



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

AARP CT Webinar Wednesday: “Gen Silent”: 2 chances to participate!

November 20, 2020 @ 12PM Registration: <https://aarp.cvent.com/GenSilent1120>

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 landmark movie has inspired a world-wide movement of LGBT and aging advocates to create safe & welcoming community experiences for older adults and caregivers.

AARP CT Every Vote Counts – Every Voter’s Safety Should Too: 2 chances to participate!

October 16, 2020 @ 1PM Registration: <https://aarp.cvent.com/Oct16Vote>

Join the conversation to learn about ensuring your vote counts! Learn about voting safely by mail or in person, as well as some of AARP’s issues for candidates.

September 23, 2020 @ 7PM AARP CT Webinar Wednesday: Caregiving & Multigenerational Living Options in the Age of Coronavirus Pandemic: Ira Yellen, creator of The Aging in Place Essential Toolkit™, Jenny Smith, owner of Acuity Public Relations, LLC, & Alan Hanbury, President of House of Hanbury Builders, Inc., and a Certified Aging in Place Specialist will present an interactive program highlighting trends in multigenerational living, designing for aging in place, and caregiver considerations when planning for the future. Topics covered: Multigenerational planning; Guidance on selecting a Certified Aging in Place remodeler and Making the home safe and secure. Registration: <https://aarp.cvent.com/CareLivingSept23WW>

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

September 22, 2020 @ 6:30PM What I Need to Know About My Electric Choices

October 13, 2020 @ 6:30PM AARP Fraud Watch Network Presents: The Con Artist Playbook

November 17, 2020 @ 6:30PM Work at Age 50+: Strategies for a Successful Job Search

September 24, 2020 @ 10AM Easy Tech: Using Smartphones & Devices to Stay Connected: Get the most out of your smart phone – texting, virtual medical visits, shopping & more: Registration: <https://aarp.cvent.com/d/x7qwnl/>

September 25, 2020 @ 10AM 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 on how 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. 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. Registration: <https://aarp.cvent.com/4thFriSept25>

September 28, 2020 @ 12PM AARP CT Presents: Mondays at Mystic Seaport: The Gerda 111 Story: Mystic Seaport Museum volunteer and researcher Howard Veisz shares the extraordinary story of Gerda III, a wooden boat built in 1926 to re-supply offshore lighthouses along the Danish coast. During the Nazi occupation of Denmark in World War II, she took on another cargo: clandestine groups of Jewish refugees that she transported to freedom. The session will conclude with a live Q&A with Howard and museum staff. Registration: <https://aarp.cvent.com/MysticMonSept28>

September 30, 2020 @ 1PM AARP CT Webinar Wednesday: The Emotional Lives of Persons with Dementia and Their Care Partners This conversation offers participants with the latest science of how emotions influence health for persons with dementia and their care partners. Joan K. Monin, PhD, Associate Professor at Yale School of Public Health,

will discuss effective ways in which care partners can manage their negative emotions and increase positive emotions with benefits for quality of life.

Registration: <https://aarp.cvent.com/Sept30MoninWW>

October 7, 2020 @ 7PM AARP CT Webinar Wednesday: Work at Age 50+: Strategies for a Successful Job Search:

Work at Age 50+: Strategies for a Successful Job Search Workshop Participants will hear briefly about the essentials any 50+ job seeker must consider and highlights the free resources available from AARP and others. Specific focus areas include digital and social media platforms, personal branding, networking and age-proofing your resume. Registration: <https://aarp.cvent.com/JobsOct7WW>

AARP CT Webinar Wednesday: AARP CT, Yoga @ Age 50+: Introductions & Insights: 2 chances to participate!

October 14, 2020 @ 1PM Registration: <https://aarp.cvent.com/Yoga1014>

October 21, 2020 @ 7PM Registration: <https://aarp.cvent.com/Yoga1021>

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.

FEATURED FRAUD EVENT: October 20, 2020 @ 3PM – 4:30PM 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 State Long Term Care Ombudsman, Director for Protective Services to the Elderly, United States Postal Inspection Service, AARP Fraud Watch Network, Quinnipiac University and more! You won't want to miss this!

This event powered by AARP CT in collaboration with Quinnipiac University. Registration: www.bit.ly/QUOct20

October 28, 2020 @ 1PM AARP CT Webinar Wednesday: Dementia: After the Diagnosis- Empathy and Empowerment and the LiveWell Experience:

Erica DeFrancesco, MS, OTR/L, Director of Community Education at LiveWell will offer a conversation about living with dementia. Receiving a diagnosis of dementia can be overwhelming, both for the person with dementia and family members. It is not uncommon 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! Registration: <https://aarp.cvent.com/LiveWellOct28>

Up Close & Personal at CT's Beardsley Zoo – A 4-Part Series, October 2020

10/1/2020 @ Noon: Animal Enrichment

Animal welfare is a top priority at the Zoo, and that includes enrichment activities for everyone. Enrichment allows animals to be more active, gives them an interesting environment, and permits them to exhibit natural behaviors. Learn more about how Zoo staff works to stimulate our animals' senses and how it benefits them.

Registration: <https://aarp.cvent.com/Zoo1>

10/8/2020 @ Noon: Animal Commissary

You will be welcomed to the Zoo's Animal Commissary, where Zoo staff prepare all food and meals for each animal! Learn more about the diets of various animals, including how much they eat in a week, what the Zoo feeds the animals, and why. Registration: <https://aarp.cvent.com/Zoo8>

10/15/2020 @ Noon: Animal Health & Wellness

Just like people, animals at the Zoo go in for regular visits and check-ups at the Animal Clinic. Animals in human care have longer lifespans than animals in the wild, and that is due largely in part to the outstanding care they receive from Zoo staff. Learn more at this session about how they measure an animal's health, including how they train them to participate in their own wellness check. Registration: <https://aarp.cvent.com/Zoo15>

10/22/2020 @ Noon: 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 – A 4-Part Series, October 2020

10/7/2020 @ Noon: Beluga Whales

Explore the Mystic Aquariums Beluga Whale Program – the largest outdoor habitat for Belugas in the U.S. With their distinct color and shape, belugas are considered to be the most easily distinguishable of all whale species. They may be best known for their most unique feature- their bulging melon. Some other notable distinctions include their dorsal ridge (most whales have fins) and their ability to easily navigate in both shallow river mouths and estuaries as well as ocean depths of over 2,500 feet. Registration: <https://aarp.cvent.com/Whales>

10/14/20 @ Noon: Penguins

There are many unique characteristics about the endangered African penguin. The pattern of black spots on a penguin's chest is as unique a human fingerprint and they have a bare patch above their eyes to help regulate their body temperature. Penguins are one of only a few flightless bird species and they are the only penguin to breed in Africa. Join us to learn more. Registration: <https://aarp.cvent.com/Penguins>

10/21/20 @ Noon: 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 @ Noon: 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>

Visit www.aarp.org/ct for a variety of offerings. To request a free AARP CT conversation in your community contact Erica Michalowski at emichalowski@aarp.org (860) 548-3163.