

Keiro's Quality of Life Classes

November & December Schedule

This comprehensive educational program focuses on bringing awareness to, and promotion of lifestyle changes that enhance quality of life for older adults.

Through the end of 2022, we will explore different presentation formats and make modifications along the way. We hope you can participate and help us build this program together!

November 2022 - PURPOSE

- Tuesday, November 1st ▶ **Post-Retirement Purpose Panel**
- Thursday, November 3rd ▶ **Benefits of Volunteering**
- Tuesday, November 15th ▶ **Ikigai: Finding Purpose**
- Thursday, November 17th ▶ **Community Conversations: Purpose**

December 2022 - CONNECTEDNESS

- Thursday, December 1st ▶ **The Importance of Friendship as You Age**
- Tuesday, December 13th ▶ **Connectedness Bingo**
- Thursday, December 15th ▶ **Community Conversations: Connectedness**

All classes will take place at 10:30-11:30 a.m. Visit [keiro.org](https://www.keiro.org) to register and for class descriptions. For more information, contact programs@keiro.org or 213.873.5707.



Founded in 1961, Keiro improves the quality of life for older adults and their caregivers in the Japanese American community of Los Angeles, Orange, and Ventura counties. For more information, visit [keiro.org](https://www.keiro.org).