

OLDER ADULTS

Estate Planning 101: Wills, Trusts and Probate

Presented by Mike Bennett with Generations Law

Mike Bennett is an estate planning attorney at Generations, a firm specializing in estate planning and trust and probate administration. Not only does he help clients carry out their wishes with a very caring approach, he also works with surviving family members through the probate process efficiently.

Mike Bennett will discuss the documents that everyone should have for transferring wealth to the next generation. Even if you already have a will or trust, you can find out if it is up to date.

Location: La Sierra Community Center, Rm 800
Day/Time: Thursday, 10-11am
Dates: 2/11
Fee: FREE but you must pre-register by calling 483-7826

What Do I Do with All This Stuff?

Taught by Lisa Smith-Youngs with Eskaton

Start 2010 with a clean-sweep! Are you surrounded by clutter in your home? How do you begin to organize years of belongings, mementoes and paper? Lisa Smith-Youngs from The Senior Connection shares methods that will help you begin the task of sorting and disposing of clutter and downsizing your household to keep things manageable.

Location: Carmichael Park Clubhouse
Day/Time: Thursday, 10-11:30am
Date: February 18
Fee: FREE but you must pre-register by calling 485-5322

Writing Your Life Story

Taught by Autumn DeCosta, Certified Empowerment Life Coach

We are all amazing people with valuable stories to tell. Dig into those forgotten memories and celebrate them while bringing reminiscences back to life. Learn to capture your strengths, struggles, joys and pains in a captivating format and tell your family and friends who you are.

Location: La Sierra Community Center, Room 800
Day/Time: Saturday, 9am-Noon
Dates: 2/20, 3/20, 4/24 or 5/22
Fee: \$20, \$10 each additional family member. \$10 Materials fee due to the instructor.

Senior Softball League

Women Age 55+ or Men Age 65+

Looking to play some ball? Carmichael has a Senior Softball League and is always looking for players. For more information call Ernie Kidwell at (916) 489-3701.

Carmichael Senior Citizens Club

This fun-loving group meets the 2nd and 4th Thursday of the month from 10am-2pm at the Carmichael Park Clubhouse located at 5750 Grant Avenue. Activities include potluck lunches, entertainment, bingo, rummage sales and more! Call Valerie at (916) 487-5525 for more information.

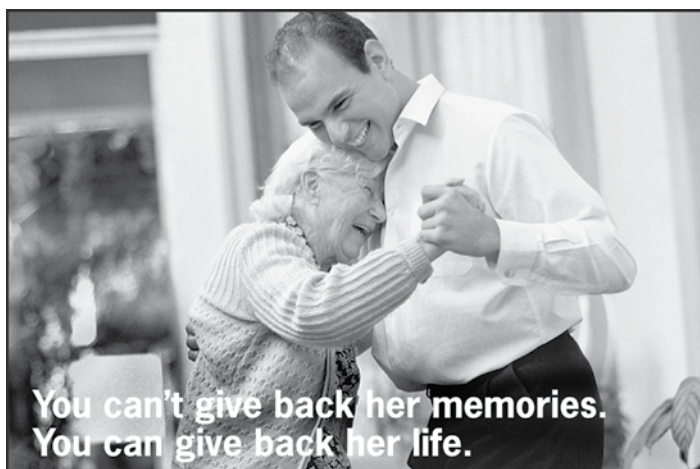
Mission Oaks Community Center

4701 Gibbons Drive • (916) 972-0336

Senior services include trips, special events, leisure enrichment classes, clubs, a lunch program and more!

The Senior Connection...

A FREE Community Service of Eskaton
The Senior Connection provides FREE information and assistance from professional staff that respond to questions regarding health care, housing, social, legal and financial services. It is available to all seniors, family members, caregivers and medical professionals. Call (916) 334-1072 or toll free 1-888-334-3490.



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