

NIFTY OVER FIFTY

A special Community University series for seniors

Join us in June for FREE workshops for ages 50+!



FINANCIAL & LEGAL SERVICES FOR SENIORS

Tuesday, June 8

10:00am – 11:30am

Tyvola Senior Center (2225 Tyvola Road)

- ♦ Explore key financial and legal issues for seniors, including financial planning, reverse mortgages, identity theft, and scams targeting older citizens
- ♦ Guest speakers from Dover Mortgage Company and the Law Offices of Jonathan S. Frank



HEALTHY LIFESTYLES

Monday, June 14

10:00am – 11:30am

Shamrock Senior Center (3925 Willard Farrow Drive)

- ♦ Discuss multiple areas on which seniors should focus to maintain a healthy life, including nutrition, exercise, skin care, and sun safety
- ♦ Guest speakers from Charlotte-Mecklenburg Senior Centers and Carolinas HealthCare System



VOLUNTEERISM FOR SENIORS

Wednesday, June 23

10:00am – 11:30am

Bette Rae Thomas Recreation Center (2921 Tuckaseegee Road)

- ♦ Learn the importance and rewards of volunteering, including health benefits and general statistics, as well as information on available transportation
- ♦ Guest speaker from the Charlotte-Mecklenburg Senior Centers



UNDERSTANDING MEDICARE AND MEDICAID

Tuesday, June 29

10:00am – 11:30am

Shad's Landing (5101 Prosperity Church Road)

- ♦ Examine the current Medicare and Medicaid programs and how they impact seniors
- ♦ Guest speakers from the Seniors' Health Insurance Information Program and the Department of Social Services

**Shad's Landing will provide a free lunch for participants. Pre-registration is required.*

****SEATING IS LIMITED TO 30 PER WORKSHOP. PRE-REGISTRATION REQUIRED.****



To register: Call: 704-336-2061

Online: <http://neighborhoods.charmeck.org>

Email: neighservs@ci.charlotte.nc.us

