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Schedule of Classes & Workshops

TOPIC	DATE	DETAILS
Action for Happiness	Meetings start at 6:30 PM Pacific Time	Monthly sessions of like-minded participants in the greater Orange County/SoCal area interested in promoting a happier world through a culture that prioritizes happiness and kindness. We generally meet the first Wednesday of each month at 6:30 Pacific time. Cost: Free. Sign up here: https://actionforhappiness.org/groups/orange-county-ca
Embracing Elderhood	All sessions start at 4:30 PM Pacific Time	A 12-session series on Elderhood, the third stage of human development, where we'll discuss a different elderhood-related topic each month. Search for the title "Embracing Elderhood". Cost: Free. Remaining dates and topics include: <ul style="list-style-type: none"> • 08/11: Self-Care, Health & Exercise • 09/01: Age-tech • 10/06: 10 Keys to Happiness • 11/03: Elder Wisdom & Life Experience https://www.getsetup.io
Secrets to a Happier and More Meaningful Retirement	Saturday, July 16 at 10:00 AM PST	A highly acclaimed introduction to the non-financial aspects of retirement. You'll learn about the three stages of human development, the six stages of retirement, the importance of knowing your core values, identity capital, the value of having a purpose, and more. Free. (5) The GetSetUp Club

[Click here for My Retirement Toolkit](#)