

# Older Adult Lecture Series

Join the Elizabeth Public Library in partnership with Lifelong Elizabeth for our Older Adult Lecture Series! Come and learn about topics that matter to you, and learn why Elizabeth's designation as an Age-Friendly City by AARP means a better city for ALL OF US!

\*Coffee and light refreshments will be provided.

## WHERE:

Elizabeth Public Library 11 South Broad Street

## TIME:

10:30AM

## DATES:

**November 13**

**Medicare Changes in 2019:  
What You Need to Know**  
Elyse Drucker, Union County  
Coordinator for SHIP

**December 11**

**How to Stay Active While  
Stuck Indoors**

Kathleen McMahon, RN,  
B.S.N., M.A., M.Ed., Jewish  
Family Service of Central NJ

**January 8**

**Caregiver Stress: Tips for  
Taking Care of Yourself**  
Alice Greenberg-Sheedy,  
LCSW, CDP, Jewish Family  
Service of Central NJ

