

## THREE 2019 SERIES

### SERIES I - WINTER SESSIONS

#### Gearing up for Active Retirement

January 24 • February 21 • March 28

### SERIES II - SPRING SESSION

#### Meaningful Time Well Spent

April 18 • May 16 • June 20

### SERIES III – FALL SESSIONS

#### Enhance your Retirement with Community Resources

September 19 • October 17 • November 21

1:30 – 3:00 PM  
THURSDAYS

### HARMONY LIBRARY

4616 S. Shields Street  
Fort Collins

## NEW DIRECTIONS

*50 & Better*



 **Volunteers of America**  
COLORADO BRANCH

**AARP**® Real Possibilities  
Colorado

For more information, contact  
Jeanne Mackenzie

Volunteers of America Colorado Branch  
970-472-9630 ext. 21



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TO CURIOSITY

**Harmony Library**

4616 S. Shields Street

[www.poudrelibraries.org](http://www.poudrelibraries.org), 221-6740



## GEARING UP FOR ACTIVE RETIREMENT

## NEW DIRECTIONS

*50 & Better*

*Enrichment | Engagement | Exploration*

This series explores life enhancing options for the Over 50 population of Northern Colorado.

Each free program will feature an interactive and informational session including new research on aging, meaningful direction and activities in the next phase of life, and available resources in the community.

*Series One* | WINTER 2019



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

*Series One* - WINTER 2019

## GEARING UP FOR ACTIVE RETIREMENT

**JANUARY 24**

### **LIFE REIMAGINED**

It's time to sit down, settle in and explore what you want to do in the next phase of your life. Turn your possibilities into realities. Whether it is a big transition, or a small change of habit, you will be guided toward new opportunities and ideas. Be excited about what is next in your life.

*Laurel Kubin  
Life Reimagined Guide*



**FEBRUARY 21**

### **GOOD NEWS IN AGING RESEARCH**

Learn about current gerontology research – what are some current study findings, and what do they mean for healthy aging in your own life? This event will feature brief and applicable findings spanning a variety of recent topics, including tips and applications to your own life. Topics will cover age stereotypes, attitudes toward aging, and protecting brain health through community engagement.

*Deanna Davalos, PhD  
Allyson Brothers, PhD  
Aga Bursynska, PhD  
Manfred Diehl, PhD  
Gloria Luong, PhD*



**MARCH 28**

### **YOUR FUTURE FINANCES**

It is a different financial world out there! It is great news that we are living longer but it presents us with unique economic challenges. Make the next phase of your life work financially by exploring old and new options to make your dreams and goals a reality. Learn basic elements for sound financial roadmaps.

*Nancy Patton  
Community Involvement Specialist/Canvas  
Credit Union*

**NEW DIRECTIONS**  
*50 + Better*

**THURSDAYS, 1:30 – 3:00 PM**

Harmony Library, 4616 S. Shields Street, Fort Collins