

## ENGAGED RETIREMENT WINTER & SPRING PROGRAMS

Engaged Retirement is expanding its offerings to include programs to help retirees re-enter the workforce or start a new business, and older workers find jobs. We are pleased to partner with Jewish Family and Children's Services and Isles, Inc. to bring the two programs described below. In addition, we are offering a new program:

### **Job Search Strategies for Older Workers**

Strategies for competing in the new work place, updating your skills, networking and dealing with ageism. Presenter: Carol King. No fee, call 924-7108 to register for the January session.

January 28 Suzanne Patterson Bldg, 6:30 pm  
April 13 Princeton Public Library, 7pm

### **Project Re-employment After 50**

Project Re-Employment is a program for displaced workers with the goal of improving job search skills, building confidence, managing stress and returning to the work force as efficiently and as quickly as possible. Four sessions, January 11, 13, 20 & 25. 9:30 - 11:30 at Suzanne Patterson Bldg. Instructors: Debra Levenstein and Linda Meisel Cost: \$20. To register, call 924-7108. Financial assistance available. This program is offered in conjunction with Jewish Family & Children's Services. For more information about the program, call Debra Levenstein at 609-987-8100.

### **Build Your Own Business**

Isles, Inc. and Engaged Retirement are collaborating to bring this 10 week program to Princeton. The course answers questions you have about starting or running your business, including writing a business plan, creating a price structure and registering your business. Graduates of the course are eligible to apply for small loans to get started. Free info sessions on Jan 12 and 19 at 6pm at Suzanne Patterson Bldg. Remaining 10 sessions each Tues. 6-7:30pm. Fee: \$50-200 sliding scale. For more information, call 609-391-4755.

### **Speaker Series**

In partnership with the Princeton Public Library, Engaged Retirement offers a free Speaker Series at the Library on the second Thursday of the month at 7pm.

- Jan 14 **Can you Afford To Retire in This Economic Turndown?** Shikha Mitra, CFP, CMFC, CRPS, MBA
- Feb 11 **What do I need to know about Social Security?** Jim Herbert, Social Security Administration
- March 11 **What do I need to know about Medicare?** Deborah Breslin, Program Director, State Health Insurance Program
- April 8 **Wills and Estate Planning** William Isele, Attorney, Archer & Greiner
- May 13 **Caring for Older Parents** Susan Hoskins, LCSW, Director Princeton Senior Resource Center
- June 10 **Wellness for Retirement** Fay Reiter, Professional Wellness Coach

### **Introduction to Your Retirement**

This single session offers introduction to planning for retirement or a major lifestyle change. It will help you explore your options for dealing with change, managing your time, identifying your passions and making a difference through volunteering. Presenter: Carol King

Feb 2 Princeton Public Library, 7 pm  
March 17 RWJ Hamilton Health & Wellness Center  
6:30

March 25 Pennington Library, 7 pm, co-sponsor:  
Hopewell Senior Center

May 11 Princeton Public Library, 7 pm

### **Volunteering: Building a resume for an encore career**

Learn how volunteering can help you develop new skills, and expand your networks by connecting with volunteer organizations that will value your talents. Presented by Adrienne Rubin, VolunteerConnect. Tues March 9 Princeton Public Library 7pm

**Engaged Retirement is looking for volunteers to help job seekers with their resumes and do web searches for job openings. If you are interested, call Olivian Boon at 609-924-7108**

### **Retirement Planning Workshop**

Put the pieces of your retirement together in this five session, hands-on workshop, lead by Carol King.

- Explore your attitudes and feelings about retirement, work, aging and managing transitions.
- Discover your passions and purpose, gifts, strengths, talents, assets and experiences
- Identify possibilities: How do you want to spend your time in retirement? What opportunities are out there for you? Is there an Encore Career in your future?
- Turn your dreams into goals and develop an action plan to achieve your goals.

Saturdays March 27, April 3, 10, 17, 24 9:30 am at Suzanne Patterson Building. \$85 individual, \$150 couple.

**Watch for us at Women's Expo on May 8th and check our website for more program dates: [www.princetonsenior.org](http://www.princetonsenior.org)**

### **Financial Advice for Moderate Income People (up to \$50,000)**

Financial Planner Shikha Mitra will be available to answer questions regarding pensions, IRA's, 401k's and 403b plans **by appointment**, Friday afternoons at Spruce Circle. Ms Mitra will answer general questions, offer unbiased advice and does not recommend any specific products. Call 252-2362 for prescreening and scheduling a 15 minute appointment.