



Please join us for upcoming live events!

Registration is free and open to people of all ages and non-members.

Unless otherwise noted, please go to [www.AARP.org/CTEvents](http://www.AARP.org/CTEvents) to see all events & register.

**Tour the Wadsworth Atheneum Museum of Art by AARP CT Webinar Wednesdays:** Experience art history via the oldest public art museum in the U.S. This 4-part virtual tour series with the Wadsworth Atheneum Museum of Art will feature a different docent led themes. Register for each remaining tour separately:

4/6/2022 @ 7PM - Milton Avery: A Special Exhibit

5/11/2022 @ 1PM – Impressionists

**Storytelling & Connections 6-Part Training by Emmy-Award Winning Director Erica Hanna:** This conversation takes you through virtual connections for your professional and personal development - in front of and behind the camera - to ensure your making the right impact on your virtual audience. **Thursdays @12PM through April 28, 2022:**

4/7/2022: Confidence in Front of the Lens

4/14/2022: Storytelling Success

4/21/2022: Creating Content: What Makes it “Good”?

4/28/2022: Visual Diet Diversity

**Virtual U: Innovation from the Classroom to the Big Screen!** You may have read or seen them in the news! Here's your chance to learn first-hand how students from one of Connecticut's Age-friendly Universities are taking an innovative approach to ability-inclusion in the media. Quinnipiac University's Dean of the School of Communications, Christopher Roush, takes us through his personal story and that of a group of students in creating what we now call Ability Media. They have elevated people with disabilities in media and films through their innovative approach. Dean Roush will be joined by student Gabriela Alvaras, who will share her experience from her birth in South Africa to her realization of her life's purpose based on her global experiences. ***This program is approved for (1.0) Continuing Education Units by NASW/CT and meets the continuing education criteria for CT Social Work Licensure renewal and approved for Cultural Competence & Veteran Services licensure requirements. This approval is also applicable for license renewals for CT LPCs, LMFTs, and licensed psychologists. This activity has been submitted to the CT Nurses Association (CAN) for approval toward contact hours. The CAN is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.***

4/13/2022 @ 1PM

**What I Need to Know About My Electric Choices by AARP CT & Bethel Public Library:** Designed to offer attendees of any age a chance to learn about their individual choices when it comes to electric suppliers in CT. Bring your electric bills to the session to review and understand its components. Learn to make informed decisions based on you and where to go for reliable CT electric supplier information and data.

4/14/2022 @ 6:30PM

**Virtual U: Impact of Cultural Age Beliefs on Health by Dr. Becca Levy & AARP:** Explore the psychosocial factors that influence older individuals' cognitive and physical functioning as well as their longevity. Dr. Becca Levy is credited with creating a field of study that focuses on how positive and negative age stereotypes, which are assimilated from the culture, can have a beneficial and adverse effects, respectively, on the health of older individuals. Dr. Levy will share her studies that have been conducted by longitudinal, experimental and cross-cultural methods and discuss how to promote positive age beliefs and reduce negative age beliefs. She will also share her contributions and experience in reducing age discrimination as shown by Dr. Levy's testimony before the US Senate on the effects of ageism and contributed to briefs submitted to the US Supreme Court in age-discrimination cases. ***This program is approved for (1.0) Continuing Education Units by NASW/CT and meets the continuing education criteria for CT Social Work Licensure renewal and approved for Cultural Competence licensure requirements. This approval is also applicable for license renewals for CT***

Update: 4/4/2022 8:01 AM

**LPCs, LMFTs, and licensed psychologists.** This activity has been submitted to the **CT Nurses Association (CAN)** for approval toward contact hours. The CAN is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

4/18/2022 @ 1PM

**Virtual U: Faith in the Neighborhood Series:** Religious diversity is all around, in these sessions you will learn about the scope of religious diversity in the US and how it shows up in our neighborhoods near and far. Join us as we welcome esteemed educators from the Hartford International University for Religion & Peace. This five-part series opens the conversation for interreligious engagement, understanding culture, customs and clothing while exploring the buildings, calendars and cuisine that is threaded throughout our country. Session attendees will walk away with knowledge of good practices for navigating the multifaith neighborhood and a pathway to starting the conversation. **Session are Wednesdays @7PM.** Registration is required. Sessions are live and not recorded. **This program is approved for (1.0) Continuing Education Units for each session by NASW/CT and meets the continuing education criteria for CT Social Work Licensure renewal** and approved for Cultural Competence licensure requirements. **This approval is also applicable for license renewals for CT LPCs, LMFTs, and licensed psychologists.** This activity has been submitted to the **CT Nurses Association (CAN)** for approval toward contact hours. The CAN is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

4/20/22 - Religious Manyness

5/4/2022 - Do they Call it "Praying"?

5/18/2022 - Clothing, Cuisine, Clocks & Calendars

10/19/2022 - Dating & Weddings

11/16/2022 - Ten Buildings: What Goes on In There?

**Virtual U: Navigating Parent/Child Relationships Later in Life by AARP CT Webinar Wednesdays:** Caregivers are the backbone of our country's health care system and families. They provide care to loved ones in need of support with activities of daily living and other needs specific to their emotional care during an illness, or for rehabilitation and other needs. Joan Monin, PhD., Assistant Professor Yale School of Public Health will explore the unique relationships that form between the parent and child with a focus on the quality of these relationships during times of caregiving and in later life. A focus on health, roles and the science and theories of the relationships, disability and overall health will be explored. Dr. Monin will share the extensive research done in this area and how it impacts our learning now and in the future. **This program is approved for (1.0) Continuing Education Units by NASW/CT and meets the continuing education criteria for CT Social Work Licensure renewal** This approval is also applicable for license renewals for **CT LPCs, LMFTs, and licensed psychologists.** This activity has been submitted to the **CT Nurses Association (CAN)** for approval toward contact hours. The CAN is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

4/27/22 @ 1PM

**The Journey to Livable Communities: Inclusive, Innovative, Intergenerational – AARP CT / Masonicare / Multi-University Conference:** AARP CT and Masonicare are offering the 4th annual Livable communities virtual conference in collaboration with 5 universities **Central CT State University, University of Hartford, Quinnipiac University, Hartford International University for Religion and Peace and Southern CT State University,** to offer training for students, educators, advocates, university faculty, staff and alumni and the general public interested in the topic of livability from multiple perspectives. Topics included: age-inclusivity, cultural inclusivity, age-friendly universities, transportation navigation, pedestrian safety and a global look at the digital inclusion of older adults. The conference continues the conversation based on the World Health Organization 8 Domains of Livability with the goal of educating our nationwide audience on how to create pathways to livability for everyone at any age and stage of life. **This program is approved for (2.50) Continuing Education Units by NASW/CT and meets the continuing education criteria for CT Social Work Licensure renewal** and approved for 1.0 Hour of Cultural Competence **This approval is also applicable for license renewals for CT LPCs, LMFTs, and licensed psychologists.** This activity has been submitted to the **CT Nurses Association (CAN)** for approval toward contact hours. The CAN is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

5/3/2022 @ 2PM – 4:30 PM

**The Con Artist Playbook by AARP CT & Portland Senior Center:** Join us as we dive into the mind of a con artist who target our communities at the cost of so much. Learn how to protect you and your loved ones from ID Theft, Romance Scams, Imposter Scams and more! Session is live and interactive allowing for a Q & A after the presentation.  
**5/9/22 @ 1PM**

**Virtual U: Music & History Series by AARP CT Webinar Wednesday**

Join us as we travel through time and reflect on the people who shaped our communities, across generations, through music. Professor Stephen Armstrong of CT's first Age-friendly University, Central Connecticut State University, will transport you through the decades in this 6-part series taking place Wednesdays from May 25 - July 13, 2022. He will provide a look at how music impacted how we lived, mirroring our response to the times. You will also learn about how you can find ways to participate in creating an age-inclusive society from wherever you live, learn, and recreate.

Registration required for each separately:

**5/25/2022 @1PM ET – Beatles & American Society**

**6/8/2022 @ 1PM ET - Elvis Presley's Impact on a Decade**

**6/15/2022 @ 7PM ET - Bob Dylan & Singer Songwriters**

**6/22/2022 @ 1PM ET - The British Invasion**

**6/29/2022 @ 7PM ET - Folk Music – It's Roots in America**

**7/13/2022 @ 7PM ET - Jazz & American Society**

**The Con Artist Playbook by AARP CT & Bethel Public Library:** Join us as we dive into the mind of a con artist who target our communities at the cost of so much. Learn how to protect you and your loved ones from ID Theft, Romance Scams, Imposter Scams and more! Session is live and interactive allowing for a Q & A after the presentation.  
**5/26/22 @ 6:30PM**

**Clean Cooking Demonstrations by AARP CT Webinar Wednesdays:** Join award-winning cookbook author Terry Walters from her CT kitchen for this 4-part virtual clean cooking demonstration series. All recipes are vegan, gluten free, easy and delicious. Handouts will be sent in advance of the class and include recipes, shopping lists for those who want to cook along with, and more. Menus are listed on line. Register for each demo separately. Remaining dates:

**6/1/2022 @ 7PM - Sensational Summer Salads**

**9/21/2022 @ 7PM - Savoring the Harvest**

**12/14/2022 @ 7PM - Festive Small Bites**

**Work @ Age 50+: Strategies for a Successful Job Search by AARP CT & Bethel Public Library**

Learn about the essentials any 50+ job seeker must consider. Session participants will learn free resources available from AARP and other sources with a specific focus on digital and social media platforms, personal branding, networking and age-proofing your resume.

**6/9/2022 @ 6:30PM**

**CT's Beardsley Zoo Virtual Series Sponsored by AARP CT:** Join Connecticut's Beardsley Zoo virtually on the **third Wednesday of the month at 7PM through October 2022** to learn about wildlife conservation on a local, national, and even global level.

**Visit [www.aarp.org/ct](http://www.aarp.org/ct) for a variety of offerings, news & to sign up for event email announcements.**  
**To request a free AARP CT conversation in your community, contact Erica Michalowski at [emichalowski@aarp.org](mailto:emichalowski@aarp.org) or (860) 548-3163.**

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