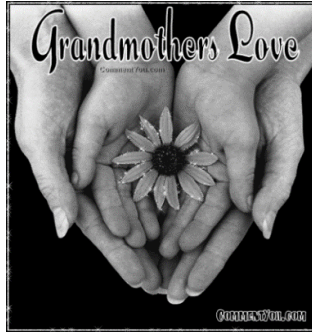
799 Pine Avenue Carlsbad, CA 92008-2428 ~ (760) 602-4650

Cost: Free admission

Time:

Thursday April 22, 2010 ~ 6:30pm – 8:30pm

Seating is limited please call the Carlsbad Senior Center front desk at (760)602.4654 to reserve a seat.



Title of Lecture #4:

Women, Retirement and the Power in Aging

There are nearly 78 million Baby Boomers (individuals born between 1946-1964) who have a history of influencing every aspect of life in America. As they enter traditional retirement, mature Boomers are likely to continue changing the social landscape, but this time they are rethinking and redefining retirement, altering the views on aging and reassessing the future roles of gender. At the end of this next decade, women in America will make up a significant majority of everyone over the age of 65 and by 2040 there will be two females, 60 and older, for every male counterpart.

Having achieved higher education, more freedom, greater influence in the workplace, and full partnership in human affairs, these women will experience aging and longevity differently than did their mothers and other women in previous generations. As a growing element of a generation known for affecting change, how will these women change the face of retirement? Change the view of aging? How will the virtues of mature women influence our social structure, communities and relationships? What part of the Grandmother Hypothesis explains the role of this generation of women?

We invite you join us to explore these questions, to examine the goals of others that use the power of aging to make a difference and to discovery your power and your wisdom to create your next life chapter.

Location:

799 Pine Avenue Carlsbad, CA 92008-2428 ~ (760) 602-4650

Cost: Free admission

Time:

Thursday May 6, 2010 6:30pm – 8:30pm

Seating is limited please call the Carlsbad Senior Center front desk at (760)602.4654 to reserve a seat.

2010 Nourish Your Mind Lecture Series a product of the **Institute for Applied Critical Thinking**

For more information contact: **Patrick H. Davis, M.S.W**

Cell: 760.212-7639 E-mail: Davis@iACT-now.com or visit: www.iACT-now.com



Title of Lecture #5:

**Important Questions:
A Conversation about Caregiving and End-of-Life Considerations**

Description:

The ‘gift’ of longevity has made it possible for millions of Americans to enter old age by way of medical crisis; a contemporary rite of passage that brings us face to face with our mortality. Death, if one survives its first call or observed a near-death occurrence, can be a great awakening of consciousness and summons our serious reflection. Important questions of quality and quantity of life are now more commonly being considered. The inquiry on how, what, when and where to open a dialogue with your family members and loved ones on end-of-life considerations are more relevant than ever.

This lecture and subsequent discussion groups will explore the changing views of death in America and how to talk about the elephant in the room – preparing for the inevitable. There will be a focus on learning communication techniques, following assessment tools, and using easy-to-follow rules of engagement that will move everyone to an open dialogue. Please join us for a 90-minute conversation about the end-of-life considerations.

Location:

799 Pine Avenue Carlsbad, CA 92008-2428 ~ (760) 602-4650

Cost: Free admission

Time:

Thursday May 20, 2010 ~ 6:30pm – 8:30pm

***Seating is limited please call the Carlsbad Senior Center front desk at
(760)602.4654 to reserve a seat.***

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