



Seniors Living Smarter

2026 Seminar Calendar

January 8 Living More Fulfilled in 2026: A Year of Purpose, Health & Empowered Living	February 12 Why is Letting Go So Hard?: Understanding the Emotions of Downsizing	March 12 Selling As-Is: Smart Strategy or Costly Mistake?	April 9 The Road Ahead: How to Stay Safe, Alert, and Independent Behind the Wheel
May 14 Eat Smart, Age Strong: Nutrition that Supports Healthy Aging	June 18* Are You Tech Savvy Enough?: Tips Every Senior Should Know	July 9 From Tension to Trust: Transforming Conversations with Adult Children	August 13 Navigating Medicare: Understanding Your Benefits and Avoiding Costly Mistakes
September 10 In-Home Care: Knowing Your Options Before You Need Them	October 8 Beyond Aging in Place: What Are Your Options When Needs Change?	November 12 Scams, Fraud, and Financial Traps: Are You Prepared?	Registration 

Seniors Living Smarter is a free monthly seminar series designed to equip and encourage older adults with practical tools, meaningful insights, and a supportive community for navigating this stage of life. Hosted by Vince Burgess, seminars are held at McKinney Christian Ministry Center, 1205 Ash Street in Georgetown, located on the campus of First Methodist Church.

Seminars take place on the **second Thursday** of each month from 10:00–11:30 AM.

*Please note the June seminar will be on the 3rd Thursday.

Register online at www.SeniorsLivingSmarter.com/seminar or call us at 512-862-7339.



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