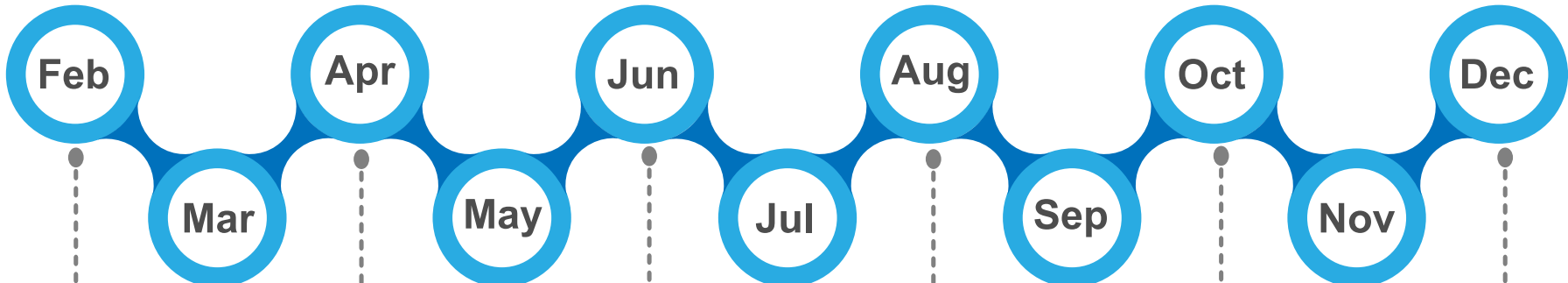
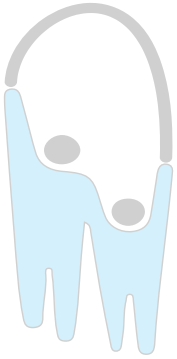


Generation Bridge 2019 Session Series



9

Topic(s):

-Eating Well and Balancing Life: Food Ideas for Families And Individuals

Where:
UMC Monroe
515 Cutlers Farm Road
Monroe, CT 06468

When:
Saturday February 9, 2019
10:00 AM - 12:00 PM

13

Topic(s):

-Property Management: What to Do to Maintain a House [A Schedule of What to Do and When]

Where:
UMC Monroe
515 Cutlers Farm Road
Monroe, CT 06468

When:
Saturday April 13, 2019
12:00 PM - 2:00 PM

8

Topic(s):

-Great Places to Hike in Our Area

Where (Tentative):
Webb Discovery Zone
71 Webb Circle
Monroe, CT 06468

When:
Saturday June 8, 2019
10:00 AM - 12:00 PM

10

Topic(s):

-AARP Resources; A Look at What Is Available and Where You Can Find It

Where:
UMC Monroe
515 Cutlers Farm Road
Monroe, CT 06468

When:
Saturday August 10, 2019
10:00 AM - 12:00 PM

12

Topic(s):

-How Many Good Earning Years Do I Have Left?

-Funding Long Term Health Care Insurance and Paying For Assisted Living

Where:
UMC Monroe
515 Cutlers Farm Road
Monroe, CT 06468

When:
Saturday February 9, 2019
10:00 AM - 12:00 PM

14

Topic(s):

-Finance 101. General Info on Financial Planning, Retirement Planning, Budgeting, Etc.

-Life Stage Strategies and Access to Experts

Where:
UMC Monroe
515 Cutlers Farm Road
Monroe, CT 06468

When:
Saturday December 14, 2019
10:00 AM - 12:00 PM

9

Topic(s):

-How to Practice Spirituality and What Does It Mean?

Where:
UMC Monroe
515 Cutlers Farm Road
Monroe, CT 06468

When:
Saturday March 9, 2019
11:00 AM - 1:00 PM

11

Topic(s):

-Information about Wills and Trusts

-Overview of Estate Planning Best Practices

Where:
Edith Wheeler Library
733 Monroe Turnpike
Monroe, CT 06468

When:
Saturday May 11, 2019
10:00 AM - 12:00 PM

13

Topic(s):

-CPR Training and Meeting Our First Responders

Where:
UMC Monroe
515 Cutlers Farm Road
Monroe, CT 06468

When:
Saturday July 13, 2019
10:00 AM - 12:00 PM

14

Topic(s):

-Medicare Information Leading Up to Open Enrollment. What Do You Need to Know

Where:
Edith Wheeler Library
733 Monroe Turnpike
Monroe, CT 06468

When:
Saturday September 14, 2019
10:00 AM - 12:00 PM

9

Topic(s):

-Finding Time To Exercise In A Busy Life. General Info and Tips to Make Exercise A Priority

Where:
Trumbull YMCA
20 Trefoil Dr
Trumbull, CT 06611

When:
Saturday November 9, 2019
10:00 AM - 12:00 PM