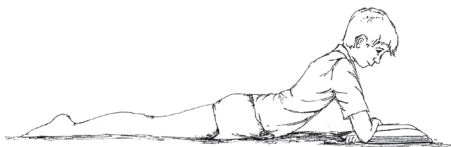


Mission Viejo Library



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Mission Viejo Library

Taking a Bite out of the Sandwich Years

*January 13 through
February 7, 2009*



**MISSION
VIEJO**



"I'm with you - 57,
facing two college tuitions,
spending time and money
helping an older parent,
and wondering if I will have
enough for retirement."



January 13, 2009

Redefining Aging: The Psychological Transition

*Presented by Louisa McLane-Seidler,
Marriage and Family Counselor*

January 20, 2009

Redefining Aging: The Psychological Transition

- Fitness tips to offset aging.*
- Simple steps to strength.*

*Presented by Mark Thorndyke,
Community Services Coordinator,
City of Mission Viejo*

January 27, 2009

Re-Careering

- Finding Your Niche*
- Evaluating Your Skill Set*
- Exploring Options*

*Presented by Linda Harasin, Counselor
Small Business Development Center of
Orange County*

February 3, 2009

Caring for Your Aging Parents

- Communicating, caring and surviving.*

*Presented by Council on Aging
Orange County*



February 10, 2009

Turning 65 - Roadmap to Medicare: Planning Your Health Care Journey

- What are Medicare eligibility and enrollment rules?*
- What are my health care options?*
- How does Medicare impact employer and retiree plans?*

*Presented by Council on Aging
Orange County*

February 17, 2009

Preparing for Retirement ~ Financially



- How much retirement income will I need?*
- Where will the money come from?*
- How should I invest for the future to avoid outliving my savings?*

*Presented by David Brown,
Financial Advisor &
Retirement Planning,
Saddleback College*

Tuesday Evenings

7:00 p.m. - 9:00 p.m.

**Norman P. Murray Community &
Senior Center
24932 Veterans Way, Mission Viejo**

Refreshments served.