



Fall 2009
October Adult Learning Seminars –
Nourish Your Mind
Carlsbad Senior Community

799 Pine Avenue, Suite 200 Carlsbad, CA 92008

For more information and reservations: **Ms. Valerie Fisher, 760-602-4654**



“Retirement and 5 Questions –
Are You Ready?”

799 Pine Avenue, Carlsbad Senior Center

Wednesday, October 7th, 2009 / 6:30pm – 8:30pm

Baby Boomers are re-writing the playbook on retirement. They are rethinking and redefining their life after retirement. It is not just about economics, it's much more! It's about reaping the benefits, the payoff of a life well done. The question on the minds of everyone who is planning to retire is “How do you know if you're ready for one of the most significant transitions in adulthood?” We think it takes asking and answering five simple but essential questions to fully and accurately understand if you are ready. Join the conversation and answer the questions for yourself.



“Second Adulthood: Your Life Post-Career”

799 Pine Avenue, Carlsbad Senior Center

Wednesday, October 14th, 2009 / 6:30pm – 8:30pm

Retirement, contrary to popular myth, is not the finish line. It's not even close! There are other exiting possibilities in life. Maybe this is the time to do more of what you have postponed for years and promised – your someday list. If so, it's time to launch your Second Adulthood. It's the opportunity to create a new stage of life where you are doing the thing you want to do such as feeding your passion, finding meaning, keeping yourself healthy and vital, instead of just earning a living. If Second Adulthood appeals to you and want to know more, join us; find out whether Second Adulthood is for you.

