



Upcoming Events – Please Join us! Registration is free and open to people of all ages.

AARP CT & Bloomfield Public Library Series: Registration: <http://bplct.evanced.info/signup/>

11/17/20 @ 6:30PM *Work at Age 50+: Strategies for a Successful Job Search*

12/3/20 @ 6:30PM *Caregiver Roadshow for CT Families*

AARP CT Webinar Wednesday: AARP CT, Yoga @ Age 50+: Introductions & Insights: Join AARP CT & the Yoga in Our City Program for an introduction to the principles of yoga and what to expect when beginning one's personal practice. Gain insights into how to build a sustainable practice - both mentally & physically.

10/21/20 @ 7PM Registration: <https://aarp.cvent.com/Yoga1021>

When Trust is Betrayed: A Cautionary Tale to Combat Elder Abuse: AARP is committed to fighting fraud and abuse in any form giving you the tools and resources you need to protect yourself and your family. Join us for a 90-minute virtual session to hear from former San Diego Deputy District Attorney **Paul Greenwood**, whose vast legal career and experiences will take you through his journey of pursuing justice on behalf of older adults. Additional remarks from the CT LTC Ombudsman, Protective Services to the Elderly, US Postal Inspection Service, AARP Fraud Watch Network, Quinnipiac University and more! *This event powered by AARP CT in collaboration with Quinnipiac University.*

10/20/20 @ 3PM Registration: www.bit.ly/QUOct20

AARP Fraud Watch Network: Inside the Mind of a Master Con-Artist: How to Protect Yourself Online: Join us for the "Original Internet Godfather," Brett Johnson who created one of the dark web's first online stores where criminals bought stolen credit cards, Social Security numbers, drugs and guns. After serving seven years in prison, Brett turned his back on criminal enterprise and became a consultant for the Secret Service and the cybersecurity industry. Get a rare look inside the mind of a cybercriminal by joining this virtual conversation.

10/22/2020 @ 12PM

Registration: <https://onlinexperiences.com/scripts/Server.nxp?LASCmd=AI:4;F:QSI10100&ShowUUID=DC85E7F4-76BA-4DA9-A3AF-3C725D76CAB7&AffiliateData=CT>

AARP Fraud Watch Network's: Fraud Fighting Fourth Fridays - Powered by AARP CT & CEJC: AARP CT & the Coalition for Elder Justice in CT have joined together to offer conversations the 4th Friday of every month. Elder justice advocates are working on your behalf to protect individuals and their families from becoming victims of financial exploitation and other forms of elder abuse. Featured this month is Erin Soli, Statewide Coordinator for the Senior Medicare Patrol Program (SMP), and SMP Coordinator from SWCAA Lisa Alhabal. Join us to learn new tips and tools on prevention and how you can learn more about the organizations that fight crime on your behalf.

10/23/20 @ 10AM Registration: <https://aarp.cvent.com/FFFFOct23>

Up Close & Personal at CT's Beardsley Zoo

10/22/2020 @ 12PM: *Endangered Species*

Connecticut's Beardsley Zoo has a proud history of almost 100 years as Connecticut's only Zoo. As an accredited member of the Association of Zoos and Aquariums (AZA) and participant in its Species Survival Plan (SSP) programs, they are committed to the preservation of endangered animals and are actively developing strategies that will protect species and preserve their wild habitats. At this session, Zoo staff will tie the previous sessions together (register separately for 10/1, 10/8, & 10/15) to show how everything they do at the Zoo actively works to protect endangered species around the world. Registration: <https://aarp.cvent.com/Zoo22>

Up Close & Personal at The Mystic Aquarium Series, October 2020

10/21/20 @ 12PM: *Seals*

The Mystic Aquarium is one of only three facilities to care for Northern fur seals in the United States. They care for 2 other species of seals, the Harbor seal and the Spotted seal. Learn the difference between them and sea lions.

Registration: <https://aarp.cvent.com/Seals>

10/28/20 @ 12PM: *Aquarium Tour*

Virtually explore the Mystic Aquarium on a guided tour and see more exhibits, learn about research, conservation, sustainable sea efforts, and more. Registration: <https://aarp.cvent.com/AquariumTour>

AARP Fraud Watch Network Presents: The Con Artist Playbook: 2 chances to participate!

Join us to learn about the psychology behind ID theft, fraud and scams through the testimony of actual scammers. Participants will walk away armed with tips and tools for keeping themselves and their families safe.

10/26/20 @ 10AM - Hosted by Darien Public Library. Registration: <https://aarp.cvent.com/DarienFWNOct26>

10/29/20 @ 6:30PM - Hosted by Silas Bronson Library. Registration:

<http://www.bronsonlibrary.org/content/2806/5156/5480.aspx>

AARP CT Webinar Wednesday: Dementia: After the Diagnosis- Empathy and Empowerment and the LiveWell

Experience: Erica DeFrancesco, MS, OTR/L, Dir. of Community Education at LiveWell, will present about with dementia. Receiving a diagnosis of dementia can be overwhelming, both for the person with dementia and family members. It is common for several emotions to surface and for families to be uncertain of next steps. LiveWell partners with people living with dementia and their family members to support them in better understanding dementia while also providing resources related to emotional support, health and wellness, social and meaningful engagement, and planning. Living well with dementia is possible and involves knowing one's life story and empowering people with dementia!

10/28/20 @ 1PM Registration: <https://aarp.cvent.com/LiveWellOct28>

CAFECITO & FAMILIA - an event by AARP CT and Latinos for a Secure Retirement

This event is free and open to the public. With a panel of experts, we will discuss bold ideas on ensuring our community gets access to the tools and resources to prepare for long-term care. As we face a health crisis and additional caregiving responsibilities, these conversations have become more urgent. We encourage you to prepare and share your questions for the speakers when you register. Our cafecito will be followed by a short training with a Certified Financial Planner on Planning for Long-Term Care. The conversation will be adjourned by a Call to Action by AARP Connecticut.

11/5/20 @ 12PM Registration bit.ly/CAFEFAMILIACT

AARP CT Webinar Wednesday: "Gen Silent": Join us for a screening of the documentary "Gen Silent" to hear the stories of LGBT older adults in Greater Boston dealing with the challenges and hopes of growing older. Since 2010, this film has inspired a world-wide movement of LGBTQ+ and aging advocates to create safe & welcoming community experiences for older adults and caregivers. The film will be available to view for 48 hours after the initial start time.

11/20/20 @ 12PM Registration: <https://aarp.cvent.com/GenSilent1120>

Clean Food Cooking with Terry Walters – A 2-Part Series for AARP CT Webinar Wednesdays

These 1-hour virtual Clean Food programs are designed to inspire, empower, and engage the attendees to make positive lifestyle changes through easy, healthy, and delicious recipes shared from the virtual clean food kitchen. Programs are general enough to allow for last minute changes to accommodate the ever changing environmental and societal needs we find ourselves faced with in 2020.

11/18/20 @ 7PM: *From Harvest to Table*: Terry will explore how Mother Nature provides the nutrition we need to maintain balance and good health, and the options are especially abundant around the harvest. Terry's plant-based recipes are perfect festive and healthy additions for your holiday menus and every day! From homemade Cranberry Chutney to Wild Rice with Roasted Brussels Sprouts and Hazelnuts, Terry's original recipes are guaranteed to spice up your holiday and winter meals and support your good health at the same time.

Registration: <https://aarp.cvent.com/Clean1>

12/2/20 @ 7PM: Clean Food Holiday Gift Making: Terry will showcase gifts of good health. This class will cover everything from one-dish casseroles fitting for family meals or holiday celebrations, to super-food dark chocolate bark, and homemade vanilla extract. In the name of self-care, you may be hard pressed to share these holidays home-made gems. All of Terry's recipes will function equally well as templates for infinite variation.

Registration: <https://aarp.cvent.com/Clean2>

Show Up for Success – A 4-part Series

This 4-part series, of which any or all may be attended, is designed to build interactive skills for job seekers, as well as others who interact frequently with the public, and who need/want to build additional skills to thrive in a virtual setting.

10/17/20 @ 9AM: Understanding Personality using DiSC (90 mins): Personality preferences (ours and others') impact how we communicate, the speed at which we process info and make decisions, and much more. During this session, participants will learn the basics of personality type as well as a few keys to detecting type in others. Noticing type supports effective interviewing. Registration: <https://aarp.cvent.com/Success1>

10/24/20 @ 9AM: Resilience and Adapting to Change (90 mins): "Normal" shifts each day, sometimes several times each day. During this session participants will learn a four-part model for acknowledging and accepting what IS and managing what they can control. The purpose of this session is to increase participants' emotional self-awareness and self-management. Registration: <https://aarp.cvent.com/Success2>

10/31/20 @ 9AM: Laugh & Lighten Up! (90 mins): Play, energetic engagement, and focusing on what is good and positive lights up the brain and floods our bodies with chemicals that support creativity and joy. Participants in this session will engage in playful exercises that challenge them to smile, be in the moment, and support one another. Registration: <https://aarp.cvent.com/Success3>

11/7/20 @ 9AM: Online Interviews (60 mins): Candidates and professionals interviewing online have the ability to positively impact their outcomes based on choices that are in their control: lighting, position of camera, ease/difficulty in using technology, etc. During this sessions we'll cover physicality, eye contact, the importance of understanding communication using online platforms, and showing up professionally. Registration: <https://aarp.cvent.com/Success4>

Personal Branding for the New Decade – A 2-Part Series for AARP CT Webinar Wednesday, November 2020

The future of work is here! Are you ready to embrace it?

There are 6 MEGA Shifts all happening now that would normally take a 20-year span to prepare for. Over the last few months, America has experienced a wake-up call that is unlike anything we've ever seen before. Business as usual is unrecognizable. How and where people work has changed forever. Masks have become the new normal for the entire globe. How long will this last? More importantly, what's next, and what should we be doing now to help make our "New Normal" careers, gigs, and startups as successful as possible? In two special upcoming presentations delivered by Loretta Ann Stevens, CEO, and Brand Leverage Expert at Competitive Edge Branding, Loretta will show you how to anchor your *Personal Brand for the New Decade* with new branding strategies. Loretta will share two 45-minute Zoom presentations that will shift how you think about your Personal Brand for your career advantage. Plus, we will be running an interactive chat throughout both Zoom sessions to engage in ongoing comments and questions.

Sign up for either or both sessions.

11/4/20 @ 7:00 PM: It's a New World

- A) Manage Your Mindset Principles
- B) 6 MEGA Global Shifts for Jobs
- C) Leverage Your Personal Brand Career Portfolio

Registration: <https://aarp.cvent.com/NewDecade1>

11/11/20 @ 1PM: The Rise of the Gig Economy

- A) Becoming a Knowledge Broker
- B) Using Linked In, Facebook and Zoom to your advantage
- C) Your 30-Day Marketing Plan - Kickstarter

Registration: <https://aarp.cvent.com/NewDecade2>

AARP CT Webinar Wednesday: Creating Virtual Connections w/ Gary Ware!

Join Gary, Creative Catalyst from Breakthrough Play as he offers ways to use your imagination and creativity to make your winter and holiday fun and creative for the whole family!

December 9, 2020 @ 1PM Registration: <https://aarp.cvent.com/GaryWWDec9>

AARP CT Webinar Wednesday: Caregiver Roadshow for CT Families Take a journey through the experiences of family caregivers, the backbone of our health care system. Learn about support for caregivers and care recipients, as well as choices to live safely and independently. Learn to navigate and connect to resources to gain an understanding of care options and costs.

December 16, 2020 @ 7PM Registration: <https://aarp.cvent.com/WWCareDec16>

Visit www.aarp.org/ct for a variety of offerings & to sign up for event email announcements.

To request a free AARP CT conversation in your community contact Erica Michalowski at emichalowski@aarp.org or (860) 548-3163.