

Join Foundry, Asbury and Mount Vernon Place churches and other partners in a new series on Successful Aging and Retirement on March 29 - May 24, 2017 (see the flyer below for specific dates). If you have questions, please contact Carol Travis on 301-459-6303 for further information.



New Series
FOUNDRY UMC in Collaboration with IONA SENIOR SERVICES
Presents

A 5-part series on planning for successful aging and retirement that will be held alternate Wednesday evenings from March 29th - May 24th, 2017. The series will offer information and planning skills for practical aspects of aging. People of all ages and stages who want to explore what's ahead, and adult children wanting to help their parents age well, will enjoy these sessions.

- **March 29** *Retiring Well: Identity, roles, and relationships in retirement*
- **April 12** *Successful Aging: Health, mental health, and social connections*
- **April 26** *Aging in the Community: Options, supports, and housing*
- **May 10** *Legal Planning*
- **May 24** *Financial Planning*

(Registrants who want to explore a topic more deeply may attend free, optional small group discussions at Foundry UMC (April 5, April 19, May 3 and May 17) from 5:15–6:15 pm.)

Foundry United Methodist Church
Fellowship Hall * 1500 16th Street NW
5:15 pm - 7:00 pm

Cost: \$50 for full 5-session series; \$15 per session for single sessions (cash, check, credit card)

Registration information:

- **Online** (<http://www.foundryumc.org/calendar>). Pre-registration is strongly recommended.
- **By mail or in person** at Foundry (1500 16th Street NW, Washington DC 20036)
- **At the door** (limited seats available)

For further information, call the Foundry church office (202.332.4210) or email foundryinfo2@gmail.com

Community Partners

