

4 Engaging, Energizing, and Informative Classes to Embrace and Enjoy a Fabulous Golden Chapter

OPEN TO THE PUBLIC



***Each class is only 2-hours long and offered two times per semester.

Congratulations on YOUR Retirement! ~Now What?: This class covers the non-financial aspects of retirement and will help you discover your non-career identity, navigate the 5 Stages of Retirement, and stay out of the 10 Common Retirement Sand Traps. This is your time to create your second act, or perhaps your 3rd or 4th, into a retirement lifestyle that will bring you greater meaning and fun.

Thursday, 11/6, 2-4, Rohan OR Thursday, 2/26, 10-12, Allamanda

Friendship Strategies ~How to Find Your People, Your Tribe: Whether you are an introvert or wanting to find "your people", this engaging class will help you come out of your shell and discover how to find your tribe and nurture healthy friendships. Learn strategies to foster new friends, enrich your current relationships, and build a connected sense of community.

Tuesday, 10/21, 2-4, Ezell OR Tuesday, 2/10, 2-4, Lake Miona

***NEW – The Power of Purpose ~Find Fulfillment and Bliss:** Live a more meaningful life by exploring your experiences and understanding how they shape your journey. By understanding the steps to finding purpose, you will discover unique possibilities for greater fulfillment and joy in your golden chapter.

Tuesday, 1/13 2-4, Everglades OR Tuesday, 3/10, 2-4, Lake Miona

***NEW – Empower Your Power:** This personal growth class is for anyone who wants to discover inner strength and embrace this stage of life. Learn how to let go of situations that are not in your control, silence your inner critic, set boundaries confidently, and step into your authentic self.

Thursday, 10/23, 2-4, Saluki OR Tuesday, 1/27, 2-4, Lake Miona

All classes include a workbook for future reference and practice.

All classes are open to the public. Fee: R \$25 G \$31

Instructor: Nancy Stampakar



Evaluation Comments:

"Nancy is awesome! Great speaker, knowledgeable and got participation from the group. Highly recommend this class."

"Nancy was entertaining while delivering course content, invited and responded with understanding and positive responses to questions and stories from audience, and provided materials to take home to practice what was offered by the course. Would recommend to anyone."

3-WAYS TO REGISTER!

1 ONLINE REGISTRATION

TheEnrichmentAcademy.org

View the course catalog and register for classes 24/7 on our website!

2 IN PERSON: MONDAY - FRIDAY 8:30AM - 4PM

Visit any of these **At Your Service Locations**

Colony Cottage Recreation
Eisenhower Recreation
Everglades Recreation
Ezell Recreation
Fenney Recreation

La Hacienda Recreation
Lake Miona Recreation
Laurel Manor Recreation
Mulberry Grove Recreation
Paradise Recreation

Rohan Recreation
Savannah Recreation
SeaBreeze Recreation

SAT & SUN 8:30AM - 12PM: La Hacienda, Lake Miona, Eisenhower, Everglades and Rohan

3 BY MAIL: 3571 Kiessel Road | The Villages 32163

