

FREE!

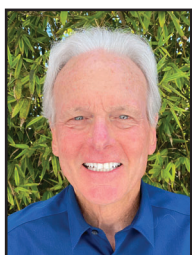
FREE Special Events - Everyone Invited

FREE!

FREE RESOURCE FOR SOCIAL SECURITY / MEDICARE

Steve offers advice for Social Security and /or Medicare questions at any time. He also can refer you to AARP or TED Talks, or other sites for information about scams or mature years financial issues.

Contact Steven Carr
anytime 562 233-1400



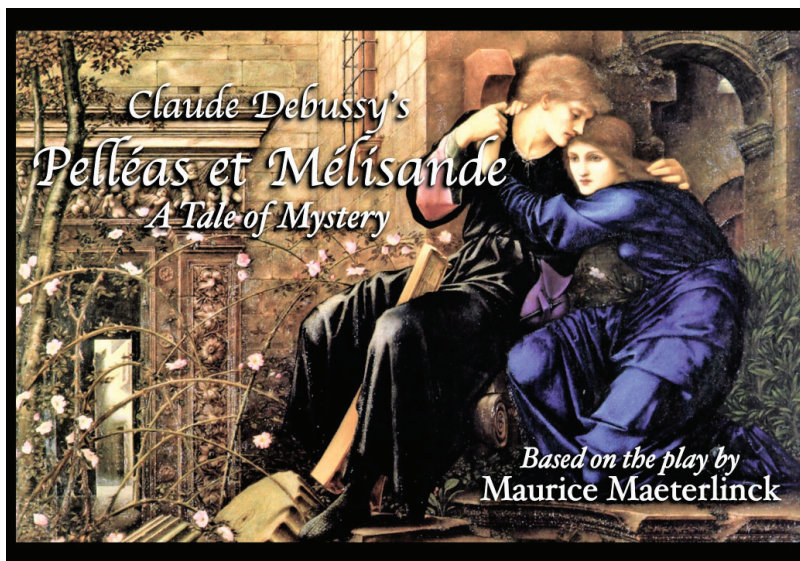
Zenisys@
charter.net

MINDFUL CONVERSATION: A PRACTICE FOR LIFE

**Wednesday, April 19, 2023
2:00-4:00 p.m. Zoom**

See page 24 for full description. Don't confuse talk with conversation. *Mindful Conversation*, a unique, powerful approach to speaking authentically and connecting deeply with others, could be "the most important life skill that you never studied in school". This Zoom event combines practice with theory and stories and a chance to ask and learn about your most important conversational challenges. All attendees will be eligible for a drawing of a free copy of Peter's latest book, *Mindful Conversation: Speak Openly, Connect Deeply, Live Joyously*.

Peter Gibb, Author, Speaker, Teacher. Coach, Mindful Conversation



RISK

**Friday, April 28,
10:30 - 11:30 a.m.
CSULB, HS&D, room 101**

Are you OK? Do you feel lucky? Or are you worried about getting into an accident? What causes accidents anyway? We all take risks, just getting up in the morning, and certainly driving in SoCal. But what is an acceptable risk? How do you know when not to go there? Join Howard for an informative talk about what causes accidents and how to avoid them. Howard Manning, MS Safety, USC is a retired safety engineer formerly with Northrop Grumman Corporation and Cal/OSHA. During his career he investigated numerous industrial accidents and saw the chances people took that injured them. The same risk factors can be applied to safety for seniors. Why not take a gamble and come join us?

Presented by Howard Manning

"PELLEAS & MELISANDE,"

**Tuesday May 16, 2023
3:00 – 4:30 p.m.**

Claude Debussy's one operatic masterpiece, a work rich in shadowy mysticism. It reminds one of the composer's belief that the artist, perhaps like Edgar Allen Poe, "is used to living among dreams and phantom." Come listen and learn about this unique opera, a mystery story of two lovers, both lost, who die in a kingdom by the sea. It will be running at the Music Center from March 25 to April 16.

<https://www.laopera.org/performances/202223-season/pelleas-and-melisande/>

Larry Verdugo, LA Opera Educator

Lunch and Learn

FREE!

Stay around in the OLLI classroom on Wednesdays to hear about new topics and watch Alumni Lifelong Learning webinars Hosted by Gerontology student, Brandon Yu
<https://alumlc.org/csulb/archive>